

**THE NEW MILLENNIUM NOTEBOOKS**

**SPIRITUAL PROGRESS - PART I**

**Progress Through Reincarnation**



*Neil Hickox*

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

*Cover Photograph  
A Peregrine Falcon in  
Los Angeles, CA*

*by  
Neil Hickox*

*A soaring bird always brings wonder and joy to us and perhaps a bit of envy also. Were it not for our physical bodies we would be free to soar just like the bird. This photo was taken from the 25th (top) floor of a bank building near the intersection of two major freeways in LA – the 101 and the 405. The falcon evidently had built a nest on the roof of the building.*

## 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.

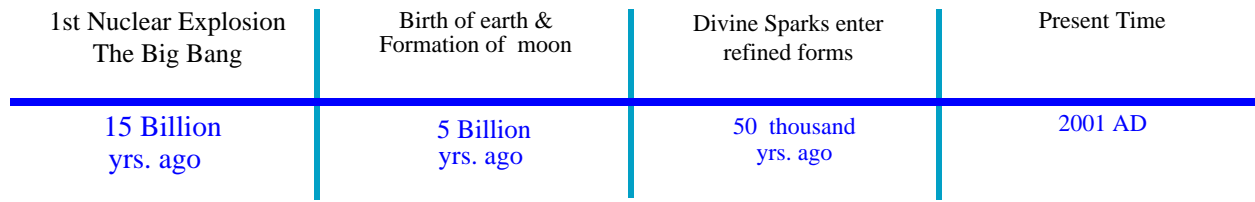
These notebooks enable us to look at any time period of the universe. They allow us to experience events that have happened in the past, events that are happening now, and events that will happen in the future. Each New Millennium NoteBook will take a look at a small portion of the TimeLine of Eternity.

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## CHAPTER ONE

# PRETEND YOU'RE THE CREATOR GOD

### Start of Humans

The actual start of human beings, where spiritual and physical evolution meet, was when the divine spirits began to enter the refined animal forms to learn and experience the animalistic nature of earth so that they would have control of earth. They have finally realized that they cannot control the nature forces of the planets, but can learn to control the nature forces (animal nature) of the forms (bodies).

After the first unsuccessful try at entering the animal bodies, the thought-forms had just been floating around over the planet waiting for the animal forms to develop to the point where they could try to enter them again. They had quite a long wait before the forms were really refined to the point where you, Michael the Creator God, thought that your children could try it again.

You emphatically told the first group of sparks (the first ray) that they had to be bold and brave and in control at all times; that they had to make a place for themselves in an unfriendly uninhabited little world. They were the pioneers, the forgers of the path for those who would come after. They must tear down any barricades to their entrance and destroy anything that stood in their way or tried to keep them from taking up residence there. Indeed, they had to be very strong, forceful and bold.



When you sent the second group (ray) down, you realized that the actions of the first group were almost those of a bully and needed to be tempered with a little love and lots of wisdom. You saw right away that the tactics of the first group were a little too forceful. Therefore, you

gave orders to the second group that they should calm the first group down, always use their head to reason things out and to love the first group and all who come after them.

When you sent the third group down, you were trying to find the way that worked best and you told them to experiment, to always be open to new ideas and new ways of doing things. You did not want them to be dictatorial, like the first group, nor did you want them reasoning every move out like the second group. You were trying to strike a happy medium with this third group by having them open to trying to find the better way, but not agonizing over each decision; to be as a scientist in his laboratory proving his theories.

This, then, caused much friction between these three, very different groups. You realized that you had to send in a fourth group to act as a referee between the first three. You needed to have a mediator, a go-between, to find a way to balance the tendencies of each group. This would enable each group to see that there was good in each other's ideas. The fourth group is still having to do this. This is where those wanting to enter any branch of the judicial system will be found, entering on this fourth ray as their personality ray.

You thought, *“Ah! At last I'm getting somewhere. Things have calmed down enough and they're getting along so well now, that I can finally send in my intellectual group.”* They had been waiting to come in, but you had to get things in balance before they entered so they would find an atmosphere conducive to study and learning and be able to come up with theories of the best way to do things. In fact, they found the others eager for their knowledge and became, in their own way, little dictators, mental dictators, not physical bullies like the first group. They, the fifth group, decided that their way of doing things was the best way, the right way, the only way. So they put everything in neatly labeled boxes and presented the boxes to the people.

When you realized that the fifth group had also “messed it up,” you decided to send in the sixth group to tone down this fifth group. You felt the fifth group needed to be shown that they should be able to bend, that a little flexibility wouldn't hurt anything. The sixth group had been lectured before entry, by the you, that you didn't like all that strict mental discipline and to loosen things up with some fantasy and day-dreaming, to make the world a little softer and more comfortable. This the sixth group did, but wouldn't you know it, they went overboard also and became fanatics, devoted to following your orders. This was the only area of interest to them and they became almost unbearable to be around.

At last, in desperation and running out of groups to send in, you sent the seventh wave in so you could stay in touch, through open channels, with all the groups. This seventh wave is your communicator group. Through them you can keep order and keep them on the

path, setting things right between all of them. You did indeed endow those on this ray with special equipment and gave them special orders. This group on the seventh ray also had their “black sheep,” but as you had run out of groups, for now you would have to let things work as they would. You had done your best and you had your communicators to send messages to the rest of the groups. There are enough of these communicators working for your good, that the few “black sheep” among them don’t seem to be that much of a danger - or are they?

At last, you thought. It was working! It really was working, but then again, in another way, it wasn’t working. Remember, these thought-forms were unisexual. They were a combination of both sexes; they had the qualities of both sexes in their make-up, but the animal bodies, the cave men, were either male or female in one body. Therefore, there was both the male and female spark in the male body; and also the male and female spark in the female body. There were fights like you wouldn’t believe.

This was the stage of Atlantis. It was a mess. Even you could not control it. You had lost all control. Those animal men, those cave men, had no thought as far as anyone else went. Having both parts, male and female, in the same body made for not only very wise, knowledgeable, creative entities, but at the same time created many warped minds.

You felt you had to do something. You decided that you were going to almost have to start over again, only with the refined cave man instead of clear back to the early animal. You asked for help from an older brother who had gone on to another galaxy. This brother sent help in the form of storms that practically destroyed this beautiful earth. This was at the time of Atlantis. But you had to have this done because the cave men were going to destroy it themselves if you didn’t do it, so you cleaned it up. The most advanced of the cave men and the most advanced of the animals were saved and you started your creation over.

