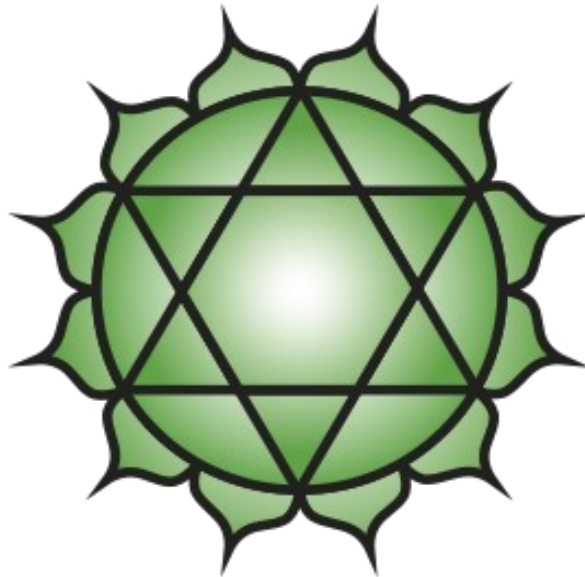




TRANSCRIPTIONS OF THE ORIGINAL MICHAELIAN GROUP

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Mid-1973 ~ Soleal and Tomas

[Before Michael first made contact with what we call “the original Michael group” (OMG) on August 12, 1973, the little group of friends made contact with two other non-physical beings, Soleal and Tomas. In subsequent session transcripts, we learn that Soleal is a Physical Plane being, a spiritual “Adept” living on another planet, and that he is the leader of the humanoids on that planet.

According to one member of early group, the books about Jane Roberts’ interactions with Seth were newly popular and someone in the group suggested that they try to get messages for themselves. We don’t know — beyond the transcripts and other documents that we have — when or how that first contact with Soleal or Tomas or any other non-physical entity happened, or what caused the group to start keeping written transcripts of their meetings.

It appears that the group began a systematic way of transcribing the sessions, from at or near the beginning of their channeling sessions. We do not know when the first channeling sessions started. We have been told that it was after they left Robert Burton’s group (possibly around November 1972) or around the time that Sarah married Richard on 10 December 1972. Robert’s group was originally based somewhat on the teachings of Georges Gurdjieff (also known as the “Fourth Way”), then it became more of Robert’s own teaching.

The first section below is taken from a compilation done by an early student. All the Michael sessions from 1973 were included in that compilation, plus what we originally thought was one session from Soleal. When we actually acquired a 1973 Soleal session — 03 July 1973 — we found that the compilation contained extractions from more than that one session. The following is the remainder of the transcripts of the Soleal sessions and we do not know if it came from one or more sessions. This is placed before all other sessions that we have obtained, because these probably came from sessions before the 19 June 1973 Tomas session, which you will see after these few pages.

Sarah wrote of the contact with Soleal as follows: “I didn’t channel an extraterrestrial before I channeled Michael.¹ I remember that session very well. Someone in the group asked if we could speak to one of Michael’s other students because he was always talking about high level students to us. He said yes, that would be possible, but the only student who was available at that moment was not from this planet, but was able to ‘project’ his mind over interstellar space. This student told us his name was “Soleal” or “Soleil.” We had quite a conversation with him, but [Dick] did not like this particular line of questioning, so we never summoned him again [Sarah’s memory was faulty here.] I, however, loved it, and have put him in the book I’m writing. Richard Hannah said he didn’t want to have any more ‘UFO Sessions’.” However, more sessions were in fact held with Soleal. We know of 18 February 74, 11 January 75, 01 February 75, 12 February 75, and 16 February 75. We have been told that at least one OMG member maintains contact with Soleal to the present day.

The next paragraph appears in the compilation of the 1973 sessions with Michael.]

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*Note: We have been informed that Soleal is an Astral traveler, an Adept from another world located about twenty light years from this solar system. He is also a student of Michael. As an Adept, he has achieved Balanced Centers, but says that he was originally Emotionally Centered. He informs us that he has “seen thirty of his world’s revolutions.”*

[Soleal:] Any time you communicate with me, there must be silence in your psyche.

*Do you understand that there are tensions on this world, that silence is not easy?*

There can be tensions on any world if it is encouraged and rewarded. Tension is a manifestation of unrest in any society.

*You said the other night that your planet has interstellar space travel. When they do that in ships, they have to recognize the speed of light, don’t they?*

Yes.

*Do they correct on the time axis also?*

Time planes makes more sense.

*Is basically what they do is go backward in time and forward in space?<sup>2</sup>*

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<sup>1</sup> Sarah’s memory was faulty here. Soleal was mentioned in the Tomas sessions, before Michael appeared.

<sup>2</sup> From Wikipedia: Time travel is the concept of moving between different points in time in a manner analogous to moving between different points in space. Time travel could involve moving backward in time to a moment earlier than

Yes.

*Do you use atomic energy for propulsion in space travel?*

No. We reduce the inertial potential to a negative state, then we use an integrator that integrates positrons with electrons, causing chain reaction within the chamber.

*Anti-matter — matter!<sup>3</sup> Wow! Who programs the computers on those ships?*

I do.

*Are you a nuclear physicist? What is your background? Do you have a profession?*

No, I was not a scientist at all. I was taught basic scientific facts very painfully. I was a reluctant student.

*Can telepathic people see into the future?*

Only through misuse of power.

*[Richard?:] Is astrology a valid science?<sup>4</sup>*

It is not a science at all.<sup>5</sup> It purports only that which is fundamentally true, and that is that all levels exert some influence on other levels.

*[Richard?:] I've been told that I have some obstacles toward spiritual growth — some "bad Tapes"<sup>6</sup> so to speak — that are keeping me from progressing. Can you tell me about them?*

Anxiety over others' impressions of your actions, obsessions with systems and procedures, worry about what is right, the fear that you will not be somehow the good little boy. [But the reality is:] Your halo can be tarnished, and many will still love you.<sup>7</sup>

Paul<sup>8</sup> was not a conscious being.

*What is the reference to Paul all about?*

He was too good. He had to get his hands dirty.

*By systems and procedures, I assume you mean in my personal life and not in my job? Is that correct?*

Yes.

*I think a sense of responsibility toward your job is essential. Don't you have a sense of responsibility toward your job?*

Oh yes, I certainly do. I just do not worry about it. It takes skill to separate [distinguish between responsibility and worry]. That is your Friction<sup>9</sup> — to learn to take the action necessary with calm detachment.

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the starting point, or forward to the future of that point without the need for the traveler to experience the intervening period (at least not at the normal rate). Any technological device — whether fictional or hypothetical — that would be used to achieve time travel is commonly known as a time machine.

<sup>3</sup> Because space and time are reciprocally related, perhaps this is an indication that the antimatter/matter reaction inverts space and time components.

<sup>4</sup> Richard was an astrologer, Sarah had an astronomy degree. Sarah met Richard at an astrology meeting.

<sup>5</sup> A scientific examination of astrology has been unable to validate the specific claims of astrology (point your favorite internet search engine to "debunking astrology"), even if astrology *per se* expresses a valid principle, namely that the cosmos is interconnected. Based on the evidence, we can say with some confidence that, whatever the valid connection between planets and people may be, if any, astrology has not found it. This is what makes astrology the so-called "queen of pseudo-sciences".

<sup>6</sup> "Tapes" are subconscious memories, usually negative, that get "recorded" during some life situation, often childhood, and then "played" in another later situation, usually an inappropriate response or reaction. This is a well-known concept in psychology. From <http://www.oshonews.com/2011/09/law-of-attraction/>: The subconscious mind is like a tape player – it just goes on playing the same old tapes we learned in early childhood. Those tapes are the messages we picked up mostly from our parents, or from anyone else who was very influential for the first six years of our lives. Most of the tapes run along the lines of, 'You are not good enough,' 'You don't deserve,' 'Other people are better than you,' 'You are not acceptable or respectable as you are, you have to be better.'

<sup>7</sup> I would bet that this question (and the previous question) was asked by Richard Chambers, because the answer is appropriate for that engineer Artisan with a Goal of Acceptance and in the Caution Mode. He was also an astrologer, hence the previous question.

<sup>8</sup> From Wikipedia: Paul the Apostle (c. AD 5 – c. AD 67; variously referred to as the "Apostle Paul" or "Saint Paul"), also known as Saul of Tarsus, is described in the Christian *New Testament* as one of the most influential early Christian missionaries, with the writings ascribed to him by the church forming a considerable portion of the New Testament. The influence on Christian thinking of the epistles ascribed to him has been significant, due in part to his association as a prominent apostle of Christianity during the spreading of the Gospel through early Christian communities across the Roman Empire.



*Communal living has been tried here [on planet Earth] on a limited scale. The problem has been with some people not being as productive as others; the system breaks down. Can you comment?*

We force the issue. You object to being told what you like to do; you are bristling about this right now [discussing communal living]. The people on my world do not object; they would rather be free [than lazy].

*Do you sometimes have problems getting people to work and how do you handle it?*

Yes. Peer pressure is exerted ruthlessly.

*I would like to know how long you have been the leader of your world and I would like to know what you teach them.*

I have been here for ten of this world's revolutions [around its star]. I teach them what I would teach you: that is, to seek moderation in all things, to love unselfishly, to become intimate with the inner workings of your spirit, to live in the essence of that spirit, to liberate the trapped Essence is the reincarnational purpose. I try to guide them in this path, so that they might be free sooner.

*You have said that you think it is absurd that "Creatures of Reason" have hang-ups about sex.*

Why have a hang-up about something like breathing?<sup>10</sup>

*Are you at the point where you can transmute that [sexual] energy?*

Not always. Sometimes I don't fight it even when I feel the energy leak.

*This brings up something else we should clarify. In reading Gurdjieff and other teachers on this planet, they say you should control your sexual energy to become more aware. Is this a valid statement?*

That comes later.

*Does "later" mean "on the Astral Plane" or "above the Astral Plane"?*

No [not on the Astral Plane]. That [control of sexual energy for spiritual growth] is part of the normal evolution of the [spiritually] conscious being [on the Physical Plane].

*Is renunciation [of sex] the only way to achieve cosmic consciousness?*

I have not renounced and I do not intend to ever seclude myself from others. I prefer to teach. I do think though that non-attachment is necessary for any progress to be made. You should work on that. Renunciation would feed the ego and would be Bad Work. Celibacy frightens you. Why?

*Because this is the first time in my life that I have had a satisfactory sex life and I don't want to abandon it.*

Then don't worry about it. This is something that should be a natural part of spiritual growth, and when [the growth is achieved and] the choice [to be celibate] is made, it should cause no inner agony. If the time is right, the decision should cause no pain and should not be difficult.

## 19 June 1973 — Tuesday

[This is the first dated full channeling session for which we have the transcript. Several clues in the text reveal that this is not their first session; numerous others preceded it, portions of which appear in the previous (undated) section. In this session the contact is "Tomas," and there is mention that the group has been in contact with "Soleal." In subsequent transcriptions, we learn that Tomas is an Astral Plane personality. He stepped aside when Michael showed up on 12 August, a couple of months after this session.

This transcript has a pattern that continued to the end: Date, location and attendees are listed, then often there is a comment at the beginning of a session, then the Questions and Answers of the group are recorded.

<sup>9</sup> The usefulness of "Friction" as catalyst for spiritual growth was emphasized by Gurdjieff, and adopted by Soleal and Michael. According to Gurdjieff, when you no longer experience Friction in life, you have become Balanced and centered.

<sup>10</sup> Further on we see that the Michaels often contrast the characteristics of Creatures of Reason with the characteristics of Creatures of Non-reason — the non-human (and non-cetacean) animals. It is generally true that Creatures of Non-reason do not have hang-ups about breathing or sexuality. (The reason is that human Expression Centers and the Inspiration Centers often interfere with healthy sexual expression in the Action Centers.) However, I regard Soleal's answer as incomplete, because copulation is not like breathing, except for Creatures of Non-reason. Yes, breathing and copulation are both bodily functions, but for Creatures of Reason the consequences for self and for other are much more significant for copulation than they are for breathing; the higher level of self-awareness that comes with being a Creature of Reason adds issues and challenges that Creatures of Non-reason do not have. Beyond that understanding of this Q&A exchange, another conclusion from an examination of it is that a person whose Centers are integrated and Balanced via a spiritual path does not regard either breathing or sexuality as "absurd", and that is the position of maturity from which Soleal regards sex.

Assuming you are familiar with Michael channeling, you will notice immediately that the characteristics of the personality and the quality of the information from the Astral Plane is different from the Causal Plane, where Michael resides. You will also see a difference when a different person channels the same personality. You can also see in this early session how much they were experimenting with various forms of communication: There was some channeling while in a light hypnotic trance, and some use of the Ouija board, and maybe some automatic writing. You will also notice how much they were in the early stage of learning how to channel well. One can surmise from the way it reads that this session was likely tape-recorded. That obviously works better for voice channeling, but is not necessary for Ouija board channeling. We have been told that in other sessions, several people took notes, which were later compiled by various people. The quality of the note taking and the typing varies also. We have seen various people's names attached to the transcript sessions as typists/editors.

In later conversations, Sarah said about Tomas: "Carolyn was channeling an Astral entity who called itself 'Tomas' or 'Thomas' — it was spelled differently at different times. I was also able to channel this entity, but we soon found out that it didn't really know any more than we did. I remember that it liked Edgar Cayce and Aimee Semple McPherson. In retrospect, it seems like a Mature Soul between lives and bored." In the sessions that we have, there are no references to Cayce or McPherson, so this is another indication that sessions are missing from our collection. In this session (June 19, 1973), it appears that Lorraine as well as Carolyn channeled Tomas. Sarah expressed interest in learning how to do that herself.

This meeting was held at Carolyn's home in Vallejo, California. Later, most of the meetings alternated between Sarah and Richard's home in Oakland, and Alice and Dick's home in Walnut Creek. These four (Sarah, Richard, Alice and Dick) were at almost every meeting from the beginning to end. Gene was also a key member of the "core group" of the Original Michael Group as we are calling them.

Sarah told us that Alice was the chief transcriber of channeling sessions. Alice initialed some of the sessions and some different typewriters were used. By comparing copies of the typed sessions, we can also discern that she was the usual typist.]

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Location: Vallejo, California [Carolyn's home]

Present: Sarah and Richard, Alice and Dick, Carolyn, Gene, Sue, Lorraine, Ada (a friend of Alice).

There was a discussion to start out the meeting. Hypnosis in the contact of Tomas was discussed and Lorraine agreed to undergo hypnosis to see if we could contact Tomas that way tonight. During the next few minutes, Gene talked to Lorraine, putting her under hypnosis.

Ask me what you want to ask me. Here I am, fellas.

Gene: Do you have any special topics for us?

No, I have nothing to tell you other than what you want to hear first. Then I will probably expound at great length, because I have many things to say.

Gene: Good. I have a question to start out with. Can this be personal?

Oh my, yes.

Gene: There are many times when I am listening to a song or watching television or something when I have an unexpected emotional wave and I feel like crying over something simple, soft and sweet or whatever. These come at unexpected times. I wonder why these happen.

Well, I believe that that is because it revokes a memory from the past. I do not mean revokes, I mean promotes a memory from the past — a memory in your consciousness. It dredges it up and suddenly it is there. You don't know why, but you remember something. It makes you... Do you know, about when you hear a song in this conscious life that you have now that brings back a memory that you had in the past, when you were a boy, it reminds you of a summer afternoon and suddenly you feel a nostalgic feeling. The same thing happens here, except this is bringing back a pleasant or unpleasant memory from maybe three lives back.¹¹ But it is all in your

¹¹ This is the first reference we see to reincarnation. This concept was not a part of the Gurdjieff teaching, with which they were most familiar. Instead, Gurdjieff taught "recurrence," the idea that you live a life over and over again until you get it right. So far as we can tell, members of the OMG never bought into Gurdjieff's theory of spiritual development. Instead, they preferred reincarnation similar to what is taught in Theosophy and Rosicrucianism, which we find they were also familiar with. Tomas and Soleal and Michael all taught reincarnation. So much of their message is and was in fact about reincarnation and the ramifications thereof.

subconscious. It is all there and there is nothing to explain it, other than the fact that you just are suddenly aware of a nostalgic feeling within yourself — a sentimental feeling within yourself — a great love pouring out of you.

Tonight I heard Sarah say, “Teach us how to love. How do we love? How do we learn to love?” The answer is, Sarah, by loving.

Sarah: Yes, well, that’s nice, but I am rather emotionally bland.¹²

I think there are a great many people [like that].

Now, Lorraine is a very, very immature person¹³. And, I use the word Lorraine because that is what you all know. I prefer her formal name. She is a girl who does not know how to love. She has more love, and gives everybody love, but she does not love. Because she is afraid of love. This is probably true with you [Sarah]. You love, but you don’t love as you feel love, as you want to feel love, the deepness within yourself. But there is love, that is love. You love your husband — but you don’t think you love your husband. You love your mother — but you don’t think you love your mother. Because, you do not experience this deep emotion that you see in other people. How do you know what other people feel?

Sarah: Well, they say they do. I mean, they say they have lots more feeling than I think I do.

That’s true. That’s true, but I do not believe that, Sarah, because you have love. You have so much love. It turns out that all people [do], but you don’t “feel” it. This is good.

Sarah: Well, I don’t think I hate my mother.¹⁴

You love your mother. I didn’t say you hated your mother. I said you loved your mother. You love your mother, but you feel that you do not love your mother as other people love their mother. You love your mother as much as, if not more than, other people love their mother. The fact is, you just don’t think [you do]. But, you have to realize that you have cobwebs in your brain.

Sarah: Along with all of the other things?

What else, Gene? Before this session started, you all said you had a million questions to ask.

Sarah: I have a question that interests me and I don’t know why. There are a couple of astrophysicists on the East coast, whose writings would lead me to believe that they see beyond the veil. They are in a position where their books are automatically published and people listen to them, and they are even connected to NASA.¹⁵ I wonder why somebody like you doesn’t come through one of them, to get this out.

How do you know we don’t?

Sarah: Because it isn’t coming out.

In this [Physical] plane¹⁶, that we are all present on at this time, there are no persons, of any intelligence, as you are quoting the physicists ... they are all helped. There is a small, small voice within each and every one that tells you — and these people have merely learned to uncover and listen. You haven’t learned to uncover and listen, or you too could do it.

Sarah: I don’t understand. I’m confused. I could do what?

-
- ¹² As if “love” necessarily has an emotional component. In later sessions, Sarah was said to be in Moving Part of Intellectual Center, a Scholar, an Idealist in Observation and Dominance – not a pattern known for emotional ebullience. Decades later, Sarah was said to be a Pragmatist, which makes for an even more bland personality than the Idealist Attitude.
- ¹³ Yes, Lorraine was “immature” in one sense. We do not know what her chronological age was. In later sessions, Lorraine was said to be a Fourth Level Young Soul, which is about average for the planet in general, but “immature” for the OMG, which was mostly late Mature and early Old souls, as we see further on.
- ¹⁴ In the 18 September 1973 session, Sarah’s mother was described as a “bomb thrower.” Perhaps Sarah had “issues” with her, but not hatred.
- ¹⁵ As we see further on, Sarah is referring to Frank Drake and Carl Sagan. They were professors of astronomy at Cornell University in New York. Drake was involved with the Arecibo radio telescope in Puerto Rico which was used for early attempts at extraterrestrial contact. He also formulated the “Drake equation,” a formula for calculating the likelihood of intelligent life on other planets. Sagan wrote the book and had a hand in the movie, *Contact*, also about extraterrestrial contact. So, Sarah naturally thought those two would be a better target for contact with Tomas than the members of the OMG. Sarah herself had a degree in Astronomy at UCLA.
- ¹⁶ There was no reaction here recorded to the concept of “planes.” Gurdjieff did not have a well-defined teaching about the seven planes, although he did have a teaching about higher realms of being, so these people must have learned about that elsewhere. This is not the sort of cosmology one gets from intuition, so it probably came from written sources, most likely Theosophy, which is mentioned in later sessions.

You could become well versed in almost any subject, if it interests you, if you choose. All people can do this if they listen, because the help is always there. Always there. Now, throughout your past lives, you haven't been idle. You have been learning. There is a record. You have been learning every step of the way and all of this is recorded.¹⁷ All you have to do is listen and it all unravels. Through every life, some life will start over here as one thing, another life will start over here as another thing. This life will pursue one goal. Take music — this life starts and progresses throughout its different entities, throughout the musical field until a genius blossoms forth. This person over here dabbles in a little art. In the next life, it dabbles in a little, oh, medicine, and then next life it dabbles in something else. They are confused so that they never hit the right plane — because they don't listen. All you have to do is listen.

