

THE NEW MILLENNIUM NOTEBOOKS

KNOW YOURSELF - PART I

Changing Your Attitudes



Neil Hickox

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

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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 Present

2001 AD

CHAPTER ONE

Your Attitudes

To Know Oneself

The soul is what one must contact to know oneself. To know who one truly is, is not one particular event or phrase that can be spoken. One's true self is made up of all the myriad parts of oneself, including the physical, emotional and mental and spiritual aspects of a person. To know oneself is a combination of knowing what one likes to do with and for his body, to know what things will affect his emotions, what mental thought challenges him to aspire to higher thought and to know what spiritual concepts form the borders of his life. Spiritual concepts are what will stop a person from taking any action that does not fit in with what he feels is the right action as far as his own conscience. The changing of these concepts as to right and wrong action is the way to allow a person to grow and expand. The concepts ingrained into them as children are what is going to form the experiences of that person for the rest of their life unless the consciousness can be raised to allow these to be changed. Consciousness must grow and expand along with the physical body.

To Know Oneself Physically

Where the physical body fits into all this is in the ability to enable the mind to work better. Thus the experimental nutritional Garden of Eden. Those in the higher planes knew from the beginning of their experiment on planet earth that the nourishment of the physical forms that the souls entered would determine the growth and thinking capacity of the human brain. The human brain was what the soul would infiltrate then to carry on with experiential life on the earth plane. Therefore, nutrition and exercise are of the utmost importance. The condition of the physical body will aid the brain in thinking, which can then push for further thought in nutrition, which will then influence them to eat more wisely and thus increase their thinking. When the quality of food and the quantity of nutrition is increased the brain will function better and this will allow the soul to gain a stronghold which can then influence the spiritual thoughts, which will then work to control the emotions, which will then help the physical body to quit eating for comfort and the cycle will start again. If this cycle could be instigated in all from an early age on, the growth of

humans would be fantastic.

To Know Oneself Emotionally

To know oneself emotionally is something that most people do know. They know what “tears at their heart” and makes them feel like crying or actually makes them cry. Most of the time they know what makes them angry, jealous, resentful. Here again, the lower emotions are the easiest to pinpoint. They are, therefore, the easiest to work on to change. The changing of these will go hand in hand with the changing and expanding of spiritual concepts. The changing of all emotion will go hand in hand with the changing of guidelines to live one's life by. Now if the mental body does not have any interest in changing or even thinking about guidelines or spiritual concepts, then there is not much hope for growth in this person. The mind, the mental focus of a human, is the controller of his growth and progress in each lifetime. Therefore, this is the place where all growth must start, is in the mental thought. It must focus on who you are, what you are doing, what you want to change, what you have outgrown and so on and so forth.

To Know Oneself Mentally

The mental knowingness is not quite so difficult to achieve, as most people know what interests them to think about and what challenges them to push their thoughts further and deeper. It is this pushing of thoughts further and deeper that will help you know yourself mentally. In my case I know that I'm interested in scientific concepts and it is by pushing them further and deeper that I'm able to bring forth the new technology that I do. Therefore, it is a concrete fact that I'm scientifically minded. This is what it means to yourself. Now, if you don't like who you find yourself out to be mentally, there is a possibility of changing it. For instance, I changed from being totally interested in music to science, but the first interest is the basic building blocks of the second as both will be for the third area of interest I will find someday. If people could realize this, then they would be able to accept changes that come in their life and look at where they are leading them. One must keep changing to allow the development of the primary goal to take place. If one gets stuck in the first area of interest, he will not progress much mentally. Change is the giver of life. Accept it, welcome it with enthusiasm and you will then be able to live in joy.

To Know Oneself Spiritually

To know oneself spiritually, one must examine what guidelines they are living their life by and examine their conscience to determine if these guidelines are still viable for where they are in life at that time. Can a guideline be changed thus allowing the consciousness to expand? If the guideline cannot be changed without bringing into play the “brakes” of the conscience, then this particular guideline is still very much ingrained in one's being-

ness. Therefore, the way to expand and grow is to work with tight concepts and guidelines given you as child as to right and wrong actions and see if you can loosen the effect on the conscience that new action causes. If it still causes the conscience to come into play no matter how much you try to change, then this is a concept that is spiritual truth for you and you will live your life by it and carry it over into your next. One should test out all the guidelines they are living by to be absolutely sure they are right and true and unchangeable for them. This then forms the real you as far as your spiritual self goes. The search for the God Within remains ever the same. It does not change with each new generation. It is the age-old path of wisdom that remains forever. The search for the individual does begin with the conscience, which gets right down to a look at their attitudes towards those they're associated with in their everyday life. Also their overview attitudes which will in turn affect their attitude towards individuals. If one has an attitude against a certain race or religion as a whole this will immediately color this person's attitude when they meet an individual of this race or religion.

Definition Of An Attitude

An attitude is one's own personal concept of an experience that one then takes into his universe as a rule to live his life by. Most attitudes are learned as a child through interaction with the family. These can be by observation of a role model – father, mother, teacher, or sibling, etc. – or by an experience of a personal nature. One such example would be of a child that has been sexually molested. This would cause an attitude of fear to be associated with the sexual experience. Another could come by the same attitude by watching another be sexually molested. The experience is different, the end attitude the same. The same attitude could be formed by reading about sexual attacks on others in a classroom situation. There may be twenty in the class and only one or two come out of the class with this attitude. Therefore, personal experience is a far greater teacher than sitting in a classroom reading about life. Do not ever let anyone tell you any different. Perhaps most people should write a list of attitudes they know they have and not judge them as good or bad until after thorough examination and study of them. One particular attitude may be a bad one for one person and the same attitude be a good attitude for another. So it becomes a personal criteria that must give the definition of a bad attitude.