This was when you determined that there needed to be a total, complete, sure way to have control of some sort over an entity after he or she had incarnated. You knew that new rules and regulations were needed concerning the entering of bodies, so the boundaries for reincarnating into this human form were tightened up at this time from what they had been previously. This was part of the control that was needed. Having both halves of the spark together was, indirectly, the cause of all that went wrong in Atlantis. You decided that it did not work for the two halves of one spark, the male and the female halves, to be in manifestation (living in a body) at the same time because there was no control, no system of checks and balances

Beginning at this time half of the divine spark was all that was allowed to enter the form. The other half had to stay on the inner planes and control the half that went into the body – therefore the rule was made that when the male half incarnated, the female did not. She stayed on the inner planes to help and guide the male half. When the female half was incarnated, the male half stayed on the inner planes. This rule made by you, the Creator God – the splitting of the spark – was painful. It was just as painful to the one who had to stay out of incarnation as it was to the one who went down. There was only half of himself down there. It was very frightening and it was going to take much longer now for each divine spark to gain the experiences he needed to have with only one half in incarnation on the earth in a human body.

As the Creator God you have this beautiful world down there and you people it with your children. They need to have lesson after lesson to understand what it is that you want them to learn. Would you educate your child with one month in the first grade and call it education? That is the equivalent of what one life on the earth plane would be.

As the Creator God above the little world, you can see that one lifetime has hardly scratched the surface of the experiences your children need to have. Now, are you going to create new children each time one died? Are you going to say: *“Too bad little one. You really didn’t learn all you needed to learn and that I wanted you to. You blew it! Sorry, but that was your only chance. Yes, you realize now how you could have done it differently. You’re much wiser now and would really like to try again, but sorry, I’ve just created a new spirit and it’s his turn now. You’ll just have to go to the heaven that I’ve set aside for you as a final resting place for dead spirits. You’ll never get another chance, but don’t feel bad. Nothing more will ever be demanded of you or asked of you. You have no more worries or responsibilities, so just go to your heaven and lie around.”*

Is this what you would do if you were the Creator God? If you became attached to the spirits and really learned to love them, would you continually bring into creation new spirits and condemn the first to death? Even though you were learning yourself by watching them struggle, don’t you think you would be inclined to let them try again? After all, they did promise to do better the next time and they really do deserve another chance. That way you don’t have to keep creating new ones all the time. Let’s keep the original a while longer and see what they can really accomplish if they have more chances.

In fact, let’s draw up a lesson plan and set rules and regulations for our little world and a time outline, a loose outline, as to the stages of progress we expect of them. Wouldn’t you, as the Creator God, then have a better feeling about your world? Wouldn’t you have a better feeling about it’s place in the universe as a growing, budding flower that would become



beautiful when it finally came of age and graduated into the next realm of reality as a sparkling jewel?

You, in your “let’s pretend” role of Creator God, soon begin to realize that reincarnation is the logical, sensible, compassionate way to run your little world. You realize you have done all you can as far as the seven different ray groups helping each other. You begin to see the necessity for rules and regulations to govern the cycle of lives, the recirculation of these beautiful divine sparks of yours.

Wouldn’t letting this growth take place give you greater satisfaction than just creating new spirits, letting them have only one chance to see what they could do and then creating more, hoping each new group created would do more and be smarter just because you, as the Creator God, were wiser when you created them? Yes you as the Creator God learned by watching the first group and perhaps the next group will be a little more evolved, but what are you going to do with all those dead spirits filling up spirit heaven? You’re going to have a disposal problem eventually. You can’t just keep moving more in there. It’s already overflowing!

Continue picturing yourself as the Creator God and watch those people you put on your little world. You have given them free will and are curious to see what they will do with it. Will they abuse it? Yes, at first, very much so. To try and control them, you give them a conscience. This helps, but not enough to stop much of the misuse of free will. It still hasn’t stopped the misuse. Everything you’ve done since then has been in the area of trying to get your people to take responsibility for the actions they are taking because of free will.

They eventually start growing up a little, but it is so hard for them to discipline themselves. If someone would just do it for them, they think, how much easier it would be. So they give the power to tell them what to do and what not to do to others whom they call priests, ministers, rabbis, etc. “Ah,” they think, “*now all responsibility is out of my hands. It is all on the priest’s shoulders. Now it’s his fault if I do something I shouldn’t. He didn’t teach me right or tell me I shouldn’t do such an act. But anyway, all I have to do is say that I’m sorry and all will be well. If I slip again, same process – big deal. I really don’t have a care in the world.*”

You see this happening in your little world and think, “*Oh boy, now what? They’re pretty sly, these ones I put down there. I’ll have to think up another way to get them to take responsibility for themselves; we’ll go to plan B, which is to send a messenger down in person to try to get the truth across to them, that they simply aren’t growing at all when*

*they let another take responsibility for their actions. This simply can't go on."*

Some heed the messenger's words and things get a little better, but then they turn in a different direction. You, as Creator God, have to come up with plan C. What's it going to be? Things are in pretty bad shape down there. Would you take away their free will, that precious gift? By this time, even though you would like to, you are only able to take it away in a limited manner. Nevertheless, you would do what you could to eliminate free will as much as possible. One way to do this would be through their economy. A downturn in this area certainly has the effect of putting the brakes on free will. In fact, perhaps it's working better than you could have hoped.

One way to make the economy worse would be through the weather patterns. This would put hardships on them. Aha! They are growing more responsible aren't they? They're starting to think about what they've been doing with all the freedom they had to use their free will, and are being much more mature about it.

You, as the Creator God have discovered that you made a few goofs here and there, that things would have worked better with a built-in restraint on free will. It is too late now. The only way to incorporate this into humanity is through education of the young. Free will is the one thing above all others that you wish you could take back. It is the direct cause of all humanity's woes at this time.

As you continue playing the role of the Creator God, you look down there at them arguing, fighting, hitting, and even killing each other. They are still very barbaric, aren't they? You could separate them. Maybe it would work better to take the ones who have grown past that stage and put them in a separate little world. *"No, I'd like to try keeping them all together, because it really is all the scattered parts of me, you know. If I separate some off, it will be like cutting off one of my arms or legs."*

They are all part of one body and they must learn to get along and cooperate with each other. As long as one leg wants to go one way and one the other, and one arm reach up and the other down, and the head turn opposite of the body, we're not going to make any progress are we? Picture a doll, if you can, twisted in this shape and you'll have a better idea of what this would look like. Well, there just has to be some way to get them all headed in one direction. I'll have to have a set of immutable laws and then a system of reinforcement to make them work.