Sue: Tomas, if you don't know what to listen to, when you have so many things going through your head at one time, you don't know what to listen to.

That is true, Sue. That is a very good thing to say. Now I know that there were times when I was on this [Physical] plane when I would hear this still voice and I would argue. It was as though I were arguing with myself. I was up there in my conscious mind [saying], "Now you listen and let me tell you how this is" and the little voice was saying, "You listen and let me tell you how it is." I didn't listen — I was too smart, so, I have to, and everybody has to, keep going. But that little voice is still there. If you will quiet your own mind, get on a subject that is of profound interest to you, and listen, you will hear. You aren't arguing with your self — they are telling you.¹⁸

Gene: I think we are all kind of shocked to see you sitting there with Lorraine's eyes open.

Yeah, it is sort of a shock to me, too. She is a hard soul.

Gene: You will have to let us adjust to this.

She sure is a fighter. She will sure fight you.

Gene: I would like to ask a question about Uri Geller¹⁹ [and] the recent psychic phenomenon that produces certain miracles by forces, such as bending metal, making things disappear and reappear. He claims he is going to re-materialize a camera that was left on the moon by one of the astronauts, Edgar Mitchell.²⁰ He also claims he is being guided by extraterrestrial forces and that soon they will manifest themselves. Do you have any way of knowing if this is valid?

No, I have no way of knowing if this is valid. It does happen. I can assure you that it is not through his own physical [power] — it has to be that he has plenty of help. It is possible; it is possible for these things to happen. There is a man from India that can make jewels — anything — materialize. I will tell you this: Gene, anything you want is right there — right there. If you say, "I would like to have a 20 carat diamond to present to my bride," it's right there — right there. But you have to believe. You have to see it, because it is all thought first. The material is right there in the end. This man, [who] is from India, can do this because he has developed himself through meditations and through research and through his traveling down through his various lifetimes, until he has reached this place. It is a beautiful thing, and many people do reach it — many more people than you realize do reach it.

Gene: Can you do this for us?

No, not with the constant poundings that I have. It is not easy for me to stay here with you, you realize, until Lorraine gets used to the idea that someone can talk through her body, then she is going to have to cooperate. But she is there fighting me every step of the way.

¹⁷ The "records" here spoken of do not seem to be the "Akashic Records" containing the history of the all seven planes of creation, but a "library" of human incarnations on the Astral Plane, where souls reside between incarnations. This is spoken of in Michael Newton's books, *Journey of Souls* and *Destiny of Souls*.

¹⁸ This paragraph contains the basic procedure for contacting your higher self, as well as learning to channel: need to know; ask the question; listen for the answer. Essence must be invited; it does not intrude.

¹⁹ From Wikipedia: Uri Geller (born December 20, 1946) is a self-proclaimed psychic known for his trademark television performances of spoon bending and other supposed psychic effects. Throughout the years, Geller has been accused of using simple conjuring tricks to achieve the effects of psychokinesis and telepathy. Geller's career as an entertainer has spanned almost four decades, with television shows and appearances in many countries. Geller used to call his abilities "psychic," but now prefers to refer to himself as a "mystifier" and entertainer.

²⁰ From Wikipedia: Astronaut Edgar Mitchell walked on the moon as part of the Apollo 14 mission in 1971. On his way back to Earth during the Apollo 14 flight, he had a powerful Savikalpa samadhi experience and also claimed to have conducted private ESP experiments with his friends on Earth. In early 1973, he founded the nonprofit Institute of Noetic Sciences (IONS) to conduct and sponsor research into areas that mainstream science has found unproductive, including consciousness research and psychic events.

Gene: Where is she now?

Oh, she's here. She's right here. She is a quivering mass of mess. She is a mess but she is a good girl. But she doesn't want to do this. She does not want to do it. Now, she has done it many times and she talks always, argues with me constantly. She argues with anybody that tries to talk to her. Because she does not want to do this. But this was why she was placed here – she has to do it. She has to do it. But she does not want to.

Sue: How long are you going to stay here with us?

How long do you want me to stay?

Carolyn: I would like to ask if the same applies to me?

No, Carolyn, it is not so difficult through you. It is just not as hard to come through you.

Sarah: Why is it, when someone really wants to do this, like me, why is it so hard for anyone to come through?

You have about one more lifetime to develop. You are going in great strides, but you did not do too much else before. You have been a sort of a goof-off, Sarah, if you will pardon the expression. But you are making up for it; you've made up for three lifetimes. But I would say that in the next life that you come through, you will probably be one of the greatest psychics the world has ever known. But you are going good.

Carolyn: Does that apply to me?

No, No, you could do great things if you will just get you out of the way. The biggest problem in something like this is in getting the ego out of the way. You have to get you out of the way. When you can put you out of the way and let the other shine through, then you can do it.

Sue: Is that why I am having difficulty?

Yes, Sue, yes.

Carolyn: How do I put me out of the way?

It is not too hard with you, honey. You just kind of close your eyes and say, "Well, here we go" and there you go. You are a good subject — a good subject. You have people talking to you all of the time, don't you? And you argue back, don't you? Well, this is what Lorraine does, she argues.

Sarah: How do I put me out of the way?

You are doing a good job, Sarah. You are doing a beautiful job. You just close your mind and let in whoever wants to talk. You will get great things. You are writing a book.

Sarah: Yeah, well, I'm not – but ... there is a book.

It is going to be a good one.

Richard: How do I start?

At the beginning.

Gene: Can you show him the beginning?

No. For every soul that is here, you have to find your own beginning. We help you find the end, but you have to find your beginning.

Carolyn: Why did you enjoy shocking Richard and Sarah the other night?

Why? Because Richard, I think, he is sort of out here and (gesturing) when I came through, he listened to Sarah talk about Tomas but he was not real sure that Tomas was Tomas.

Richard: I had never met you before.

I know. I know.

Richard: It was quite an experience.

I know, I know. It was a joy. It was a joy.

Sue: When am I going to be able to reach you on my own? You tell me soon.

It will be soon.

Carolyn: Is your "soon" like our "soon?"

(Laughter ...)

That is a good question.

Sue: Will you answer it please?

Well, I think everything depends on you. You see, I am not the one that is not ready. I am available, oh, I am available, but you are not quite ready for it. You have not been able to really put you out of the way. That is all you have to do and you are ready.

Sue: I am ready?

Everybody is ready, if they would just do it.

Sue: Well, I am trying.

You will do it. Gene, I think I am going to have to go. I think I am going to have to go. Are there any more questions?

Alice: Can I ask about my eyesight, if there is something in my past history somewhere that makes me see so poorly, like I can't stand to look at the ugly or something?

I think that Gene has asked me this before.²¹ All disease stems from misguided thinking. This is a thing that I think is prevalent in this particular period of time, in that medicine has advanced to the place that you go to the dentist twice a year and have the eyes checked once a year and have glasses. You start wearing glasses and have a little defect there.

Alice: But is it something from past history?

In your eyes? I would have to check the record. I cannot answer that because I have to check the [Akashic] records.²²

Alice: Would you?

I will certainly try.

Gene: It would be interesting to have you there and could you also be in Carolyn through the Ouija board in that position at the same time?

Oh, I don't know. That has never been tried. Yeah, but this girl is right here, right here.

I am going to have to go. She is getting very anxious and very irritated. I hope that we can all get together again very soon. Okay?

Gene: Thank you for coming.

Thank you for having me. Good night.

Gene then spoke to Lorraine and gave her the suggestion not to remember what she (or Tomas) said and gave her some post-hypnotic suggestions. He then brought her back to the present.

Meeting of June 19, 1973 continued

Location: Vallejo, California — following the hypnosis session.

There was discussion whether that was Tomas and if he was still here. We also wondered if Tomas assumed some personality of the person he came through during hypnosis.

Very much so. Tomas here. Go ahead, Gene. Very interesting. To begin with, Tomas is now here. Yes, when speaking through any entity, the effect is more that of the receiver. This becomes less as the person relaxes and allows me to come through stronger.

There was a discussion regarding the generally negative feedback received from Tomas. Our reactions were discussed and Tomas was asked to comment.

This is an expected reaction and can be relieved in time with belief. Too, you can disbelieve with time. If the feeling is stronger, it will be impossible for me to manifest through Lorraine or Carolyn. It causes interference in the communication. Now, Lorraine, will you please stop being so impatient for the end of my words and stop interrupting me. You jump the gun faster than I.

Note: Lorraine was interrupting Tomas, trying to ask what he was saying, not realizing he was not through.

Lorraine: I AM sorry. I know you are impatient with me.

And why should I not become impatient with you? Lorraine, I am more persistent than most. It is tiring to keep knocking on your mind. And, you close the door.

Sue turned on a lamp.

²¹ Possibly Tomas had contact with Gene, in a previous session for which we do not have a transcript.

²² Evidently astral personalities do not have immediate access to past-life records like Causal entities such as Michael.

Thank you, Sue.

Lorraine: I am just so afraid of all of this ...

It does not seem that it needs to be repeated. Just let time and me influence your mind.

Let us take a break. You can use the time to choose another topic.

We took a break, again discussing our various reactions to Tomas though Lorraine.

Make yourself available. Now, I am going to be here.

Now, speak.

Gene: Tomas, last night Carolyn had an unusual experience with a friend. Do we need to verbalize it? When she was talking to a friend about bombs, she started crying. This has to do with a recurring dream she has. Can there be a reason why she feels this?

Yes. The dreams are symbolic and have no meaning as far as bombs.

Gene: Well, Carolyn had no reason to cry, just from the discussion of bombs. From talking about a dream....

Lorraine: Tomas is not here. He is going from "M" to "A" to "M." He is not here.

Sue: Maybe she should ask the funny ones to go away.

Lorraine: Happy time A-B-C-D-E ...

Gene: Is the new person here affecting Tomas in his ability to come through?

Lorraine: No, I don't think so. In the first session, he said that as long as you added a person that had the same goal that we had ...

Gene: Are you feeling relaxed inside?

Lorraine: No, I am not nervous. Do I look nervous?

Gene: No, I am trying to find out if there is some emotional reason behind this or a physiological one. Do you have to go to the bathroom?

Lorraine: No, I'm fine. This sometimes happens, Gene. Y-O-U-A-R-E-M-A-R-R-I-E-D ... Every once in a while this happens and you have to be very firm to keep them away. I used to have this Indian guide – I haven't talked about this much because people look at me like I have just lost my last marble. I still have them all, they just don't roll the same way. I used to have this guide and he was on the [Ouija] board all the time and he wanted to talk, until I got Mr. Alden. The guide was born in the 1400s and he told me that every person had a guardian angel and they all are Indians, everyone has an Indian guide.

Sarah: Did Tomas sign off?

Gene: No. I am going to make a phone call.

We took a short break and then Lorraine tried again on the [Ouija] board.

This is Tomas here.

About the question regarding Carolyn. The bomb [in the dream] mentioned; you will have to elucidate and not leave me to guess the conversation preceding.

Carolyn: I had a recurring dream when I was younger, until I was about 14, that I was running behind the school on a walkway and there was a bomb going to be dropped and I knew it, and I was running. In waking life, any time a plane went over, I was terrified. I just want to know why. I also had a recurring dream about a Japanese man being in my bathroom. I was afraid of him and I didn't like Japanese people in waking life because of this. Last night, my friend suggested that the dreams were connected and asked me why I was so afraid of bombs. Then I started crying and I don't know why. It was a creepy feeling.

As a child growing [up] in this life, this was often a subject discussed in your presence. The bomb is symbolic of all your accumulated fears. This is true of all persons in one way or another.

Carolyn: There wasn't a war while I was growing up — there hasn't even been a bomb scare.

It has been a topic of conversation for thirty years, Carolyn.

Gene: Where does the recurring Japanese dream come in?

Fears — that is all I can say now on this.

Sarah: I asked a question earlier, a very specific question, and I got a confusing answer. I would like to ask it again. There are two young astrophysicists. I have read a lot of their books and articles. They seem to be quite aware and I wonder why some [discarnate] entities are not working through them.

We all advance through several lifetimes to reach a plane ... ²³

There was a discussion about the trouble Tomas seemed to be having communicating this evening.

²³ Of course we all know that the ramifications of reincarnation is the central theme of the Michaelian teachings.

Sarah: Let's see if Tomas will come through better with Carolyn on the [Ouija] board. It seems to me that these two entities [Tomas and Soleal] are trying to spread a message of peace and non-violence.

Sarah: It seems that the best way for the entities to do this would be for them to go through someone who had influence, through someone who could talk to presidents or write books that would be automatically published — instead of talking to me. I also have made it clear that I have a lot of fears concerning someone locking me up and I would have some difficulty talking about this kind of thing to anybody outside of this group. Specifically, what I want to know is, wouldn't it be a good thing for the entities to go through these guys, (the two astrophysicists), because they seem to be aware? Their names are Carl Sagan²⁴ and Frank Drake.²⁵ Why doesn't the entity go through someone like that, you know, who has influence, and who know people and can do things? That is my question. Why not go through someone who is in a real position to do something?

I said earlier that, how do you know we are not [doing that]?

I have also said before that you are a chosen person and that is what I see. These men have their small voices. They just happen to listen and believe.

I believe this should end for now — the energies are scattered. Try to let it be and do not dwell on things you do not understand for now. Later you will know. Good night.

Since several times in the past Tomas has given us a PS if we asked for it, we asked for one tonight.

No.

03 July 1973 — Tuesday

Present: Alice and Dick, Sarah and Richard.

In preparation for this session, Richard and Sarah meditated on their visual image of Soleal.²⁶

Richard: I feel a very strong presence right now.

Sarah: Is there anyone with us today?

Come join me here.

Sarah: Who are we talking to?

I am Soleal.

Sarah: We have two other people with us today.²⁷

Richard: Are you aware of their presence?

Yes.

Richard meditated silently on the question of whether or not, if we got heavily involved in propagating the Logos, and were arrested for our activities and incarcerated, there would be a possibility of rescue. Sarah and Richard both acknowledged that they had no fear of being gassed or hung, but did fear long imprisonments.²⁸

We can do it.

²⁴ From Wikipedia: Carl Edward Sagan (November 9, 1934 – December 20, 1996) was an American astronomer, astrophysicist, cosmologist, author, science popularizer and science communicator in astronomy and natural sciences. He published more than 600 scientific papers and articles and was author, co-author or editor of more than 20 books. He advocated scientifically skeptical inquiry and the scientific method, pioneered exobiology and promoted the Search for Extra-Terrestrial Intelligence (SETI). Sagan is known for his popular science books and for the award-winning 1980 television series *Cosmos: A Personal Voyage*, which he narrated and co-wrote. The book *Cosmos* was published to accompany the series. Sagan wrote the novel *Contact*, the basis for a 1997 film of the same name.

²⁵ From Wikipedia: Frank Donald Drake PhD (born May 28, 1930) is an American astronomer and astrophysicist. He is most notable as one of the pioneers in the search for extraterrestrial intelligence, including the founding of SETI, mounting the first observational attempts at detecting extraterrestrial communications in 1960 in Project Ozma, developing the Drake equation and as the creator of the Arecibo Message, a digital encoding of an astronomical and biological description of the Earth and its lifeforms for transmission into the cosmos.

²⁶ This appears to be one of those sessions in which Sarah and Richard worked the Ouija board together, before Sarah learned to work the board alone.

²⁷ This comment implies that sometimes Sarah and Richard worked the Ouija board when no one else was present. Due to the detail in the Q&A exchanges, this session seems to have been tape recorded, rather than have onlookers take notes.

²⁸ From the very beginning, the OMG founding members had the lofty goal of spreading the Word. Perhaps that is one reason why the Michaels chose them to do just that. To us these days it may seem unwarranted to have such fear of exposure of what they were doing. Perhaps the fear was borne of what happened to Jesus when he propagated the Logos, namely crucifixion. Perhaps the fear was borne of the alleged fact that some members of the OMG were affiliated with Jesus during his ministry, and did not want to re-experience the trauma.

Richard: Soleal, I seem to feel your presence more strongly today, than I have before.

You are not fighting so much anymore.

Richard: We took your advice and got some marijuana, as you suggested to us up at the lake [Tahoe]. Is this helping too?

Not yet.

Dick: I'm a little confused. I've been dealing with Tomas and it's hard to switch here. Is Soleal familiar with what I've been doing with Tomas so far?

I am not familiar.

Some of the work with Tomas was discussed at this point.

Not all books are good.

Alice: Interesting! Remember, you asked that of Tomas.

Sarah: I don't think we asked a question, we just sort of wanted to know if he was familiar with your heads and your identity.

Richard: We're a little bit confused. Could you be a little more specific about that?

The male reads a lot.

Comments about books were discussed — the fact that Soleal will only comment on topics, since he is not familiar with our books.

Dick: Soleal has come through with so much scientific material. I wonder if this type of scientific material is valuable for one's spiritual growth?

Valuable only in that it frees the mind for study.

Dick: Oh, instead of always wondering about things ...

Richard: You get beyond those things and then you feel good about continuing.

Dick: I would like to ask him, how he can most help us in our spiritual growth?

Interchange of cultural values.

Dick: Do our cultural values have any value for Soleal?

Interest only.

Dick: Do his cultural values have something more for us than interest only?

I think so. You will have to verify that for yourself.

Dick: Well, knowing virtually only our own culture, it's hard to know the right questions to ask.

Sarah: I think he means "cultural" in the wider sense, because we've been asking him questions about the political and economic systems.

I think you might profit by a few lessons in how to avoid aggressive actions.

Dick: Could you give us those few lessons now?

The first action that must be taken is to eliminate poverty on a global scale. As long as there is famine and death from starvation, there will be envy.

[Sarah's tween age daughter] Dorothy walked through the room at this point.

Richard: Soleal, do you sense Dorothy's presence?

All the time. I told you that before.

Dick: I would like to ask Soleal: because of studying Gurdjieff, I've come to believe that the only possibility for anything is through individual personal growth and not through trying to change things like political systems. I would like to know if this is correct.

Not entirely. Someone must teach the Logos in the first [place, if politics is to change]. As the population grows, the teachers increase. Some people need much more personal direction; reading will not help them. Are you ready to take on that task?²⁹

Alice: Could we learn how to transmute our sexual energy to get in touch with higher energies?

Get in touch with pure sexual energy³⁰ first, then decide whether or not you want to go on to cerebral orgasm³¹.

²⁹ Here we see that the Logos is something that is better taught by a person than by a book. The advice here seems to be that, rather than attempt to change a political system directly, influence people around you; if the teaching is indeed from the Logos, a 'grassroots' movement will grow enough to eventually change the political system. The Logos taught by the Infinite Soul and Transcendental Soul is aimed at the masses, rather than the ruling elites.

³⁰ A turn-on by someone's sexual energy aura, without physical stimulation.

³¹ A blissy pleasure similar to physical orgasm, but only in the mind, not the body.

Dick: I'd like to follow that, but first I'd like to go back to another question. I haven't felt ready for the task yet – and I assume that Soleal means to form my own school. I haven't been in touch yet with higher forces in my head and I really didn't feel that it was fair to start a school because at the present, I would only give them what I have read. I've felt like I needed higher forces operating through me in order to go and teach.

There are higher forces working through all of us in this School. Because you are here today puts you in the student category. You have many doubts concerning validity of experience where cosmic force comes into play.

Silent meditation began at this point. Then both Richard and Sarah felt a tingling in their fingers and Richard felt the tingling over his head.

You must be open to any manifestation or the blocks will be just as strong as they are when you are dreaming, and the dream stops and reality takes over, but the mind refuses to make the reality tape and includes the experience in the reservoir of dreams.

Richard: What was the question?

Sarah: There wasn't one. Our fingers just started tingling.

(Sarah to Dick:) Were you meditating on a question?

Dick: Just about was I ready for the task – did I have doubts?

Richard: I think this is what Sarah feels when Soleal tells her that she has been on the Astral Plane, but she doesn't have the feeling – it's on the dream tape.

Sarah: Apparently, sometimes when you are dreaming, you do Astral projections and the average person doesn't remember this.

Dick: Do you understand that last part?

Sarah: I don't know – I mean, all I can think of is that if your mind refuses to see that as a real experience ... We can ask for some further elaboration.

Many times, the mind regulates perception to the point where the Creature [of Reason] is unable to perceive the experience at all, even to the point of a recorded nightmare.

Dick: Are the means for doing this available to us? I'm so stuffed with systems — Gurdjieff, Don Juan, parapsychology. Actually, information like this might interfere with itself.

There should be a synthesis if the information comes through cosmic [sources]. If the synthesis is not felt, then the system is probably not valid.

Dick: In the Don Juan books [of Carlos Castaneda], in the works of faith healers and in the Indian chakras, there seems to be an agreement that there is a place in the lower abdomen, where there is a chakra in the Indian system and a place where the healing can be applied (Mr. A's faith healing system), and in the Don Juan system, the 'will' comes out through a gap in the abdomen, and these are things that I haven't been able to experience, except to read about them and I'd like to know if those particular points are valid.