Transmutation Of Attitudes

The philosophy of the new creation is one of transmuting (changing) your bad attitudes. As far as being able to transmute these attitudes, the process that is needed is to disprove an attitude as far as it being one that fits your experiences. Say for instance, one who sat in a class room and acquired a fear of sex through study only, can transmute that attitude much more quickly and easily than one who watched an attacker. One who watched an attacker can transmute it more easily and rapidly than one who actually experienced being

sexually molested. In the first instance a class about loving sexuality could be all that is necessary to transmute this one's attitude. In the second case, all that may be needed is to form a loving sexual relationship to realize that sex is not something to fear. The one in the third instance will most likely need to have therapy in the form of reassessing the whole experience, determining the situation and the circumstances that led to the attack. From here this one would need to go through the experience again mentally with an emotional release of crying, sobbing, anger, in other words a very emotional session of even perhaps screaming. After this there would need to be a stage of healing this person's view of their own self-worth with much more therapy by an understanding counselor, one who perhaps will relate the experience to this one as a karmic payback from another life and will help them see that it does not have a direct bearing on what they can achieve in this life.

On a scale of one to ten, with ten being the strongest, it would be wise to list your ten worst attitudes in the order from strong to weak and start resolving the strongest. As you work backwards from strong to weak, you will discover that the weak ones disappear as you work on the strong ones, thus making your task easier. If you start with the weakest, it really seems quite hopeless at times. Starting with the strongest would be the proper way for everyone to work on their attitudes.

It is very difficult to put attitude changes into practice, because these attitudes have been ingrained in you through many lifetimes and cannot be broken overnight. Most people react to a situation much too fast. A slower reaction would give just enough time to think for a second to see if you are reacting the same old way. If so, try to apply the discipline needed to change that old reaction for a better one. One must be alert and thinking all the time. No action or word should be done or spoken without thinking of the consequences. This is the only way to overcome your bad attitudes.

The way to transmutation is very, very difficult and it will take many eons for everyone to change. Meanwhile, planet earth is being slowly choked to death. The more emotional responses and reactions that leave their energies in the ground and the atmosphere, the thicker the fog of energy becomes that causes the emotional outbursts. It is like a vicious circle.

Good Starting Place For Transmutation Is Individual Glamour

Perhaps a good place to start trying to change our attitudes would be with glamour. Glamour is having an exaggerated opinion of ourselves, an inflated sense of value of importance. Nations have it, especially the United States. Group glamour such as different professions have is also very prevalent. The thing to remember is that all are children

of the Creator and are equal in His eyes. Why then do they all tend to think each is better than the other? If each ego were more secure in his knowledge that he is equal and loved, then much of the glamour would disappear. How can this happen without a large scale awakening of humanity, and how soon will they forget once their eyes are opened?

Individual glamour is where it must start to be dispelled. There is no pat answer as to where to begin. Each one must figure that one out by himself. As he studies and searches, he will become aware of that which gives him a feeling of superiority over others. Then he must ask himself why he needs to have this feeling. Why does he need it to prop up his flagging ego? When he realizes why, he will be able to resolve it and vow not to let this feeling creep up again.

The obvious glammers such as show business are easily understood by most. The glamour hardest to understand is that which we don't realize we have until it is very pointedly brought to our attention by a set of circumstances probably set up by our teachers on the inner planes, to bring it to our attention. One such example could be a mother whose son is studying for the ministry. She thinks he is truly chosen for this life and therefore feels that she herself must be something special to have borne this son. This feeling is deeply ingrained in her subconscious mind, even to the point of thinking that she had more to do with it than her husband. What nonsense! Neither of them should take any credit as the son knew what he was going to do even before he had chosen his parents for the incarnation.

The mother's teacher on the inner planes feels that she really needs to release this feeling before it grows any larger. She is already caught in a force field of the glamour. Therefore, the son is impressed by his teachers not to write his mother, but to write the father and ask his advice and turn to him until the mother finally awakens as to her feelings of self-worth. In other words, she is brought down a peg or two as the son turns to his father instead of to her. This, of course, doesn't last long, just until she has learned her lesson; then the son's teachers have him back off.

Our Teachers Use Us To Help Others Learn Lessons

Each of us is used by our teachers to help others learn lessons. The teachers get together and ask for cooperation for a certain time until a needed lesson is learned. At any given time you could be cooperating unknowingly with several other teachers in various areas. Some people are used less often for fewer lessons. Others, depending on their ability to be impressed, are used frequently. It also depends on their field of acquaintances – how many people one has contact with.

Quite often you will be given answers before you know what the question is, as a guide as to what direction you should work toward, which door to head for. It is your teacher's way of suggesting what would be ideal for you to do. This way, if you have the answer, then you won't be so startled when the question finally comes to you. In other words, you already know how to react to the situation because you have been pondering it for a long time. The hard part is to figure out what the question is. This is where meditation comes in. This makes you look within yourself and try to know yourself better so you can figure out why you were given such an answer even before any thoughts such as this have entered your head. It has to be that way. It's the only way to make you do some soul-searching. You begin to ponder over why such a thought entered your head and as you look into yourself, you realize an attitude that has been wrong only after you've been shown the right answer.

At the present state of growth most of the lessons are being set up for you by your guides. You are inadvertently helping them by your mental activity. If you send out enough strong thoughts on a subject, such as why you react to certain people or situations as you do, your teachers will see to it that you are given an opportunity to find out why your association with these people or events bother you. If one does not like an attitude they see in another and think they can help this one "see the light," so to speak, there certainly is a mental feeling of disapproval going out into the atmosphere. Your teachers will present an "opportunity" for you to clear your thoughts on this subject so you can move on. Whether or not you take advantage of the opportunity is your decision because you have free will, as do all. By watching your thoughts, by being aware of attitudes that need to be looked at and by being totally honest with yourself at all times you will get the best guidance.

Life is for learning; it is one big classroom. When certain lessons are learned, we progress to the next grade. To hold back a grade is certainly hurting one's growth. Everyone doesn't reach graduation from lower levels to higher levels at the same time, and one simply must not hold oneself back to stay with another. Others will only get there through lessons to be learned at their level. This is the only way they will learn. To protect them is wrong; everyone needs to learn. They will be stronger for it in the long run as they will learn self-reliance.

Most People Living With An Illusion Of Reality

Humanity is having a hard time grappling with life through the fog of their emotional responses. They become so emotional that they cannot see situations clearly. Most are living with an illusion as to what reality really is. Picture it this way. Illusion is like seeing things through fine net curtains blowing in the breeze. They keep one from seeing out the window of the prison into the world around him. Sometimes one can make out dim shapes

through the curtains; occasionally the breeze will blow hard enough to let him catch a glimpse of what is out there, but one must be interested and curious and pay attention or he won't be watching at the right moment. Once seen, that real world can never be forgotten and one longs for the day when he can leave prison and go to that other world.

