

THE NEW MILLENNIUM NOTEBOOKS

THE SPIRITUAL PATH - PART I

Stages of the Path



Neil Hickox

Excerpted from
The Chrysalis Teachings
by **Norma Hickox**

The Rocky Mountains

by
Neil Hickox

This path in the Colorado high country looks like it is leading to the top of the mountain in the background. This is a perfect analogy for our Spiritual Path.

A Profile

I am a professional musician. I play and teach six instruments and compose music. I've been an organist and choir director for many different religious denominations. I have also taught vocal music in private elementary and pre-schools and have had my own dance band in the past. I live with my husband Lyle in Grand Junction, Colorado. We have one son, Neil, a computer scientist living in California. Neil has done many of the drawings used in the teachings.



Norma Hickox

Photo by Neil Hickox

When I began composing in 1981, the music and lyrics would flow out in complete form. A year later, I began to receive information from a spiritual source that flowed the same way as the music. This new material was later explained to be from spiritual teachers whose intent is to bring the Chrysalis Teachings to human understanding. My individual part in the work is to act as a thought provoker; to bring through ideas that stretch our minds and break us out of the shells of old thinking; allowing us to wonder "What If." This work is in the realm of creative ideas, before inventions are made or new products are designed and opens the possibilities of new ways of doing things. For the last twenty years I've been working on the Science of Music. This science will tie everything that has existed since the time of the big bang until now, to a musical vibration for the purpose of finding compatibility between the different kingdoms.

I have been blessed with the privilege or gift of "knowing" many spiritual truths. It seems that some part of my makeup has the ability to "know" and "see" the aspects of creation in a way that relates to musical vibrations. Actually, being a musician, it was the vibrations of music that I've been exposed to since the age of four that enables me to do this.

These notebooks enable us to look at any time period of the universe. They allow us to experience events that have happened in the past, events that are happening now, and events that will happen in the future. Each New Millennium NoteBook will take a look at a small portion of the TimeLine of Eternity.

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The Path

by Norma

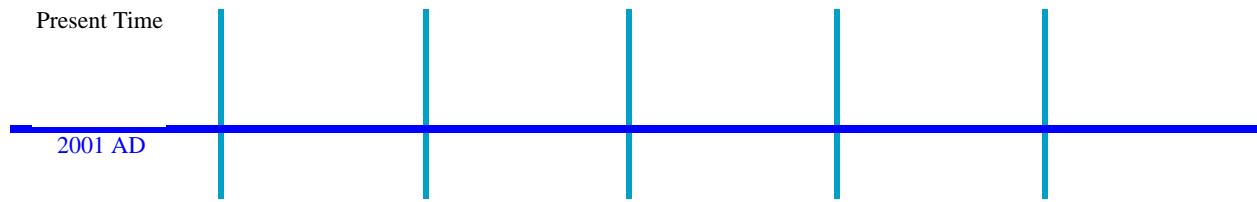
*When walking on the path
Weary after many a mile
Look over at one walking near you
And give a wink and a smile*

*For that one is also tired
Searching for truth and light
A friendly nod and a great big grin
Will make his way more bright.*

*Think not that you are alone
Cause this can never be true
For during your travels and trials
Your God Within is with you.*

*Terrible times may come o'er the land
Darkness and fear fill the air
But walk on together hand in hand
And look not back in fear.*

*Grow ever in the light of truth
And help others this light find
Your load will grow much lighter
As God Within brings peace of mind.*



CHAPTER ONE

The Start of Your Journey

Introduction

The spiritual life should be ingrained in one from birth onward. When this occurs, there is no need to explain the spiritual path to them as they will just know what it must be. But for those on the earth plane now, it has not been ingrained – therefore it must be explained in the simplest terms possible for all to understand. The following is just one way that the spiritual life could be presented to those on the path of progress who are trying to understand their spiritual life. I would like you to think of and compare the Chrysalis Teachings to the stages of progress of the first seven grades of elementary school. (This progress actually follows the progress given in the evolution of humanity as a whole on the first planets in our solar system – the 3rd TimeSpot in the booklet Spiritual Progress Pt I.)

First grade is learning to leave home, to be away from the parenting influence. This is a frightening experience to most people. It can be related to those leaving the church teachings, those comforting, homey teachings and coming under a teacher they have never known before. But just like a child entering the first grade, a great big, wide, wonderful world begins to open up for them and they realize that this new teacher, although much more disciplined than the parents were, is still kind and does not undermine the teachings given the child by the parents. The parents still have final authority for the child, until the child is old enough to decide for himself whether he wants to progress on and “learn to read more of those exciting books and do more than just printing his name and learning a few numbers, or do singsong chanting of little poems and songs. This craving for further knowledge is, remember, the first thing the teachers and guides look for to begin to further that “child’s” education and awareness.

The second grade is then entered. This is where the child is taught to work in groups, to cooperate and blend and harmonize to a fuller extent than he could in first grade. The teachings are furthered by organizing little study groups that come together about every three weeks and then exchange bits and pieces of their stories. The children in the second grade basically learn harmony with others.

The third grader is beginning to realize that he or she is different from all those others. There are always little squabbles going on at recess on the playground. There are incidents of hair pulling and name calling and pinching in the lunch line. This behavior is normal to third graders. They

must learn just how far they can go to express their new found individuality. They must learn there are guidelines that they must observe. At the same time, they see a larger picture of the coming grades of school and realize that “they are in for it.” This also adds to frustration and causes misbehavior. The third grade is one of the most important grades in the stages of growth, not only for grade school children but also for all humanity in the over-all path.

The fourth grader again works back towards getting along with others, accepting the fact that Bobby is better than he at drawing or Janie can read faster and is the leader of the Bluebird reading group. But a wise teacher will try, at this point, to bring out one main activity in each student that can be, perhaps, developed more in this one than in others. The teacher then lets it become known to all the class that Johnny, even though a slow reader, can be a whiz at taking care of the gold fish or perhaps stacking books up neatly and respecting them, or even just cleaning blackboards. This fourth grade stresses self-esteem and the value of each member as far as his contributions to the whole grade.

Fifth graders are the most loving of all the classes in school. They are back to learning after the summer vacation and realize they are truly glad to be together, to see all others and to share all parts of their lives and activities with each other. The teacher draws on this togetherness and they are very good at pulling together to put on special plays and performances to demonstrate to the younger grades how well they get along. Perhaps they do not make as much progress as other grades, so far as academic standing goes, but they do settle in and become part of all the knowledge and learning gained thus far.

Those in the sixth grade are again struggling with their individuality. They sense that they are on the brink of new discoveries; far reaching horizons are within their grasp mentally, but physically they must continue to sit in their seats and study until this term of schooling is ended. They are getting anxious to have more freedom in their mental studies and also know that at home they will be allowed to make more decisions on their own and have more freedom to move about.

This stage is one of great growth and discovery of what one’s own self is really all about and should be encouraged by those teaching this grade. These sixth graders are at a very special and crucial point in their development as loving individuals and are at the critical point as far as having self-esteem ingrained into their being. This is a very important stage in anyone’s schooling, be it academic or spiritual. Also the physical body is of course going through the many, many changes necessary to be able to encompass the changes that are taking place in the other bodies at this time. If the physical body does not receive proper nutrition at this time, development of the other areas will be greatly slowed and damaged.

The move to seventh grade at last! “Now I can try out some of my own ideas when writing essays or giving debates or talks. I wonder if my ideas are too far out from most of the other kids. Oh well, they are probably wondering the same thing.”

Doubts and uncertainties abound in those at this stage of their education and this is not a year to

send them into a strange school with older children as so many of our schools are doing now. The time when that can and should be done is the following grade, that of the eighth. Those in the seventh grade need to have the security of familiar surroundings because of all the other changes they are going through. True, before the first semester is even over they are gaining self-confidence.