The average Creature of Reason does have his gravity center somewhere near the middle of the torso, and to get in touch with that energy source you must first know how you are Centered and what you still have to go through [to become Balanced], because you will want to direct that energy into something positive [such as healing].³²

Richard: I am trying to work on my bad Tapes and get rid of them, and I have a strong feeling when these impulses are coming in on the board and we're going over certain words, I get a different register than I get when we're going over other words, and I seem to correlate the one group of words with the bad Tapes. Are you helping me work on the bad Tapes in that way?

Not to my knowledge. You may be picking up on core words that have special meaning to you. If this can be of help to you, if you can be conscious to it. Whenever you ask a question, there is much hesitation because you have so many auxiliary readings going.³³ To separate, Richard, is as I told you already, your major part of Friction.

³² It is my understanding that the Solar Plexus Chakra corresponds to the Intellect Center, which corresponds to the Creature-of-Reason stage of biological and spiritual evolution. These three are aspects of the Ordinal Expression process, which is all about the formation and expression of an egotistical, individualistic "self-will", or crystallized identity. Humanity's experience as a Creature of Reason starts out with a negative expression that should transform to a positive expression. The Q&A exchange does not say so, but I believe we can extrapolate from there to the next stage of human evolution, the Creature of Intuition (I invented that phrase), which correlates with the Impulse Center, which correlates with the Heart Chakra, which I understand is the chakra of healing energy.

³³ The phrase "so many auxiliary readings" might be an allusion to what later was called "inputs" (channels of focus and processing), of which the Artisan (Richard was an Artisan) is said to have five, more than any other Role. This makes Artisans seem "scattered" to the point of often being disconnected from self and from reality. Therefore, one of the primary challenges for an Artisan is to collect themselves into a coherent, unified being.

Dick: Would you ask him if there is any conflict between him and Tomas?

Sarah: Well, he said one time that there were third plane Entities³⁴ working with him too, so I don't know.

Dick: I just wonder if there is any jealousy, rivalry. If I listen to what Soleal says, will Tomas be put out — you know?

If there is synthesis, there should be no conflict [between teachings]. If there is not The Synthesis, then one of us is not telling the truth, and as in all previous situations [with various teachings], it will be up to you in the end to verify.

Dick then meditated on a complicated question silently. Soleal answered as follows:

Postpone the decision for now, and don't dwell on the fantasy of the reaction of others that would confirm your worst fears.

Dick: Would you please elaborate on that one?

There is a deep-seated fear that you will choose the wrong path and be inadvertently left behind. The Synthesis is always, is always, there for those who are willing to search beneath the surface. The readings are good; the confusion is not [good]. That takes conscious effort on your part.

Dick again meditated on his question.

No. I cannot advise you unless I strongly receive the one question.

Dick: Okay then, I'll meditate on the one question.

Just be patient. You cannot achieve enlightenment by any route in one day or by any method without first making the decision to establish this as the goal for the present lifetime and then making the decision to devote the rest of the life to that pursuit. The devotion must be there, no matter which path you take ultimately. The path can take you through the mainstream of life on your world, or you may eventually decide that you must have the seclusion. A communal setting would offer this in many ways. You need people around by whom you can measure your progress and this is not bad for you. Self-confidence, and I mean in your own spiritual strength, must be developed.

Dick: It is not a responsive answer to the question — in a way — it is not a direct answer, but it is an indirect instruction.

Dick: You know, in Robert [Burton]'s System, he never felt that there was any reason whatsoever for a person to get in touch with his sexual feelings. You know, that they would automatically be operating during your spiritual growth.

Alice: If your lower Centers were cleared out. He said to work on lower Centers.

Dick: He never said to get in touch with sexual energy.

Robert's treatment of sexual energy was discussed briefly.

Alice: Could we have the sex at our level, before going on to cerebral orgasm — can we have them both or do we have to give up sex as we know it?

Celibacy is a choice that you alone can make. Never make that decision only because you want to avoid the experience. Dick is partly right: only many subjective minds that grow from Emotional Center need to keep the closeness of the physical contact [sensitivity]. I do and I need it more than I am willing to admit.

Both Richard and Sarah³⁵ felt strong negative pull over the last few words, then the dictation continued:

Not that I am willing, but I mean that it is still a part of growth for me and a route of expression with those to whom nonverbal expression of higher emotions is difficult. You do not have to concentrate on the knowledge that the partner is operating out of lower Centers — just express yourself. Good Work results when you give the gift of higher [Center] expression.

The details of a sexual encounter were described here to simplify the above, (members of the group). [sic]

Much progress is made after this lesson is brought to consciousness. My telling you will only give you something to work out. Some people work on the giving of themselves freely for many lifetimes. That is the most difficult part of love. Love, to mean anything in the line of consciousness, cannot be predicated on anything material; it must come from higher Centers. That comes about when you finally give up non-verbal expectations about the actions of those around you and begin to accept them without modification in your fantasies.

Alice: So does that mean that I am a catalyst?

³⁴ "Third plane" being where Michael resides — the Causal Plane.

³⁵ Richard and Sarah were husband and wife, and in the early OMG sessions they operated the Ouija board together, until Sarah developed to where she could operate it on her own.

Zealots make the finest catalysts. You are not a zealot, but you can act as a calming force on those around you. There is peace and serenity in your Essence too. This could be the major part of growth for you, to get in touch with those fine elements. It is difficult to do this in a system that rewards competition. That usually leads to the more aggressive elements of the False, culturally induced, Personality. Love is the only force that you can apply in a positive situation consciously.

Dick: Love and sex seem like separate things – but when they're pulling together, it seems like a stronger force is generated than either by itself. It seems like the only kind of energy that I have experienced to date that might be the kind of energy that you need for actual evolution.

Sexual energy, when used to express higher Centers, can be incredibly strong. When the energy is relegated downward, it results in an energy leak. That is sometimes why you want to sleep after physical union. You fed lower Centers — sometimes the Moving Center and the Essence is exhausted, so the body goes to sleep to free the Essence. When you use Emotional Center to express Moving [Center] needs, don't you feel the leak? So, if you feel that, just stretch your mind. Right now, you are all using Emotional Centers to satisfy Moving [Center] needs and this is a result that is culturally induced — that you feel something uplifting each time you have a physical union. That is absurd! It just is not possible. The body is not capable of experiencing ecstasy. Only the Essence can experience ecstasy. The body does not even come close with its sensual pleasures.

Dick: Maybe he would type through you now.

It is more difficult for me to control Sarah through the typewriter. Ask her how many corrections have been made already.

As you live more and more in your Essence, you will realize that the [Essence] goals are very different [from the goals of the body and of the Personality]. The body seeks survival in physical form. The primeval Essence does not need the form and substance. It cares nothing for the desires of the body. It seeks elevation through any avenue open to it. Think of the way Jesus died. This is always the way it is in the end [of physical life]. Entrapment in the physical body is part of Karma for the Essence. It will fight to be free, and if martyrdom is all there is, it will choose that door to freedom.

We asked for further elaboration on this, as there was some confusion.

If that [martyrdom] is the only route to higher consciousness, then the higher self³⁶ will take that route to work off the Karma.

Dick: You know, in a way, it seems that he is speaking on a higher plane than we are. We're asking questions on one level and he's answering them on a higher level. The principles are there. It seems to me that what we need now is the how and not the principles. I've heard the principles in the Bible and from Robert. It seems that if a teacher is going to come and be useful to us, he's got to tell us the how also.

Sarah: Can you tell us the how?

To get to higher Centers, do what Jesus did: fasting, meditation, and agonizing self-appraisal. Exercise the body, learn to love unselfishly. This is hard to do, but it can be achieved by [first] intellectually apprehending the fact that no other Creature [of Reason] owes you anything, and then materially obtaining what you need through your own resources.³⁷ Emotional acceptance will only come about when the [Intellectual Center] expectations [of entitlement] have ceased. Jesus had no aspirations of his students. In fact, he knew that he would fail the most dismally in his mission to those closest to him; yet, he persisted in his efforts. For his own growth, it was more important to express the higher good than it was that those around him absorb it. Many

³⁶ This is the first appearance of the phrase, "higher self". Apparently, the higher self is equivalent to what is often called "Essence" in the OMG transcriptions, and Essence apparently does not relish the Karmic entrapment of incarnation. The point made here is the point that is made in many Q&A exchanges on the subject, namely that the higher self has a different perspective than the lower self, so the two are at odds with each other, and not only in life-and-death matters as mentioned here. What we should do when we, as the lower self, find ourselves experiencing something that the lower self does not like, first ask ourselves what stupid or ignorant thing we might have done to bring the unpleasantness on ourselves, and if nothing is discovered, then ask ourselves if the higher self might be going for a transcendent experience, such as burning a Karmic Ribbon or completing a Monad.

³⁷ One of the major lessons of the Creature-of-Reason stage of evolution is to "intellectually apprehend that no other Creature owes you anything, materially". In other words, in that stage you become a mature, independent, self-sufficient being. This is the stage before we "learn to love unselfishly" in the Creature-of-Intuition, Impulse Center stage. Beyond that are the stages that correspond to the higher Centers, which I shall now designate as the Creature of Philosophy (Higher Intellect Center), the Creature of Empathy (Higher Emotion Center), and the Creature of Utopia (Higher Motion Center).

did absorb — many more now than then. Even if you feel that good efforts are being wasted, continue. Positive energy is never wasted; somebody always absorbs it.

The strange feeling we all had when walking through the doorway into the dining room from the living room was discussed.³⁸ We all felt that our arms were being lifted by some force.

Dick: Some years ago, there was another lady in my life and it seemed to me that at that time, I achieved higher states through love and sex. Then it flickered out and it's never been back. The paths I've been following toward enlightenment seem to promise a love of that sort, but more unselfish, but these haven't seemed to help so far. I seemed to be in Essence at the time and I haven't been since, and I'd like to know what to do.

The circumstances are different now, but the capability is unchanged. The only thing you can do is to stop trying to categorize relationships. Don't try to put a label on any really profound experience or your partner in that experience. It may not have anything to do with the person at all; it may be solely internal.

Richard: I'd like to ask about that feeling in the doorway. A few minutes ago, when I walked through this doorway, I sensed some attraction, and I pointed it out to the others and I think that everyone thinks that they experienced it. Could you comment on this at all? Do you have any comment about what we experienced?

Air currents and imagination.

Dick: I have the feeling that unless I lean on you intellectually and on Tomas, that I'm likely to hear platitudes.

Lean!

Dick: All right, then I'll lean. I'd like to hear more about the last subject.

The Essence uses others to get free. The state you desire can be achieved by decision. This may sound platitudinous, but it is the only way it can happen. No one is going to do it for you — take your hand and lead you to the sacred spring, so that you can drink the holy elixir and have instant knowledge.

Alice: I don't feel that I need to know instantly, but I do feel that he could help by telling me what to do now. Is there anything that I can do at this time to help? I want something higher.

To make the choice, you must have a quiet place. It will be easier for you to hear the voices and sort them out. You need to learn to be happy with your own company. This comes about when you consciously set aside a part of the day for your own meditations.

Richard: We're just about out of tape. Do you want me to change the tape or should we stop? Soleal, you've given me so much time already and we haven't really asked about your schedule. Do you have more time available now?

It should not matter to me, but fatigue has set in. The energy is low.

Richard: In the future, may we have other sessions?

When you sense the presence, I will be here.

Dick: Will you manifest through Alice and me on our Ouija Board?

Yes.³⁹

Random Quotes ... From Our Friend, Soleal

[The following undated quotes were included in the Dimensions Magazine issue of June 1975]

There can be tension on any world if it is encouraged and rewarded. Tension is a manifestation of unrest.

Contact, if it is to be meaningful, must encompass all Centers.

The only crime is violence. This has many shades. If someone broke your lock and stole food because he was hungry, I would not hold him culpable. I would be inclined to blame you for having the lock in the first place.

There is hope. Believe that and you will bring that to those around you. Know the power of thought and the loving presence.

Even if the negative emotion is not expressed, it is there until the being begins serious work on the real self.

Reality is never as difficult to deal with as the fantasy, because in the fantasy you seldom see any tangible results.

Meditation should never be specific. That is called concentration.

Jesus was a conscious teacher. He achieved that state through fasting, meditation and constant self-appraisal.

³⁸ This description fits the home of Sarah and Richard but not the home of Alice and Dick. (Phil has been in both homes.)

³⁹ If this ever happened, it is not recorded in any transcription that has become generally available outside the OMG.

Some people work on the giving of themselves freely for many lifetimes. That is the most difficult part of love. Love, to mean anything in the line of consciousness, cannot be predicated on anything material. It must come from higher Centers. This comes about when you finally give up non-verbal expectations about the actions of those around you and begin to accept them without modification in your fantasies.

Love is the only force that you can apply consciously in a positive situation. Positive energy is never wasted. Somebody always absorbs it.

I do not use parables because we have learned from many such examples that misinterpretation often results when stories are conceived to enchant the audience into listening. I just tell it straight.

When you teach, teach impartially and without emotion. The truth is not to be learned through Emotional Center.

I caution you not to interfere in the Karmic roles that others have chosen. If they come to you for help, that is different. Then you have a chance to alter the play. If you meddle, you run the risk of accelerating it.

Secrecy usually indicates fear.

Know that no other creature owes you anything and then materially obtain what you need through your own resources. Emotional acceptance will only come about when the expectations have ceased. Jesus had no aspirations of his students. In fact, he knew that he would fail the most dismally in his mission to those closest to him. Yet he persisted in his efforts, for his own growth. It was more important to express the higher good than it was that those around him absorb it.

... serenity, non-attachment, peace within and without, unity with the cosmic consciousness, the quiet head tuned to the universal truth ...

05 July 1973 — Thursday

[Even though it has been only two weeks and two days since the previous session, the ease of channeling seems to have improved, and there is an obvious improvement in the quality of the information. This can reasonably be attributed to the fact that a Young Soul, Lorraine, was the channel for the previous session. Halfway through this session we learn that Carolyn was the trance channel at first and Sarah was the Ouija board channel at last. They were both early Level Old Souls.

In this session they ask about other spiritual teachings that they were already familiar with, in this case the Rosicrucians and Rodney Collin. And there is mention of general spiritual practices, in this case Kundalini and meditation.

As in the first session, Soleal is mentioned.]

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Location: Vallejo, California [Carolyn's home]

Present: Sarah and Richard, Alice and Dick, Gene, Sue, Tina, Carolyn.

Tomas is here. Do you have a subject or questions?

*Dick: I have a question about Kundalini energy.<sup>40</sup> My impression is that enlightenment requires a great amount of energy and that it is Kundalini energy. I experienced the energy once at age 37<sup>41</sup>, briefly. What I want to know is, can it be a gift? And if so, can Tomas give it to me?<sup>42</sup>*

<sup>40</sup> "Kundalini" is an "energy" felt in the body that rises from the base of the spine to the brain, and results in a number of physical and psychological transformations. The advice here given is exactly the advice usually given by kundalini masters to their students: you have to do a lot of preparatory physical and psychological purification first or the kundalini experience will be very unpleasant.

<sup>41</sup> Dick was born in 1923, so his kundalini experience would have happened in about the year 1960, thirteen years before this session. Kundalini is among the class of "spiritually transformative experiences", so this experience may be why Dick became interested in the spiritual path. Age 37 is also in the midst of what later came to be known in the Michaelian teachings as the Fourth Milestone, aka Internal Monad, which is typically when Essence begins to assert more influence over the lifetime.

<sup>42</sup> Dick attended the previous session, but had no questions. In this session he had quite a few of them. During the history of the OMG, he probably asked more questions than any other member. Sarah had this to say about Dick: "He was looking for instant enlightenment ... for revelation ..." This would seem to be an example of that. There are enlightened and powerful gurus who reportedly can grant a transcendent experience via transfer of some kind of energy, and perhaps this is what Dick was hoping for. This is called "shaktipat" in some oriental mystical traditions.

This cannot be completely a gift — it requires work on your part. It can be a temporary gift. As you say, it can be painful to come down. Be careful of what you ask, Dick. It could be given.

*Dick: Can it be given in increments?*

It can be regulated. This is also temporary. Shall we try this in two days, Dick? I will attempt to send the energy Saturday, your time. Meditate and then we can try. This experiment may not succeed on the first attempt.

*Dick: Is this [kundalini] the essence of consciousness?*

Not entirely. By itself, it can be called insanity. There also must be understanding.<sup>43</sup>

*Tina: Then we need more than cramming information?*

There is a difference in the two. Understanding comes with living experience. Information is the abstract acquisition of facts, none of which have been lived through. The excess of information is confusing and of no benefit to your growing process. It is not good unless there is understanding along with information. In your case, Dick, this is why I suggested exercise and moving — to calm down the information.<sup>44</sup>

*Dick: Shall I meditate prior to calling you? I will be in Long Beach on the Queen Mary.*

Yes, try to meditate prior to calling me. Let us not set a time, but leave it open. You may be busy.

*Sarah: I have read of the Rosicrucians<sup>45</sup> and their exercises for development of psychic powers. Are these exercises useful?*

I do not know of these. Meditation is the best way I have found.

*Richard: I have difficulty clearing my mind while I am trying to meditate. Can you give me any suggestions?*

You will be required to find the “off” button in your mind. Try self-hypnosis and breathe deeply. Do not try too hard to concentrate on nothing, as then you are trying too hard, and therefore thinking all of the time.<sup>46</sup>

*Richard: Can you give me a mantra?<sup>47</sup>*

Not right now. Let me dwell on it until later this evening.

What has Soleal to say about this?

*There was a discussion here by the group; Richard saying that Soleal advised meditation but not self-hypnosis, telling him instead to find a good hypnotist to start.*

*Dick: Does Tomas want large-scale works from the Group? Should we start on this now?*

Not at present. Dick, be careful — don’t jump in where you are not sure how deep the water is. Okay?<sup>48</sup>

*Richard: Should we go to Transcendental Meditation<sup>49</sup> classes as a group or singly?*

Meditation on the credit plan can be helpful. Be sure you have good teachers. Be also sure you want this.

*Sarah: Is Transcendental Meditation valid?*

<sup>43</sup> If not properly prepared for and the meaning understood, it can drive the experiencer insane. To those who have not had a kundalini experience, a person who has had one can appear to be driven by irrational forces.

<sup>44</sup> This statement foreshadows another one of the themes in Michael’s messages: This teaching is not just an intellectual understanding of how things work; it involves practices and procedures to raise the consciousness and develop the spiritual awareness. One should come to understand what the information means from a larger perspective.

<sup>45</sup> From ><http://www.rosicrucian.org/about/mastery/mastery06home.html><: “You’ll learn how the creative power of thought affects the material world. This power is demonstrated through exercises in the techniques of concentration, visualization, and mental creation.” We also see there that what the Rosicrucians teach has many similarities to some things Michael presented to the OMG. Among their doctrines are reincarnation and Karma and planes, all of which have appeared in these transcriptions from the beginning, but they are not a part of the Gurdjieff teaching. The Ancient Mystical Order Rosae Crucis (aka Rosicrucian Order) organization’s headquarters is in San Jose, California, in the San Francisco Bay area.

<sup>46</sup> Michael also occasionally recommended meditation all during the OMG for those who wanted to raise their consciousness or grow their spirituality.

<sup>47</sup> A “mantra” is a word or phrase repeated during meditation that facilitates an altered state of consciousness. It was claimed by the proponents of Transcendental Meditation that each individual should have a specific mantra to be most effective. The mantra was given to the student by the guru. Dick apparently considered Tomas a guru of sorts. It is accurate to say that the OMG in general was seeking a guru, and found it in Michael. They were not satisfied until then. Robert Burton, the leader of the local Gurdjieff commune, did not work out, as we learn later.

<sup>48</sup> As it turns out, “large-scale works” from the OMG seem to have been in Michael’s agenda from the beginning, and up until the end of the group, they went along with it.

<sup>49</sup> From Wikipedia: Transcendental Meditation consists of techniques for allowing the mind to become quiet and drift naturally into its higher state of consciousness. It was brought to the West from India by Maharishi Mahesh Yogi in the 1950s and, with the help of the Beatles, reached the world in the 1960s.

I would say it depends upon the soul involved. For some, it is better to have Transcendental Meditation. For others, it is working well alone. It is up to the individual soul. Sarah can use this way for suggestions on quieting the mind. Later, after understanding comes, she will not require their aid or support. That is later; now it would be helpful.