The Attitude Of Joy Has Been Forgotten

The joy that is felt on the inner planes is a nagging, vague memory when one is incarnated on the earth plane. It is an elusive craving or longing that nothing in earthly life can satisfy. Joy is an almost unheard of attitude in present day society. In fact, there is probably only a very small handful of humanity who have ever experienced true joy and then only momentarily. Joy is an expression purely of the soul. It is almost an ecstatic state so beautiful that, once experienced, it will never be forgotten. Those studying metaphysics will be able to come closer to duplicating joy than others, but only after they are a goodly distance down the path. Joy will be prevalent in the future, as it will not be allowed to be forgotten by babies and small children as it is today. Joy should be what humanity is striving for, but most of humanity has never felt it, as stated before, so therefore cannot even describe it. This is truly a sad state of affairs.

Some Lives Are Like Bad Dreams - Others Good

In the overall picture of your eternal life, earth is the dream world. Some lives are bad dreams; some are good. When you leave a life on earth, it is as though you are waking up and vividly remembering a dream. In other words, roles are just reversed from what they are now. Just as you do learn through your dreams now, when you go home to the inner planes, you have learned (supposedly) through your dream-life on earth. As far as the conception of time, the relationship of the time a dream takes in your life now is the same as the time your life now is taking out of your eternal life.

Sacrifice For Others Not The Answer

Most people spend their lives thinking they are doing themselves good to sacrifice everything for others. This is not so, because it deprives others of needed lessons. It is a misinterpretation of Jesus' teachings. The churches have stressed this way too much. An individual must have a fulfilling, satisfying life or he develops a martyr complex. Those who display an attitude of martyrdom should be encouraged to look within and bring buried attitudes to the surface.

Discipline, Discrimination, Discernment, Discretion and Detachment Are Needed

Discipline needs to be applied to make sure you are using discrimination, discernment and discretion. Leading a disciplined life is not easy, but consider the alternative of having no direction at all to the path you are on.

To be discerning is to be acutely aware, alert to catch undertones in conversations and to sense unspoken communication, non-verbal talk. Mental telepathy and intuition honed to their finest edge would be a good way to put it. It is easier to see when others are not being discerning and discreet than to see it in yourself, so be alert and sensitive in your speech and actions. Think more about what is happening.

To discriminate means to pick and choose only that which is the best. Separate the wheat from the chaff. This does not mean that you should discriminate against others because of race, color, sex or age, but discriminate in the attitudes and state of involvement of others and in their sincerity.

To be discreet is also to use good judgment in your everyday contact with other people. Learn to determine, if possible, where they are standing on the path. The use of your intuition is highly recommended also. Think before you speak. Don't be too quick to jump to conclusions. Let the other person have his say and listen to what he is saying. You are being told something, but you are going to have to listen more closely to what is being said. To be discreet takes diplomacy and wisdom.

Detachment is basically the same thing as impersonality only on a wider viewpoint. Impersonality applies to individual incarnations on a personal day to day basis. Detachment would apply to the over all path of the whole incarnation.

Having An Open Mind Important

Remember at all times that thoughts are things. This is very difficult for humanity to understand. Don't box your thoughts in, expand them to wonder about everything, but always with an inquisitive, searching manner. Don't think concrete thoughts. These are the ones that manifest and become reality. Leave an open end on each thought such as not putting a period after a sentence; rather, create an open-ended sentence. Have an open mind, not a concrete mind. See if this doesn't help in all relationships, because those associated with you feel strongly the energy of other kinds of thoughts. Think of yourself as a power station transmitter, sending and receiving.

If one is looking for something to criticize, to find fault with, he will jump on and misinterpret the first thing he sees or reads without taking time to reason it through or understand. The more intelligent the person, the quicker he jumps into this. This shows a closed mind, even though intelligent. Those less quick, less intelligent will take a slower approach as to trying to understand what is being said and even though looking for something to find fault with may find none.

Must Transmute Fear

There is no need to be afraid of life. Fear is a lack of trust in yourself and your beliefs. The only way to transmute fear is to have a firmer foundation in all of your basic beliefs.

When a young child is frightened of things in nature, it's because he doesn't understand. As he grows older, he is influenced by the society he lives in as to what he should fear; so fear is a reflection of the attitudes of the present day society. Human beings have a tendency to flock together in their thinking and the news media is responsible for a good bit of fear in the world today.

Elimination Of Stubbornness Needs To Start With Children

Stubbornness is a deadly attitude. It will stop all evolutionary progress. It puts the brakes on, so to speak, and no forward movement can be made until the brakes are released. It is a dead end. Why hold these stubborn ideas? Would you deliberately eat something every day that you knew was poisoning your physical body? This is what your bad attitudes are doing. Wipe your mind and energy totally clean and start all over, a new you. Consider it a challenge to try to apply these new attitudes in the midst of old traditional behavior going on around you.

The people on earth are being very stubborn in giving up their materialistic goals. The only way to help this situation is through the children. The early home and school training of children is of the utmost importance. Their values are learned by what they see and hear around them from the moment of birth onward. Once a false value, say of money, is learned from a beloved parent, then it is extremely hard to uproot. If these children did not have their own seed core of the divine in them to help the process, then they would not be able to overcome the wrong values instilled in them. This divine seed core can and will come through and overrule teachings that are against what it feels is truth.

Many of the children and youth today do not want to be disrespectful of their parents, but at the same time realize that the parents' values are not what they should be. This puts the youth in quite a dilemma. This is one of the groups that perhaps this book will help. This will reinforce their feelings; it will give them courage to do their own thinking, instead of eventually giving up and following the older generation's values. Most do this because they feel that they (the youth) must be wrong because all the older generation believes and lives their lives with a materialistic set of values. If this book can help even one youth have belief in his own ideas, then this book will not be a loss of effort.

A child's intuition is quite strong. Adults don't realize this and try to dominate their chil-

dren's lives with their own interpretations and opinions, when quite often they should let the child express his feelings. The least that should be done is to let him express himself and include his ideas for consideration as part of the family decision making process.