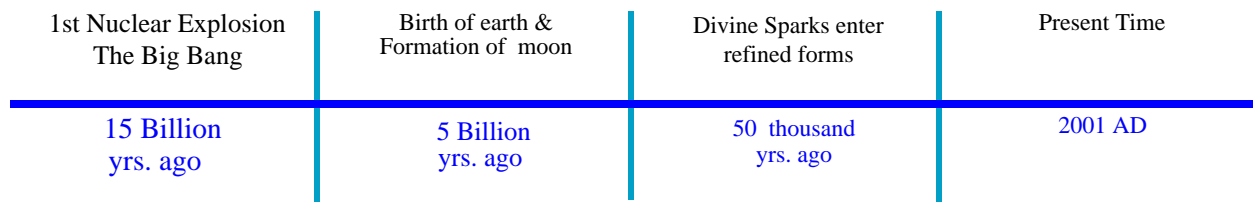
*"The laws will be the same for all, not only for my little world, but for all my brothers' worlds. Of course, they are more advanced than my world and the set of laws governing*

*those worlds worked quite well. I will use them also in my little world, but I may have to add a few extra. Just look at them down there!”*

Of all the universal laws, the one law that heads the top of the list for all worlds is: “Do Unto Others As You Would Have Them Do Unto You.” This one law really does say it all, and that is the basic building block for all worlds. This brings the responsibility home to the individual, where it belongs. The other laws are breakdowns and definitions of all stages of this one law. The individual is not only the victim, he is also the perpetrator, the judge, and the jury. This is the way it must be, and if it could but be enforced on that little world, there would be no problems, because all problems would be self-administered and self-resolved. As it is, it will have to be taught and shown to them by example. This can be done because you did decide to recycle them, remember, instead of making new ones. You will take advantage of this recycling to teach them the law of karma – that what they sow, they will reap.

You will keep them circulating until they’re evolved enough to progress to the next realm. You would have a better feeling, wouldn’t you? Instead of just being interested in your own growth and progress as a Creator God, you determine that the only possible answer is to let them each grow and evolve until they can move on. After all, if you learned from watching them in one lifetime, think how much more you would learn by watching them through many lifetimes and experiences. Wouldn’t letting them do their own perfecting to as great an extent as they are capable of help you learn and grow more, rather than continually trying to create a perfect spirit?

When all your lines and sparks have returned, you, the Creator God, will move on to the next classroom, the fifth planet, where you will not want to separate yourself into individual sparks. You will want to experience things as a whole soul, to keep all parts of you together, to learn and experience in an enclosed situation. This will enable you to synthesize the experiences of each individual spark and determine what worked to make you a better Creator God and what did not. By this time you will be a very wise oversoul.



## CHAPTER TWO

# REINCARNATION AND GENES

### Scientific Proof of Reincarnation

When the worlds were one was the time when they were also pure energy. All energy was one at that point. The energy that will form a planet separates off and, because of its size, is then propelled upward like a bubble. As it moves on its journey up through the black hole, it solidifies, starting to cool down as it travels. When it bursts up out of the black hole, the hole closes up again and the planet is on its own, outside the warmth and protection of the “womb” of creation where it was formed. The whole process is very similar to the birth of a baby. You might say the birth of a baby was patterned after the birth process of planets.

The basic fact of reincarnation is a truth which can be, and eventually will be, proven scientifically. Science will soon make a discovery that will prove reincarnation once and for all on a scientific level. Then humanity will be unable to refute it any longer. It will have to do with atomic matter and the fact that there is a limited amount available for use in any given universe. This is the substance that is found in the male which is used for impregnating the female of the species and is the means whereby a spirit can find entry into the body when it is born.

This is quite complicated. The original genes, impregnated into the animal bodies in the beginning, insured the safe occupation of that animal body by a spirit. If that original gene is missing by some freak accident, then a baby born of that man’s semen will be uninhabitable by a divine spark. It will live a short time this way, but will eventually die and decompose to dust, and there will be no eternal life for that one because there was no eternal spirit ever in that body. This could be scientifically discovered if enough testing were done on deceased baby’s bodies, but it is very difficult to receive permission for this testing from the parents. Therefore, scientific proof of reincarnation is being delayed, but it will come eventually. When it does, reincarnation will be the first spiritual fact found able to be proven by science.

When the forms are born without this gene, that means the reservoir of atomic matter is

getting low. It means that it is time to give those who are ready, through much hard work and study, the opportunity to enter again. At the present time, large groups of people are starving to death on the earth plane. The energy being taken up by those inhabiting the starving bodies will be used to send back in more evolved souls. The reservoir of matter is being depleted. There is this limit of divine sparks and it is getting close to being reached. Remember that the inner planes are filled with past incarnations who are still in time and space, but cannot return. They are there, but they are like a barren woman and cannot conceive on their own. They were begotten by the seed core, but cannot beget another personality for themselves. Only the seed core can do this, and there is a limited number of seed cores, even though there are millions and millions of entities on the inner planes.

When too many physical forms are born, an automatic process begins that makes some of those bodies uninhabitable. There is this law of checks and balances on everything in the universe. The only way to accomplish this is, as just discussed, through a depletion of the divine gene in the human male. All else may be perfect in an impending birth, but if there is not enough atomic matter to sustain life in this form, the form is destroyed before it is understood why in such cases. There is always much weeping and sorrow with miscarriages and still births and even crib deaths, and this is understandable. If they could only understand the consequences if these forms were kept alive, they would not grieve so much.

Our whole being is a universe. Creation is creation no matter what form it takes. A human can give birth once a year and a universe can give birth once every tens of thousands of years. It is the same creative process, planned, instigated and directed by the same source, that central energy cell which is the Creator. The universe is in constant motion. So is the human body, physically and mentally.

### **Planets Compared To Balloons**

A black hole is nothing more than the birth or death throes for a planet. Its vibratory rate increases to a preset rate in order to be born. The whole central universe is compressed as far as space, size, dimension, etc. The size of a star before birth would be minute.

Perhaps for the sake of comparison let's use a balloon, a very small piece of matter until activated with air. Picture this balloon in a field of fog. Its size, in proportion to the pressure the fog is exerting on it, is in exact balance until the air enters the balloon. As the air enters, the balloon starts spinning and rising and enlarging and eventually the pressure of the air inside the balloon becomes equal to and gradually greater than the pressure of the fog surrounding it. When this happens, the balloon bursts up and out of the field of fog and is present as a full sized balloon (planet).

The exact opposite takes place in the death of a star and that is also programmed into its seed core before birth. (The same with humans.) This balloon will, after dying, return to the central core of balloons and be healed and strengthened and cleansed and eventually start the process over again. (The same with humans.)

But when the central core is depleted of the air needed to start the process of the inflating of the balloon, then that balloon must wait until the death of another, so that the collapsing air of the dying balloon can be injected into the balloon waiting to be born. (The same with humans.) There will be many balloons waiting to burst up through the fog and some may even start the process, but if there is not enough of that air (atomic matter) to inflate the balloon to the point of being greater in force than the pressure of the fog, then that birth of a balloon is aborted. (The same with humans.) This area of limited atomic matter is really quite technical.

### **Reincarnation Only Answer**

You see, creation goes around in circles, thus reincarnation of all things, cells, souls, planets, solar systems, galaxies and universes, is the only possible way for it all to happen. Whatever is stated as applying to the universe as a whole also applies to each separate planet, each individual and each cell in the human body.