These seventh graders make excellent teacher's helpers. In fact, this should be encouraged and instigated into our school systems at this point. Midway through the seventh grade all should take a limited amount of time and be sent to lower grades as helpers. As a matter of fact, this system should be employed from this grade on until graduation and should simply be termed student teaching and students given credit for it. This would aid everyone involved with our school systems. The children in the lower grades would benefit greatly from this exposure to older children. Remember some of them have no older brothers or sisters to mix with at home. The student teachers would have a chance to put some of their ideas to the test and also, some of them have no younger brothers or sisters to be around. The teachers would have a lot of tasks relieved from their shoulders and at the same time would, perhaps, learn and gain from the experience by noting how some of the older children can stimulate the younger. The parents at home would also gain as they would have much more fulfilled, balanced and happy youngsters. Even the Creator God Himself would benefit from all this, believe me, as He would have that many more new, creative ideas being put forth into the atmosphere. This course of student teaching is perhaps the one thing that could single-handedly save our school systems from having unhappy, unfulfilled, bored, restless students!

Start of a New Journey

This is indeed the start of a new journey. This journey will be life long. There is much adjustment necessary in the exoteric life once the esoteric life begins to come through. The biggest area of concern for those going into the new consciousness is in handling day to day affairs. The true path will always demand a steadfast outer life, but there is a period gone through ahead of that when the contact is being made with the inner life that is very much like being in quicksand, if you will. The balance is difficult to find. Those whose physical forms are in good shape and balanced, will find this period much easier to get through.

The true path is one you must walk every day of your life. But know always that you do not walk alone. When you set your feet on the true path, you are protected, loved and guided by those in the upper realms who have been with you, helping you to bring the inner into the outer expression. They are there for guidance at all times, if you will, but just stop for one second and ask for help. "Ask and you shall receive," were the words of Master Jesus. So simple yet so very, very important. Because if you do not ask your teachers and guides cannot help. Once this contact has been accomplished, then comes the discouragement, the period where you realize that it must be incorporated into your daily lives or what good is it? It cannot be just a once a week philosophy. That does not work.

This asking certainly must not concern itself with material matters to too great of an extent. Those in the higher realms can answer, and will answer and give help and guidance, on anything that

has a bearing on your ability to earn your daily bread. But when it goes past that point into accumulating material goods to manipulate your fellow man, the questions will no longer be answered, the help will no longer be there. This needs to be thoroughly understood. This is where many, many people become discouraged. I hope this explains what happens at this point.

For most, earning their daily bread will not change quickly from what it had been, but will evolve rather slowly. The more the way you earn your daily bread incorporates the inner part of you, that bare kernel inside expressing through to the outer, the better you will feel and the easier your path will become as far as the daily bread. Also the effect that it will have on those connected with you will be amazing. Most people cannot get to this point because of the animalistic ego feelings of wanting to do it their way, their own way. What they do not realize is that we, their guides, know ahead of time, for the most part, what it is they would be very happy doing because we helped choose it before they entered.

The Individual Search

Following are some guidelines on what an individual can do. What is needed is a period of meditation, of just sitting quietly and listening to the little voice within you. Next would be an actual session of sitting down and talking to yourself and answering yourself as to why you feel a certain way about a certain person, or why someone's attitudes affect you thusly. This would be a good review, a good meditation to take upon yourself before you retire for the evening. For instance, say you had a bad experience with a certain person that day and as you are retiring you go into this period of reflection before you drop off to sleep. You try very, very hard to figure out what you did to cause the problem, or what they did that triggered the reaction in you, etc. Then when you go into the inner planes, you will receive illumination on this subject, on this disagreement, whatever. The next morning when you have your quiet meditation, this illumination should come forward if you are truly sitting in silence listening for the God Within. This would be one step that all beginning seekers and searchers could begin practicing right now – not only the period of silent meditation in the morning, but this review or reflection before retiring for the evening.

This is not easy to do when you're in a busy, bustling family. How you work it out is your concern, but if your search is serious enough you will find a way to accomplish both of these. There can be no excuse accepted such as, "I don't have time to do either of those," because this should tell you that you are not quite ready for this step. Do you understand?

Reviewing Attitudes

This review of attitudes is a personal thing. You all have a good idea of what some of your bad attitudes are. This will make you become more aware. Then this will reflect in your daily actions. Perhaps a similar circumstance will creep into your daily existence maybe a week later. You won't be quite so quick to react as you did the week before, because of the reflection, the illumination that came as a result of that particular instance. This would be a step that would be... I'm trying to relate it to something that would be a feeling of progress. Say, for instance, you're painting your door, this would be just a tiny little strip of paint at the bottom, maybe even the very bot-

tom. That's not a very good illustration, but at the moment I can't think of anything else to relate it to. This is what the path, the search, consists of – these little tiny baby steps. Humanity is in a hurry. They want to do it all now. They want to take a giant leap and it's not going to work that way dear souls. It is not. It is a long, hard struggle, a slow tortoise speed, not a kangaroo jump.

This searching and meditation period of attitudes must continue the rest of your life. In other words it is a way of life. You might compare it to dieting that people attempt and it cannot be a fad thing, a diet that you'll be on two or three weeks and lose the required amount of weight and be done with it. These diets are wrong and this approach to your search is wrong. A diet must begin back at the basic beginnings of your every day eating – one meal at a time type of thing. It has to restructure your whole attitude towards eating. This is what your search must do is restructure your whole attitude towards living. Its a big job. It will not be done overnight. It will never be finished in this lifetime or in many, many lifetimes. So it must become a way a life. When you're well on your way to having this approach become as much a part of you as your morning coffee, or your morning walk, or any habit that you go through each day, then you are ready for the next step. This approach will become as ingrained in you as these other things and you won't feel right if you haven't done this each day

Getting Help From Counselors

After you have really and truly searched yourself and your attitudes and you keep coming back to two or three attitudes that you really and truly can't control, don't understand, and need to have much more illumination about, then that is the time to go to another entity for help and guidance. It can be in several forms. It could be through a reading, a counseling session that could shed just a hint of light on what is behind these attitudes that you just can't seem to put a finger on. These counselors cannot give you more than the law will allow them. We want you to remember that. They cannot take your search away from you by giving you the answers. This is against universal law and you cannot blame them. You should blame them if they do give you the answers because they have robbed you of a very precious part of your growth. Do you understand this point?

If after, say, six months or nine months you're still having as much trouble as ever and you can't see any growth what-so-ever in conquering this particular attitude, then I would suggest regression sessions. Perhaps two, perhaps three sessions within the next year, or maybe the next nine months. These regressions will most likely, after the third one, start showing a pattern. You will relive and re-experience in your very being, what causes this attitude or this bad reaction, whatever it is. And as you relive it and re-experience it you will have much more control over it and a much greater hope of conquering it.

Perhaps, so far you have been five or six years on your search there on the earth plane to conquer one little bad problem, but that is a large step. Remember that just getting the reflection period and the meditation period ingrained into your daily schedule was a little tiny baby step. This then is a much larger step and a much more concrete, good step. You will know when you have accomplished this and that is the time for your celebration, a very personal celebration. You should treat

yourself to something you have been wanting for a long, long time when this happens. This then will be the pattern to follow for several other attitudes that you need to conquer. There should be no one outstanding attitude, no really bad ones left. You will still have problems in all areas. You're not by any means going to lick them all and be perfect, but there shouldn't be one big stumbling block left when you take the next step on your search, which safely can be, then, contact with entities who are no longer in incarnation. These are your inner plane guides and teachers .

Meditation

The next step is a difficult one. That first point of contact with an inner plane guide is going to take deeper meditation periods, longer meditation periods. This is the point at which aids can be used. Meditation is a progressive stage of the path. Everything has progressive steps to it. You have finally reached the stage where you may use a light to look at or music to help you transcend into the other dimensions, or special music, or whatever you particularly feel will help you. Everyone is different. The search will not be the same, therefore the aids in this period of meditation will not be the same. You will have to find what works best for you and most do. This may take several more years. Do not get discouraged. Continue searching, which most of you will be doing anyway, through reading material from others, attending lectures, studying the evolution of man from the beginning of the creation of the earth, studying astronomy, checking on astrology, etc. All these subjects are fine. Yes. Study them and continue doing deeper meditation and longer meditation by the way, and you will have a breakthrough that you probably won't even realize is a breakthrough. What you will see, though, when you realize that was your breakthrough, is that it's easy. This contact with your guides and teachers is usually blocked by tension in the body of the one who is trying to make the contact. Any tension of any sort, stress at any point, in that body obstructs the clearness of the channel. Those doing meditation must relax and this is why, at this point, the aids are useful. They will help you reach the other side, but they will not help you reach your God Within.