Intuition Made Up Of All Acquired Knowledge

The intuition is that part of one that is a composite of all acquired knowledge from the beginning of time. The more incarnations one has had, the stronger the intuition. It is that part of us that gives a little shiver of acknowledgment when something that is said or read rings true for us. The intuition is the seed core in each of us that is carried over from one lifetime to another. It is a reservoir of knowledge that grows steadily larger with each experience. It is not the same as instinct, as instinct is a function of our lower nature and intuition is of the higher nature. The intuition must not be confused with the desires and wishes we all have. They take the form of fantasy, while intuition is a concrete feeling of knowing absolutely without a doubt that something is so. The more light illuminating your mind, the more understanding you have of others, and the more love you feel for all humanity makes up intuition.

The more one can wonder and expand the mind, the more freedom the intuition has to express itself and this causes more mind expansion which gives more opportunity for the intuition to show itself. It's like a circle, like a rubber band, this expansion of the mind. It is circular and can stretch and contract and, as it is used, it begins to stay stretched out a little more instead of always going back to its original little size. One should wonder and question things and look for that which is below the surface of events and people's attitudes.

Physical Family Trees Not Important - Spiritual Family Trees Are

The trees of life that most people trace as to their family origins are not of that much importance because they deal only with the physical. If there is a case of someone being "just like their father" or "just like grandma" or whatever, there is a deeper reason for this than any physical relationship can be responsible for. It is a spiritual bond formed between these two souls while still in the spirit state between lifetimes. These two may have spent several centuries wandering around together, studying and learning the same values on the inner planes and most likely sharing several lifetimes in different relationships to each other. That bond will make them resemble and act like one another, resemble in attitudes and goals, not physical looks. The physical look-a-likes are a result of family lines of the physical bodies.

It would be well if not so much emphasis were placed on this type of family tree, as it has no bearing on what the spiritual progress of one has been or will be. Instead of thinking a

child's inclination towards music is inherited from Grandpa or Aunt Bess, one should realize that there was one or more other lifetimes when music was mastered. Looking at it from this point of view will help develop that inner part that each one needs to find. If this search for the true inner self is started in early childhood, then each will grow to adulthood with the God Within having been contacted. But if one is told that the musical talent was passed down from so and so, then the child looks upon it as a gift or something he is not responsible for and attaches not as much importance to it. If he realized, on the other hand, that he worked his pants off in some other lifetime to achieve that talent, he will have more respect for it and use it more wisely. He will not take it for granted as something that he had nothing to do with.

Manipulation Being Done By All Of Humanity

Manipulation is being done by almost all humanity in one form or another; either very blatantly or extremely subtly and all degrees between the two. It is learned very early by children in school. They have grown up with television advertising and they accept manipulation as a common practice. Very few ever question if it's right or wrong. They just do it. It is against Universal Law, but most aren't aware they are doing it. They need to be enlightened to just what they do that is manipulative.

A mother will quite often use manipulation to get a child to do something she wants him to do. The child will in turn manipulate the parents. One parent will manipulate the other. The one thing that would combat manipulation is truth. Another would be unselfishness. The biggest guard against it is, "Do unto others as you would have them do unto you." If everyone practiced this Golden Rule, manipulation would cease.

Again it has to start with the children in the home. Firmness and discipline are needed along with a logical explanation of one's actions. For a parent to tell a child to do something "because I say so" with no reason given, is being childish and rude and selfish. A few simple words will help the child understand and do much to eliminate resentment, which is the underlying cause of most manipulation. When one resents an action or attitude in another, one will manipulate events and actions until he feels he has paid back that one for the unfair treatment he received. A lot of youth who commit suicide are acting out of resentment and are trying to manipulate their parents with no thought given as to the ultimate result. Television advertising and programming have a direct bearing on children's learning how to manipulate; not so much learning, but rather accepting it as something it is all right to do. They don't need to learn it; it is an inborn trait in humanity coming from their lower or animal self.

Animals are not nearly as prone to manipulation, especially those in the wild. Tame ani-

mals have learned to do it to a certain degree by being around humans. Human manipulation was started when the divine sparks entered the animalistic bodies and has grown more subtle and cunning down through the ages, to the point humanity is at now, that of it being accepted behavior. It is not acceptable to your divine self, the God Within.

Homosexuals Living More Through Souls Than Personalities

One area of prejudice that is of concern today is that of homosexuality. Homosexuals are living more as souls than personalities. They feel a bond with another soul and want to express it physically. Remember it matters not on the inner planes what sex you are. They are remembering bonds from before they entered and are truly not harming anyone. There is nothing that says the sex act has to be between male and female, unless children are wanted. One of the partners has the soul of a female, the feeling nature. The male form was chosen for this incarnation to further some lesson or other, maybe to be on the receiving end of prejudice. What problems the sex act causes! This is why it will be a thing of the past in the future. Further along in the new creation the physical form will not matter, the soul will.

The role that the sex act has in each life must be balanced, as must all things pertaining to the temple of the body. It should not be overindulged in and should be an act of utmost respect and admiration between two. If this is lacking, then the act is meaningless. This is why most marriages fail.

Marriage And Divorce Both Functions Of Society

Society needs to have some framework in which the birth of children can be an organized event. Marriage and divorce are both functions of our particular society. They have no spiritual bonds, so it is not a sin to divorce one's partner as long as it is done with respect for that person and respect for laws, both man made and spiritual. Do unto others as you would have them do unto you. When a soul companion is found, and that is beginning to happen more often, then a true marriage can take place. Others are temporary and are binding only in so far as you think them to be binding. Do you understand? It is merely a function of society. What you feel in your heart is what must be your guideline. Those who stay together for the sake of the family are not helping the evolution of their soul. This is not going to go over well with humanity, but it is the truth. Your divine self knows when something is against Universal Law simply by whether it feels right or wrong.

The sex act was the animal's way of propagating his species. It is still the way being used but will be slowly discontinued as the eons go by. It is not used on the higher planes and those in incarnation now from other planets set no store by this because this method is no longer used on their home stars and they feel it is outdated. There are more advanced

methods which, by the way, were what was used to inseminate the animals when the experiments were begun on planet earth. The love between two souls needs to have no consummation physically. It is far more binding than the sex act. Humanity has already begun to let loose of the hold this act has had on them in the past. The more evolved one is, the less store one sets by this act. The egos being brought in today will further the decline in this act as they bring with them knowledge of other means of propagating the race.