The Creator applied to planets	Space, air or energy waves
The Creator applied to humans	Oversoul, energy lines
The Creator applied to cells	Blood, energy lines
Recirculation of planets done by	Central core
Recirculation of humans done by	Evolution
Recirculation of cells done by	Heart
Reincarnation takes place for planets in	Eternity, time, space
Reincarnation takes place for humans in	Earth
Reincarnation takes place for cells in	Body
Evolutionary plan for planets	Twelve planes of Oversoul
Evolutionary plan for humans	Twelve levels of earth plane
Evolutionary plan for cells	Twelve times every seven years
Groups as applied to planets	Galaxies
Groups as applied to humans	Spiritual families
Groups as applied to cells	Organs

## **Solar Systems Reincarnate**

Yes, humans are not the only ones experiencing reincarnation – solar systems do also. Their disappearance into a black hole can be compared to humans going to the inner planes between incarnations. This is a surprising thought, is it not? If all things stood still, if we never grew older, we would rot in our forms as we are now and that would be the end of our existence. We should worship our changing existence as it is our saving grace.

## **Evolutionary Plan For Planet Earth**

The planets we know as being our solar system are not the only inhabited ones. Some have been inhabited but are no longer; some never have been and never will be until they are reincarnated. The evolutionary tracks for each planet are different. There are twelve planets for the Oversoul to move through. Each of these twelve planets have twelve levels which are the planes for the divine sparks to move through. Earth is and has been planet number four, but her vibrational frequency has been the same as planet three. When the lightning bolt left planet three and splintered apart, it remained third dimensional on the fourth planet. Those ready must step forward to fourth dimensional frequency to progress on.

## **Oversoul Compared To Sponge**

At this point, I'll try to give a simple explanation of the Oversoul and the process of recirculation. Visualize the Oversoul as a sponge filled with water. This water represents humanity between incarnations on the inner planes. When a spark goes to the inner planes, he does not enter at the bottom of the sponge, he enters at the top and works his way down. Eventually the sponge reaches its saturation point and the excess drips off the bottom. These are the sparks that reincarnate on the earth plane.

This process could be compared to souls separating from the Oversoul and recirculating. Energy waves, which are the action of the Creator, act as a pump that lift these sparks to the top of the Oversoul (sponge) when they leave the earth plane at the end of each incarnation.

This sponge should be pictured as having twelve levels which are the reverse of the twelve levels of the earth plane. It is as though looking in a mirror, a reflection. Level number one of the Oversoul is at the top, level number one on the earth plane is at the bottom with both level twelves in the center. You work your way down through the twelve layers of the Oversoul and up through the twelve layers of the earth plane.

The Oversoul, or Creator God, must also be pictured as moving very, very slowly through His own twelve planets. He also recirculates, and as He reaches planet twelve He starts

His trip over. He is approaching the start of His fourth trip through this, our own solar system, which will be the unfolding of the fourth dimension on the earth plane. His first three trips were also on the earth plane. All things happen on the earth plane at the same time as they take place on the Oversoul's planets.

The recirculation continues forever and ever, and ever and ever. It never ends. There are always higher and better worlds to attain, and each world itself is progressing at all times. People need to understand that they will never be destroyed. Therefore, they may as well settle down and start working on their attitudes, their spiritual concepts and the raising of their consciousness.

### **All Souls Are The Same Age**

When the original explosion happened all souls were born. The picture of their progress through the universe is a very complicated one. The souls coming in are not brand new souls, but recirculating souls who have been on other planets learning the lessons of that planet. All souls are the same age as far as time goes. All were "born" at the origin of the universe. Some never took on bodies at all, they stayed in spirit form, others went to all parts of the vast universe and are still circulating and learning from all inhabited planets.

Think on the highest level of overview that you can. All souls are the same age! They may have been through the lessons on earth once – traveled on elsewhere and have come back to earth to experience it again. This is possible – to return to any planet you think will serve to further your own particular growth.

The only way to experience planet earth is to take on a body, and this must be done many, many times to be able to progress to the next planet. Did you think the Creator was only over planet earth? He is over the entire universe and will have much help from planets that are already sacred. The goal for each divine spark is a trip through the evolutionary cycle of earth's solar system, from pure air back to pure air, then on to another solar system to experience its evolutionary cycle. This continues forever as new solar systems are constantly being formed as old ones disappear into black holes and are reborn again.

### **Many Have Been On Other Planets**

When someone is told they are from another planet or that all have been on other planets, this is true. The universe is very old and as our superuniverse is the newest, many have made the total combined trip more than once. In other words, they progressed to the central Isle of Paradise and went back out in outer space and started the trip again, some even for the third time. This is knowledge that will do them no particular good in this incarnation. It does not hurt, but is unimportant as far as their spiritual path this time is concerned. It perhaps would only confirm their position as a more evolved soul that is able to help,



through many different ways, those not as evolved.

The whole path of progress, the whole picture, would blow the circuits of most people on earth. They are not ready for it and do not have a need for most of this information. It will not further their progress in this incarnation; it will, instead, slow their progress. It is information that will not serve for the best good at this time.

## **Cycles**

### The 25,000 Year Cycle

This consists of “one” trip for the Oversoul through our solar system on one “large cycle” of evolution. During this large cycle of evolution there are other size scale cycles. One of these is based on 2500 years, one on 250 years, and there is one on 25 years.

### The 2500 Year Cycle

The 2500 year cycle is for the large seedcore cycle which is formed at the very beginning of Creation. As the explosion took place, some of the energy dropped down to the Geological Kingdom, some to the Botanical Kingdom and some to the Biological Kingdom. The more powerful energy left the Creator in bigger pieces in the upper stratosphere and as it fell to earth, it broke apart. The seedcore was the large piece that formed but broke apart on the descent to the earth plane. This seedcore or ball of fire was made up of different vibrations, but harmonious vibrations or they would not have clung together to begin with. As it fell it eventually shattered into individual sparks, each complete with positive and negative energies. Upon the final landing on the earth plane, these sparks then shattered in half again in perfect form. In other words, both halves kept part of the positive energy and part of the negative energy. These are the twin sparks. Then each half of the twin spark was broken apart again (the story of Adam and Eve) after the destruction of Atlantis (the story of Noah and the Ark) and half of the soul stays on the inner planes to guide the other half in incarnation. These would be twin souls.

### The 250 Year Cycle

Every 250 years events (incarnations) cycle back around for the divine spark. In other words, they complete one of 12 different lives on each of 12 tones. This is of course approximate. If they choose, they can spread out one level of the 12 lives that are allowed on each tone into more than one life. An individual may spend as many as 5 or 6 lives on level one of the tone of, say F, before moving to level 2 of F. He has free will; the pace is up to him. This shows that the incarnations are in sequence in time.

### The 25 Year Cycle

The 25 year cycle is made up of the events that take place in each individual life. This started out as 25 year, but due to cosmic changes has dwindled to 20 year. Every twenty

years, earth plane events for individual entities and nations cycle back around on a higher scale of evolution.

We have the Oversoul and His children the seedcore, then the seedcore's children the divine sparks, which split. The Oversoul spun off many seedcores; the seedcores then spun off many divine sparks; the divine sparks split in half; each half is only half of a whole divine spark or soul. It would be exactly the same as physical evolution: grandparents – their children the parents, and their children – the grandchildren, who are all sets of twins.