*Gene: How can I differentiate between truth and fiction in the psychic field?*

*(There was a discussion here. Gene told of asking Tomas for help on picking up something psychically about a patient as they were trying an experiment together — both Gene and the patient trying to pick up something about the other. Gene told what he had picked up during meditation, which Tomas verified, and then said Tomas had given a fact — the patient had a baby brother die and the baby was not named at the time of death or afterward. Gene then said that the only fact of the information that was true was the incident Tomas mentioned and he had been wrong in his vibrations.)<sup>50</sup>*

We made a boo-boo; there was a short circuit somewhere. I am not sure what happened there. I do know I like where we were at the time of the finding of B's brother. It helps. The only way to qualify the truth from fiction is to experiment and learn to distinguish the voices. Let us break for a while. There is interference here now.<sup>51</sup>

*During the break, the latest session from Soleal was read (communicating with Richard and Sarah, Alice and Dick). We then asked Tomas if he had been listening and if he liked the information.*

Now, Sarah, are you through? I listened to Soleal's information. I, of course, agree with him — mostly because he says the same thing I do. Our phrasing is different and the message is the same. It seems to me that you are fortunate to be acquainted with Soleal. He has much knowledge. I would like to meet him.

*Sue: I have a different kind of feeling; there is a feeling of a lot of energy, yet I am so relaxed. What is happening?*

There is taking much energy to contact you tonight. You feel the overflow. I am glad to see you recognize the feeling.<sup>52</sup>

*Tina: I would like Tomas to identify two of my lives that I know.*

That is asking a bit much, don't you think? I must look up the information. I can say you have been with the others here before.

*Tina: Can I ask a silent question?*

I will attempt it. The only time I have come up with a one word answer was to Dick's silent question.

*Tina concentrated on her silent question.*

For you, all is possible. I feel you so strongly now. Talk to me soon.

*Tina: Do you have knowledge of the Sasquatch?<sup>53</sup>*

I do not know it in entirety. Vague knowledge. That can be looked up in the records.

*Sarah: The other night, while communicating with Soleal, the left side of my face became paralyzed and I had a full feeling in the right side of my head. I thought it was a stroke.<sup>54</sup>*

If it was a stroke, you have had the most rapid recovery in history. I believe Soleal was there. Perhaps we were crowding you.

*Dick: Rodney Collin<sup>55</sup> in his writings said that the left side was the Essence (right side being Personality). It seems that what happened to Sarah validates it.*

It can be taken for true. It also applies backwards to left-handers, as their control comes from the opposite side of the body. I believe this last part conflicts with Collin.

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<sup>50</sup> Note that a key part of learning to channel is *asking* and then *listening*. This has the advantage that no Ouija board is required, so it can be done anywhere, any time. However, it seems to take longer to learn to trust this inner guidance — see further on.

<sup>51</sup> This statement foreshadows the principle of "Validation," one of the major themes of the Michaelian teachings. The OMG members were not credulous spiritual neophytes, and their contacts told them it was Good Work to be skeptical of what came through channeling.

<sup>52</sup> Another clue about learning to channel: learn to recognize unusual physiological and psychological sensations that often accompany the activity. Do not fear or resist them, but relax into them.

<sup>53</sup> The text said "Susquath" but Sasquatch is undoubtedly what was intended. As we all probably know, this is one name for a large hairy humanoid creature sometimes allegedly seen in the forests of the Pacific Northwest.

<sup>54</sup> Perhaps it could have been a mini-stroke: Sarah died of a cerebral hemorrhage in 1998.

<sup>55</sup> Rodney Collin, a student of the Gurdjieff/Ouspensky teaching, was most well known for his book, *The Theory of Celestial Influence* (1968), which presented a hypothesis of seven Body Types. Body typing was adopted to some extent by Michael and the Michaelian teachings in general. The definition of and distinction between "Essence" and "Personality" is also a major theme of the Michaelian teachings that was carried over from the Gurdjieff teaching.



Gene: That is also in conflict with my knowledge and with what [my psychic wife] Susan<sup>56</sup> has told me.

I do not care. As I see it, it is as I said. Again, as I see it.

Dick: Do the planets<sup>57</sup> have an influence on us?

Haven't you already felt the influence of the Moon? Try an experiment and chart your emotions and moving instincts. This should prove it to you. It is ancient knowledge and is true.

I must end this now, before Carolyn falls over. Good night.

Following this ending, Sue and Gene left. Tina and Sarah attempted to contact Tomas through the [Ouija] Board. The following is what came through.

[Tomas:] Go ahead. Are there more questions?

Richard: Will you give me a mantra now?

Request again soon. If you will listen to some meditations ...

Richard: Yes. Have you heard of the Board of Karma?<sup>58</sup>

I have not heard of that one until just now. Stop acquiring all of that data. Understanding is unlikely.

Tina needs to relax.

Carolyn: Why do I feel so bad when I am working the [Ouija] board and a word "pops" out? It makes me feel so strange. And what is that numb feeling in my right side that comes when Tomas is here? It is here now, and Tina and Sarah are working the board, not me.

The reason that Carolyn feels bad is she refused to believe direct contact. She prefers the magic of the Ouija board.

Carolyn: And the numb feeling?

She has a tightening of the diaphragm.

Carolyn: That isn't where the diaphragm is, is it?

Yes, it is.

Carolyn: Oh, well then why does it tighten up?

Both Carolyn and Tina are terribly involved in this emotionally. In Tina, it is the realization of a dream of a lifetime. In Carolyn, it is fear that others will think she is giving advice she is not qualified to give.

Tina: I feel sometimes right on and sometimes feel out of control. Can I have direct communication? Can I control this?

You must clear your head first. Then you'll hear the voices loud and clear. This will be easier for you, Tina, because you want it so badly.

Carolyn: I had a dream the other night that was so real and, at the time, I knew it was a dream. I was sick and coughing up a thick green mucous from my lungs. From what I have read about dreams, a dream of this sort is a warning. Is that true?

That dream was true for all of you.

Carolyn: Can I change the future that was shown in that dream?

You can modify the role at any time. You can all stop smoking just by stopping.

Carolyn: Since you told me to work on the physical, will stopping smoking help this?

Of course.<sup>59</sup>

Alice: Can marijuana help get in touch with emotions? Should I smoke it?

Marijuana can help to get in touch with emotions. Yes, Alice, you need work there.<sup>60</sup>

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<sup>56</sup> As we will see further on, Gene's wife Susan had psychic powers and mediumship ability.

<sup>57</sup> Rodney Collin named the Body Types after the seven visible planets, which includes the Moon and the Sun, and stated that there was a correlation between location of planet in the sky and the Body Type a person is born with. This subject will be revisited further on in the transcriptions.

<sup>58</sup> From ><http://www.pathofthemiddleway.org/1/The%20Karmic%20Board/Karmic%20board.htm><: "The Karmic Board is a Council, which voluntarily assumes both the responsibility and obligation of meting out the necessary lessons required by each individual who has taken embodiment upon the planet Earth."

<sup>59</sup> So, apparently the dream was a physical-health warning to stop smoking, which could lead to congestion of the lungs and coughing up green mucous.

<sup>60</sup> In later sessions it was said that Alice was an Intellectually-Centered Artisan, a Stoic in Submission and Caution – not a pattern known for emotional expression. Dick wrote to Phil: "It (marijuana) wasn't as illegal back then as now."

Carolyn: *Do I need to smoke it? Do I need to get in touch with emotions?*<sup>61</sup>

## 10 July 1973 — Tuesday

[Sarah was not present at this session, so we assume that Carolyn was doing the channeling, perhaps in hypnotic trance induced by Gene or on the Ouija board; we don't know. "Crystal" starts off the session and immediately gives way to "Tomas." In the 22 September 1973 session, it was said that Crystal was Tomas's soul mate.]

Location: Vallejo, California [Carolyn's home]

Present: Alice and Dick, Gene, Sue, Carolyn.

Hello. This is Crystal. I dropped in to say hello. Tomas will be here shortly. Tomas uses all of the time himself! He is selfish in that regard. He did allow me the time when I pointed out this. I will go for now. You will hear from me again. A feminine point of view is nice at times.

Hi. This is Tomas.<sup>62</sup> Tonight is a good night for us. I will attempt to slow down the speed of the message.

Sue: *Tell us more about Tomas – What do you want? Where are you?*

[I am] where you are. I was in the [physical] life several times previously.

Sue: *Were there previous associations with us?*

We were associated in [a past] life. I was at one time a priest. We all became together while working in a home for the homeless and unloved. The place was Spain.

Gene: *How were the rest of us involved? What was the time?*

The time was what you call the Dark Ages, towards the end of the darkness. Alice was a helper in the kitchen, as was Carolyn. There was a nun in Sue. This is also where Susan [Gene's wife] comes in. Dick was my helper and friend. Gene was not there until late.<sup>63</sup>

Dick: *Can we visit this place now?*

The ground is still there. The church and home are gone. There are fragments of the building to come up.

Carolyn: *To be discovered by archeologists?*

This is true. Some of the records have been found and need to be excavated.

Dick: *Can we verify the city?*

The nearest town at that time was Aragon. It might take some time to dig up the records. That is a poor pun.

Dick: *What is the nearest town, now?*

It would be Aragon. Do not always take me literally. I have difficulty expressing myself. As Susan said, I have a learning technique problem.<sup>64</sup>

Gene: *Was there anything special about that lifetime we should have learned?*

I do not see anything of stunning importance as I see that time we all learned our lessons. The most benefit is derived from learning about a prior time when the lessons were not learned and need to be pointed out in order to avoid repeating the story. To learn and not repeat a lifetime through learning is useful. To simply play with a previous life lived is not helpful and a waste of yours and my time.

*Typing session —*<sup>65</sup>

Dick: *Do you have anything to say about Robert?*<sup>66</sup>

<sup>61</sup> End of session with no answer to the last question. Likely page(s) are missing from our collection.

<sup>62</sup> In later sessions, it was said that souls between lifetimes do not have gender, at least not in the same way that humans and animals have gender. However, later channeling said that souls do have a "masculine" or "feminine" bias, and this seems to account for the difference between "Crystal" and "Tomas."

<sup>63</sup> In later sessions, many other past-life associations are revealed. It is normal for souls to reincarnate among their kindred and friended souls over and over again.

<sup>64</sup> Susan must have attended sessions for which we do not have transcriptions. Susan was a psychologist and counselor.

<sup>65</sup> Sic. Implying automatic typing rather than trance channeling?

<sup>66</sup> Robert was – and still is in 2021 – the founder and leader of a quasi-Fourth Way group begun in 1970. The core members of the study group attended his meetings — most notably Sarah and Richard, Alice and Dick. They left his group toward the end of 1972 and pursued their spiritual path with Michael and other spiritual studies. Robert's name comes up often in the transcripts. His followers lived communally, and the subject of communal living comes up often in the

I do not personally know the man Robert. If he opened your eyes and ears, that is good. The theories he and I teach have been around for many generations. It has been an endless teaching in time.

If you decided to leave, it was time.<sup>67</sup> Do not live in the past with “should.”

*Dick: In that teaching, there were teachings of certain Body Types and influences of planets. Is this true?*

You are under the influence of all planets, as they are in you. The planets or planet that controls you the most strongly, therefore, is the most strong in you, was your [Body] Type. I assume I have that right. It is true if that is the way it was stated [by Burton]. The [Body] Types are a generalization of the common things, habits, personality traits in most people, and can resemble astrology. It can be well used if not in imagination.<sup>68</sup>

*Dick: Which planet am I most influenced by?*

Dick is most influenced by Venus, sometimes Mercury. When he is jumping right in there and using a suggestion I have given him, he is in Mercury, all right. When he is sitting and eating, he is in Venus. He is more Venus, though he follows instructions like a Mercury. That can give me an ego problem, he reacts [takes my advice] so suddenly [quickly].<sup>69</sup>

*Dick: Is it useful to use this information? Can it be used to take us to higher states or through several Body Types in one lifetime?*

It is useful to use the types, so that you may see things in yourself that need work or things in another planet control type that you wish to have, such as patience, energy, etc. It is a good exercise for the mind, and leaves you open if you use it right, and can lead to the allowing of a higher state. Is that clear? I have difficulty tonight with my words. I know it is difficult to understand.<sup>70</sup>

*Dick: Does what we are doing now have anything to do with the return of Christ?*

Not exactly. The purpose of your being here is not to find only Christ but the knowledge of how to “be”. Christ is in the picture, but he is not the total all — he was a good teacher. If you are seeking only Christ, why don’t you go to church?<sup>71</sup>

*Sue: I had a scary feeling just now. What was it?*

The feeling experienced was again the energy, as what you felt last week. The energies coming from here are felt well by you, Sue. If you will try this week to receive me on the [Ouija] board, I will attempt to reach you. At times, there can be stray letters; strike them out. For a while, I may be as a jigsaw puzzle to you. Your meditation can come and energy comes while I am here. Try this week to reach me and then meditate and see if the energies are there. Even if what I say does not make sense, I can be there. If you have the feeling, I am there. Your feeling of energy and Carolyn’s diaphragm are good receivers.<sup>72</sup>

*Alice: Can someone else talk to you tonight?*

Carolyn has talked to me all week and I think it would be good for her to allow you to speak and she can run the [Ouija] board as she prefers. She can ask me questions later or next week with Tina.

The energies are so diffuse tonight I am having difficulty with my usual contact and I do not think I can reach anyone else for any prolonged amount of time. We will continue to try though. Now, Carolyn, how do you feel about this?

*Gene: Are we asking the right questions? Can these help? Should we pick a subject?*

You are correct in your long explanatory phrasing about the questions and answers. That is why I asked you to think up a subject prior to the meeting. If I give you the question and then the answer, I will have problems with my ego, and you will most likely learn nothing.

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transcripts.

<sup>67</sup> Sarah and Richard, and Dick and Alice left Robert’s group about six months before this. Dick and Alice had been members of Robert’s group for several years; Sarah and Richard were members for a few months.

<sup>68</sup> This subject of Body Types will be revisited repeatedly by members of the OMG.

<sup>69</sup> Tomas was an Astral Fragment, so he had an Astral Plane perspective, but he was no more evolved than the OMG members, so he still had an ego to contend with. However, Astral Fragments are almost surely more aware of their issues than Physical Plane Personalities are.

<sup>70</sup> The seven Body Types have different characteristics with their positive and negative sides, their strengths and weaknesses. Knowing what the negatives are makes one more aware of what “needs work” to overcome them.

<sup>71</sup> Numerous groups at the time were prophesying the second coming of Jesus. Later in the transcriptions Michael indicated that another appearance of the Infinite Soul, same as inhabited Jesus for a while, was imminent, and that they were in fact to be tangentially involved.

<sup>72</sup> It takes practice to learn to do channeling well. And different channels have different methods of channeling and different physical and psychological manifestations of the process.

*Gene: Could you take one of us and cover a whole lifetime of one?*

I would enjoy making a comment about Dick. In his previous lifetime in France, before he was hung, he was unable to talk to people; could not communicate because of internal discomfort. He was so painfully unable to talk that in this lifetime, he enjoys talking and asking questions. This is good for him to a certain extent, and also, after some time, it is good for him to consider the others, which is what he is trying to do. Sometimes, a reminder is good. He was not able to talk at all before. The entire lifetime was difficult. He had no communication and could not identify with anyone. That is why he turned to treason and spying and such. He had no friends and it was difficult; therefore, he managed to “pay” them all back for their cruelty to him, even though the inability, the shortness was in him. The lesson was learned and now he is able to speak. I assume that is clear.

Can you now take a break and consider this?

*Dick: Was Robert’s prediction right about California falling into the ocean? <sup>73</sup>*

That statement has been made by many prophets previously and has been spread by many non-prophets as words of teaching. As I get it, California will not fall into the ocean as such, but will have land changes and be different than you know it now. I cannot see a place as big as that just falling into the ocean, but that could be my problem.

*Dick: I did not feel you Saturday. I felt depleted.<sup>74</sup>*

The effect can be just the opposite. You have not received a good energy yet. Wait awhile and it will come, and then you will not feel that you had any energy at all at this time, when you remember it. The energy did not reach you in full force Saturday. I was there. We tried and can try again in the future. The conditions in the past were different as you were preparing for now. Enjoy the now.

Again, do not take me literally. I am still having difficulty talking tonight. Could I blame it on Carolyn?

*Sue: Subject — “love”*

What Sue considers love now is more true than she knows. Love is always changing, growing, reappearing, sharing. There are no adequate words to describe the phenomenon. The complete, unselfish, whole giving of self, first to yourself and then to one or more, is love. The defining of love also takes away from the essence of what the spirit is. The love subject is one of the most discussed, along with sex, where you are. The two belong together, and you can have sex without love and the same applies backwards. The deep, loving feeling is to be with yourself comfortably and then with another. Love, once attained there, is positive and will not leave. It is on an extremely high plane, which takes much work to achieve. Love is reaching into the soul. Until there is enough richness in each soul, the cream cannot be given to another. If the cup is empty of love, it cannot be shared. Emptiness is not able to be shared. After the cup, or body, has love, it can be shared.

I will try and give more on this. Love itself is a continuation ... words are hard. With deepest love, love on a higher plane, each are “being”. There is no question of life or living, just to be, and because of love, be together. Love is one essence piece that was a gift and is to be used to attain higher things. Without the complete, deepest emotional love, higher planes cannot be attained. The love is part of the puzzle of the whole self and is an integral part of being. With love, the soul has been made complete and is then allowed to grow. Love is a large step to higher things. It is an emotional reality and should be sought. Your steps past it can be glorious.<sup>75</sup>

I would like to continue on this subject, perhaps next week if you like. I would like to study and meditate now, in order to bring the beautiful words that are associated with love [to fruition], and learn the correct way, in order to help you understand. Tonight seems to have been productive. I have enjoyed it.

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<sup>73</sup> Among the “prophets” predicting the demise of California was Edgar Cayce who tended to see any ‘break up’ as a physical thing rather than a metaphorical or abstract thing.

<sup>74</sup> In the previous session we see where Dick requested a Kundalini energy infusion from Tomas. Dick was later said to be in the Repression Mode, so one can see why he would want to have a “lift.”

<sup>75</sup> The “Astral Plane”, on which Tomas resided, is also called the “Emotional Plane” in various other supernatural cosmologies. This correlation is not mentioned in the OMG, but it is in later Michaelian teachings. The Astral Plane has a very emotional feel, quality, and ambiance to it. That is probably why Tomas waxed emotional about the subject of love in this paragraph, although he certainly waxed eloquent about aspects of love that transcend mere emotional love. The “Causal Plane” – so called in the Michaelian teachings – is called the “Mental Plane” in other supernatural cosmologies, and has a very intellectual quality and ambiance to it. Michael’s description of love is decidedly less sentimental than Tomas’s and it emphasizes even more the transcendent quality of love with the use of the word “Agape”.

*Sue: Do not forget to talk to me this week. Goodnight.*

## 17 July 1973 — Tuesday

[This is another session with Tomas, one week after the previous session. Carolyn is in trance, not Sarah on the Ouija board; Sarah was not even present at this session.]

Location: Vallejo, California [Carolyn's home]

Present: Alice and Dick, Gene, Carolyn, Sue.

*General discussion with three replies [from Tomas] read – one from Lorraine, one from Sue, and one from Carolyn.*

Hello. You have all posed many questions. There are many of us here. This has been planned in order to stimulate the questions that we are provided to answer. There are many sources of information. We are here to teach you. When manifesting through one person, there will be differences because of personalities of the receiver, and each of us manifest differently. The persons to whom we are communicating with, each requires different information. Of course, there are many generalized pieces of information. There are sometimes problems with the expression of our information and [we] try to allow for this when answering personal items. It can be opinionated information as what we see here about the questioner. Be sure at the time of verification, the same one here is speaking. With Saturday, the entity was wishing to comfort Gene and spoke of what he saw. It was true information in [that] this is true for Sue. It was not what I gave Sue through Lorraine. If I had spoken, I would have gently and firmly refused the information as it was unnecessary testing. This is the one true Tomas.

*Gene: How can we be sure who we're talking to?*

We are also limited in trying to communicate at times. Another misspells Tomas [as Thomas, on the Ouija board] and the only way to verify it is Tomas is to be in touch with the inner self. It does not matter if it is I. The information from others is reliable. I am emphasizing this. When asking a question through a medium and then asking the same question through another, verify the presence of another entity both times in order to avoid confusion. Make sure it is the same entity each time for true verification. The fact of Tomas or another does not matter. It does not have to be I as long as it is the same at the time of both questions.

*Dick: I thought you were coming through [my daughter] Kathryn. How can the information be coming through her higher self? Do we have all information available through our higher selves?*

That is a generalization and close. All information is available to you through the higher plane. This contact with the higher self is a connection with information [on the higher plane].