Transmuting A Weakness Into A Strength

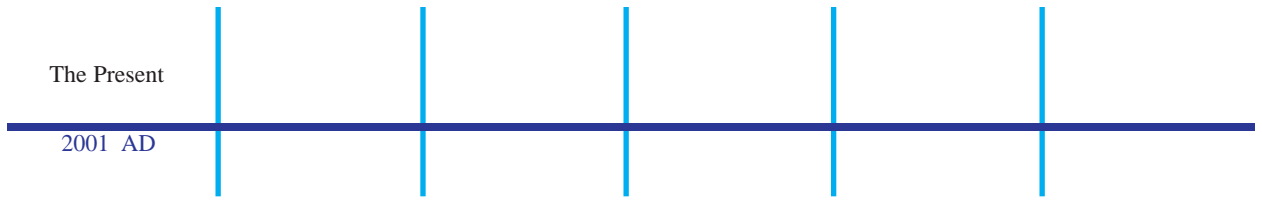
The way to transmute a bad attitude to a good one, a weakness into a strength, is to focus every situation you are in with this bad attitude and imagine what would take place if everyone in the situation acted as you have with this bad attitude. Then take this same situation and replace the bad attitude with the higher way of responding and imagine what the different outcome of the situation would be. This is one exercise that you can begin doing immediately. The way, then, to transmute the bad attitude is to use it as a pathway to the correct response. Analyze your reaction to certain events and ask yourself why you reacted as you did. What did you gain from the reaction; what did you lose from the reaction? The focus on the bad attitude will make you so aware of it that it becomes repulsive to you. As it grows in importance as to the outcome of all events in your life you will begin to see that it has caused most of the hardships you have encountered. Letting the enormity of this bad attitude present itself is what is meant by letting it grow.

As far as letting it expand you, let your thoughts expand as to how this attitude has covered your entire life. When you realize the large part it has played in your beingness you will no longer want anything to do with it. You will find that replacing it with a good attitude immediately will go back and change the past so that you see all situations wherein this attitude reared its ugly head as being replaced with the good attitude. This makes you aware that most all that has come to you has indeed been of your own doing. By going back over all situations you begin to ease the feelings of anger these situations cause in you whenever you think of them. You will eventually not be able to stand anyone who brings this attitude with him into any situation. You will not bring it into any situation of your own making because you will recognize it immediately and will shift immediately into the good attitude.

We will take the attitude of resentment. This is an ugly attitude. The correct attitude for anything or anyone you resent is appreciation. Resentment is a feeling of “I deserve to have that because it is what I want.” The thought that you want it is the key. What you need to think instead is I could have that if only I really wanted it. It is my choice to not have it in my life at the moment. I have something other to be thankful for or appreciative

for. You should immediately focus on what it is that you have that the other person does not. Concentrate on it and on why it is better for you than that which you think you want only because someone else has it and you resent the fact that you don't. Please try this for the next few days. It requires watching your thoughts very, very closely and especially watching everything you say when you talk.

Another thing you can do is to be totally honest with yourself. You must accept that others don't have the answers for you. You must trust your own feelings in all situations. If you feel so strong about something then you must hold on to that belief. If, indeed, you realize that you are into stubbornness and not wanting to let go because of ego then you must go all the way with this and try to figure out why this is so important to you.



CHAPTER TWO

Attitude Quotient Test

The following 100 question A.Q. Test, an Attitude Quotient Test, should be read and pondered on by each individual. Each of us needs to evaluate ourselves, our attitudes and our motives to determine our paths and our diversions – thus the test. The seeker should write his answers on a separate paper, date it and study it. As time passes, the test should be retaken and the updated answers compared to the previous answers, to measure and detect progress and change. This test will not only be used to help each entity evaluate his or her own attitudes, in the future it will be used in the new Astro-Numero Charts. It will also be the key to the new science of Phylogeny that will be used in the future to determine the progress of the seed core itself.

(Note from the author:) There is updating and perfecting to be done on this test. The attitude test will need to be grouped into related fields of questions and then put into a numerical order based on the profoundness of the questions as they pertain to evolutionary growth. For instance, there are seven particular answers that will tell you far more than you will ever believe because the same questions were put to the entity while choosing his pattern for this incarnation. These then helped him choose certain personality traits that he thought would help him accomplish these goals. The one taking the test must not know what these seven are. This is very important.

The attitude quotient test will also have a tie-in with the new astro-numero chart. All things pertaining to birthdate and birthplace plus rays, plus the answers to certain questions on the test tie together. The answers to number 9,13,18,27,64,81 and 95 should be looked at with the astro-houses in mind and then charted with numerology. It will all tie in to form a picture of the goals charted and the goals accomplished and make the unfinished business stand out glaringly in any chart.

1. Whom do you hold responsible for the direction your life has taken?
2. Whom do you hold responsible for the food you eat and the clothes you wear?

3. When having a depressing day, do you ever write down the thoughts that are depressing you and study them? Why not?
4. Do you feel that “I have the right to feel down if I want to and others will just have to understand that it’s one of my moods?”
5. Do you see yourself as one who could help many others if you so chose to?
6. What would move you to the point of wanting to help others?
7. If it is a monetary reward that would get you started, what would you use the money for?
8. If, when having a disagreement with another and you feel that they are not very bright, do you feel superior and therefore feel you don’t need to win the argument and walk away?
9. Has there ever been a time when you felt so belittled and humiliated that you truly wanted to hide?
10. Did you ever want to hide from yourself so you didn’t have to look at a nasty attitude?
11. What would make you finally look truthfully at that attitude?
12. When going on with your daily affairs, do you let other thoughts take over and find yourself day-dreaming and building a make-believe situation in your mind?
13. Do you think your daydreams can come true and would it make you happy?
14. How often do you put yourself in another’s shoes when day-dreaming?
15. How often do you put yourself in another’s place to try to understand that other’s action?
16. When do you think you will ever “get around” to straightening up a personal situation that is your responsibility to clear up?
17. Do you ever feel small and unimportant like an insect?
18. Do you ever have feelings of being a giant among men?
19. When was the last time you meditated?
20. Do you feel that there are more than one of you?
21. Do you feel that there is a steady, secure center to all your beliefs that no one could change?
22. Do you feel that each has the ability to heal themselves?
23. Do you feel that each has the ability to heal others?
24. Do you feel you have a responsibility to heal others?
25. Do you feel you have a responsibility to help others heal themselves?
26. Do you ever feel it is right to hurt another if it will help them in the long run?
27. Do you think this other should have the right to hurt you in return?
28. When do you think all the hurt feelings will end?
29. What do you think will help them end?
30. Do you really want to be a better person?