Contact With The Fountain Of Knowledge

Once your contact is made, then it will grow stronger. Some people prefer to do it by writing, some just by listening. Neither way is wrong. It is a personal preference. Do not judge another if he wants to do it through writing. If it's easier for him that way, fine. If it's easier for him to just shut his eyes, ask a question and get the answer right then in his head, fine. That's probably the better way because its much faster and you don't have to run find a pencil and paper to write it down like you do when the phone rings and a message comes in.

At the beginning of this stage of contact with your inner plane guides and teachers, they will contact you, if given the opportunity of relaxation and stillness. They will contact you through thoughts they send down. They just more or less pop in your head. This will continue until they feel that you're well established in this contact, and this again will be a period of years that this will continue. When they feel you're well established in it they start backing off because they can't prop you up forever. They will start drawing away and eventually will get to the point where they will not enter at all unless you call on them and ask them. This they must do for your growth,

because if they stay in this constant contact for the rest of your days on the earth plane, here again they would be robbing you of your opportunity for growth. Each one will have their turn at the fountain and what they do with it is what determines the growth period for that lifetime.

This, then, is your turn at the fountain, this contact with the inner plane guides and teachers, and it will last for a period of years. You will become stabilized and loving. You will become a server of humanity. What is going to happen when this direct contact is slowly drawn away? Are you going to collapse? Or are you going to continue to build upon the foundation that was started when you had your turn at this fountain. Now please don't misunderstand. The fountain itself is not being withdrawn. The power behind that one particular stream of the fountain that is falling on you or going into you, that is slowly withdrawn, relaxed, eased up, is perhaps a better word, so that you yourself, then, must reach up to this fountain. This is the stage where so many fall by the wayside. Everything is fine as long as this stream is pouring into them. It is beautiful, it is loving, nothing can go wrong in their life, they've got it made. Then suddenly the shock comes one day, that it is not coming in like it was. The flow of water has slowed to a trickle, the pressure is not there. This is what those on the inner planes then look for. Are they going to work on themselves to build up their field of magnetism to be able to pull this stream back to them? This is the stage that is the most difficult. This is a very tricky period and why this information is being given so that people realize this stage does come. This is the stage of disillusionment and disappointment, that comes at the end of the stage of phenomena. This stage, this period of disillusionment that comes before you get to the absolute true knowledge which is going past the astral plane, the earth's reflected planes, up into the higher planes.

To continue with what the beginner can do after meditation and regression to help him find his own center of being, he then can move up the fountain inside himself. This is as much as most people will accomplish this lifetime if they even accomplish that. This is entirely different than contacting your inner plane guide. The fountain is the central core of each one's being, the first stage of the journey. The second stage is contact, audible or visual with one's inner plane guide. The third stage is contact, audible or visual, with his inner plane teacher (His own soul). The fourth stage, would be contact with higher levels of inner plane guides and teachers.

This is difficult to explain. When receiving from three places at once, you can be contacting the fountain inside you. Your past incarnations will be first, and also contact with real live entities at the same time. The one is reading records, the other is face to face, present time communication and you can do this with the same entity as you go higher. This is why, at one point I, Norma, contacted the fountain at the level of King David when he was King, and at the same time I was contacting David audibly as he is now, the Lord God, the Master over our ashram.

The meditation and reflection periods are the beginning. That was the esoteric steps of meditation and reflection periods – the esoteric steps to finding your God Within, this knowledge that you have buried deep inside you. The next step then is exoteric which is the deeper meditation with the different aids of light, sound, crystal power or whatever you choose to help you reach the inner plane guides and teachers. As in the cycles of the universe, this is in progressive stages of intake

and outflow – exoteric and esoteric cycles. The first was esoteric, the second one was exoteric. The third one will be back to esoteric, which is inner study. Just plain study on all phases of the search that interest you and drawing conclusions as to what you feel are truths for you and those that you are questioning, plus the continued deep searching of your own attitudes. All this will combine into laying out a lesson plan for you to follow as far as what you yourself need to work on as far as bad attitudes, bad habits, etc. and at the same time questions in your mind as to true spiritual facts, unshakable truths. After this esoteric period we again approach a exoteric period which would be the attending of classes and lectures, of having another series of regressions perhaps and at the same time involvement with other people. You can't sit alone and never put into practice what it is you are working on, what you are questioning and wondering about as to whether it will work or not. You must involve yourself and intermix with others to be able to prove and disprove theories. This will take years.

First Stage of Contact Is Development Of The Conscience

The first stage humanity must develop, hopefully as a young child approximately two years old, is that of the conscience. Until this is developed, there cannot be any further growth of the soul. Each individual lifetime will be exactly like humanity as a whole. In other words, all the stages that humanity as a whole has been through in its growth is the pattern that each life follows. No stage can be skipped. Time is negligible, but approximate times will be given.

Second Stage of Contact Is That Of Showing Affection

After the conscience is developed to the point of not only knowing right from wrong, but also to the point of involving the emotions, is when the next stage begins. This usually is around age seven or eight. This would be when a child goes through a period of worrying about his parents as to whether they themselves are causing worries or problems for their parents. They also become very affectionate at this time towards, not only their family, but also their playmates. If, at this stage, they are not encouraged, or perhaps even not allowed, to demonstrate this feeling, then this is one stage that causes problems for the rest of that life. If it can be determined that this was the stage of repression then that person needs to “relive” that stage, if only in the mind. It would be better if it could be gone through exoterically, but esoterically will do.

Third Stage of Contact That Of Puberty

After this stage comes the age of puberty, of sexual awakening. This is the same time period when a child of twelve or thirteen can go through the stage of poltergeist activity as this stage relates directly to the events that took place at the time of Atlantis. If normal sexual self-exploration is repressed, then this stage of growth will need to be reviewed at a later date and can be either esoterically or exoterically relearned, but it will express in one way or another or there will be no further spiritual growth for that one.

Fourth Stage of Contact That Of Taking Responsibility

As the human moves along past this stage, it is comparable to starting a new life when one enters the higher realms of education such as college. This is the age of taking responsibility for oneself in our society. In the course of humanity as a whole it was compared to the start of the Bible.

As this newly found “adult” (fallen man, Biblically speaking) continues on his path, he hopes to generate the energy that is needed to become a synthesized man with the model of the Christ that was given.

This is the stage of being married, raising children and joining a church with thoughts of spiritual fulfillment that is needed. This is when the path of progress has the biggest roadblocks thrown up. This is where the well-thought out plan of progress for humanity went astray. This is its stumbling block. Not only for each individual life with the emptiness and disappointment they feel at the lack of solid knowledge and direction from the churches, but for humanity as a whole. It seems they cannot be pulled past this stumbling block.

Until now progress for both humanity as a whole and man as an individual has been stopped. Before humanity as a whole can be taken any further on his evolutionary journey, those in the higher planes must place their hope on a few individuals who do not accept the church as the final authority. These people will have the courage to move past it and blaze new trails leading to the use of the intelligent mind. These people will be able to tie together all past experiences collectively and individually and use them to balance themselves out to being synthesized, totally divine beings, surely the same as the example given in the Christ many long years ago.

This will give you an idea of the path of the individual. To relate this to the oversoul’s journey - the first stage is planet one, a conscience, the second stage, that of the emotions, is planet two, the third stage is sexual and magic exploration, planet no 3, and the stage where all are stuck in the various branches of the churches is planet number four. This is why planet number four has to be experienced over and over again before one is ready to move on.

This is the stage humanity is in – experiencing over and over again the different branches of churches before moving on to the stage of intelligence on their own. The stage of metaphysical groups is number five. The stage of intelligence and blazing new trails alone is number six and the total synthesized divine man is number seven.

Getting Stuck In Psychic Phenomena

Getting stuck in psychic phenomena can be caused by working on opening all one’s chakras. This would be comparable to a tree trying to grow with huge gaping holes all over its trunk. Instead of good sturdy branches coming out of those holes, the holes are wide open for any insect to crawl into and make a home. If these holes, chakras, start growing little tiny nubs of branches, this will seal them off from preying insects. These little nubs will be strong starts of branches of true growth and knowledge of what was learned through each chakra since the beginning of time. Each of them served, or will serve, a purpose for forming a guideline for right and wrong action for humanity.