*Dick: Since I am in middle age,<sup>76</sup> I have not been having the "living experiences" that you have mentioned. How do I live them?*

At the time of middle age, one assumes as you have, Dick, that there are no more living experiences to come. Every experience is living and an experience to learn from. The daily process of working and dealing with the inner relationships you have are there for a purpose — to teach you. When you clear the assumption that there will be no more living experiences, the higher living experiences will occur. Each moment has a truth. That is not to say each is a tingling breathless happening. Some are subtle and they are just as important to your growth. Look for these and search for the lesson in all.

This is the only one — I am Tomas.

*Alice: Is there some way we could help relieve the discomfort that our mediums feel?*

First of all, this is Tomas. The medium or receiver is discomforted as it is a new experience so totally different from the human term "normal." It causes internal quivering. When they learn to catch their energies, they will not be depleted. The loss of energies is from their own internal worry and after acceptance of this new normal, the energies will not deplete.<sup>77</sup>

*Alice: Shall we go through the financial transactions we are debating about?*

The living experience of this type are provided to stimulate your plane. My opinion would be to change the position you are now standing in.

*Dick: Should I leave my position at the hospital?<sup>78</sup>*

<sup>76</sup> Dick was about 50 years old at the time of this session.

<sup>77</sup> Budding channels need to get accustomed to the physical manifestations.

<sup>78</sup> Dick was a medical doctor, who did not leave his position at the same hospital until he retired.

This is still yours at the present time. I do not see you as leaving. It is my only comment now.

*Dick: Was I using the Don Juan<sup>79</sup> teaching incorrectly when I injured my back? Was it through wrong thinking?*

This is a correct assumption, Dick. The use of the information wrongly was communicated through his body because his body was aware of the error before his intellect.

*Gene: Will the knowledge of the error help correct the problem?*

The knowledge of the error will relieve the back problem. The laying of hands could be attempted as a way of healing and development of Gene's gift.

*Gene: How should we do it? Is there any particular position that is best? Where should we put our hands? Is it helpful to have more than one person lay the hands?*

This [more than one person] is even a better idea as a way of stronger pulling of healing energies. The way I suggest is a laying of hands by one on the spine low and one in the neck by another; one on the mind and one on the shoulders. At this time, meditation and a type of chanting in each mind for the attraction of the healing energies.<sup>80</sup>

*Experiment tried here with laying of hands on Dick.*

*Sue: Can we hear more about planes?*

You understand that this is an extensive subject. The time [element] in planes is presently misunderstood. The planes are different levels, as in ladders, though your time concepts are being misinterpreted. You are now living in your time, and yesterday and tomorrow are all the same, going on now, as with today. Planes are ladders, steps, graduations. This is unclear because you cannot see above you. As you see yesterday, it is somewhat clearer to you how you are misusing energies. And yet, if in the right place, you can see tomorrow, as it is all happening now. The planes are a way to step up and see better — a reward, as such, for growth. You can be where you are or in yesterday or in tomorrow, all at the same time. Your growth and work places you where you can understand. There is much difficulty seeing even today and yet the truth is that to grow and learn, you must stop seeing today and be able to see yesterday, now and tomorrow all as one, and develop yourself according to your needs. On the higher planes, you can see yesterday and today and tomorrow, and yet cannot see higher than you are. This is difficult to communicate through Carolyn as she lacks the words and understanding.

*Carolyn: I know, I don't. It's impossible to do it through me; I don't know enough.*

I said it was difficult, Carolyn, not impossible. The planes are levels of being — where your head is at. There are also planes — places — where you go after passing on, when you come over — Heaven and Hell type places that are planes. Planes have many definitions. Planes for you are levels of being and steps on a ladder. After passing on to here, it is a place of being, where your soul is stored until class.

*Dick: How is [my daughter] Kathryn releasing her higher self as a medium?*

In acting as a medium, she released the higher self as she was in a higher state of relaxation and allowing the self to come through. Until the release of the higher self can be achieved, acting as a medium will allow the higher self to speak, as you cannot call on the higher self yet. Acting as a medium, you do call out the higher self and it answers. The essence of the human body is in the diaphragm area in the stomach and that is why the feeling; an emotional reaction can be felt there.

*Dick: Is the Don Juan teaching wrong? How was the wrong thinking done?*

The Don Juan teaching is not wrong. The wrong thinking was in the improper use of the teaching, and your body told you it was wrong in protest of that. You must meditate on this, Dick. I cannot help you by giving you all of the answers. The teaching you are studying is not wrong — it was used in the wrong way at that time.

*Gene: Did you feel any healing of Dick's back from our experiment?*

I did not feel any healing at that time. The minds must be completely cleared and pull in the energies. It is not necessary to have a mantra to repeat in the mind. It is only necessary to attract the healing energies that are there, calling the body to heal itself, from regeneration. The proper attempt was made. The minds were not completely clear. His body can heal itself as well as hurt itself, by completely clearing the wrong thinking,

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<sup>79</sup> The "Don Juan" teaching is presented in books by Carlos Castaneda, three of which were published by the time of this session.

<sup>80</sup> This is reminiscent of Reiki practices, developed in the 1920s by Mikao Usui in Japan and brought to the west by Hawayo Takata decades later. It also involved the alleged transmission of healing energies via the laying on of hands.

straighten it and by regeneration of his own cells. The influence of anyone — whether Sue, Carolyn or Gene — can affect the energies by putting up a block of magnetism. This should be controlled in order for the healing to take place.

This is not coming across as it needs to and we will end tonight or for your comfort, I will say, I will end now. Goodnight.

## 24 July 1973 — Tuesday

[Another week has passed since the last session. This is another session with Tomas, the last that we have, and the best. Rather than Carolyn channeling in trance like most of the former sessions, this session feels more like Sarah (and her husband Richard Chambers?) channeling on the Ouija board. The quality of the information and the quality of the language is much higher, equal to what we see from Michael.

In this session, the subject of communal living is broached for the first time. Most likely the idea came from the local Gurdjieff group, the Fellowship of Friends led by the Old King Robert Burton, which was starting a commune at the time. The subject was a major focus during the following two years.]

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Location: Vallejo, California [Carolyn's home]

Present: Sarah and Richard, Alice, Gene, Carolyn, Sue, Angie.

Tomas is here. The confusion in your minds has cleared a little since the last session. That shows some improvement.

Gene: Is this our Tomas, the one Tomas?⁸¹

Tomas is my name. I do not know why it matters to you. The information given is the same. There is only one true teaching.

Gene: How do we know? How can we find out about the one Teaching?

If it is true, it can be verified and will teach nonviolence, peace within, and moderation in all things. There will be a clear synthesis in all the information given. The answers will “feel” right.

Alice: How can I raise myself to the higher — through meditation?

You are right. Meditation is the door by which you can enter the higher plane and communicate with those waiting to help. Fasting and occasional solitude and silence prepare you for a more meaningful experience. There are many excellent places giving instruction. Maybe this would open the door for you, Alice. The need for personal guidance varies with the individual.

Sarah is another who profits from sitting at the feet of the “master”. All of you have a need to check and verify, and that is not Wrong Work. Much of this has to do with your predominantly scientific backgrounds.⁸² You will all reach the point, if you pursue this, where you will know.

Carolyn: I have felt the need to express my opinions more lately, and I wonder if this is good. Sometimes I have spouted off.

Do you understand the source of the negative emotions? If so, then you should examine them carefully and see if you can turn them into something positive. Hostility is never an act of conscious will. The only positive forces are peaceful, loving ones. Carolyn still has a tendency to slip into the patterns or vibrations of the moment. Many sleeping souls provide the necessary shocks to keep her on the right track — constantly examining herself. This is a common failing among neophytes on the true path. There are always many doubts until the integration takes place, and the commitment is made and is irrevocable. Life on the material plane, with all its glamour, continues to lure you back. The glamour is illusion — Maya, if you prefer the more esoteric term. Maya is part of Karma and is present for a very specific purpose. It tests your spiritual growth all the time and is your sole eternal safety checkpoint. When you reach the point in your spiritual growth when you “know” that all hostile feelings and thoughts and words — and even world wars — come from lower Centers in sleeping

⁸¹ In a previous session, Tomas recommended they verify that it was Tomas.

⁸² Scientific backgrounds in the group: Alice was a biochemist; Dick and Gene were medical doctors; Sarah had a degree in Astronomy. The subject of “validation” has come up in previous sessions, but here it is again, and of course it is one of the major themes of the Michaelian teachings.

souls and they are not in control, then you will lose the desire or need to retaliate or spout off. It's like spouting off to a stone wall for all the good it does you. You gain nothing and lose a great deal.⁸³

Carolyn: Well, it's not all spouting off — sometimes it is just a strong urge to say what I feel.

Necessary talk is not Wrong Work. Whoever told you that it was bad to express a true opinion? Wait — that was a contradiction. When you express a valid point, it is not wrong — just make sure that you have verified it and it is not illusion.

Angie: I have been considering moving into a commune and I would like to know if it is better to live in a commune or to live alone.

I think that the communal life offers a great deal so long as the goals of the commune are those of continued spiritual growth and they do not conflict with what you know to be true. Living alone offers little and I would not recommend it to anyone. Isolation breeds alienation and alienation breeds suspicion that leads to jealousy, possessiveness, and greed, the three cardinal stumbling blocks on the path to awareness.

Carolyn: Do children count or are we talking only of adults?

Children do not provide the necessary interaction. Most people would not permit the child to observe and objectively comment on significant departures [from the path], and most children cannot discern and interpret the acts of the adults around them with clarity. The ability is there, but the child has already learned not to cross the authority figures in its life.

Communal living is an upward step in the evolution of man[kind]. It can only be bad if you are undiscerning in your choice of communes. The ability to get along in the commune depends on your level of growth. The higher the level, the easier it will be [for you in the commune] and the easier the decision [to join one, the right one] will be. Monasteries and ashrams are examples of very ancient and successful communes. Few leave and the level of the group is high.

This is not the only kind of commune for the benefit of the two youngest. There are many communes with both males and females, but this also becomes less important as the level rises. The fact that you still question this should give you a hint about some areas that need work. This won't be instant. Nothing worthwhile ever is, but the need for erotic love is Maya too. The need for Agape is real and this is the goal. The other often gets in the way and prevents the emergence of Agape, for erotic love is always based on something physical and something fleeting — it will fly before the winds and illusion, or rather disillusion, which is even worse, since it is malfunctioning illusion, will set in. It is easy for even the partially awakened soul to distinguish. Erotic love has a tendency to be fickle and slips away at the mere hint of an unfulfilled expectation, while Agape has no expectations to begin with — asks nothing in return and accepts, and is the hallmark. Gandhi was able to say, "God bless you" to his assassin and mean it. This is Agape, and do not say that you cannot get to that point; you can. Even if it takes you fifty lifetimes to do it, you will get there. That is the reason for your existence. You might as well try it this time. You have nothing to lose. If you give up now, I can guarantee a lifetime of nagging doubts, and always the gnawing suspicion that at one time you were on the right track of something great and properly awesome.⁸⁴

This has been a long evening for Richard. If there are no more burning questions, I will say goodnight.

⁸³ The terms, "lower centers," "sleeping souls" and "shocks" are all from the Gurdjieff teaching. "Shocks" are external events that surprise and dismay the False Personality, leading to introspection if you so choose, leading to True Personality and higher Centers and Essence. One of the goals of both Gurdjieff and Michael was to "wake up" the person: make them aware of higher and truer realities. The Sanskrit terms and concepts of "Maya" and "Karma" come from Hindu spirituality. Members of the study group, particularly Sarah who was channel this time, were familiar with eastern spiritual teachings.

⁸⁴ As it turns out, so far as we know, no OMG members fully achieved spiritual maturity via the method here recommended, communal living. Maybe some other lifetime then? Sarah said in an email, "Michael was always prodding us to try shared-resource living, and I was always willing, but most of the others were very frightened by the idea. Their fears were primarily sexual in nature, which I felt was ridiculous. I still like the idea of a 'Michael Community.' There were also controversies over pets whenever we started talking about intentional communities. I'm an inveterate pet lover, and I'm not about to give that up, while many of the original group members wanted to ban pets, and there was no consensus. We did actually go and look at property up in Oregon, but all those fears of unbridled sexuality did come up, so I just abandoned the whole idea." Besides communal living, during the course of the OMG, there was a significant amount of information given about the male-female relationship, including spiritualizing one's sexuality. There is also a lot more said about "Agape."

TOMAS ACCORDING TO MICHAEL

[Although we have no more channeling from Tomas, he was mentioned in some of those Michael sessions. From those mentions, it is obvious that we have transcriptions for only a very few of the many sessions the OMG must have had with him.]

Tomas came through as a hard power... [17 August 74]

Please comment on Tomas.

The entities on that plane are learning. Also, there is a tendency toward spiritual ennui that is pervasive. The teaching will only be as dynamic as the students permit it to be. [17 August 73]

Tomas has said that "wrong thinking" is the cause of all disease and trouble... [26 August 73]

Tomas is a part of the high Astral body. These are entities who choose to work out Karmic Ribbons not on the Physical Plane. Many try. Few make it. It is easier to be born again.

(Later, Michael corrected the above to read that Tomas was part of the mid Astral and not the high Astral body.) [26 August 73]

Some chose, as Tomas has, to work out remaining Karmic Ribbons on the high Astral Plane — Astral angels, so to speak. [04 September 73]

Tomas told several students not to change jobs.[13 September 73]

I feel close to the entity we call Tomas and feel bad because we've deserted him and are now asking questions of Michael.

Are you asking us if there is some sort of dispute going on over who should be teaching? If so, we feel that you can answer that question yourselves. Possessiveness is Maya too. [13 September 73]

Who is Crystal?

She is Tomas's soul mate. [27 September 73]

Tomas lectured to us so much on not being selfish, that that was incorrect to be selfish.

That depends on your perception of self. If you perceive yourselves as part of the larger whole, then loving self becomes Agape. [06 October 73]

Can you tell us about the Astral Plane and its levels?

The mid Astral bodies are partially reunited Entities. You have manifested a mid Astral entity previously [Tomas]. [08 October 73]

If a person has Fragments on the Astral Plane, do they try to influence Fragments on the Physical Plane?

Yes. Tomas is a part of the Entity that includes Lorraine.

She is always talking to him. She used to run the Ouija board for our group and has left us. [17 October 73]

Tomas predicted the second coming, but as far as our own lives go, it is not good work to ask for answers for the future. [17 October 73]

Tomas told us that the Infinite soul would manifest in 1997 and bring the Logos to bear. [17 October 73]

Lorraine apparently communicates with Tomas, who is a part of her Entity. [20 October 73]

Was it Tomas on the typewriter?

The name "Tomas" will suffice, yes. [20 December 73]

This question is lost. It was a question about Tomas.

This entity is attempting to work out of Karma on the Astral Plane. This is an opinion [of his].

Is the entity of Tomas a young soul?

This Fragment, in the last physical interval, accelerated because of psychic growth. If he chooses to remain on the Astral Plane for several more of your centuries, growth may be such that he will be reincarnated as a first level Old Soul. He has an advantage over you: he is not encumbered by the physical vehicle.... [20 December 73]

Tomas said you could substitute astral for earth experiences.

This can be done but it takes much longer. [12 June 74]

How do we burn Ribbons on the Astral Plane? Was Tomas on the Astral Plane burning Ribbons? Is it easier that way?

It is less painful in a physical sense, but that does not mean that it is pain-free. It takes much longer to accomplish anything this way, as all [that] can be offered is guidance to those who are on the Physical Plane and to whom the debt is owed. It involves patient monitoring and the establishment of rapport through the barriers of the planes. [19 November 74]

Pre-Michael Sessions — Summary

In the Tomas sessions we see a distinct difference between the channeling of Lorraine and of Carolyn and of Sarah, even though the same Astral Plane entity is allegedly being channeled. This says a lot about the quality of the channel. Lorraine, who was the channel for the first session only, was later said to be a Young Soul, and that session yielded little information of value. Carolyn and Sarah were early Level Old Souls, and their channeling achieved a level very nearly as good as the Michael sessions. The channeling through the Ouija board also seemed to be better quality than the trance channeling.

Besides the Soul Age of the channel, the background of the channel is probably also significant. Sarah said, "...Carolyn was from a Southern Baptist background, and some of this comes through..." We do not see any of that in the Tomas sessions. Occasionally, Carolyn channeled on the Ouija board in the Michael sessions. Sarah, on the other hand, was very much from a general spiritual-metaphysical background. It was rumored that she read two or three books a week all her life, and even at the age of 35, she seems to have had a deep and broad understanding of various spiritual teachings. Tomas, and later Michael, were able to convey their information through her much better than through Lorraine, and perhaps Carolyn. Sarah used only the Ouija board during the original Michael group.

Perhaps one of the most interesting things about the Tomas sessions is that they reveal the OMG learning to channel, or at least learning to channel well. The following points about this have been noted:

1. Three different methods were tried: hypnotic trance, Ouija board, and perhaps automatic typing. Different channels will probably prefer one of these methods over the others.
2. The major key seems to be to seriously want to learn to channel — then ask, then listen.
3. It would probably help if the channel learns to discipline the mind via meditation and concentration.
4. The fewer the "issues" (negative thoughts and emotions) in the personality the better the channeling.
5. There might be some physical sensations to learn to deal with; don't be overly concerned; relax.
6. Not much is said in the Michael sessions about learning to channel. In the Michael sessions, Sarah did the vast majority of the channeling on the Ouija board, and there is not much that one needs to know to get that mastered.

The list of various spiritual teachings that members of the OMG were familiar with is extensive. In the Tomas sessions alone, we find the following:

1. Uri Geller. Although he had nothing to do with any spiritual teaching, Uri is alleged in the first session to be psychically Adept, and there was some curiosity about that in the OMG.
2. Kundalini Yoga. Altho this is not a spiritual teaching either, it is a spiritual practice with consciousness-raising and -expanding results. It has been around for millennia.
3. Meditation and Concentration. These practices have also been around for millennia.
4. Rosicrucianism. This is a very broad and deep spiritual knowledge and development practice. It has quite a few similarities to the Michaelian teachings.
5. Gurdjieff/Ouspensky. Especially the brand presented by the local group leader, Robert.
6. Rodney Collin. He was a major student of Gurdjieff. He was advanced enough to be a teacher with his own ideas, particularly about Body Types.
7. Marijuana. This "plant medicine" was mentioned as a "crutch," an artificial device for relaxing the False Personality and getting into an altered and even elevated state of consciousness. That and similar psychedelics have been used for millennia to achieve those ends.
8. Communal living. Ashrams and monasteries have been the preferred environments for spiritual development for millennia.

9. Carlos Castaneda and the teachings of Don Juan Matus.

Most of these teachings and methods are explored and expanded in subsequent Michael sessions.

A number of subjects are introduced that in future sessions will become central features of the Michaelian teachings. These include:

1. The primacy of love in human interactions.
2. The value of listening to your inner/higher guidance.
3. The fact that negative thoughts and emotions negatively impact your physical health.
4. There is some value in interpreting dreams.
5. Reincarnation: there is no express lane to spiritual maturity, either in one life or in many.
6. Mere information does not propel one along their spiritual path; practices are required for that.
7. Meditation and concentration are two of the best practices for spiritual development.
8. It is Good Work to learn from the strengths and weaknesses of the Body Type one inhabits.
9. Do your best to validate whatever channeling you receive; do not be naively credulous.
10. Don't expect answers from channeling about the present or the future that infringe on your choices.
11. Healing energies can be channeled as well as verbal information.
12. There are "planes" — whole reality systems — beyond the Physical Plane, and there is influence therefrom.
13. The influence of a physical master is good, but the influence of a discarnate master is even better.
14. The physical world is full of many illusions and distractions that keep you from waking up, from seeing reality, and from advancing your awareness. Best to minimize glamour, Maya.
15. Communal living could be used as a strong catalyst for spiritual development.
1. Sexuality can be one of those distractions, but on the other hand its energy can promote "Agape," the highest love.

12 August 1973 — Sunday

[We do not have a complete transcript of this session. This session was part of a compilation, a document called "The Teachings of Michael: Emanations from the Mid-Causal plane."⁸⁵ The compilation appears to contain all of the Michael sessions of 1973 as well as extractions from some Soleal sessions, with personal material deleted. From other sources, we have acquired complete transcripts for all except three of the 1973 Michael sessions, this being one of those missing. We believe that numerous Soleal and Tomas session from before this date have not found their way to us.]

Location: Walnut Creek, California [home of Alice and Dick]

[Present: We know from Sarah's later comments that the attendees included Sarah and Richard, Alice and Dick.]

On August 12, 1973, in Walnut Creek, California, we were first contacted by Michael, our present teacher, who announced:

We are here with you today.