31. Was there ever a time in your life when you wanted to end it all?
32. When you reflect back to this period, do you see why you felt this way?
33. What do you think could have prevented it?
34. Many things in your train of thought are tied together in blocks. Do you realize the implications of this?
35. Do you realize if you can take one thing out of the box, that all things tied to it will come out of the box also?
36. Do you think you are doing what the goal of your soul is?
37. If not, how do you think you could accomplish this?
38. How important do you feel relationships are?
39. Which relationships are more important, those to blood relatives or those to your Spiritual family?
40. Which will further your growth more?
41. Given a choice, would you rather be in a wedded situation or not?
42. Do you think it is important to experience parenthood?
43. What would you have liked to have been different in your childhood?
44. What is the most important gift you can pass on to your offspring?
45. Do you consider staying together as a family more important than personal happiness?
46. Do you consider a formal worship period each week important?
47. How would you define the difference between being religious and being spiritual?
48. What do you want to be remembered for by friends and family when you leave this life?
49. Do you believe in reincarnation?
50. Give your definition of being one with God.
51. When “doing your own thing,” and being perfectly content and at peace doing it, if it omits certain others in your life who care for you, are you stunting your own growth?
52. Where do you feel would be the point to draw a fine line between pleasing others and pleasing yourself.
53. When looking over your life thus far, can you see opportunities you missed that would have furthered your growth had you been aware of the path?
54. Are you being alert to all these opportunities now as they present themselves?
55. When doing your meditation, can you, or do you, try to simply listen or are every-day thoughts still flooding your mind?
56. Can you usually determine your own course of action by analyzing the situation?
57. What do you think or feel was the goal or goals of this incarnation?
58. Can you see any way to accomplish them?
59. Do you hold anyone responsible for not having reached them?

60. Do you hold society responsible?
61. If you had lived in another time period, do you think they would have been easier to accomplish?
62. When thinking of the pattern of the universe, can you relate any of the rhythm of it to your life?
63. Do you believe in the continuing existence of yourself after this life is over?
64. What do you think is the purpose of life, or is it just happenstance that you are here?
65. Can you conceive of a better plan than reincarnation to perfect a soul?
66. What do you do that gives you the greatest feeling of peace and harmony within yourself?
67. What do you do that gives you the greatest feeling of peace and harmony with nature?
68. What do you do that gives you the greatest feeling of satisfaction and harmony in relationship to other people?
69. What do you think would give you more satisfaction and peace when dealing with others?
70. When all is said and done, do you feel more responsible for improving your feelings of worth within yourself, or are you more concerned with your intermingling with others?
71. How would you rate the Sunday School classes you attended?
72. How about Vacation Bible Schools?
73. If you did not attend them, where did you receive any background on this side of humanity?
74. Did you ever question accepted theories of creation?
75. Did you ever question any of the reports of miracles that Jesus was credited with?
76. How do you understand, in your own mind, the fact that his death saved you and from what?
77. If He didn't die to save you, why did He die?
78. Did His life symbolize anything in your mind pertaining to your own spirituality?
79. Do you think there were others throughout the history of the planet who symbolized something meaningful to you?
80. Can you name one and explain?
81. Where do you see that a fine line should be drawn as far as responsibility to only yourself and responsibility to the rest of humanity?
82. Can you spot, quickly, attitudes in others that stand out glaringly?
83. Do you think you possess any of these same attitudes and that's why you recognize them?
84. Would eliminating these attitudes change this person's personality to a large

- degree, as far as you can determine?
85. Would they change your personality for the better, or worse, if they were eliminated?
 86. Do you feel you would be giving up part of the identity that is the “real you” if you gave up these bad attitudes?
 87. Do you think you could give up some of them by really trying?
 88. Would you be a better person if you gave up a resentful attitude?
 89. How about giving up a sympathetic attitude for others?
 90. Do feelings of self-pity somehow make you feel righteous?
 91. Does anger make you feel righteous?
 92. Why do you need to feel righteous?
 93. Why do you need to feel you have to prove your way is better, and who do you think cares?
 94. Don't they, each and all of them, have just as much right to their opinion?
 95. Is having others like you important to you? Why?
 96. Does it give you a feeling of being special?
 97. Does what you yourself think of your actions matter more than what others think of your actions?
 98. When looking at where you started, do you feel you have made much growth in this life so far, as far as attitudes?
 99. Do you still see attitudes in you that you had as a child?
 100. Do you like yourself?

Can you see, after studying this test, that it takes a strong surge of energy to break one out of the circles his thought locks him into? What is needed is to simply to put a block in the circle of thoughts you are caught on. It acts as an interference and weakens the circle. Then one has to follow through with much effort to take advantage of the weakened effect of the circle to break it. Then you are free to start on a higher wheel of energy. The path must be pictured as wheels of energy, not flat steps, and remember there is a rhythm to these wheels also. They grow in size as they turn reaching not only out further, but up higher, and down deeper at the same time.

Depression Due To Denial Of Inner Being

When a person is depressed it is because they are not only disconnected from their inner being but they totally deny its existence. The consequences to one who absolutely denies their inner being can be severe depression. Some people totally deny their inner being, or at least to the point of denying that it was wise or that it had any wisdom at all. Some people became thoroughly mistrusting of it and because of this mistrust, of course, their inner being disconnects from them. What else would it do?

The higher self is encircled by the lower self and a mask is presented to the world which is neither one or the other. We come to believe we are this idealized self and it gives us a measure of self-confidence to live up to its standards. But when the chips are down and we realize we are not this ideal person and cannot live up to the morals and goals it has, then we discover that this self-confidence was built on the mask, not on our real self.

You really need to go within yourself and focus on what it is you want and continue with your work on yourself. This mask needs to come down; the lower self has to bow out and make room for the beautiful, wise, higher self; it has to bow before the beauty, glory and wisdom of the higher self. It has to finally stopped making demands that can't be fulfilled.