As you study your spiritual concepts on a more scientific, disciplined level, not an emotional one, you will find yourself stabilizing. One good, firm, true, unshakable belief that becomes a branch

on your tree trunk is worth far more than a lot of little bumps on the surface of the bark, or a lot of empty holes in your tree trunk. In this analogy, the little bumps can be considered to be what a lot of philosophical platitudes will turn into; the empty holes in your tree trunk can be compared to forcing open the chakras, thereby opening up the field of phenomena for all sorts of things to crawl into and destroy from the inside.

If one would study very thoroughly the information already given on all the chakras in the New Millennium Notebook Physical Progress Pt I, beginning with the first chakra, an understanding would come as to the purpose each chakra served in humanities' growth and evolvment; a tiny little bud of growth will then begin forming in that chakra. Do not get too caught in applying it personally. Try to see it in all of humanity through historical overviews of evolution.

When you feel you thoroughly understand the purpose the first chakra served and its role in the future, then move on and study the next chakra. Before you realize it, you will be thoroughly versed in all phases of the growth and evolvment plan. Then not only will you be able to look at someone and see their bad attitudes, but you will also instantly know how to help that one if asked. If not asked, then you must keep walking on the path and do not concern yourself with this one as this will only be serving to tear off the tiny branches you yourself are growing.

This may seem heartless, but only a master with great, huge, strong branches could withstand the tearing and rending that humanity can give, and even a master cannot withstand it forever. You can, if asked, advise and counsel the ones you meet on the path to the extent that you, yourself, have faced the problem, found your own solution, and overcome the incapacity to function that it caused in you. If it is a problem you have not had experience with, you would do well to send this one on to someone you know that has faced the same conditions and overcome them.

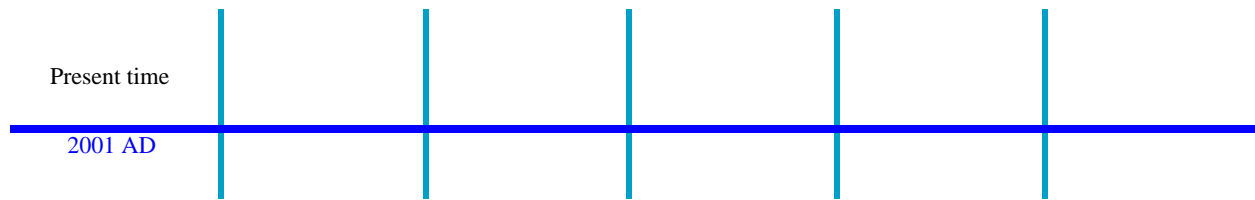
Forget the glamour involved in being "completely developed." That will not stand you in good stead; it will only serve to make your path harder if the understanding and deep inner sense of balance is missing. This would be the ultimate goal, the balance, which will produce the mating of the soul and the personality, the personal reality, and allow an entity to become synthesized. This synthesizing can, and does, take place more often in one who is not "fully developed," as far as their chakras go.

It is not necessary for individuals to do the consciousness and energy (C & E) technique that some are teaching in order to bring about superconsciousness. It is not only not necessary but in some cases could be extremely derogatory to those doing it. Those on the other side have never endorsed the opening of the chakras by force and this is what happens when these methods are used. Most people are not ready for superconsciousness and when using these techniques usually attract energy to themselves that they are not able to handle. Those offering these techniques should screen those who wish to take part in such exercises as to their ability to handle the energy that these techniques can produce.

Superconsciousness is not the ultimate goal for spiritual progress, incidentally. Being the ultimate

expression of your soul is the goal for spiritual progress. You could achieve the state of super-consciousness and discover that you have by-passed the necessary lessons that you needed to have in this life to progress and find yourself in a state of being in which you are now unable to achieve these lessons, thereby setting up the necessity of returning, yet again, to learn the same set of lessons. This doesn't make sense to the teachers and guides and they wonder why people want to achieve this state of superconsciousness before they are ready.

Development of the chakras has naught to do with the mating between your lower and higher selves which is the marriage of your two halves, male and female, into one whole. Yes, the other half is inside you and yes, it is an inseparable part of you, but if it is out of touch, you will always feel lonesome, out of kilter, resentful, searching, and frustrated, but too much forcing of growth is harmful. Try walking the middle ground with a good, intelligent, disciplined, scientific study of the truth. Perhaps it will help to make a list of facts that are unshakable in your spiritual foundation and continue from there to come to your own conclusions through this study of foundational facts.



CHAPTER TWO

Stages of the Path

The Upward Spiral Of Your Inner Journey

Anyone on the earth plane is still on the upward spiral or they would not be in a human form unless they are the Messiah. Let none tell you differently. The Messiah himself is not as yet in a human form. It simply is not time. There are high masters in human form, but they are still on the upward spiral reaching back momentarily to offer assistance to those behind on the spiral.

There is an electrical current that can pass from one body to another through eye contact. It is very rare at this time period, but will become more prevalent as we continue into the change in vibrational atmosphere. The one that causes this to happen is you yourself, but at this stage it is uncontrollable. It is a linkage of soul recognition of those from a common background in a previous phase of existence. It was a phase that not much has been written about as yet. It was a period called Lamanian, a time period before Lemuria. There was a group of souls who entered at that time from another dimension to instill the concepts of universal law in humanity to get them started on the right track in their spiritual development. The group at that time did not stay, did not mingle and reproduce with any of the earth's inhabitants and are entering now as part of the repeat of a large historical cycle – that of the re-entry of the good, kind souls of Lemuria. The ones from Lamanian are the forerunners of the reentry of the wise, gentle souls who will populate the New Creation in its early stages.

You can and should try to keep track of the ones that this reaction occurs with and encourage them in the knowledge of their mission, that of preparing the way for acceptance of kindness, gentleness and peacefulness and wisdom and knowledge of the Lemurians. There are small groups scattered throughout the world, who are on the same mission and they also will be found banded together in isolated groups.

The year of our Lord 1986 saw the culmination of all the ugliness that has been building in humanity for the last 20 years. Those who entered at this time were the ones who had caused much of the disharmony at the time of the period of Atlantis. These ones are using their internal memories of destructive behavior in a subtle manner this time. Once they have passed from incarnation, most by the end of the century, there will remain the pure gentle souls who have returned from Lemuria. In the forefront of these will be those from Lamanian. The electrical power these ones had in that original incarnation is still available to the same soul who unconsciously uses it.

It was the only form of communication between the group who incarnated at that time, coming from higher realms to instill spiritual concepts into early man. This mental telepathy between them was very strong and left its impression on the soul records of the Lamanians. When they meet one with the same vibration it causes the electrical shock to pass from one to another.

In Lamanian times this electrical shock would have automatically translated into an understandable message. Today it does not because of its weakened power. But there still could be much sharper and clearer ESP between any this happens to. It is nothing to be frightened of. Just recognize it as soul recognition of those of like make-up and mission; that of presenting to humanity the qualities of Christhood.

The direction the majority of humanity needs to turn is inward. They have a in-house physician built right into their own universe if they but knew it and recognized it as such. Each one is a “multiple personality,” if we care to think of it that way. We all have, ingrained in us, our own healer, physically and mentally, and our own spiritual leadership. With these three in residence, and then admitting to and letting the Creator in us come to the front, we have at least five “multiple personalities” we are working with until the blending of our higher and lower selves takes place.

First Stage Of Blending All Parts Of Us

This blending happens in three different stages, similar to the stages of a rocket. The first stage is shedding the ego which is the anti-Christ stubbornness, pride, and self-aggrandizement. When this stage of the rocket is shed the speed of our rocket (our spiritual path) increases, and its trajectory is more truly on course. This would be the blending of the mind and soul working together, the beginning glimmer of soul influence on the present personality, encouraging it to do the will of the soul.

At the same time, the present personality cannot get lost and allow the soul complete control, or you will have a humorless, colorless, toneless, form on your hands. You must balance, then, this stage of your rocket well. The harmony of the form will be the requisite for the next stage to take place.