As the human grandparent, (Oversoul) sub-divides after being impregnated and has children, anywhere from one to fifty, so also does the Oversoul after impregnation. These children, the parents (seedcores) then sub-divide into anywhere from one to one hundred grandchildren. Because of twins there are twice as many divine sparks, which are souls split in half.

Now each half of these divine sparks reincarnates for 144 lifetimes until perfection. They are both incarnated on the earth plane over and over 144 times each until perfection.

To review, the 25,000 Year cycle is for the Oversoul; the 2500 is for His children, the seedcore; the 250 year cycle is for their children, the divine sparks, which split into twin souls who then experience the 25 year cycle on the earth plane.

The grandchildren, the divine sparks, reunite and as a whole divine spark, now to be called a soul, move up out of the earth plane and continue on their eternal journey towards paradise, where they eventually can return to earth or other planets as finaliters. Another term for them would be thought adjusters, or, if you will, teachers and guides on the inner planes. Then after serving humanity and the Creator in this way they can come back closer to the Oversoul the next time as a seedcore themselves. It is a matter of growth, evolution, service and wisdom that determines the readiness of a recirculated soul, (whole divine spark or grandchild), to being able to produce his own children. Then on the next recycle, after being a seedcore, he will then be the grandparent (the Oversoul,) due to added wisdom and knowledge, able to produce seedcores himself. It is a very complicated path of progress and there are many at all stages.

### **Oversoul I - Michael**

There is one Oversoul, in my context of the word, for all humanity. All are from the Oversoul Michael, our Creator God, who is progressing through His twelve planets. The 25,000 year cycle is for this Oversoul who is, in actuality, all entities in incarnation and out of incarnation on the 12 planets of our solar system.

This large Oversoul, Michael, divides again and again and again like the splitting of the atom. There are parts of this Oversoul at all twelve different levels – the seedcores or Michael sons. They keep cycling on different time cycles. The Oversoul has twelve levels to progress through. There is one big Oversoul, and each of us has a smaller one, an individual one, our own individual soul, which progresses through twelve planes with twelve levels in each. As the large Oversoul has parts of Himself on all twelve levels, it is ever thus with each individual soul. It will have parts of itself at all twelve levels if it has kept up with the evolutionary growth plan for planet earth. Souls come back as different individual personalities until they reach their seedcore, (or conglomerate), at the seventh level. At that point when they draw back into the black hole (at death) they will automatically come back from the same seedcore working on group projects assigned by the Oversoul.

This could be compared to flowers. Those that must be replanted each year are less highly evolved than the perennials that die in the fall, go back into the black hole (ground), rejuvenate and store in the seed that energy needed to bloom again the next spring. The process for humans is exactly the same. At death you will be in the ethereal body until your next term to come back out of the black hole into the physical form. It is very difficult to understand the collapsing and the expanding and exploding of these black holes, wherein lies the total secret of beingness.

### **Oversoul II – The Seedcores or Michael Sons**

The “Passes of Oversoul II” take place every fifty years or so. Oversoul II, or the seedcore, that started His trip in 1920, Lord Raphael, is the one I, personally, belong to. The new Oversoul II or seedcore, Lord Maitreya, started his trip in 1970. The next Oversoul II, Lord El Terro, will be well on his way by 2020. A few sparks from each Oversoul always come in ahead of the main body and in 1954 some from the 1970 Oversoul started coming in. In 2015 or so some from the next one will start coming in. All those born from 1970 on were from a new “pass” of the Oversoul.

Michael the Oversoul, our Creator God, explains it as follows:

*“I am a spirit being and have sent half of me down to experience. Each reincarnation I have is a different half of my being – call them male and female if you wish. The part incarnated now is male, the part that will come in at the next “Pass of the Oversoul” will be female – thus, the Age of Creativity, is what is coming. As many of you must live through the transition period, this means a time of upheaval for all. Men, in particular, will have a more difficult time dealing with learning to use the creative part of them, but they must not deny it. It is my will, if you must, that the right side of my being be expanded on this next reincarnation of my being.”*

*“Those men born after 1970 will have a better time as they were trained and educated for this before entry. Yes, a few came to prepare the way in 1954. In 1970, more came in, with updated teaching. In the year 2005 all will be entering knowing my purpose. By the year 2015, there will be none of the old ideas left, all will be totally into creativity.”*

*“This is all an ongoing process. As each Oversoul moves out of the cycle of one solar system, another comes in. As I am now past the twelfth plane, the new Oversoul has already started His trip through your solar system. There are always those in front of the group and a few of them entered in 1954 and a trickle of them since then.”*

The next paragraph came through from David the master of our ashram, a third level Oversoul:

“The following is our way of keeping track of what stage divine evolution is in on any particular planet. The fourth pass of the Oversoul is talking of divine evolution of the spark of the Oversoul coming down and experiencing. The root races are physical evolution. A root race is not a new Oversoul. Root races are designations of insemination experiments. You personally, Norma, are from my root race, the root of David which is in a direct line from Abhram. We were released on planet four as an explosion of the third pass of the Oversoul. I, David was born after the sixth round of experiments. Your spiritual ancestor’s genes came from the seventh round of inseminations, but physically you are descended from my root race (insemination experiment) of physical evolution. One (spiritual genes) has nothing to do with the other (physical genes). Physically you will have the personality traits of all to do with sixth plane consciousness. Spiritually you will have the qualities and teachings of the seventh plane. This is the way it works.”

Most of those born from 1970 on are still of the sixth root race (physical evolution) which is on the fourth planet (earth) as the fourth trip of an Oversoul, even though they are from a new “Pass of the Oversoul” (spiritual evolution). Each time the Oversoul reaches a new planet and releases His children is considered a “trip” or “pass.”

The Oversoul will have twelve experiment phases on this planet – twelve chances to impregnate His genes, thought-adjusters, into the human forms so he can then enter then and experience. You see, the Oversoul has thought-adjusters to prepare the way for the divine children to enter. They are all part of each Oversoul. The first six root races are the thought-adjusters turn. He is releasing His thought-adjusters now on this the fourth planet, the fourth pass of the Oversoul. The next six root races will be the divine children’s turn. Hence, the seventh root race will be the start of the divine kingdom.

## **The Undersoul**

The undersoul is a term used in some of the Chrysalis material. It means an octave high-

er reflection of a seedcore group. The word galaxy has a different meaning than the word universe and an undersoul is a seedcore group from a different galaxy which is still part of the universe we are in. The “undersouls” will always be from a different galaxy, a higher galaxy as far as frequency goes. As far as them continuing to help us, yes, our teachers and guides will communicate with them for help, the same way those on earth communicate with their teachers and guides for help. Our teachers and guides are in contact with the undersouls on a “daily” basis, if their time were divided into days, which it is not. They are there when they are needed always, just as our teachers and guides are there when we need them. There are many levels of this undersoul.