Lower Self Needs To Transmute Bad Feelings

When the lower self bows out, it will still be there but under control of the higher. The control is fine for now, but the lower self truly needs to transmute the feelings that are under control. One at a time needs to be worked on until transmuted. This is the way to reach your central core. Your central core is not the higher self alone. It is the blend between the two that needs to be accomplished before you can reach it. You can't reach something that isn't there. You can accomplish this by starting with understanding. Then as each bad, lower reaction comes forward again, you will know that the higher self has released enough control to let it out of the bag for you to look at and concentrate on and work with and know that the higher self, your teacher, will synchronistically set up exposures to situations allowing you to practice transmutation of this trait. Once this is accomplished, the higher self will release another bad trait.

What was going on before was that the bad traits were all expressing at once because the vicious lower self was in full control due to many, many factors. Depression and negativity will draw the same from others. As given, your higher self will release the attitudes, one at a time as it knows you can handle them and you will not be given more than you can handle. For each attitude you are transmuting your will pass three tests before it is accepted as a transmuted attitude. Then a respite will come before the next attitude is released. Your higher self will give them release in the exact correct order. What you need to realize is that others around you will be used for these tests. It has to be that way. Keep in mind always that it is the path and that there are lessons and tests. Your higher self will release memories of childhood associated with the attitude. Trust the process, give yourself over to it and it will not be long before you truly will be your real self. Relax and really get curious about how the whole process works. Remember what you are trying to accomplish – your central core, the real you, is not the higher self alone. It is the combination of higher and lower that is truly you.

The Process Of Cleansing Of The Soul

There has been so much “stuff” piled on top of the pure essence of a soul when it is born that the only “sin,” if you will, in life is not removing this untruthful “stuff” that has become part of humanity without their knowledge. It is like a legacy from the beginning of evolution that is handed down through the genes of the physical body. A lot of it has become part of the instinctual functioning of the human body and animal-based brain.

This needs to be gotten out of the way. Consider it a cleansing of the soul as compared to a cleansing of the physical body. Both cleansings need to have the cooperation and discipline of the mind. Consider it as a process of cleansing that will take quite a long time and will involve body processes along with it that will be cleansing the cells. While all this is going on the body will be coming into its new beingness while the soul is becoming clean and clear. With both processes taking place at once and one helping the other, the process will not take too long to “catch up” to where you can keep both balanced.

Other work you do will enhance and establish a positive attitude and reinforce the commitment to stay on the spiritual path. You will no longer feel the need to repress any part of you. You will find yourself wide open to the other parts of you all the time and feel no need to hide any of it.

No one should feel guilty or bad that they need to have the process. Everyone needs to have it. It should be part of the educational process because it has become ingrained in humanity to have the negative attitudes and ideas and concepts and false beliefs. As given, humanity has inherited them. Please do it for your inner, true you, to allow you to grow and evolve.

The process can never be too painful because you will know that you are pulling out hypocrisy and things that don't belong to the real you. The longing that all have for a better life comes from memory of what it is like on the inner planes where you are clear of this thick process of the human body. Working through the cellular structure that has a buildup of plaque is very difficult when you are used to being unencumbered. The passing of this emotional buildup, through the genes of the physical body, is something that no one in the higher planes was prepared to have happen. The same way that standing on the back legs became natural behavior for the animal so they could reach the food is the way the emotional reactions have also become ingrained. Fear is a big one, jealousy, resentment, hatred, guilt, loneliness. A free spirit knows not any of this type of reaction, yet when a free spirit enters a human form this is all a natural part of functions, the same as bladder and bowel functioning. Most all of the lower nature emotions are instinctive

behavior and for that reason very difficult to eliminate.

It stands to reason that its going to take work to eliminate them. Do not back down from this challenge. Why not get interested in what makes you behave as you do. It certainly could progress the human race to have you get interested and at the same time help you lead a fulfilled, balanced, loving and being loved life.

Difference Between The Real Self And The Idealized Self

To begin with, the real self is the central core of your being, your piece of the soul you brought with you, joined with the piece of soul left on the inner planes. The idealized self is the personality that has formed in this lifetime. If this personality forms with little or no input from the soul then it most likely will be a self-image that is totally against what the soul really wanted to accomplish. It will be impossible to ever get rid of the duality you feel inside until you overcome this idealized self. The best way to discover what the soul wanted to attain in this life is through meditation and contemplation. The idealized self sees that this is going to make it in the wrong – make it the “bad guy,” so to speak – and starts the battle to prevent the soul from letting its influence be known. It will take the form of misbehavior in both children and adults.

Many people really, truly resent having been sent into incarnation. This happens a lot. In immature personalities there is that which resents anything the soul tries to accomplish. It is the same when people are angry with God. It’s like “you sent me down here and you want me to do all this work for you and you don’t give me any help to do it with.” Therefore, it is quite valuable to reexperience the pain of early childhood. This is the only way to accomplish reaching your core.

The real you is the combined soul, not just the half in incarnation. The inner being is the half on the inner planes. Sometimes the half in incarnation has not joined with the half on the inner planes. Until then, the work of the inner being will not have the influence that it will in this one’s life after the joining of the two halves. This is why this work does not seem to help some people and it does others. The half of the soul within you has to be found and contact made with it first, then the half on the inner planes will meet up with it and its influence will make a tremendous difference in this one’s life.

The best way to transmute attitudes is to consciously think of the most painful emotional situation that you can and take yourself into the center of it, asking why it hurt so much and letting the answer to this lead your thoughts where they will. Give yourself free rein to explore all avenues that feed off of the original pain. Even if it seems your mind is wandering off the track do not be concerned. Go with it and follow it to wherever it leads you.

Do not try to stay focused on the original situation, just let the pain lead you. It will eventually lead you to your inner half of the soul which, if the connection with the other half on the inner planes has been made, will allow you to know that you have taken this pain to its origin and you will know that it is a carry over from a previous life. It is at this point that you need to ask for help from the guides on the inner planes. Also ask your soul to please show you the incident that the carry over of pain is coming from.

If following this pain leads you constantly to situations in your mind that took place in this life, then reexamine all the situations it shows you and find a common thread between them all. This common thread then is the lesson that you need to learn. When you find this common thread, ask you soul to set up lessons that will allow you the opportunity to change your reactions to this common thread and to have a higher evolutionary reaction than the previous times. The same thing when you discover the event in a past life, ask your soul to set up a similar situation in the present time period for you to behave with a totally different reaction. This will clear the past life carry over or karma from you.