Most of humanity has not yet reached this first stage which, by the way, is the most difficult, and takes the longest. It is what is spoken of as the “Rebirth into Continuity” (born again in the true sense of the term). This is what most are working on. When they achieve this balance in the awareness stage, that of working towards the goals set before entry and doing it through the chosen personality, then the next stage, the second stage of the rocket, will be the implementation stage.

Second Stage Of Blending

This will be accomplished by some form of creativity which will help bond the soul and present personality into an integrated unit. Creativity is the only thing that can cause this bonding to take place. This creativity allows both the soul and the personality their unique individual expression,

but must be done by combining or wedding the two together. This accomplishes the task, also, of blending the animal brain with the divine mind.

You must see it on two levels, the exoteric and the esoteric which is what you are combining. The exoteric level is the animal brain in the form at birth, (animal evolutionary growth) and the esoteric level is the incarnating entity, (divine evolutionary growth). The process must be seen on the exoteric level of the infiltration of the electrical particles of the incarnating one's energy into the anima or physical matter of the "wrinkled up looking" brain. Picture this infiltration taking place in this manner in an exoteric vision. Then picture the same blending taking place in the thought form realm, in the thinking and reasoning process that is growing and maturing in this one.

When the infiltration is complete, then the process of the dual expression must begin. This would be through the arts – some form of creativity. This should be in early childhood but, unfortunately, most of humanity has not accomplished the infiltration process even in advanced adulthood. When the dual expression is balanced, self-esteem is evident in every action and word given off by this entity both exoterically and esoterically.

Third Stage Of Blending

This then signals the third stage of our rocket that its process can begin. This is the entrance of the Holy Spirit, the Divine Mind, which results in total synthesization of man, a true spiritual blending of the Christ Mind, the Christ Consciousness, with the already blended animal (physical) brain and the incarnating (divine) mind of the soul.

The incarnating soul is colorless and humorless. It has a no-nonsense, one-track mind, until it has blended with the mind that is in the babe at birth which is a result of the animal evolutionary growth of the parents. Their own divine evolutionary growth will then determine the progress of the entity who chooses to enter the body of their progeny.

To review, when this marriage of two takes place (animal brain and incarnating energy) and balances through self-expression and self-esteem, then the Spirit Mind can infiltrate this unit and blend into the trinity - a balanced, joyful, synthesized, happy, beautiful, human being. This is the goal for all. This is the fourth dimension, the new age, the new Jerusalem, the new creation. Be about it one and all!

Hopefully it will be an upward spiral for all. When one is further along on the path when he incarnates, he goes through a period of reviewing. Some move through this stage very fast to regain the position they were in when they left the earth plane the last time. If the ability to channel has not been gained in other lifetimes, then the process will be slower. Some do stand still for longer than they should to stay on schedule to be able to meet the goals set before entry. Each individual lifetime will be exactly like what is described for humanity as a whole. In other words, all the stages that humanity as a whole has been through in its growth is the pattern that each life follows. No stage can be skipped. This will give you an idea of the path of the individual.

Teachings Become Misinterpreted As They Drop To The Earth Plane

Picture, as an analogy, a spring welling up on the top of the highest mountain, a spring of the purest water available. Follow this water, then, as it winds its way down the mountain side to a huge lake. Watch as it begins to pick up debris. As it flows down, it becomes wider and muddier until it reaches the huge lake at the foot of the mountain. This lake is sluggish, muddy, dirty, contaminated with all sorts of debris.

When one becomes tired of being slowly choked to death from the stench of this stagnant lake, one begins seeking a way around this unpleasant area. After searching many paths and rejecting them, one finally finds the only path where it seems the water is getting a little less muddy and contaminated and one starts up this path. The path has many pitfalls and dangerous rocks at the delta, the spot where the river joins the lake. If one does not get stuck or caught and held here by a branch, then one very slowly climbs upstream where the water is getting purer and the stream is growing steadily smaller as it climbs higher. Having reached the top, one continues to follow the stream into the hole at the top of the mountain. This is where the pure water originates and will flow down the mountain in a different direction, creating a new stream and a new lake at the bottom of the mountain. This will also become muddy and contaminated at the bottom. In other words, one can follow one's own path back to the beginning of creation, bring forth unadulterated truths, and form a new branch of the path, but it will eventually become muddied and dirtied with untruths also.

Channels At Different Levels Of Growth

The difference in the material coming from different channels depends on which ring of energy they have tapped into. The rings match exactly the planes as we have discussed them previously. You see, you have the ability to tap into this ring at any level. Those committing evil deeds are very capable of easily tapping into higher rings with the proper education as to what they are doing. They, the ones doing evil, are tapping into plane two, most likely the higher end of plane two, or the lower end of plane three, and they get caught there due to pleasures and excitement that they find. Some feel very comforted by what they find on plane five, which is the plane the churches will be found on, and fear to step off this ring and move into what they consider uncharted waters.

Then there are some who move past this fifth plane who think they have all the answers, are satisfied, and this is the end of their progress for that incarnation. The minute the thought strikes that you know all you need to know and you truly feel satisfied and knowledgeable, your growth and involvement stops. The thought, "there must be more than this," is the only way to progress. You must tell yourself that even though you understand spiritual concepts at the level where you are, you know that you really don't have the whole answer. You know there is a deeper understanding. That tells your guides and teachers, that you are ready for more.

No Names Should Be Given To Channeling

As far as names for the channeling, I believe it would be better to call it Holy Spirit, as this is what it is. It will not always be Andrew or David or Michael, or any particular name. It will be a

conglomerate that people channel. At times, it will be Andrew, at times David. At one time, at one level, on one certain ring of energy, it could be Jesus-Sananda. As you continue to progress, you will go past this ring of energy. Those beings that are contacted will keep giving names if humanity insists, but would like to work away from this format, because this can become a circus, a farce, if allowed to continue. It should be termed Spirit or Source or Mind or Intelligence or Conglomerate or Rings of Energy or Grease Puddles, anything except the name of a real entity.

You do not need to distinguish between those giving the information because they are all one mind as far as the information being transmitted and as far as their guidance and protection of the beings in their charge. Think of them as a conglomerate, as that is what they are. They are one Circle of Energy or Light, if you will, that is tuned to the exact vibration of those they are helping on the earth plane.

The answer to the question as to what is right when receiving conflicting answers from different channels, must be the quality of the answer from the standpoint of the reasoning, intelligent mind, and remember, that what seems and feels right to you will not to another. That is why you have free will to believe what you want to believe.

Do Not Get Stuck At Any One Level

There are many different planes that can be tapped into. Getting stuck on one Ring of Energy can retard your growth. You will need to keep moving on to higher Circlets of Energy as you progress and evolve. Until you send out thoughts on a certain subject, you will not receive information on it. If you send out only shallow thoughts, you will receive shallow information in return. You need to send out more profound, astute thoughts and more profound information will come back to you. You must program your own computer. If you want to be a “Master” you can be. The information on any subject is up there. What you do with it determines your growth and fulfillment.

No one can tell you what to do. You must not put too much importance in dreams because they can be influenced by events that one encounters in daily living. Regressions are a more accurate avenue of receiving help. They by-pass the personality and let the inner person come through, but regressions should not be lingered on; they are only valid for that moment in time. As one grows and changes, that regression no longer applies. Regressions should not be used to lay out the path of one’s relationships for a lifetime. They should be looked at as giving help on attitudes that have been with one too long.

There is never a time in the life of a seeker when he is alone, although at many times he will thoroughly disagree with this statement. This ring of protective wisdom, “God,” if you will, is available at all times, to all people. In moments of stress some do reach it, perhaps only the bottom layer of it, but they get glimpses of what lies ahead and this keeps them on the path. true?

The more searching of yourself for answers that you do, the higher into this Ring of Energy you probe, and the more knowledge is revealed to you. If your life has no stressful moments, if all is clear sailing and you are over-protected as to experiencing life, very little of even the bottom layer

will be reached. Therefore, some choose certain circumstances to incarnate into because of the strife that this life will bring, so that their growth and reaching higher layers will be a result of the stressful situations they find themselves in.