The question was asked concerning the decision to go on in the search for spiritual enlightenment — on to becoming an Adept. What do you do when you get so far and are not too sure you want to continue? We wondered if the Masters picked those in whom the desire for "psychic experiences" was quite strong to become Adepts.

The desire is polar, too. Everything in the universe is, of course. Along with the desire is always the dread. The choice does not become clear to you until you have experienced the desire from another dimension. You must stand and observe the desire from the shadows of dread. Wishes, like everything, have positive and negative poles. There must be attraction and repulsion or nothing exists because no energy is being generated. The primordial force was energy, not mass. Think about that when you are hung up on cause and effect. The more primitive one is energy. Does it not seem that all seeking the least complex will return to the energy from

⁸⁵ The full compilation is contained in *Michael Speaks, Volume 2*.

whence they came? Complexity is the antithesis of what the spirit seeks. The body represents the epitome of complexity. That is why the spirit is again and again attracted to it, until the partially awakened Essence catches a glimpse beyond the "veil".

Why did they go to the trouble to design such a complex body just to have it wear out over and over?

The answer is, of course, the primary plan. It [reincarnation] is the best example of the yin and yang we can think of.

The other night, I was complaining about sitting in the midst of the (human) computer and having all this whirling going on and saying, "I can't understand this, it is too much!"

The human nervous system and the large brain make it an ideal conductor. Just add an isotonic solution and that is all that is necessary. It is a simple case of attraction/repulsion — magnetism, if you prefer.

You can give psychotropic drugs and people become more energetic, and you can chemically alter moods. The process might be basically chemical. Thoughts probably generate different chemicals?

All organic reactions do. You know that.

Reactions do what?

Generate some product. Energy is released. Thoughts are like that. The reaction takes place and thoughts are released.

This is probably why you should think good thoughts, but that is hard to do all the time. I don't know how to ask this question, but as I understand it, (according to Ouspensky and Gurdjieff), you don't think "sex thoughts." I mean you should leave it neutral, but then you would not be generating any of these hormones that have to do with the energy that is sex energy.

The moment you start thinking about sex, you bring either Emotional or Intellectual Center into play. Then there is loss of energy from the Sexual Center.⁸⁶

But it seems that people who are turned on sexually have more energy, more than a leak of energy, than people who are turned off. I've noticed this myself, when I'm turned on.

It is a higher source of energy, and for a few minutes or hours if the play is that interesting, you can feel its effect.

But I'm not talking about that. I mean, you feel better all the time if you are sexually turned on. I wonder if we have to pay for that?

You only pay in the access to higher Centers.

But I've felt that at the times that I have been turned on, I've been much closer to higher Centers and actually zoomed into them part of the time. In fact, the turning off leads into a depression for me and at that time, one is as far from one's higher Centers as one can ever be.

That is different. Then you are using the Sexual Center as access to the higher Centers. The physical act itself can be performed with little loss of energy. The problem with most is that they are heavily identified with other aspects when they are performing the sex act. This is what we mean [by loss of energy].

You are talking about the "act" and I'm talking about the "entre-act" and this is wonderful all the time. It just seems that most people who are turned on, feel good and people who are turned off, feel bad. They might or might not have an "act," but the people who are turned on are always ready potentially and they feel good.

The turned-on feeling is what you are striving for. That is the goal.

Comment: Now Jesus was always against sex, even thinking about sex.

Jesus was not against sex. He was for moderation. Prostitution is not moderate.



Sex is part of the computer [human body] — we've got to accept that. It may be one of the most highly important parts and maybe I've neglected it. Maybe in Jesus' time, they weren't neglecting it. Maybe if he were here today, he would tell people to have more. Maybe in Jesus' day, people thought about it all the time and we hardly ever think about it.

⁸⁶ The Sexual Center is now called by some students the Higher Moving Center, the Physical Center, or the Excitation Center.

Quality is the answer. It is what you think, not how often. In Jesus' time on Earth, most of the thoughts were bound up in fertility rites and superstition; they were negative energy vortices.

Then I would say that much of his advice does not apply to us. Isn't that what that answer means?

Much does not apply now. When you rid yourself of all negative thoughts about sex, then it is possible for you to have a variety of higher-level sexual encounters. These do not always have to be physical. Some of your most rewarding sexual encounters occur when you think you are asleep. These are encounters with unknown beings on the Astral Plane, and also Essence encounters with actually known beings.

I had a love affair once, and I think that the meeting must have been Karmic. It just seems like something that was sent or had some super significance.

It enabled you to get in touch with the sexual energy for the first time.

For the first and last time!

But you are now aware of them, you can now reach them at will, but it will take practice.

Comment: That's what consciousness is, that's what Robert [Burton] said — conscious love — to love at will — and that is what he (Michael) is saying here. I have never found that button. As a matter of fact, there is a lot of fear around that button too.

It requires that you go through the same set of exercises that you use in any other consciousness-raising ritual — the detachment-concentration Monad.

Comment: It appears to me that in consciousness-raising, you don't concentrate.

Concentration on a single goal. In this case, the goal would be ecstasy.

Discussion: Wondering about the cells in the human body. Are they ecstatic? Are they even conscious of what they are doing? Are they happy or not happy, or do they just feel good and not good? Then in the happy cell, are there happier atoms? Are atoms happy and unhappy too?

There is excitability and irritability in the simplest structure. You know that already, but you are not accustomed to your newly cleared ability to extrapolate this information. The cells react to noxious stimuli in much the same fashion as do stars in the case of supernovae.

Well, he's extrapolating it out for us to the biggest thing that he can think of that we can relate to. That's as far as the understanding goes. He doesn't go into how many universes there are.

There is one universe, but it is infinite and eternal.

I can grasp the idea of infinite bigness, but I cannot grasp the concept of infinite smallness — you know, the electron is a planet, etc. Are the electrons, cosmos?

They are "micro cosmoses."⁸⁷

Discussion: Concerning being unpopular because you held unpopular beliefs, pursued teachings, etc.

There will always be unpopularity when unpopular ideas are espoused and expressed. The body does not wish the Essence to be freed. It will fight to keep the Essence asleep. It takes many such fights to strengthen the Essence.

Comment: That's why it's hard to make the commitment while you are scared and while you still care (about going to prison, etc.). I wonder if Timothy Leary⁸⁸ cares. Maybe he doesn't. Maybe his little job in prison is tending the flowers and he may be happy there as Claudio Naranjo⁸⁹ is happy in Spain tending his flowers.

⁸⁷ This is a Gurdjieff term for the atomic realm, which was just being discovered in his lifetime, the early twentieth century. From ><http://groups.yahoo.com/group/gurdjieff/message/1624><: After a fairly long talk on knowledge and being, Gurdjieff said: "Strictly speaking, you cannot as yet speak of knowledge because you do not know with what knowledge begins. 'Knowledge begins with the teaching of the cosmoses.' You know the expressions 'macrocosm' and 'microcosm.' This means 'large cosmos' and 'small cosmos,' 'large world' and 'small world.' The universe is regarded as a 'large cosmos' and man as a 'small cosmos,' analogous to the large one. This establishes, as it were, the idea of the unity and the similarity of the world and man.

⁸⁸ From Wikipedia: Timothy Francis Leary (October 22, 1920 – May 31, 1996) was a highly influential American psychologist and writer, known in later life for advocating advanced research into the therapeutic benefits of psychedelic drugs. A hugely controversial figure during the 1960s and 1970s, he defended the use of the drug LSD for its therapeutic, emotional and spiritual benefits, and even believed it showed incredible potential in the field of psychiatry. Leary also popularized the phrase "Turn on, tune in, drop out." Both proved to be hugely influential on the 1960s counterculture. Largely due to his influence in this field, he was attacked by conservative figures in the United States and described as "the most dangerous man in America" by President Richard Nixon.

⁸⁹ From Wikipedia: Claudio Naranjo (November 24, 1932 in Valparaiso, Chile) is a Chilean psychiatrist who is considered a pioneer in integrating psychotherapy and the spiritual traditions. He is one of the three successors named by Fritz Perls (founder of Gestalt Therapy), a developer of the Enneagram of Personality and founder of the Seekers After Truth

You reach the point [in elevated consciousness] where environment on the Physical Plane does not matter any more. You can leave it at will.

Well, if we do astral travel to associate with the spirits more, maybe they won't let us associate with them after we have made the commitment. You really don't know whether they will associate with you anyway. That puts you where you don't care. Take the astral trips first. See if you like it.

Don't worry. We will associate.

We will now answer an earlier question. We are integrated Fragments of an ancient Entity.⁹⁰

(One of us had wondered earlier who our new Entity was.)

I have a complicated question about Personality and Essence. From what he has said before, it seems like you get here and you develop the Personality (the learned Personality according to where you land) and it is much in the way of what you want to do. You may never do what you are supposed to do because of the Personality. This is what I've been doing.

You will burn out all your Karma. You must. The choices you make between physical bodies are part of the learning process also.

Comment: Maybe he's saying you'll lose it in spite of your Personality.

Personality is just another defense the body employs with the help of the other bodies around it.

I can't see what part the Personality has to do with Karma; I think that's put in by culture.⁹¹

It [culture] is just more complex Maya. You see, it really is infinite.

Discussion: Concerning Monads (sacred/profane, profound/superficial, the yin and yang duality, infinite complexity/infinite simplicity).

Was Georges Gurdjieff a conscious being?

Georges Gurdjieff was subjectively conscious,⁹² yes. Very few who are becoming objectively conscious need to reincarnate. There is usually no need.

Sometimes when there is spiritual stagnation, one will elect to act as a catalyst for philosophical growth. There have been many. Socrates, Pythagoras, Krishna, Siddhartha [Gautama, the Buddha] and Christ were earlier examples. There will be another.

Concerning the level of information given, why is there a difference, however slight, between the small, private sessions and the larger, open sessions?

When the knowledge level of the group is relatively low, then the information given will be at a lower level. The information given here today could not be given to the larger group in quite this form. The knowledge level here is relatively high.

Before I ask any more questions, I would like our Entity to give us a name.

You may call me anything you wish.

Well, I was just thinking about the future. Yeah, how do we call you?

The last name a Fragment of this Entity used was 'Michael.'

Comment (from the medium): He wants to say something else.

The Entity of which Paul [the Apostle, of the Bible] was a part, is not completely integrated.

Discussion: Concerning the fact that Robert⁹³ had said that Jesus' disciples were beneath his level. We then asked if we could take a lunch break and if Michael would still be there.

By all means. I now have access to eternity.

Institute. He is the author of various books.

⁹⁰ First occurrence of the terms "Fragment" and "Entity"; descriptions and definitions came later.

⁹¹ The ancient traditions, and the modern cultural adaptation of the traditions, do indeed present a different view of Karma than the Michaels do.

⁹² By "subjectively conscious," it meant that Gurdjieff was at the fifth "level of being." By "objectively conscious," it meant that Gurdjieff was not at the sixth "level of being." These measures of spiritual development are in Gurdjieffian terminology, of course.

⁹³ Robert was the leader of a group that Alice, Dick and the Chambers had belonged to previous to this date; they left about the end of 1972. A number of other people from that group and similar groups in the area came to one or more sessions later with the Michael study group. Robert created his own group about 1970 as a spiritual school loosely based on the Fourth Way tradition. It is a different form of a Fourth Way school than the one presented by Georges Gurdjieff and Peter Ouspensky, and it currently incorporates other sources into its teaching. Because the core members of the study group had recently left their earlier group and were trying to reconcile the two systems for themselves, there are many questions about the similarities and differences between the two teachings.

Discussion: Concerning the effects of alcohol (quieting the Personality), then the Fragmentation of Paul's Entity and finally Fragmentation in general.

When the spirit Entity first becomes Earth-bound, there can be as many as a thousand Fragments. As the Entity progresses, the Fragments unite. As each lesson is learned, the Monads⁹⁴ are formed.

Comments: You mean we are all fragmented? That's what he said, which means that we have a lot of things to work out here. Well, I'm still fragmented.

You will be until you are reintegrated. The Christ Entity even consisted of two Fragments. Jesus still had a guru in John the Baptist. The master/pupil Monad must be experienced from both sides.

You mean everyone must eventually be a guru?

You all have need to seek a Teacher. You may all teach at the same time. Right now, though, the primary role is that of student. In previous existences, you have all experienced receiving the gift of higher expression. You must now learn how to express [teach] it to complete the Monad and integrate that fragment [other half].⁹⁵

What is a Monad? Could we ask for a specific definition?

A Monad is a basic universal unit used to express relative values of consciousness [two opposite experiences are united into one complete experience].⁹⁶ A nephron [kidney] is a physical Monad — or an organic Monad [two opposite objects with one function].

Has anybody ever written about this on our plane?

Many knew: [Tielhard de] Chardin, [Georges] Gurdjieff, [Aldous] Huxley. [John] Lilly knows too.

The Monads do not come back to haunt you, once they have been completed. If you can complete one in this life, those fragments concerned with that will unite.

Comment: He's probably talking about major Monads — not minor Monads. Probably a million little minor Monads just don't make any difference. To love and to be loved may be the greatest Monad.

To be loved and to love is a positive Monad of the highest order. You must be able to realize that you are loved in order to complete this Monad and that is what is difficult.

Comment: "Jesus loves me, yes I know, for the Bible tells me so." That's being loved.

But you must feel this force. Intellectually saying 'Jesus loves me' will not do it. You use Jesus as a convenient source of love. It is one that will not backfire and that's OK, but you must eventually get it together with your own Fragmented Entity. The conscious beings are all loving.

Comment: When a baby is deprived of a mother because she is sick when it is born and a certain amount of time goes by, that mother doesn't have the Agape love anymore. It is gone. The mother's love is instinctive.

Nurturing, not loving, is instinctive.

Comment: We didn't all necessarily experience the love. We experienced the nurture. I've often wondered about the child that results from super high love — the planetary kind — that child is bound to experience love as an infant because of this great love between the mother and the father. He'll experience more than nurture.

They all have. Read the autobiography of Mohandas Gandhi.

Nurturing is common to all of the animal kingdom. Man, through Personality, tries to retain control by calling it love and making the relationship continue long after the need for that type of nurturing is gone.

Comment: In other words, the baby lion, when he grows up, doesn't worry about being loved anymore. He grows up, but man retains this need to be nurtured. You know, we don't ever let each other become lions. We make us stay baby lions who need Mommy.

Man is the only animal who drinks milk past weaning. Personality is like an albatross. Read the "Rime of the Ancient Mariner" in this light.⁹⁷

Comments: Concerning the "alien corn". That part that was brought to mind was about homesickness and longing. The corn, you know, is neutral. It just grows and gives ears of corn, but it is called "alien corn" because it is not growing in her home.

⁹⁴ This is the first time the term "Monad" is used. Also, refer to the drawing by Richard Chambers on how Fragments merge back into the Tao. The drawing "Reintegration of Entities: Typical Soul Evolution" is in Volume 2 of *Michael Speaks*.

⁹⁵ "Student/teacher" is another Ordinal/Cardinal Monad.

⁹⁶ Monads are very specific relationship agreements. For example: Parent-Child, Leader-Follower, Teacher-Student, Husband-Wife, Jailer-Jailed, Hidden-Revealed, etc. There are more than 30 very common types of Monads.

⁹⁷ There was a footnote in the original transcript "See Appendix I for the Rime of the Ancient Mariner." We do not have that Appendix. We assume that is a reference to Samuel Taylor Coleridge's poem *The Rime of the Ancient Mariner* (1798).

To have the feeling of home, the Essence must be at peace. As long as the different drummer⁹⁸ still sounds different to you, you will remain out of step with the music.

When I've been depressed, I don't want to die. Oh, it is horrible — the thought is ghastly! When I feel good, absolutely overflowing with life, it doesn't matter. It is a weird contradiction. You ought to want to hang onto it the most, but just speaking of it now, it felt like if it ends right now, that's great.

Death is a ghastly experience if you are depressed. You bring all your depression with you. That is why so many suicides must go back and finish that which they abdicated, or no progress can be made.

Do we change sex upon reincarnation?

[Yes.] You must experience the Fragments of your Entity from all dimensions.

As the hour was growing late, we asked Michael if we could contact him again.

Oh yes, more now than before.

Comment: We tried to thank him and he replied:

Thanks are not necessary. This gift is given freely in the spirit of love. I will give as much as you will receive. This is true of all of us. We are also Soleal's teacher.

Word of Explanation: "Soleal" is the name given to us by an entity who says that he is an Astral projection from another planet approximately twenty light years away. Michael describes Soleal as an "Adept."

17 August 1973 — Friday

Present: Sarah and Richard, Alice and Dick, Phyllis⁹⁹, Dorothy.

[Comment from the compilation version:] Later in the month, the group met again and there was some initial discussion about personal agendas getting in the way of the Teaching.

I am here with you.

You have some pressing questions. There is nothing wrong in having personal agendas; it merely interferes with concentration, and if meditation or manifestation is the goal, then all personal agendas must be set aside — suspended, so to speak.

Who are we talking to?

You are talking to Michael.

Dick: Tomas came through as a hard power, but the group was shaky — Gene and Susan, Carolyn.¹⁰⁰ Gene is pivotal to the group and feels he may have to drop out. [What is a] viable group?

The viability of the group depends upon the ability of the individuals involved to rise above the trivial circumstances now driving them apart. It is within the grasp of each of you to do this, even Susan. It is in her Karma to seek the path you wish to follow. She has sought it many times before. The closer you become, the easier it will be for you to recall [your plans for your lifetime]. The ability to define your purpose in this existence will even come to you. The group has one thing the individual cannot tap alone and that is the collective memory. The ability to see the lesson that is being learned is difficult enough in a group, let alone in solitary. The relationships within this group are ancient. I realize this is a new concept for you to swallow, but in order to progress further, you must come to grips with this. The law of cause and effect is as old as the Tao and that has existed for a long time.

Concerning Phyllis and [husband] Wynn's relationship ... he will not be interested.

He must first perceive the group as having a positive effect on those closest to him. He must also be a seeker. If he is not, then nothing you or anyone else does will have an effect on his motivation. It is possible he is not at this level.¹⁰¹

Phyllis: Is he a seeker?

⁹⁸ American philosopher Henry David Thoreau (July 12, 1817 – May 6, 1862) wrote in the conclusion of his book *Walden*: "If a man loses pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured, or far away."

⁹⁹ Phyllis was a friend of Alice; they met via their mutual interest in music. She attended many OMG meetings.

¹⁰⁰ Gene's marriage to Susan was shaky, and they soon divorced. Gene knew Carolyn from work, and brought her to the group. Gene had or got the hots for Carolyn and took up with her after the divorce; refer to 15 January 1975 session.

¹⁰¹ Wynn is recorded to only ever attend one OMG meeting, in June 1974. Phyllis and Wynn divorced in the late 70s or early 80s.

I am not aware of his aura in relationship to you. In other words, I do not know who he is other than from what you are projecting and that would lead me to believe that he is probably not.

Is he part [of this group]?

Your group is not complete by any stretch of the imagination. It is possible that you were together before, but that in itself has no intrinsic meaning.

You have chosen very definite roles for this life. An ancient entity is coming together within this group. That is why you feel powerful emanations from certain members. Your relationships are now not necessarily in the order of importance. In other words, you are living with one person while your Karmic Ribbon involves another.

Phyllis and her Karmic Ribbon?

That person is already within the group. If I tell you every minute detail at this moment, you will have gained nothing.

Karma is not fate. Fate is a lie. Karma is a law. There is a great danger in becoming fatalistic about Karma. You are all at the level now where that [fatalism] is a possibility. You must learn this about Karma, and that is, that lessons learned in this way are eternally yours. Fate is illusion. It exists no more than faith, which is simply silly. It [Karma] is a weaving together of life Cycles. It is what keeps you together [from lifetime to lifetime]. Sarah would have found Alice again if she had to search the world.

[Question lost.]

If you do that, you may or may not be marking time. That may or may not be in your Karma.

What sense in life? [Probably meaning: Is there any way to figure out your Karmic Ribbons or is there any way to remember your past lives?]

Yes, there is a way. You must first be able to recall the threads [of past lives]. This is what takes the practice. This is why concentration and meditation have been stressed [recommended by the Michael]. You have indicated that you wish this and we are showing you how.

We will dictate what amounts to a book to you within the next year. What you do with this information depends on your desires entirely, but the information will be given within this group. There will be an Adept who will aid the others. There is one among you who will master the techniques.

Will you tell us who it is?

No. You will all sense the change when it occurs.

Regarding earlier growth of group. We've had requests [to join]. Gene has misgivings about the group growing.

Those who should be part of this [group] will not need a lengthy invitation; they will arrive easily. Be careful of luring anyone in with glamour. This could be devastating to Young Souls.

Are we Young Souls?

You are not Young Souls. You were together in Syria over two thousand years ago.