### **A Seedcore Is A Channeling Conglomerate**

The seedcore is a collection of thought that those on the earth plane are tied into. The seedcore is a conglomerate or ring of energy, that certain spiritual families return to as their “home” base when returning to the inner planes. It is determined by many things, one of which is similar interests that have remained with a soul throughout all his lifetimes.

The neutrons and protons that make up energy on planet number two, making ringlets of energy causing storms, are indeed what makes groupings of people. The ringlets that formed stay in groups in the lightning bolt and when it leaves planet number three and strikes earth, they are shattered, but because “like attracts like” they eventually group again. It may take some souls many, many incarnations to find their original group. Some may not find it until just before time to go on to planet number five, but it will be found then. Some prefer to explore life’s classrooms without their group, others feel the need of being with the group. Some get too attached to others or to the whole group and need to have several lifetimes without their group.

How can an earthly incarnated soul know reliably what seedcore it belongs to, and what lessons it must learn and teach, and what acts and works of service it is to render during this incarnation? No soul can know this reliably until he has progressed to the stage of blending with the part of the soul that is in the body. This is called the first stage of synthesis. When this takes place, the entity will realize that he must keep moving forward and no longer look backwards and blame people and circumstances for where his life has taken him. His life has become such as it is for many reasons. One reason would be attempting to clear karma. In fact this is usually the cause of the circumstances of everyone on the earth plane. This is as it must be. But there comes a time when a person no longer feels guilty about a situation. This means the karmic debt is over as far as their part in it. Until this happens, a person will be locked into the lower realms of earth life.

As far as an absolutely reliable way to know what seedcore you belong to, there is none. It all has to do with knowing yourself inside and out and a feeling of absolute rightness

about a person or a situation. Learn to trust your intuition as to whether or not a job is right. If it doesn't feel right for any reason then it is not right. Compare it to trying on a dozen pair of shoes or more. When you find just the right ones you will know it by the way they feel on your feet because of the way all the wrong pairs felt. When you find just the right person or job or soul mission you will know it by its feeling of fitting.

The seedcore could perhaps be thought of as a wart on the body, a seed wart, one that has many little bumps in it and then causes many little warts on all parts of the body in many different sizes. The warts in the outlying parts of the body can be considered second cousins. It is a well known fact that when the seed wart is removed the smaller warts will disappear which means that they are an integral part of the seed wart. There are probably 21 total bumps in each seed wart if it were magnified many times. There is approximately the same number in a seedcore, but only about half of them are in incarnation at one time. The rest stay on the inner planes to direct from there.

### **Divine Sparks**

The sparks that fell were human, intelligent sparks. As they landed, they split apart with one part male and one part female. These two halves of souls never feel complete until they reunite, which will be a very long time. Each spin off their allotted realities, one hundred and forty-four, which move on in the inner planes of earth, which are the other planets in our solar system.



Each spark is a different personality with an individual soul, but their large Oversoul is the same. The large Oversoul can be pictured as the energy that remained up in the higher planes. The divine spark is the core of each of us, and buried in our core are memories of these other existences. Our internal self responds instinctively to the smell of pure, clean air, or a gentle breeze, a gorgeous butterfly, a beautiful rain or a lovely bolt of lightning. Even a fireworks display draws a response from us as a memory. This is why we humans respond to the forces and beauties of nature. We actually were nature ourselves at one time.

The divine spark can never be destroyed. It can be held back, as a child in school can be held back from progressing and be made to start over and work its way back up on a different planet. The spark would have to enter the body of an animal of the cave-man type of mentality and build a conscience in each and every form he takes on. It is the building of this conscience in each life that allows the spark to evolve, as all of humanity must gain

this conscience. Any spark that does not do his share of raising the consciousness will not progress. After several times at starting over this spark soon “gets the picture” and begins to grow and progress and eventually evolve into another dimension. As the spark keeps coming back to the inner planes after each lifetime, it brings the concepts it has formed and presents them to a panel that evaluates them for the seedcore.

Remember, the seedcore is the original divine spark which exploded off the Creator, that has spawned our individual spark. If it is determined that a certain concept is unacceptable for storage in the seedcore it most likely will be decided that this concept should be the basis for the soul’s next incarnation. The spark will then reincarnate and strive to prove or disprove the concept. At the end of the next incarnation the spark will once again present it to the panel of evaluators for the seedcore to once again be accepted or rejected. The good is kept stored in the seedcore.

The divine sparks move on up the inner planes as whole souls and wait until the rest catch up, all his brothers and sister, and then the parents themselves (the seedcores), and all rejoin the grandparent, the Oversoul and move out into another solar system. Here the grandparent or Oversoul sends down the children, the seedcores, again. Then the divine sparks – who do not necessarily always split in other solar systems – are sent down.

The same process is gone through, in twelve solar systems for this Oversoul. Then He progress on through the rest of the journey to Paradise and then sends off the children, (seedcores) and grandchildren, (souls) again and this time they are separated from Him, the Oversoul, for good to be forever after on their own – the parents, (seedcores) to become Oversouls and the grandchildren to become seedcores, or parents, whichever name you want to use. This is when they can reincarnate as masters on the earth plane in a human body.

### **Personalities Reincarnate Until Earth Plane is Finished**

Reincarnation itself involves total reincarnation until the earth plane is finished with. In other words, the personality will return each time until the earth plane is finished. After finishing with the earth plane, then it is only reincarnation of a piece of the soul. In other words, one does not move on in the inner planes until he has moved past the earth plane.

Therefore, when reincarnating on the earth, it is reincarnation of the personality and each lifetime will build on the one before it. When earth is left behind, then it is reincarnation of the soul and the previous life will not move on and have a life of its own. This is when the entities can be released by rebirth. Those on the astral plane will not be part of this rebirth, as they will be all one before the spark leaves the earth.

## **Plus Experiences Of Sparks Live On**

The total personalities of the divine sparks, whole souls now, do not proceed on after their life on earth, only the plus experiences of them will eventually be saved. Until they reach level nine, planet nine, they are most all still there, although it is an ongoing process as to eliminating and keeping good and bad traits and sending these to the seedcore. Each half of a spark, (grandchild) has 144 different personalities when he meets and joins his twin. Therefore there is a combination of 288 personalities and only the good deeds of each personality are retained and stored in the seedcore. This total process consists of a path of three planes in each of four groups for a total of twelve. The first 3 planes or planets are the impregnating, incubating and gestating period of the Oversoul. The next 3 are the seedcore's turn to spin off his allotted personalities, the divine sparks, and the next 3 are the divine sparks turn as whole souls now, to choose and keep and feed back to the seedcore and the next 3 planes are the seedcore's time to sort and choose and return to the Oversoul. The Oversoul now has the good experiences and knowledge and wisdom of 288 lifetimes fed into it by the divine sparks (blended into whole souls) and filtered through the seedcore which is the parent, remember.