Rings Of Energy Are Hierarchy

These layers, or Rings of Energy, are the Hierarchy. The Hierarchy is made up of the good deeds and the intelligent knowledge of all those who have reached the point of no longer needing to return to earth. It can be called the Rings of Energy, the Grease Puddles, the Divine Mind, or the Holy Ghost, all of these terms and more have been used in these teachings. The Hierarchy is a wellspring of information, of living thoughts, of guidance, and it implements the decisions of Shamballa.

Shamballa is the spiritual guidance center, the decision making body for planet earth. This is where the Christ is found and He has His Counsel of Twelve that stays in Shamballa with Him as helpers. They are in direct contact with the higher echelon of the Hierarchy. There are many levels of this Hierarchy, that Beam of Light, that Stream of Energy, those Circlets or Rings of Energy, those stair steps on the path. These are all terms used for the Hierarchy and there are many different levels of it. The decisions made at Shamballa are passed on to the highest of that Hierarchy and then stepped down to whomever they can contact on the earth plane – those who have raised their consciousness high enough to tap into that Ring of Energy. If there is no one capable of receiving it at that level, it is then dropped down to the next level, and if no one is capable of receiving it at that level, it is again dropped and it will continue dropping until this information, is received by someone on the earth plane.

The Christ is the head of it all. The Christ is...how can the Christ best be explained? The Christ is a Center of Energy, a Core of Energy. He is not God. God is over all universes; the Christ is over only one universe, our universe. He is directly over the earth, and also has all twelve planets (spiritual planes of progress) of the oversoul's path in our solar system. We, on the earth plane get perhaps one twelfth of His attention; in other words, one twelfth of His decisions are for us. In His counsel of twelve, each member is a Lord over a particular planet. The Lord over our planet is Maitreya, Lord Maitreya. There are many Lords over the other planets. Their names are not that important. This is the counsel of twelve. Lord Maitreya takes the information, the decisions of the Christ, and gives it to the highest of the Hierarchy.

The Christ is also indirectly over all ashrams on the earth plane. An ashram is an area on the earth plane under the guidance and protection of a Master. A Master is responsible for the growth and evolvement of all in his particular area of concern. They are above the level of spirit and look down on all. As there are at present only five Masters there are also, at present, only five ashrams. So you see they encompass large areas of the world, but the whole world is covered. In other words, everyone on the earth plane is in one of the five ashrams without even being aware of it. All in our country and even more are under the same ashram. There will soon be six and shortly seven of them. There will soon be two new Masters and when they are ready, the territory will be reshuffled and some on the earth plane will belong to a different ashram than they do now. It is

similar to our political divisions or sections used for voting purposes.

The Christ sends His “orders,” so to speak, out to the five Masters of the twelfth degree, who then delegate them down to Masters of lesser degrees. Some ashrams have more of these lesser Masters than do others, due either to the population figures or the evolutionary growth of certain areas. It is a very well organized world government and will work equally as well on the physical (manifested) earth plane as it does on the ethereal (unmanifested) earth plane. Once humanity grows and evolves to the point of being able to leave behind the stage of separateness they are stuck in at the moment, they will move forward into the stage of Brotherhood of Man.

Do Not Follow Anyone Blindly

There are certain “masters” and “teachers” who will be laying a guilt trip on people that will be far worse than any that the churches have laid on people. Those in the higher planes see this coming. They are going to make the people feel that they are infected with entities clinging to them. This will scare them and cause them much loss of self-esteem. For what reason? So they will pay huge sums the next time this psychic comes to town so he can rid them of “dirty linen.” No one can rid you of these things, only you yourself can break the blockages.

Now some of the psychics are acting in good faith and do a certain amount of good. But they are not carrying the process through to helping humanity understand the fact that they are not bad or evil or dirty or contaminated. They are beautiful divine sparks and only need to be polished a little. They can rid themselves of old bad habits and thoughts by not giving them such an important part in their life. This can cause depression and lead some to thoughts of suicide. As a matter of fact, some of the knowledge they came in with was planned to come forward to serve some purpose in meeting goals in this life and should not be gotten rid of. Also, some things that some may think of as bad in this life may not truly be bad for the individual in this life, but perhaps were bad for him in the last life. They are carrying memories of knowing it was wrong action previously, but it needs to be evaluated and assessed as to its worth in this incarnation, not the past one.

So you see, there is much to think about as to whether a certain psychic is good for you or is doing what needs to be done. You simply cannot turn your responsibility for this lifetime over to them and follow everything they tell you to do without using your reasoning abilities as to whether it is the right thing for you to do. Meditation always will be the best way to know. Dream interpretation will be the next best and regression that is done by an intelligent psychic in touch with the entities’ own teachers and guides on the inner planes will also be valid. Do not follow anyone blindly, not the churches, not any psychic leader, not even your parents or spouses. Only you will ultimately know what is best for you.

It is a hard path, the spiritual path, much harder than the glamorous path and of course much harder than the no-responsibility path of the fundamentalists. In the long run it is the only path that will promote growth, true growth on the spiritual climb. The other paths may look like you are progressing and growing, but when meditating, your inner teacher will let you know truthfully and honestly whether you are accomplishing true spiritual growth or whether what you think

is growth is a mask and costume you are putting on for other's benefit and also to fool yourself. Fooling yourself is one of the greatest pitfalls of the true spiritual path. Those in the higher planes see many people doing this. When they realize it, then true growth takes place. Humility comes into the picture when admitting where you went wrong, picking up the pieces, dusting yourself off, and trying again.

You must have some form of creativity going on while all this is happening to you, to maintain your self-esteem. This is what will get you back on the track. Your creativity. The falls and stumbles you have, the humility and compassions gained are all what is going to go into making your creativity speak to humanity. It will give it depth and meaning for others. This is what makes a great artist or craftsman in any field, the many times he has stubbed his toe and stumbled and fallen down, only to pick himself up and go on. I'm not talking about his performance of his art or craft, I'm talking about his personnel day to day life. This is where the true spiritual path is found, in your every day association and intermixing with the rest of humanity. A man alone on a desert island can only grow so much without being around others.

Channel Will Open In Those Who Are Ready

The direction of inspiration for most people today is how to channel yourself. This will open up only in those ready. A lot of money will be made by those who are into selling "how to" books and tapes, but not many will benefit from them. To start with, they must be at a certain level of progress on the spiritual path before it will open up. Also there is a possibility that it has been deliberately closed for this incarnation. I'm are not talking about channeling from your God Within, your higher self. I'm talking about channeling from the other two parts of the trinity. Remember, there are three different lines. Some courses teach you to connect with one, some with another, but there are no courses out there telling you how to channel from all three. There are very few channels who can do this. People need to know the facts about what it is they will be able to attain through these books and courses before they spend their hard earned money on them.

They can reach whichever channel to the inner life they planned to reach in this lifetime by hard work themselves. It should not be forced open. It will open when the entity is able to handle intelligently what he receives through his inner life channel. Until then, an opening of it could cause serious problems in an entities' present relationships.

You can continue your individual search by reading and by listening to tape cassettes, watching videos and attending any lectures or classes held in your area. What you need to do, though, is weigh very carefully all you read and hear and keep what you determine to ring true for you and discard the rest.

Each One Given Needed Tools

All the tools, the basic tools, are given to each at birth to make his way on the path. Any tools to help that path that are part of either the physical evolution of the planet, or the spiritual, ethereal realm of that planet, are okay to use to aid progress. If it is natural (of nature, physical or ethere-

al nature) then it is a legitimate aid if not misused for selfish gains – material gains, money or favors or fame. These aids are to be used for furthering your own growth and understanding of human relationships.

Therefore, when you hear of one using some method or some crystal or some light or whatever, you must weigh each case individually as to its acceptability. What may be right for one to use will be wrong for another due to motive, so it does all come back to the attitudes of each individual. Each and every subject on the spiritual path has a line leading right back to individual attitudes, so this is what it is all about. Each must work on himself and not worry so much about all others. If each did this there would be no need to worry about others and no need for teachers, either on the earth plane or the inner planes. But humanity has not reached this point yet, has it?