Phyllis: [Question not given] ...

The concepts expressed here blow your mind. There is no evil in the universe. This alone is enough for some to really have a foundation-shaking experience.

Phyllis: [I have] friends to bring. Should I try?

Yes, if the feeling is very strong and, in this instance, we believe it is.

Dick: [What about] Burt and his wife?

That would be a step in the right direction.

Alice: [What about] Edgar?

Yes. There are others. Patricia is one and there are more, and they will come.

Comment: Nickname?

We will give you as much information as you can absorb. The discussion is necessary.

Richard: One he knows and is most interested ...

What do you wish to know?

Should we [invite her]?

She is a seeker. She is quite involved in some nonsense, but then you all [were] at one time or another. She can become a seeker overnight. It probably is the only ones that it will change are those who are ready. When you seek a teaching, the teacher appears.

Comment: EST¹⁰² might take care of people's personal agendas.¹⁰³

Not if it means financial disaster to the person involved. It is enough that several of you know the techniques, then you can teach the others.¹⁰⁴

Why has Terry not come?

The lady in question has fears of apprehending herself and does not come because of this. She has been with you before [in past lifetimes].

Should we help her?

If you are willing to provide the necessary support. Her Essence is a problem with her — it keeps cropping up.

[What about Terry's husband] Dr. Isaac?

He could contribute substantially to the validity of the existence. I do not mind being tested, nor does my student (Soleal).

Concerning Phyllis's friend?

Most definitely, [invite him]. He must verify.

Dick: [What about] RichardR and Josey?

That would be interesting. The Oriental mind takes to this like a duck to water.

How k??

RichardR has very good pictures. His mind is relatively clear of trivia — and now [note that we] said “relatively”, not “absolutely”.

Phyllis: How does [her] friend share a Karmic Ribbon?

An essentially passive resistance to change [Stubbornness in the Negative Pole of –Obstinacy] is his chief obstacle.¹⁰⁵

From what you are projecting, however, the Essence is one of compassionate strength. This is not always presented to the world, but you sense it at a deeper level. This is not a joyous Essence. This is why he seeks joy in the Essence of others at that deeper level.

Alice: What is an obstacle for me?

Alice has an obstacle in Personality, not Essence. That is the necessity to put herself down in front of others [Self-deprecation] and thereby gain the reassurance [from others that she is better than she feels about herself]. You can overcome that by realizing that the Personality is a hindrance and that its “needs” need not be fulfilled.

Phyllis: As a couple, [who] she knew before: Would he be good for the group?

Do not urge; just suggest. She would feel more comfortable participating than an outsider.

What about Arthur's Essence? What is it?

This man has a joyous expansive Essence.

Richard wanted to know what his obstacles were.

Richard's main obstacle is misdirected tenacity [a form of Stubbornness]. He is attempting to rectify that.

[Possible question missing here]

¹⁰² Erhard Sensitivity Training (EST) was (and still is, in the form of “Landmark Forum”) an intense seminar lead by Werner Erhard, popular at the time, for breaking through cultural programming and finding your true self. Many of the OMG members attended EST training. EST has some similarities to Michael's concept of shedding the False Personality to reveal the True Personality.

¹⁰³ In the OMG, the phrase “personal agenda” was sometimes used in contrast with the transpersonal agenda. Personal and transpersonal, physical and spiritual, paths often interfere with each other.

¹⁰⁴ The EST seminar was not cheap. The Michaels endorsed the EST seminar as a valuable adjunct to their teaching.

¹⁰⁵ This is the first appearance of the term “Chief Obstacle” in the transcripts. The concept was probably adopted by Michael from the Gurdjieff teaching because it was already familiar to the group. Gurdjieff had an unspecified quantity of Obstacles — not seven as later given by Michael. Today, we have various names for the Obstacle or Chief Obstacle, such as Chief Feature, Chief Negative Feature, Personality Dragon, or Shadow. In the Michaelian teachings, the seven Obstacles are: Greed, Self-destruction, Arrogance, Self-deprecation, Impatience, Martyrdom, and Stubbornness.

I said an "Adept," not a "Master."

What is Dick's Obstacle?

You do not have a Chief Obstacle now except for the lingering doubts concerning this path. You are a seeker.

[What is] Phyllis's Obstacle?

Your Chief Obstacle is Impatience, same as Sarah's.

Dick: Was Robert's label for mine correct, that is, self-pity? [Self-deprecation]

I would say that that was accurate.

[Please] elaborate on Richard's Obstacle.

Stubborn clinging to values you have already verified as fallacy.

Comment: Soleal is very psychic.

Soleal is also a seeker. He is a beautiful being.

Comment: [Please] comment ... on Tomas.

The entities on that [Astral] plane are learning. Also, there is a tendency toward spiritual ennui that is pervasive. The teaching will only be as dynamic as the students permit it to be. Soleal feels the rapport. Powerful mediums manifest power.

[Please comment on] Carolyn.

Her bias is quite strong, and [it is] difficult [for us] to manifest [accurately].

[Please comment on] Sarah.

[Sarah,] You are intelligent, arrogant, inquisitive. I think you have heard that before.

Phyllis: Why like a person?

Opposites do attract. This is not always comfortable, but then comfort is not always what you are seeking.

Dick: Question about marijuana.

Crutches are very necessary at your level. He (Tomas) was merely pointing out to you where the crutches are, not saying you no longer need the crutches.

You will be an occult master.¹⁰⁶

Should Phyllis use it [marijuana]?

You could have some bad flashes. You are more in touch with your Emotional Center¹⁰⁷ now.

Dick: About a dream he had.

The experience was not real. It had to do with symbols you are unwilling to deal with in reality. Part of your "dreaming" is real. It is time spent out of the body. Adepts such as Soleal can spend the entire [sleep] time out of body.

Alice: Mentioned a dream where she was shot in the head.

It is OK to be shot in the head if your head is in the right place when the shot comes. [Michael's humor.]

Phyllis: Had a dream last night.

When you repeat a dream like that, it usually has much significance — it is a warning.

You have dreamed it before. Symbols change when knowledge increases, but the essence of the experience remains unchanged.

Sarah: Described a recurring dream — driving past a lumber yard among griffins and chimeras. [She] goes into the lumber yard ... a white house... closer to house.

It is a warning. Each time you dream this dream, you are in danger of slipping back into old destructive patterns. The house is symbolic of the mundane; the statuary [is a symbol of] the arcane.

What's "arcane"?¹⁰⁸ I have to look it up in the dictionary.

The experience will do you good.

Will we "get" there this lifetime?

¹⁰⁶ Dick will be an occult master at some time in the future, not in this lifetime. This was clarified later, on August 26, 1973.

¹⁰⁷ This is the first appearance of "Centering," another concept derived from the Gurdjieff teaching, with modifications. It shows up throughout the transcripts, sometimes called "Center of Gravity".

¹⁰⁸ Arcane means: known or understood by very few; mysterious; secret; obscure; esoteric.

If you work very hard.

Question: [missing]

It is not necessary. Eventually, it will be!

21 August 1973 — Tuesday

[The names of the attendees were not recorded for this session, but some questioners were identified: Sarah and Richard, Alice and Dick, Lisa¹⁰⁹.]

Location: Oakland, California [home of Sarah and Richard]

Is someone with us tonight?

We are with you tonight.

What is an Adept?

An Adept is one who has cleared the mind of all trivia. This is an integrated being who is firmly committed to the path, who is unafraid to leave the Physical Plane for hours at a time, is thoroughly versed in the occult teaching, is aware of Karmic ties and has recall beyond the grave, can materialize both self and objects from borrowed energy sources, is both clairaudient [hearing] and clairvoyant [seeing]. This means non-attachment to both planes and its inhabitants.

Can we achieve this when smoking cigarettes and drinking alcohol?¹¹⁰

It is not impossible, just highly improbable. The energy used on these [physical] activities can be used for those [spiritual] activities. You also need more sleep when you drink coffee, smoke, or drink alcohol. Sleep is time wasted. That is the most valuable time of all and the time usually lost by people on your plane.

Who are we talking to tonight?

The name I am called is Michael. That is a convenience and not a truth. Only one small Fragment of this Entity had that name. We are integrated Fragments of a larger entity [the Cadre]. We are these, then. We come to you from the Causal body and not the Astral. You are accustomed to dealing with Astral entities [such as Tomas].

What is a Causal body?

The Causal body is the plane above the Astral Plane. It is an upward step in the spiritual evolution. Heaven is created out of Astral materials for those between bodies who need that experience before they review. Some also need the experience of Hell and [that] too they create from Astral matter. It is very pliable — it can take any shape you wish. This is the stuff used to conjure up the demons. They can cause only the amount of damage that you allow them to, in your mind. There have been many instances of Fragments being literally frightened to death by products of their minds, manufactured from Astral matter.

Can you manifest for us?

Their powers of concentration are not great enough at this stage to overcome the negativity in the room. What she says is true though. You would not see a manifestation in a positive sense.

Will you be willing to manifest?

I will manifest whenever allowed to do so.

Can Lisa work the Ouija board?

Lisa can speak with practice. The feeling for this is there. There is little fear.

Does it help to have a group at the sessions?

The group formulation would produce cohesion. This could eventually be valuable if you wish to use group concentration. There is no other reason.¹¹¹

It is possible for the Entity not Earth-bound [by Karma] to throw off Fragments and create Earth-bound elemental forms. This does happen, but is not a true evolution. This is possible only for an entity no longer

¹⁰⁹ Lisa was the daughter of Betty, a member of Robert Burton's Fourth Way group that founding members of the OMG attended for a while.

¹¹⁰ Both Richard and Sarah smoked at the time of the OMG. Alcohol was sometimes consumed during OMG meetings. Richard and Dick were so fond of booze that they sometimes became inebriated, even at the meetings. These were not yet spiritual giants: "Adepts"; they were merely spiritual aspirants, and none of them ever became an Adept.

¹¹¹ His answer would seem to indicate that the Michaelian teachings could have developed and matured entirely within the core group of founding members.

Earth-bound. The Earth-bound Entities cannot hold on to the Fragments. By 'Earth-bound,' I speak of those with unburned Karmic Ribbons who must still return. The Causal Entity has the ability to create Earth-bound elementary forms and throw a Fragment of the Entity to that form for its Earth-bound experience. This only becomes necessary occasionally and is rare. There are some strong ties with certain Earth elementals. The problem has arisen more often than not among those who hunt and eat the flesh of animals. That Fragment sometimes becomes a 'restless spirit.'

Do humans reincarnate in animal form?

Human spirits reincarnate in human form without exception. The only Karma incurred of importance relates to other people. However, there are sometimes unresolved emotional conflicts in the Entity. I have said that Astral matter can be used to materialize self and other objects. The Entity chooses then to create the hunted and experience the hunt. From that dimension this experience is real, in the sense that it is needed to play out a scene.

Can Astral matter materialize?

Only the Causal Entity has this ability. No other Entity would have a reason. The animals thus created from Astral matter are only as real [not very] as anything else created from Astral matter, but they give the Fragment from the Causal body a suitable vehicle for working out an unresolved conflict. Notice I do not say Karmic. These are short-lived experiences.

We do this to ourselves?

That is correct.

Is it a good experience?

That would be very rare except in the case of a trance medium. It would also serve no purpose.

How do animals fit in?

Physical animals have etheric and Astral vehicles. They have a live soul. No — a hive soul, as in bees.

Can we see the animals manifest?

You probably would not see them unless you had been selected as the hunter and then, of course, you would be unsuccessful in the hunt. Selected persons, yes. Don Juan¹¹² was one selected. Many do see these manifestations but block the experiences. He also created many of his own.

*What are allies?*¹¹³

Allies was a word used by a relatively unlettered being to describe the forces manifesting. Some he created and combated. This enabled him to override the heredity of superstitions and open himself to positive experience. His "man of knowledge" means the same as the "one in whom the Logos resides." There were no words in his vocabulary to describe what he knew. He could only take disciples over the same rocky path and hope that they would arrive at the same place. It was very difficult for him to have an outsider [Carlos Castaneda] for a student, but he did succeed.

*Dick: Is self-remembering*¹¹⁴ *important?*

[Yes.] You cannot even remember your dreams accurately and what you had for dinner last Thursday.

Dick: True.

I am only pointing out to you that you are not always present, and one reason is that you are still in fantasy to a still injurious extent. Now, that only applies to those aspirants who desire help with conscious[ness] raising techniques. Others can and will disregard this information; it serves no purpose to them. Dick, you are an aspirant; take heart; [for you] the ability is there.

Are spirits real? (Discussion of "spirit" in Lisa's house.)

It may be an etheric vehicle. If so, it will decompose as [the physical] body decomposes. Then, you will be alone again. This sometimes happens when one dies suddenly or violently. The etheric vehicle is the innermost aura. It borrows minute quantities of energy from any available source — a cat or dog or you. It decomposes rapidly.

¹¹² Don Juan Matus of the books by Carlos Castaneda. The first of twelve books, was *The Teachings of Don Juan*, published in 1968.

¹¹³ "Allies" is a term used by Don Juan in the Carlos Castaneda books.

¹¹⁴ "Self-remembering" is a Gurdjieff term meaning being present in reality with what you are doing and the goal is to be present every moment of every day. It is the opposite of living in Maya/fantasy/glamour.

This entity [etheric vehicle] cannot harm you at all. It is like the dura¹¹⁵ sans the brain. The Astral body leaves immediately. The etheric vehicle cannot leave — it has no power by itself. It probably feels comfortable in your house. We can take it away. It is only a shadow. It has no intrinsic energy.

Is cremation a good way of disposal after death?

No harm, as long as the cremation eventually takes place. Incidentally, the etheric vehicle will disappear upon cremation. That is a more desirable disposal of [physical] bodies.

Is meditation helpful?

Meditation?

Transcendental Meditation.

There is a very good form of meditation where you actually meditate upon the chakras and bring the aum up through them. You cannot transmute any energy you are not in touch with, however, so if you suddenly find yourself unable to continue, that is why Camille needs to get in touch with Moving Center and Intellectual Center [lower Centers] before she can think about transmuting [energy to higher Centers]. Camille could read A. R. Orage¹¹⁶ and do the exercises. It would help with the detachment [from focus on the physical].

Dick: Question about advice given previously about fasting.

I would never tell you that, Dick. It is the last thing you need.

Dick: Is fasting healthy?

Fasting when done properly leads to the liberated meditation. It produces the same state as marijuana if practiced long enough and diligently enough. You should not fast if you are ill or if there is honest grief or pressures of private agendas.

Dick: How should we do it?

Start with one day. Go to two, then three. Do not exceed five at this stage. Take plenty of liquids and be quiet at first. Do not drive. That [liquids] includes water and unsweetened liquids and fruits.

[What about] milk?

No milk. You can fill up on milk.

Should we eat meat?

I have an aversion to that. [It is] all right, but not advisable or necessary. The eating of flesh is not necessary.

How about fish and chicken?

Flesh is flesh. Fish live. The fruits and vegetables react, but not to the degree that animals do. Animals are capable of feeling fear.

Is it wrong to eat meat, fish, and fowl?

Not wrong, just not advisable. As you come more in touch with your environment, you will experience more [psychological and spiritual] discomfort over the eating of flesh than pleasure. There again, I speak only to those who seek the path. Good night to every one.

SOUL AGE

The Seven Cycles of Reincarnation

[The exact date of this section is unknown. It was inserted between the sessions of August 21 and August 26, 1973, in an edited compilation called *The Teachings of Michael – Emanations from the Mid-Causal Plane*, which we have reason to believe was made in early 1974. However, this is not a compilation of information about Soul Age extracted from sessions in 1973 after Soul Age was revealed. It seems to fit here, because in the

¹¹⁵ “Dura” is the tough sheath covering the brain.

¹¹⁶ From Wikipedia: Alfred Richard Orage (born January 22, 1873, Dacre, Yorkshire, England – died November 6, 1934, London) was a British intellectual, now best known for editing the magazine *The New Age*. In 1924, Orage sold *The New Age* and went to France to work with George Gurdjieff, the spiritual teacher P.D. Ouspensky had recommended to him. After spending some time of preliminary training in the Gurdjieff System, Orage was sent to America by Gurdjieff himself to raise funds and lecture on the new system of self-development, which emphasized the harmonious work of intellectual, emotional and moving functions. Orage also worked with Gurdjieff in translating the first version of Gurdjieff's *All and Everything* as well as *Meetings With Remarkable Men* from Russian to English; however, neither book was published in their lifetime.

following session, August 26, there was discussion of Soul Ages (Baby, Young, Mature, Old, Infinite are mentioned) as if the OMG members were familiar with the subject. Therefore, it appears that this entire exposition may have been channeled just this way during the few days between those two sessions. Most likely it was channeled by Sarah and Richard Chambers, who at that time worked the Ouija board together, before Sarah learned to work the board solo. Note that Soul Age was not a part of the Gurdjieff teaching, and these names for the Soul Ages did not appear in any other previous teaching that I have been able to discover.]

[Soul Age/Cycle and Perception]

The approximate age of the soul can be determined by its perception of itself and the world around it.

The Infant or “first born” Soul perceives itself and the world around it simply as “me” and “not me”. In this Cycle, there are no racial memories. If “not me” is perceived as hostile and unkind early in life, withdrawal occurs and a condition known as autism often results. If this perception occurs later, the Infant Soul may react with unchecked violence: sadism, murder without visible provocation, acts of unbelievable cruelty. The Infant Soul truly does not know the difference between right and wrong action, but it can be taught the laws of common sense and decency.

The Baby Soul perceives itself and the world around it as “me” and “many other me-s.” The Baby Soul forms strong beliefs early in childhood, borrowed from those around it, and these are literally unshakable and incorruptible. The Baby Soul is normally agreeable, a pillar of the community — until an opposing viewpoint is expressed. Then, inwardly the Baby Soul is bewildered, baffled by the difference. Outwardly, it will express anger, hostility, negative emotional energy, belligerence.

The Young Soul perceives itself and the world around it in quite a different manner than in the preceding Cycles. It perceives itself as “me” and it perceives you as “you,” but it perceives “you” as different from “me” and experiences the need to change you — to bring you around to its point of view.

The Mature Soul: this is the most difficult Cycle of all, for the Mature Soul perceives others as they perceive themselves. Because of these perceptions, the Mature Soul will often seek to sever relationships seemingly for no reason or by the same token, seek to perpetuate outwardly inappropriate relationships. If you and I are both Mature Souls, within this framework are also your experiences of me. In other words, while I am experiencing you, you are also experiencing me and at the same time, you are aware of my experience, and upon this deeper awareness, you and I will base any future social intercourse.

The Old Soul perceives others as a part of something greater that includes itself.

The Transcendental Soul experiences others as itself. Telepathic rapport and psychic union occur. These exalted souls seldom seek reincarnation in the physical body. If they do, it is usually because of the spiritual and/or philosophical ennui existing on the planet, and then they normally precede the descent of the realized masters [Infinite Soul] by less than one hundred years. The Transcendental Soul can enter the physical body and displace an Old Soul at any time during the life Cycle. It has happened that the presence of the Transcendental Soul alone was enough to provoke the needed spiritual, philosophical, or cultural revolution [so that an Infinite Soul manifestation is not necessary].

The Infinite Soul perceives the Tao.

Sexuality within the Cycles

The Infant Soul perceives love only in the form of lust. It performs the sex act with all the frenzy of a wild animal, completely dependent upon some innate estrus lost to higher Cycles. It is powerless to change this.

The Baby Soul views its own sexuality with a vague uneasiness, and if the culture fosters such, will think of it as somehow shameful. The Baby Soul will be embarrassed by overt displays of honest sexuality and it will strive to keep the others around it bound down by its own reprehensible moral code. Behind closed doors, the Baby Soul is more often than not quite as prudish as it is in public and seldom sustains any sort of sensual pleasure. Not having experienced such, it naturally does not “believe” in the existence of the experience.

If the Young Soul’s own personal opinion of sex is rather low, it will do its best to convince those around it that sex is evil and should be eschewed. Renunciate monks and nuns are quite often Young Souls. They renounce loudly and take every opportunity to remind the world around them that they have renounced. On the other hand, the Young Soul can be an equally zealous proponent of total sexual freedom. The Young Soul perceives love as Eros, solely predicated upon those expectations it has of the others around it. If the others fail to live up to those expectations, the Young Soul can hate with equal zest. Sexual conflicts can be agonizing in this Cycle — early training versus internal urge.

With the right partner (another Mature Soul who has become centered or an older soul), the Mature Soul can be an ardent lover. The love is deep and lasting, for Agape is possible during this Cycle if the inner conflicts are resolved. With the wrong partner, there is apathy, impotency, frigidity, infidelity. This soul has more of a tendency to “mate for life” than any of the other Cycles, providing a comfortable mating occurs.