## **Genes**

As far as reincarnation, genes are very important and reincarnation does follow physical family lines. It actually is based on stages. The first half of your allotted lives on earth follows the physical family genes. This is the only way that it can be done. You carry the memory of previous lives with you through the genes that you inherit from your parents and grandparents. Then for the last half you are able to graduate from this process and cross families. You have grown so much by this time that you can come back in any situation because you can access the records of these other families and assimilate the traits and characteristics. The ones who do this are very advanced and these are the ones who are not that interested in their own physical families on earth but are more interested in their spiritual families. This is a graduated phase also, with those who are not tied to any one as being the most advanced. But even these ones cannot isolate themselves. They chose the ability to do this in order to serve humanity.

Genes come back through reincarnation – atomic substance of mother's body with father's genes make up baby's genes. Semen transmits the photograph of the father to atomic tissue of the mother and forms the pituitary gland. Scientific studies can be made to prove this reincarnation of the divine spark. (I, Norma, was shown it being done on the inner planes in a dish in a lab, the same way they do in vitro experiments.) Physical families follow the seedcore. It is interwoven more tightly than we believe. We keep reincarnating in the same family until the seventh plane is reached. Only then can bodies be entered that are not of your soul and seedcore grouping. For instance, I, Norma, had an incarnation as



Francois Couperin. Because I am past the seventh plane other musicians can come through me such as Tchaikowsky.

Now that we know reincarnation is done in families for the first half of our trip through earth's planes, much work with physical and mental illness can be done. Research can be done by family testing. Remember, you are forming your thoughts now for future incarnations.

If duality isn't overcome in one lifetime it will cause problems between mother and child in the next life. Overcoming duality has to do with bringing the half of the soul left on the inner planes into synthesization with the concrete mind and the half of the soul in incarnation. The genes passed to you from your mother and grandmother and great grandmother, etc. are what are in conflict with the genes passed to you from the divine part of you. The actual genes of the physical body are where the half of the soul left on the inner planes resides. It takes up residence as a part of these genes, an influencing part of these genes. It is these genes that must be brought into harmony with the genes, or pictures, that the soul brings with it.

The genes or pictures of the mother's present life are present in the body of the baby and also those of the present father. We prefer to call them thought-pictures instead of genes. The parent's thought-pictures are necessarily what needs to be changed or raised into a higher state of being to match the higher vibratory rate of the thought-pictures brought into the body when the soul enters. Half of this soul takes up residence in the new personality and half takes up residence in the material passed through physical evolution. I will try to give an analogy here.

We will consider a doll. This doll is going to become a robot through the inserting of a pre-programmed board that is inserted into the head. The control of this board is in the hands of the one controlling the computer set-up, in other words, the incarnating soul. The board has two distinct operating channels or programs in it. The builder of this system decides to split the controller into two and allow one part of the controller to have control over one half of the circuits and the other half to control the rest of the circuits. When this is accomplished, the builder of the robot decides to make the robot big enough to enable the two halves of the controller to both enter the robot and do the control from inside. One half works with allowing the robot to move about and perform functions. The other half of the controller simply oversees the total operation as far as the circuitry and its maintenance goes. When the part controlling the movements runs into a problem it must turn to the part controlling the circuitry. The part learning to walk and perform tasks is controlled by the physical genes. The part controlling the circuitry is the divine genes.

When the part controlling movement has reached an end to what it can accomplish it turns to the part controlling the circuitry and asks permission for the use of more of the circuits under the control of that half. This is when the joining of the two halves of the spark comes about to form a whole soul. It can never give all the remaining circuits to the part that is learning movement until it is sure there will never be any need for repair or maintenance or rebuilding again. Therefore it gives up half of the circuits it was holding in the overview section. This would compare to the first stage of blending, that of the physical body and the half of the spark in incarnation. This is the longest stage of a human's life. This part of the new circuits from the overseer must do such an excellent job of adding more motion and task performing capabilities to this robot that it is a smooth functioning robot. Then it is left in this state for a period of time to test durability and if there is going to be a malfunction or not. When it is determined that all is well, the rest of the circuits held in reserve will be given up for the use of the robot and total synthesization is accomplished.

To relate this to your parent's genes, they are the half of circuitry used in the beginning to learn to walk and perform tasks. The other half of the circuitry board is that of the entering spirit. In the beginning, for the first six weeks of life, the half controlling the circuitry in an overview is in full control. It has to "light the pilot light" under the other half, you might say, to get it started. After all, it is the control half and is watching closely for breakdown and malfunctions in the circuit board. After about six weeks the half of the board controlling learning tasks comes into action and the half controlling the circuitry retires into the creative channel or the circuits themselves in the board. This is referred to as hibernation. When this part of the board is split, the half of the soul that will help the physical genes is what will make up the new personality of this incarnation. As it begins to have an influence, part of the circuitry of the first part of the board has to "retire" so the new circuits can use these wires. These then go into the hibernation of the circuitry of the overview part of the board. They must then work in cooperation with the rest of the controlling circuitry and become raised in vibration so as to blend with this circuitry and be able to be used to keep updating the first half of the board, to be able to keep feeding it new circuits to use as it grows past the original ones brought by the soul. The material of the board never has any more added to it, it is used over and over on a higher level of vibrations each time.

Recently, in a rebirthing experience I was aware of a little old lady in a shawl, hunched over, that was blocking my channel and seemed to be my mother or grandmother. It was simply the original circuitry that have to increase their vibratory field to allow the future circuits to be able to passed to the learning and growing new personality. I have not quite completed this process, but am working on it. It is all connected with the opening of the

third eye, which is part of the controlling circuitry, and the entrance of a master teacher.

The DNA codes in the physical body are “pictures” taken by the soul. The soul is as a video recorder, if you will, and keeps a running “movie” of each life. The soul acts as a film editor when each new incarnation is being planned as far as choosing what events can and should be put at the beginning of the film, to be available for the entity to draw from as strengths gained in certain areas in previous lives to help him accomplish his goals in the new life. But horrible, disastrous events that are stored in this film have a way of overpowering his editing and pushing their way to the foreground at the beginning of the recorded film. There is no way to ever erase these events, and when they come forward in a second life, the photograph is reinforced and becomes even stronger.

This film editor has no recourse to erasures. He must deal with all film records. Those fearful events had a strong emotional reaction tied to them and this is where the soul is – in the emotional body. The soul is director of all picture-taking so these fearful pictures not only get photographed onto the seed core but are photographed with high intensity film and are very powerful. The seedcore then has these pictures usually on the surface. The next time it enters and proceeds to form a new personality these fears are already a part of this ones life.

The DNA structure is part of divine evolution that transcends into physical evolution. It is the seedcore that carries the genetic code, but the piece of it that moves on as the previous personality does not take these fearful pictures with them. This has been misunderstood in the past. Perhaps this will help to clear it up.