God's universe was not patterned randomly, nor were you. Your path is predetermined to a certain extent as to what should happen, but you have free will that eventually determines the path you do take. If your free will is to work with God and the gifts He provided you with to make your way on the path, then so be it. If your free-will (in the form of human ego) is stubbornly insisting on its own way, then so be it. Your progress will be much slower, but you'll eventually get there because this ego must and will be brought under control until it is in balance with the predetermined goals. The criteria for graduation from the earth plane is obedience to the universal laws, freely given, unthinkingly given. In other words, there is no decision, no agonizing about your responses and reactions to any situation. It is automatically doing the right thing and saying the right thing at any given time to another entity and then no longer agonizing over your actions.

1st Stage of Path - Awareness And Transmutation

To summarize, the beginning seeker, at the very beginning of the spiritual path, has become aware that there is much to learn and has been reading and studying and working on transmuting his bad attitudes. This eventually leads to a breakthrough of communication with the "other side." The first point of contact for the beginning channel is the astral plane which is a reflection of the earth's twelve levels but, being a reflection, they are backwards. This means he will contact the higher levels of the astral plane first and work his way back down to the lower levels before being able to continue his spiritual journey.

At times there is a period of disillusionment that will come at the end of this first stage of awareness. Once they are past this stage of pulling out the old concepts, actions and reactions, they must work at being happy and taking delight in the small things of life, the small pleasures. The only way to overcome the disillusionment is to apply all the beautiful teachings that they have been studying for the past three or four years or more – apply them to their daily living and bring about, by their demonstration, a change in all those they have contact with. They should plant seeds and by their demonstration make others curious as to how they achieved their peace of mind and their happiness.

Pauses in the Spiritual Path

There should be pauses in spiritual growth to achieve balance. A good example of why there

should be pauses would be people working on opening their chakras. They work on all of them at the same time and overload the body as to its ability to handle all the energy that is being brought in too fast. If they were to open them one at a time and learn to control and balance that energy before opening another one they would have a balanced, sure, forward moving growth pattern.

Another example would be one who becomes aware of new thought concepts and madly reads everything he can get his hands on, one book right after the other. A much better way would be to read a book, then give yourself a month or so to digest this book by going back over it, outlining it, meditating on some of the material it in and finally drawing his own conclusions as to what part of the book rings true for him and what does not. When one book after another is read there is no time to grasp the material and think about it and use your own powers of discernment as to your own evaluation of the material. Many people feel they need to “keep up with the Jones,” as the saying goes by always having read the very latest book. Its almost as bad as the fashion world and the need to always be wearing the latest styles.

Reinforcement Is Period Between First And Second Stages

There are stages within the stages of the path and there are stages between them. I would like to discuss the stage of Reinforcement. Reinforcement is what must come to those who have left the Transmutation stage and are entering the Implementation stage. They go through a period where the teachings and the beliefs and the concepts that they have been studying need to be reinforced in their daily lives, in their exoteric world – their outer activities. Until this reinforcement comes, it is not only difficult, but also against the law to teach these concepts to others if they have not been jelled in your own mind and confirmed with every fiber of your being. This must happen, this reinforcement. The process may take months for one concept, years for another concept until it is set and ingrained so deeply in every part and fiber of your being that you can teach it with no doubts in your own mind of the truth of your teachings. Until this happens, until this reinforcement period is worked through, there should be no giving forth from yourself anything that is not an absolute truth for you.

This happens at all stages of the path, but this first stage of it, the first time that you face this period is, of course, the most difficult. There have been times in the Awareness/Transmutation stage where the doubts have crept in but nothing serious, just a matter of finding a different way of having it explained to you, or reading it from a different person’s perspective, etc. These were just little bumps in the path, quickly and easily gotten over. But the period of reinforcement of the teachings is really one big major test for the disciple on the spiritual path. If he knows this is what he is going through, then he will be aware and looking for this reinforcement. If not, he may become so disillusioned and so discouraged that when something is reinforced he will simply say, “I don’t want to get back into that again; leave me alone; go away thoughts.”

Second Stage Of Path - Implementation

The stage of Implementing is incorporating all the beautiful lessons, the training that you have had, into your daily life and actions, thereby giving others a goal, the goal of transmutation. It’s

very difficult to ask someone to start down this path, if they can see no end to it, because it is very discouraging. They need to have these shining lights at the end of the tunnel to head for. They must constantly be reminded of this, that the stage of transmutation is a passing stage.

The stage of Implementation is where most are now who began the Awareness stage in the last five to ten years. The ones that entered the Awareness/Transmutation stage at a later date have naturally gone through it quicker than those who entered it at the beginning, simply because the ones at the beginning forged the path for the others. It gathers momentum as it goes and you now will make the path much speedier, much faster, much easier actually for those who enter the Awareness path now. As you move through the Implementation stage, discovering new ways to apply spiritual truths to your daily lives, then you are making it much easier for those just entering the Awareness stage to be able to apply the teachings when they reach the Implementation stage. The forgers of the path always have the hardest time and make the slowest progress. Remember that when you get discouraged. Also remember, that there are two different approaches to the stages of the path. The approach you use for teaching the Awareness/Transmutation stage, is not the same as those used for entering the Implementation stage.

Everyone entering the Implementation stage goes through a period of withdrawal from those of like mind trying to get back into the mainstream of society and testing the theories and concepts. This testing must be done by each individual. It cannot be done by anyone else. Therefore, each of you will be in a stage of limbo for a period of however long it takes for each of you individually. This is happening or should be happening to those moving from the Awareness/Transmutation stage to the Implementation stage. If it is not happening you are not ready to make the move. Do you understand? So it is a sign of progress. Your doubts, your hesitations, you're seeming disbelief is a matter of rejoicing. Do you understand this? Do not be concerned about it. When the time is right to enter the Implementation stage it will happen. You will find yourself in a conversation with someone and all of a sudden it will come out of you as a concept – a thought that you truly believe and have found to work and to be true for you. You will find this happening more and more. Eventually, without you even being aware of it, you are in the Implementation stage. Then the ideas will pour in as to how to incorporate your truths, these beautiful lessons concerning your fellowman that you have been learning, into all your daily activities in the market place, in the work place and in the worship place.

Many entering the Implementation stage need to have clarification on the fact that they will have to reach and stay in touch with the energy much more on their own as all available help is being used to open those who are ready in the churches, those that need to be opened. The normal amounts of guides and teachers are very, very busy elsewhere as they constantly try to pull humanity forward in their evolution. Those who have reached the second stage of the path must trust and believe much more fully on their own than when they were in the first stage of the path.

This is where most failures will be found, is in the second stage of the path which is the implementation of the teachings of the Christ which have been given to you in the first stage of the path by your teachers and guides. Now you are more on your own than you have ever been, even prior

to the first stage. It is a testing period. (Yes, Master Jesus went through these same testing periods.) This one will last as long as necessary. You will control it; each of you will control the length of the stages of the path yourself.

The Spirit of Joy, the second of the seven spirits to wash the earth, is the spirit that accompanies the Implementation stage. The Spirit of Joy is one that has no anger or resentment attached to it. For many there will be a holdover of anger and resentment from the Transmutation stage at the beginning of the Implementation stage. Therefore, there is still some transmuting to be done as you enter the Implementation stage. These two factors must be eliminated and be replaced by a calm knowingness that all is well. There's no need to be angry or to resent anyone, because you were not forced by anyone to go through the Transmutation stage. This was a calling of your own soul or you would not have entered it. Therefore, any resentment and anger that you still feel is directed against yourself and will have repercussions on all others. This is against universal law and must not happen. To erase the resentment and anger is a difficult process, but not an impossible process. It entails a daily dose of self-esteem given to you from yourself to eliminate your own anger and resentment against yourself. It is all a self-instigated process.

There are others along the way who might help you realize this and suggest teaching aids. Once the anger and resentment have been eliminated or have started to be eliminated, the creativity must come into play. The Spirit of Joy can only express through creativity, a creative art that has no ulterior motives attached to it, one that is not being done for competition or to be sold in the market place. If it does sell fine, but that is not to be the reason why it is being done. It is to be for your own satisfaction and enjoyment. This can take any sort of form. The easiest for most is drawing because it doesn't require years of training as a musical instrument does. It does lead to a sharpening of the eye which can only help the rest of the body function better.