The Spiritual Meaning of Crisis

The crisis that many go through is caused by their refusal to believe in the divineness of their own beingness. They refuse to believe in the divine spirit that expresses through them. They seem to think it is of no consequence, that it is something of a lark, so to speak. This is the whole cause of most crises. People simply do not want to take the responsibility for that which they chose to do in this lifetime. They are in denial about their inherent worth, goodness and spirituality. Perhaps their parents thought that spirituality was something to laugh at. That is no reason for them to feel the same way. This ignorance must stop some time. They decided that it would stop with them.

Most crisis are both personal, physical, emotional and spiritual. People let it all build up for so long that it all comes tumbling down at once. Universal Law demands that the human spirit cannot continue living in a situation that feels empty and false and meaningless to them so they are given the opportunity for change. Yet many of them contemplate going back to the very situation that caused the breakdown of their whole system. Why would they do this to themselves? Is it truly a matter of self-hate? If so why do they hate themselves? They have done nothing wrong except to ignore their inner being and this is what most humans do for the bulk of their life.

An Attitude Coming From Past Lives

I, Norma have an attitude of withdrawing from other people, not wanting to be near them, of wanting to be alone and not wanting to discuss my own problems in front of others. When searching for the reasons for this attitude my teacher gave the following:

You were hurt by the people for your belief in Jesus and in His miracles. You were stoned and beaten many times because you went before Him and told of His coming. You did this for many lifetimes before He came and for several lifetimes after He came. And in each instance you were defiled and laughed at and, as given, beaten and stoned and ridiculed. But you never let this deter you. After so many lifetimes of trying to wake up humanity you chose to give up. Therein lies your shame. You chose to deny Him forever because of what humanity had done to you because of your belief in Him and in His mission. You truly have denied Him, not only in this life, but also in the last ten lives. In the last five lifetimes we have been grooming you as a channel so you could rebuild yourself in humanities' eyes after denying not only Jesus, but also God. You spent many lifetimes as an atheist after being severely ridiculed by humanity.

What we want you to understand, my dear child, is that you did what any human being would do as a result of what you went through for your belief. You were killed in three of the lifetimes by those who did not want to hear about spiritual life and truth. After these three lifetimes you did not come back for a long time. Then you made the decision to make amends to your soul for the lifetimes of disbelief that came after the lives of being killed for your beliefs. This is when you began your training as a channel. You were from the constellation Norma. You were related to the Lord. Everything that has been given you is true. There is a whole story in your past lives that if you truly want to relive, we will help you look at it. When you are through with this you will understand why you do not want to be near large crowds of people, especially adults. But you determined that this lifetime would end it. Even though you determined to set things right this lifetime you are still hanging on to the lifetimes when you denied, which were in rebuttal against what was done to you by humanity when you believed. You simply needed to get in touch with this information my child for a true healing to take place. This is the cause of all your upset in this life. You still have time to correct your denial in this life.

Know Thyself

To stop judgements against the self, and to dispel your guilt and fears, the best guidance can be given in the sentence "Learn to know thyself and love thyself." Knowing thyself must be the first step. To know thyself, you must know and understand others. Not just those from your present circle of friends and acquaintances, but also those from the past, especially those you admire. To do this, a study of autobiographies and biographies would be the way to go. Movies do not always present true pictures. They take many liberties with life stories for the sake of entertainment.

One suggestion would be to choose three people whose life and works you admire, then

do a thorough search on them as far as their childhood and their personal life. This will show you that they also had the same human qualities that you are berating yourself for having. You will also find that they had family problems, the same as you and many others, but what you will also find is that they learned to overcome all the childhood and early adulthood traumas by realizing that they were truly responsible for their own circumstances in this life. When they realized that they began to take total responsibility for everything connected with their life. They realized that they could no longer blame their parents, their spouses or their friends for anything that had taken place thus far in their life because they had free will and had decided what course to chart before entry.

If one has an alcoholic parent, know that you chose this circumstance to learn something about yourself. Every relationship you have in any one life will serve as a mirror for yourself. It was thus chosen. This is why to learn to know yourself you must know others. When you begin to apply this fact, that others are reflecting you for a learning experience, you will begin to know yourself better. With this knowing will come first, freedom from guilt and second, self-respect. After that will come the stage of self-like, then self-admiration, and finally self-love in the way it was meant to be. While all this is going on there will also come the inability to judge others. When you learn to not judge yourself then you will have learned to not judge others.

You see, most of humanity knows inwardly what is being given here, but they have lost it due to old religious teachings that have done more harm than good to all humanity. Some people are terrific victims of old religious dogma. This is ingrained into their very seed-core from the beginning of this life. They must ask themselves why they thought they would need to have this in this lifetime, as they were aware before they entered that this would happen. Was it so they could understand the damage that church dogma was doing for others so they would therefore be able to combat it at a later stage in this life?

A few years ago there was an organization called Fundamentalists Anonymous in New York City (I'm not sure if it still exists. Norma) who are de-programming members of fundamentalist churches. They are doing a tremendous job and are saving many who were trapped in fundamentalist thought. This is an organization the teachers and guides would like to see continue to grow to help not only those in the fundamentalist churches, but also those who have all the guilt that has been laid on them by many other denominations. It is not just this lifetime, you realize, that they have been trapped in the dogma, but for many, many lives, as they continue coming back into the same circumstances. They chose this before entry as it has been ingrained so strongly in them. They are on a merry-go-round with no hope of getting off without help.

Perhaps an organization should be started to further research the damage that has been done to so many souls. But to help them each one must first help himself by not living in the past. They must shed the guilt laid on them by their religious training. They must shed any guilt concerning the path of others because these others must follow their own path. No one has the right to deter them from it and they have no right to deter anyone else from theirs.

There is no one path that leads one home on a true course except the truth. This is the only path home. But this path has many, many branches. It really is more like climbing a hill, and making circles around that hill, instead of going straight up the side, which would be very hard to do. The circles around the hill all have branches off of them in many directions. Before one can move from one circle to the next he must explore any of the branches he is curious about. When one lingers too long on one branch, it prevents the move to the next higher circle to keep moving forward and upward.

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