The seedcore is a permanent part of the human form. It is present at birth. It is the pituitary gland as we call it. The forming of this gland has memories of physical evolution in it. Actually it carries both physical and divine evolution once the spirit enters the body. But fearful memories are encoded in it also. It carries genes from physical evolution and photographs coming from divine evolution that were taken during the last physical incarnation. The combination of these genes are forming a triple set of genes or photographs; those from the physical father, the physical mother and also those of the incarnating entity which are, remember, also a combination of the same triple set of genes from a previous life and so forth on back to the amoeba, if you will.

Does this show how complicated it all is? But this also shows why a complete tracing of everything given in the Chrysalis Teachings, with the genetic code ever in mind, will certainly lead to enlightenment. A thorough understanding of this genetic code will aid our scientists and doctors today into discovering causes and prevention of disease, among

which is AIDS as one of the more important, because it is caused by a breakdown in the system as just described. Humanity needs to use their reasoning intelligent minds and follow this thread through all life forms as given in this material previously, and start coming up with some answers.

### **Earth's Inner Journey Pattern Will Be Followed Exoterically After Leaving Earth Plane**

The inner journey of each life follows the description for existence on each plane as a preliminary patterning for the rest of the journey. The rest of the journey will be made exoterically on these planets after leaving the earth plane. In other words, you will experience these planets in your mind, not only in this life, but in all incarnations. You will thoroughly know each of the twelve levels of these twelve planes before you leave the earth plane, through inner and outer experiences of human existence. Then you will experience them all again on planet five as the next kingdom, etc. You will go through twelve levels of twelve planes on planet five before progressing to planet six for twelve levels of twelve planes on that planet and so on. You will review briefly the planets behind you each time and on each planet you will have a body of your choosing, your design, to experience each plane of each planet with.

### **Past Incarnations Not As Important As Present One**

Now keep in mind, please, that maybe you have already made this trip, not exactly in this solar system, but in a similar one, and then progressed through all the stages given on the way home and then started over. Maybe you have done this more than once. Do you understand how mind-boggling this is and why most of this information is not going to help you. This particular trip now must be your immediate concern, as there was a purpose for it. Find it and fulfill it and you will be living your life to its spiritual fulfillment and this is all that is required for each in this incarnation. For the most part, let the past be the past and the future will take care of itself. It is evolution.

### **Summary**

There is a time blueprint for each soul, not in clock time, but in the time outline of reincarnation. Some finish the evolving process more quickly (in clock time) than do others, but all will have their one hundred and forty-four probable realities. By a certain numbered trip, a certain stage in evolution must be reached. The soul will demand this. Yes, there is a limit. The amount of lifetimes for a divine reincarnating spirit on earth is one hundred and forty-four (twelve lives for twelve different planes). The sperm count in man's semen is, if normal, one hundred and forty-four. The ovulation of a woman's eggs is one hundred and forty-four in a year's cycle.

The seed core of each has this pattern of evolution in it and each cell has the pattern in it. It renews itself every seven years, and has the possibility of doing this one hundred and forty-four times. Therefore, humans have the capacity built into each form to live one thousand years of earth time. This was how Moses and many others were able to have these long lives, especially those coming from other stars. The process of reincarnating cells was much more refined on these other stars than it is on earth. Obviously it has not been refined much at all on earth.

Humans live only one-tenth as long as they could with that particular body. They use little more than one-tenth of the brain that has been allotted to them. They really are quite far down the evolutionary time clock. If they could but use the whole time span – as in the very beginning they did, of one thousand years for each of the one hundred and forty-four probable realities – then the brain would be able to develop to its full potential. The more evolved, the more lifetimes each one has, the more of his brain cells he is using.

All is a repeated pattern. Picture if you will a ball made with many, many layers of skin. As you peel away each layer the next layer is exactly the same only smaller as you work in towards the core. The core in the center is the smallest, and each layer coming out from it is like a radiation reflecting off of that super, super charged tiny central core. As each wave radiates out it loses strength or energy as it expands. But working its way out and back in to the center is a repeated process on all levels or layers of skin.

If you can picture this ball with its many layers, picture yourself on the fourth layer out. The first layer out is so close to the center that it is an exact mirror of the core. Exactly backwards. This is the astral plane of earth. No progress can be made until one extends beyond this reflection. Then picture each of the succeeding layers as a track of twelve levels circling the center. As you move out and up away you progress in a spiral pattern through twelve levels of the fourth outer layer. This is the twelve planes of earth. Each of these levels can be pictured as a wheel turning; one in one direction, the next one the opposite direction. Each of these wheels represents a series of 12 incarnations on each of them. Each of these incarnations has an individual path of progress. You will climb so high each lifetime and the next lifetime you will review for a period of time, (different for each) and then having reviewed and been brought abreast of what you learned the last time, you progress on from there. During each of these lives, you also progress through 12 levels of awareness, hopefully and at the same time are in contact with, on the inner planes, all the previous 12 level sessions you have had. You can also contact, if you are capable, all the cogs ahead of you also. So the earth's inner planes are the planets in this spiral. Some even progress to where on the inner planes they can reach the next layer of skin.

The Urantia book is an overview of the earth's twelve planets from the next layer out, the fifth, on our imaginary ball with many layers of skin, by one who was able to communicate with this layer. As an overview, it charts the progress of the human mental experience on its journey through the first layer – a looking back at where they had come from. When anyone contacts the Oversoul it is always an overview. The Urantian path through solar systems, universes, superuniverses etc. to paradise is a look at the total journey from one who has progressed through the total solar system that earth belongs to, the first layer near the core of our Central Sun; the first layer of skin with 12 cogs turning different directions. We are on the fourth layer out. Our focus is on, for the most part what happened on the third layer out, but we are progressing on the cogs of layer four and turning our sights to what is going on up ahead. For the most part we are concentrating on the rest of the cogs on our layer of four. But we do wonder what layer five will bring with its 12 cogs.

Layer five is experienced by the Oversoul as a total thought-form of energy whirling around the twelve layers of the fifth planet as a single glob of matter instead of working through twelve cogs, this glob spins through the twelve layers. It is a short healing trip. The first layer (of planet five) is getting accustomed to having all parts of Himself gathered in, having joyous reunions with long lost friends and relatives and getting reacquainted with our other half, our twin. This is the heaven that the churches talk about. The rest of the twelve trips (around planet five) are calming down, harmonizing with all, discussing experiences, and along towards the twelfth the need to be apart starts to come upon all. The togetherness is getting to be too much, we need to be alone to know ourself better and so the move is made to planet six where the shattering into whole sparks takes place, etc.

Each planet has its twelve levels, each layer has its twelve levels, each cog has its twelve levels, each incarnation has its twelve levels, each year has its twelve levels, each school has its twelve levels, each pregnancy has twelve levels, nine inner and three outer. Yes, this was not said before, but the spark has three months after birth to make a commitment to the physical form.

This was the blueprint for earth's evolutionary plan. It has not kept pace obviously, due to many, many reasons. In other words, the experiment for earth's evolution failed. The plan had many holes in it and will not be tried anywhere again, at least not without much, much revision.

**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**