Experimentation Is Period Between Second And Third Stages

After this stage is reached, the stage between Implementation and Cohesion is Experimentation. This is, seemingly, another state of limbo where you will experiment with many different ways of incorporating the teachings into daily living. The ideas will come in the Implementation stage. They will be experimented with in the stage between Implementation and Cohesion.

The different disciplines that are tried on the earth plane are a part of the experimental process that is instigated on the inner planes. There is a certain length of time allotted different schools and different teachers to prove their theories. These schools that are begun on the earth plane are part of teacher training for those in manifestation. This may be, indeed, why they incarnated – to do their teacher training on the earth plane which is where it needs to be done. Most of these teachers are of sixth plane level where they are planning and testing ideas on their own preparing to be fully accredited teachers on the seventh plane, the teaching plane. They may elect to do this either on the inner planes or to incarnate and teach on the earth plane. There are many, many schools/disciplines being run by these preparatory teachers. Some of them have the sanction of those in the higher planes, some do not. Your own good common sense must be your guide as to whether or not their ideas have any validity for you. If they do not feel in phase with your ideas

then by all means continue searching on your own or find another earth plane teacher. There has never been as many of these student teachers on the earth plane before in the history of the planet.

Inner plane guides are those on the other side awaiting reincarnation, but are from the three higher levels of the astral plane. In other words, levels 10-11-12 of the astral plane. They are not always necessarily more knowledgeable or evolved than those they guide on the earth plane, but have the advantage of expanded sight which allows them to see the path or direction those under them should take. This allows them to guide those in their charge in the right direction for that particular entity. They are very helpful in guiding the exoteric life activities, but may not be as knowledgeable in spiritual matters as those they are guiding. In some instances, these inner plane guides are learning from the ones they are guiding and this helps them, in turn, when they reincarnate.

Inner plane teachers are those who have moved up and do not have to reincarnate on the earth plane again, unless they wish to. They have rejoined their twin soul and as a whole spark are working on seedcore projects.

A personal teacher is an entities' own soul, who is the only one empowered to help, guide and teach an entity as far as spiritual evolution at this stage of progress. This would be mind dimensional levels 4-5-6. They are working with the inner plane guides. The inner plane guides help with exoteric life and the other half of your own soul with spiritual growth all at the same time when in the emotional body, or levels 4-5-6. These are called the levels of illusion because if the soul does not have much contact with the half of the soul in incarnation, then the entity can be led astray through psychic phenomena by listening to inner plane guides. These guides do not necessarily lead them astray purposely. Most of it is due to misinterpretation and a lack of control of the soul in either realm.

A master teacher is one on the inner planes who has moved past the seedcore level and is working on scientific projects for the undersoul.

An avatar is one who is working with the oversoul himself mostly to coordinate the activities of the master teachers working for the undersoul. Level ten is the scientific plane, level eleven is for those undergoing training for becoming avatars. Level twelve is only for avatars. There will be more avatars in the future as more are continually progressing up the ladder. Until now, there have been very few to ever reach this plane of twelve. A few have reached it and have moved on past it to another solar system.

There is a well planned field of help and expertise for everyone. The lower levels are the hardest and take much work. The more quickly contact is made with the other half of your soul the easier and faster your progress will be from that point on. The whole first stage of the path has been muddied up down through the years. In Biblical times, in the days of Master Jesus there was no thought ever given as to whether or not reincarnation was true. It was known to be true by all. It

was an accepted fact of life. This one item alone has done more to muddy up the clear path home to the Father than any other deletion or misinterpretation in the Bible. All the others have played their part, mind you, but this was the one worst misinterpretation or deletion from the teachings. Proof of reincarnation can come through the Science of Music if it is pursued as a stage of experimentation. Experimenting with the different ways of incorporating the new thoughts will lead to the third stage of Cohesion. There truly is a well-laid out map in the human mind.

Third Stage Of Path - Cohesion

When you are implementing all the lessons that ring true for you, then you will be ready for the third stage of the path which is called Cohesion. This sounds like a strange word does it not? But it is the best one in our English language to get across what is meant. Cohesion means to be bonded to or to adhere to. On the third stage of the path, this is exactly what it is. You are bonded to, and adhere to, and live your life through the teachings of the Christ with no need to constantly think of them or be aware of them. They become a part of your divine self, and as this divine self most certainly is the one expressing at this stage – or you would not be at this stage – then you are well on your way to becoming the Divine Kingdom and to attaining the Kingdom of God within. Now you may reach your higher self, the apex of your mind, at times throughout the first two stages, but not to the point where you can stay comfortably at this stage, which is expressing divine love through every movement, action, and vocal intonation through your whole daily life.

Our higher self is the piece of the Divine Creator, the soul that is traveling through the earth's planes on its climb back to rejoining with, first the other half of the spark, second the rest of the seedcore, next the undersoul it will be a part of and finally the Oversoul, the Creator God.

Our higher self is what we pray to when we pray This is not necessarily who most people's prayers are aimed at, although it should be. Most people are praying to someone or something outside of themselves, for instance their inner plane teachers and guides. This is who most petitions reach. If they were indeed praying to the piece of the divine, they would be directing their own actions and life and drawing the answers to their prayers to them by their own efforts. This is truly what prayer should be. Most meditations are focusing on someone or something outside the self. The focus of all prayers, meditations and reflections should be on that piece of the divine within, even when praying for others. What you should be praying for is the way that you personally can be of help to those you are praying for. Most people are praying that someone else will take care of the problem, either someone on the other side or someone on the earth plane. To pray to oneself would be to almost invoke a semi-trance state where you are in true communication with yourself and no others can listen or hear or tune into your prayers through thought transference. This should be your protection, this semi-trance state, that literally fuzzes up your energy signal so others cannot monitor it. This insures you privacy between you and your God Within, which is where it all starts and must all end.

Your piece of the divine is your only personal guidance system. You have other guidance, yes, but it is not personal. Those on the other side work with many on the earth plane but they are not your personal guru. This does change as you progress high enough to acquire a personal master

teacher who works with you, but even then you are not his only student. He will work with several at the same time.

The quality of information coming from your personal guidance system depends on the standing in evolutionary progress of your piece of divine. It may be more accurate guidance for a person than his inner plane teachers and guides, if this one is progressed enough on the evolutionary path. The perfect way to handle it would be to listen and use the advice of the higher self. If this does not seem to be right or if there is any misunderstanding about the advice you are receiving or you totally disagree with it, then aim your prayers and meditation addressed to your inner plane guides and teachers to help you understand why the advice does not seem right. If your higher self is not very evolved, this gives the inner plane teachers and guides the opportunity to teach your piece of the divine on the inner planes and thereby help you progress on the earth plane, because the higher your divine piece rises in vibration due to evolution through education and understanding, the higher you will progress on the earth plane. If one is not in touch with this higher self, the inner plane teachers and guides have a much harder time helping one progress.

Many are not ready; most are not ready for the third stage of Cohesion, but people need to be aware of what it is and what spirit does accompany it. The Spirit of Truth is the first stage, that of awareness and transmutation. The Spirit of Joy is the spirit associated with the stage of Implementation. The Spirit of Wonder and Beauty is that which accompanies Cohesion. Wonderment at why it took you so long to reach this stage and the beauty that will exude from you in all areas of your life when you do reach it.

Everyone needs to be reassured that there is a goal; an immediate goal and also a distant goal for the eternal part of you and a well-defined path to reach it.

The Ideal Path Of Progress For Humanity

First Stage Is That Of Developing The Conscience

Second Stage Is That Of The Emotions

Third Stage Is That Of Sexual Awakening

Fourth Stage Is That Of The Churches

Fifth Stage Is That Of Metaphysical Groups

Sixth Stage Is That Of Intelligence And Blazing New Trails Alone

Seventh Stage Is That Of The Total Synthesized Divine Man

This series of New Millennium NoteBooks will hopefully further our understanding of things that happened long ago and far away from the time period we are experiencing now. Analogies are used in many places to help with understanding. Teaching through the use of analogies will be the trend of education for the future –

AnalogicThought. While contemplating these NoteBooks I hope you will allow yourself to imagine that perhaps I have been given incredible insight into some of the mysteries of the universe. Please allow your mind to expand and wonder “what if” it all took place as being presented.

Norma