The Old Soul is casual about sex in the earlier Levels because erotic love begins to lose its charm. In the final Level, the Old Soul often does not participate for lack of purpose (sex adds nothing to its life). The Old Soul is intensely sensual, however, and does enjoy close physical contact. The Old Soul is usually an experienced and exciting partner for a soul in an earlier Cycle, but can be a very disappointing lover because of its nonchalance. Neither the Transcendental Soul nor the Infinite Soul pursues physical union. Quite often, however, the high Causal [plane] body [Transcendental Soul] or the high Mental [plane] body [Infinite soul] displaces an older soul, and at that time of the manifestation, the sexual activity ceases. These souls are not challenged by Maya.

Education within the Cycles

Let it be known that intellect is not a factor in any of these Cycles. Intellect is a product of culture, and even firstborns and Infant Souls can be taught to read, write and compute arithmetically. Infant Souls rarely seek higher education unless forced. They are bewildered and hostile in strange situations.

The Baby Soul occasionally seeks higher education — does well in small, conservative liberal arts colleges, trade schools — learns “proper” subjects, is often the “good student.”

The Young Soul almost always seeks higher education, usually graduate degrees. The Young Soul is a tireless worker for its cause and will go through unbelievable hardship to bring this cause to bear: education can be an example of this.

The Mature Soul always seeks higher education, although not always in an institutional setting. It is often too uncomfortable in a school setting. The Mature Soul makes massive contributions to knowledge, both philosophical and scientific. Karl Marx, Alfred Adler, Fritz Perls, Sigmund Freud, Emmanuel Kant, Aristotle, and Albert Einstein were all Mature Souls.

The Older Soul usually enjoys hard, manual labor, but seldom works as an artisan. It may or may not seek higher education. If pressure is exerted by the guru, it will, or if it senses that its [life-]task somehow involves the necessity for obtaining the proper credentials.

The Transcendental Soul seldom “seeks” any sort of formal education, although it will go along with what is forced upon it cheerfully unless it interferes too greatly with its purpose. Then the transcendental soul will gently but firmly balk.

The Infinite Soul has direct access to all knowledge and has no need for education of any type.

Religions through the Cycles

The Infant Soul adopts the religion of its parents without modification, although its interest is cursory and its understanding poor.

The Baby Soul tends to be fundamentalistic in its religious beliefs. Personification of the godhead is the strongest in this Cycle. The Baby Soul believes in the forces of evil.

The Young Soul, if religiously inclined, tends toward orthodoxy in the extreme. It will campaign tirelessly against all religious reform. If the Young Soul is atheistic, it will be equally as tireless in its efforts to wipe out the orthodoxy of others.

Religion becomes self-motivated in the Mature Soul Cycle. The Mature Soul seeks quiet faiths — Quakers, Unitarians, Buddhism.

The religion of the Old Soul is expansive, and includes unorthodox rituals. Groves of trees become cathedrals and the presence of the realized masters is often felt by Older Souls. The Synthesis is perceived in the final Cycle, and Old Souls seldom cling to dogma.

The Transcendental Soul perceives The Synthesis and teaches it as such — will not espouse popular dogma and does not affiliate with organized religion.

The religion of the Infinite Soul is the Logos.

Comments on the Cycles [Jobs and Employment]

Old Souls are gardeners. Young Souls with fabulous estates pay them well to exercise this inborn talent. The money thus gained is used by the mid-Causal body to perpetuate its influence on the Physical Plane. Many

nurseries are schools run by mid-Causal teachers. The teaching there is nonverbal and extremely subtle, but it is easily recognized.

Comments on the Cycles [Soul Age and Perception of Food]

Infant Souls and Baby Souls cook and eat to survive and the food is usually tasteless and overcooked. The Baby Soul is fearful (of almost everything), and her kitchen is usually antiseptically clean.

Early Cycle Young Souls tend to adhere to the food patterns learned in childhood. In the middle of this Cycle, experimentation is rampant, but the appetite is generally poor. Late Cycle Young Souls continue to experiment with food and foreign food fetishes often develop. Racial memories are stronger now and the déjà vu draws them to certain types of foods.

Mature Souls make fine chefs. They enjoy precision cooking and gourmet dining. Their hollandaise sauce does not curdle — it would not dare. Wine fetishes are at their height in this Cycle. A Mature Soul would never serve a Zinfandel with lobster. An Old Soul would not hesitate a moment, if Zinfandel happened to be his favorite wine.

Old Souls are casual cooks. They use recipes as guidelines rather than the gospel. They tend to use spices and herbs freely, and will cut mold from cheese and rotten spots in fruits.

Comments on the Cycles [Soul Age and Animals]

Infant Souls are often bitten by dogs who have no previous history of biting, simply because of their inordinate fear.

Baby Souls do not like longhaired cats as a general rule.

Young Souls often own status pets, such as ocelots and Lhasa Apsos.

The pets belonging to Mature Souls will most often reflect their owner's personalities. Many winners of obedience trials belong to Mature Souls.

Most shaggy dogs belong to Old Souls. Old Souls begin to relate to wild animals and often have an affinity for all living creatures.

Young Souls ride the rodeo, Mature Souls ride to the hounds, Old Souls ride the trails. Most Baby Souls and Infant Souls would not be caught dead on horseback.

Allergies to animals are denials.

26 August 1973 — Sunday

Location: Walnut Creek, California

Present: Sarah and Richard, Dick, Kathryn, MaryAlice, Cheryl, Dorothy.

We are here with you tonight. What are your questions?

Richard: First of all, I would like to say thank you for all the help you gave me in quitting smoking.

The credit goes to you. You could have chosen to ignore our advice.

Richard: How valid is the thing I was picking up about stomach cancer?

For you, it is verifiable. This will vary with the individual.

At this point, there was a discussion about eye problems pointing to other physical disorders and denoting a brain deviation.

Verify this with actual patients. Those who have visual defects have a very set constellation of abnormalities systemically. There are other physical defects that follow patterns like this.

Dick: I would like to have a medical session some night, but right now, I'd like to move on to something else. I'd like to bring up the subject of "heaviness" that I find reading all these esoteric books and Hindu books. So far, in these systems, I've found so little of the ordinary type of joy. I'd like to buy a toy boat, just lie in the bathtub and putt around.

You would probably benefit much more from that activity than from reading fifty philosophical texts. These are nothing more than another Old Soul expounding on half-acquired enlightenment. Enlightenment is not ponderous. As I said before, as growth progresses, the soul seeks simplicity. This is one good way to discern whether a particular piece of literature will be of any help to you. If it is merely an exercise in vocabulary and rhetoric, then abandon it. Some very wordy material comes from Young Souls. Be wary of this in selecting reading material.

The ponderousness of Sri Aurobindo's books and the books written by Dr. Chaudhary were discussed. (The tape recorder was turned off during this time, so the actual question was lost.)

Dr. Chaudhary is not a Young Soul. He is wordy because of national origin. Writing in his own language, he is quite different. He has not resolved his ego either; he must appear erudite at all times. This is part of Karma for him.

Dick: Could we have a definition of Karma from Michael?

As you reap, so you also sow. Or as you sow, so you shall reap. However, this goes far deeper than mere action by those immersed in the waking sleep.¹¹⁷ For them, the energy loss is far greater, for most of their lives are wasted in fantasy and fantasy costs much in Karmic debts. You must fulfill all carnal desires before serious work is begun on the Essence. This can take many lives, usually a minimum of forty-nine.

Dick: I think that I am a first-time physician. I don't think that I've been a physician before.

You were a physician many years ago in Syria — not since.

Dick: It worries me some that a physician is in a position to acquire so much Karmic debt — through laziness, mistakes, lack of all kinds of things. There have been particular patients that haunt me still, where I feel that I should have done something differently. Then, on the other hand, maybe it was their Karmic thing to die when they died.

You have been a faith healer before. There have been patients in this life that you literally snatched from the jaws of death before. This could not have been repeated. It was not in their Karma to survive. Nothing you could have done would have made much difference. There will be a time though. This life is the training ground for that experience. You will walk among the masses and the touch of your hand will be sufficient.

The tape recorder was turned off for a moment, but a question was asked about all of us being Old Souls.

The Exalted Cycles are sparsely populated; Sarah is right about the bell curve. The majority of all Creatures of Reason are Young and Mature right now because of the closeness of the manifestation of the high Mental [Plane] body [aka the Infinite Soul].

There was much interference on the tape recorder at this point — the question was unintelligible.

The high Causal body [Transcendental Soul] last manifested through Mohandas Gandhi.

You are all world servers; the Theosophists are right for a change about that.¹¹⁸ You will be used in the passion play for certain, but the roles this time will be much more diverse — larger world, more roles.

Dick: I would like to know if I have been with [my daughter] Kathryn before and is Kathryn an Old Soul?

[Kathryn] has been with you before. Richard, too, and Dorothy. Yes, Kathryn is an Old Soul. Sarah recognized Kathryn the first time they met again.

Kathryn: I would like to know more about my present role.

Your present role is being presently fulfilled. It is necessary that you sit at the feet of a living master [Robert Burton]. It will be imperative to you that you assume the role of the master the next time. This is one of the last incomplete Monads Kathryn has.

Dick to Kathryn: I'm curious as to whether you are at the feet of the Master you're supposed to be. Are you?

Kathryn: Yes.

Yes, this man [Robert] is Kathryn's guru. This is not true for all of you.

Monads were explained to Kathryn at this point.

Dick: I would like to ask about [my daughter] Cheryl and [my mother] Mary, too.

Cheryl and Mary have others in their cadre that are unrelated to your Karmic Ribbons. [Dick's daughter] MaryAlice has been with [his son] Rick though. All of you have been together superficially before, but never this close before, only Kathryn and Rick. Dorothy was a sister to Kathryn.

Richard: Could we ask for a clarification on which Richard you are referring to [above]?

Rick, the son of Dick.

Sarah: That's strange. I'd like to know where Missy fits into this. You know I've had this really strange feeling with Pat's daughter, that if anything happened to Pat, Missy could come into my life without any changes being made.

¹¹⁷ "Waking sleep" is a Gurdjieff term used to describe our normal state of awareness, in which consciousness is assumed, but not truly present.

¹¹⁸ The Theosophists had a primitive notion of Soul Age, not nearly as well defined and explained as the Michaelian version. Their highest category of Soul Age was called "World Server". You may read about them on the internet at >https://www.lucistrust.org/world_goodwill/key_concepts/the_new_group_world_servers3<.

Yes, Melissa has been a part of your Karma before; Priscilla, too. It would be good for them to swallow their fears — Priscilla of life and what it holds, and Melissa of the paranormal. Both are in contact, but continue to flee.

Dick: I would like to ask if Michael was with me last night and saw me put my hand on the brow of this young lady who had taken an overdose and cut her wrists.

Yes, Dick, we are almost constantly with all of you now. It will be that way from now on.

Please accompany the gestures with meditation upon my aura and then we can guide you. The words will be in your mind then and there will be no mistake. You will even be able to discern whether any action should be taken at all. In many cases, you should do nothing, and I realize that this is contrary to your [medical] training, but it is one of the hurdles you must scale. Most of those involved in the teaching profession — academic, that is — are either Young or Mature Souls, and their system of ethics is erroneously based upon their own fears of physical death and the nothingness, annihilation of the soul. The healer knows intuitively when not to heal.

Dick: Then I want to know whether what I did with that young lady was correct — putting my hand on her head?

Yes, it was correct. That came from higher expression.

Dick: Did it help?

Perhaps only that young woman can qualitatively answer that. Like in Patricia's case, there will be initial resentment. It was not in her Karma to die that way.

Dick: Well, I really didn't know. Tomas has said that "wrong thinking" is the cause of all disease and trouble, so I put my hand on her head, when maybe I should have been trying to treat her Emotional Center. I didn't feel anything in my hand at the time, and also it was strange. In spite of all the troubles — and her eyes were all red — I was still sexually attracted to her. It was a strange mishmash of thought.

Only Emotionally Centered beings suicide. You can only reach them emotionally, of course. Suicide is quite romantic to them; also retaliation. The young lady was sexually aroused by the act [of attempted suicide] itself; you reacted to this.

Dick: As I get thinner, I seem to become more sensitive to hostile impulses or the generation of hostile feelings in others, particularly in people like Pamela's mother. I don't know how to handle this. There are so many ideas, like the Lamb of God and the Essenes.¹¹⁹ You should shield yourself, but I'd like to know if there is a way of handling hostility directed toward you.

Yes, there is a way. Telepaths shield, but the way you have learned is sufficient for now. Recognize that they cannot control their hostility and move away from it in your mind. Develop a mantra, if this is necessary. Accept that their bad spaces are not your concern. They are acting out of their own roles.

Sarah: That probably came from the fact that he mentioned the Essenes and they were maybe occult masters and telepaths, and telepaths shield. That's probably why they mentioned that.

At this point, the telephone rang and Dick went to answer it. Sarah had a strong feeling for the name "Agnes" and asked who Agnes was.

Dick answered, "Betty's¹²⁰ daughter."

Sarah asked what this had to do with anything.

Agnes figures prominently in Kathryn's life. I think you just picked up a random thought.

Dick: In the last month or so, Michael has been outlining for us rather grand roles, which I don't feel up to somehow. I suppose that if they are with us ...

Sarah: But when they were naming the Old Souls, they said that the Old Souls don't usually play out the artisan role — that they are not usually the people who are in the headlines — that that is the younger Souls and the Mature Souls who are in the headlines constantly. The Old Souls were a less exalted list of people than I would have thought, because Rick and all those people who really "made it," so to speak, were in the list of Young and Mature Souls. There were many, of course, like Elizabeth I (a late Cycle Old Soul.)

Dick: That was Pamela on the phone. She wanted to tell me that her Karmic thing with Gary was over. That's why she called. She asked me to ask about her [Karmic] role.

Pamela is a Mature Soul who is uncomfortable with the people that guilt makes her stay around.

Dick: I would still like to know what her role is.

¹¹⁹ From Wikipedia: The Essenes were a Jewish religious group that flourished from the 2nd century BC to the 1st century AD that some scholars claim seceded from the Zadokite priests. Being much fewer in number than the Pharisees and the Sadducees (the other two major sects at the time) the Essenes lived in various cities but congregated in communal life dedicated to asceticism, voluntary poverty, daily immersion, and abstinence from worldly pleasures, including marriage.

¹²⁰ Betty was the first "official" student of Robert.

Pamela has burned out a Ribbon, yes, but unfortunately, Gary has not. It would be prudent for Pamela to use much caution. Pamela is surrounded by Baby Souls, except for you and Carolyn. This is why she seeks you out.

Discussion about Baby Souls was held.

Dick: I would like to ask if [my daughter] Cheryl should be a physician.

Cheryl would make a good healer, if she could be persuaded to acquire the required study habits, and by this I mean really learning and making the synthesis, not just by memorizing the lesson to pass the tests.

Dick: Has she been a physician before?

No, she has been a nurse. She has also been a teacher of philosophy.

Kathryn: I would like to know what course of action to take, whether to go back to school, which is one of the present aims, or just what to do.

The formal education would only serve to give you the proper credentials and increase your credibility factor. If you can pursue the course in Essence, this would be Good Work. Otherwise, you probably will not distinguish yourself academically.

Kathryn: For the growth of my own soul, is this a good course of action, to, for instance, study music, which may be in my Essence?

If you do study music, yes. Don't allow yourself to become enmeshed in the rhetoric. You already appreciate this mode of expression. Now it would be Good Work to learn to express yourself in this fashion. Magnificent contributions have been made in this way by essentially non-verbal souls. You have learned the benefits of creative silence; the lecture hall is not for you. If you give the gift of higher expression through music, you will reach many.

Richard: Some time ago, Soleal suggested that I get a hypnotist to help me work off some bad "Tapes" and I am having difficulty doing this. I wonder if I could have a comment on this? Should I continue to look for someone or what should I do?

When you really wish this to happen, the hypnotist will be available. Gene is capable; Dick, also.

Dick: I have a question about which course of action [my daughter] MaryAlice should pursue.

MaryAlice can pursue a course of study in the physical sciences. MaryAlice has a logical mind. MaryAlice could also have a career in music, but from a different place than Kathryn. MaryAlice could direct others. Music is an exacting science, and Artisans who pursue this must learn the rules. She would do this well.

Dick: My sister [CarolynH] is coming to see us and I think that she is unhappy. Should we introduce her to any of this material?

Introduce the material, but do not urge participation.

Dick: I have a question. It has to do with the fact that I have only known one living master, and when it comes to patterning my behavior, I have only this one model and my tendency is, as the "level of being"¹²¹ goes up, to follow this model that I already know. Is this correct?

The pattern is a good one. The man Robert will be a vehicle for the manifestation of the high Causal body [Transcendental Soul]. This will occur simultaneously with other manifestations in other parts of the world. Mohandas Gandhi was the first; many [will] follow. The world is much larger now than it was at the time of the last manifestation of the Infinite Soul [Christ]. There must be many [Transcendental Souls] to prepare the way.

Kathryn: Does this mean that I only have one more life? They say that I only have one Monad left. What does this mean? Do I make it then or is that my last chance?

[After completing the last Monad,] then, your [Entity] Fragments will be reunited and you will be an integrated Causal body.

The Causal Plane was discussed at this point, and Sarah said that she gathered that there was a high Causal body and a low Causal body, and that Michael says that he is a Causal being.

That is essentially correct. There is growth and evolution necessary on the Causal Plane as well as the Astral. There is a difference, though. This Entity [Michael, on the Causal Plane] still perceives self and something apart from self, although still a part of self, so this Entity cannot be said to be all of everything there is. The high Causal body [Transcendental Soul] does not perceive even this minute separation evidently. This is where the difference lies. Beyond the Physical Plane, the evolution concerns perception of the Tao.

Dick: He is a high Entity! I have a question of the evolution of the teaching — about who's coming through. Haven't you wondered about that? Was there a decision made that we were ready for a higher teaching than we started with? I'm pleased, you know. This is not a hostile question, just a seeking of information.

¹²¹ "Level of Being" is a phrase of Gurdjieff, equivalent to "spiritual maturity."

Soleal is a student; he needs this experience for growth. Tomas is a part of the high Astral body.¹²² These are Entities who choose to work out Karmic Ribbons [while] not on the Physical Plane. Many try. Few make it. It is easier to be born again.

Kathryn: Will any of us have flashes of higher states in this body?

Yes, if you mean those of you in this room. Soleal should become an occult master within this lifetime.

Dick: Unless it was a typographical error, I thought I heard you say that I would become an occult master, and I want to know if it was meant to be in this lifetime.

Not in this lifetime, Dick. It is within you to become an Adept [not the next higher level, 'occult master'].

Kathryn: Is it useful for us to know when we are going to die, so that we can speed things up?

Not until you can stay out of fantasy about it. This information is already known to you on another level. When you can tap this, there will be no danger.

Dick: Is it within Kathryn's grasp to become an Adept within this lifetime?

Yes. All Old Souls have this within their grasp. Whether or not it is achieved depends upon the soul's ability to burn karmas rapidly, and then pursue the [spiritual] path.

One of you has made this decision already and will become the teacher for the others. The skills are there. They need to be practiced.

04 September 1973 — Tuesday

[Assumed present by questions: Sarah and Richard, Alice and Dick.]

We are with you tonight.

Richard: Are there any general comments?

We have no general comments. We feel that the verbalization of those pressing questions is Good Work. We have chosen to work with you because we sense in you readiness to assimilate the type of data being transmitted.

Dick: My patients have headaches and I have no inkling of why they have chronic ones. Some I just don't understand at all. I can't figure out why they have headaches all the time.

Headaches are repressed emotions. Many things can be said through the painful head. Most frequently, a weariness of the body coupled with a bored¹²³, trapped Essence will produce the worst headache. Young Souls frequently have migraine headaches. They do not attempt to understand the treadmill they are on. Mature Souls frequently have tension headaches from being surrounded by uncomfortable souls all day. Mature Souls [who are] in close contact with Baby Souls and many Young Souls tend to have the most frequent and severe headaches. You can treat their [Mature soul] headaches by helping them see the source. With Young Souls, you can only treat the pain.

Alice: How old a soul am I?

Alice is a second level Older Soul.

Dick: In treating allergy, is there distinctions of Young and Old Souls? Is there some way to get to repressed emotions? Robert [Burton] used to say the Bible had keys to understanding the words. With Christ, it may have not actually been "healing." When he made the blind man see, the Bible may have been using esoteric terms. Is this interpretation correct?

Those parables are true as you expressed them. Jesus was also able to calm the hysterical by his presence alone. There is a clear-cut case of *globus hystericus* in the Bible. This is not an organic disease. You could learn to differentiate in this way. The people then were superstitious. It was easier to talk them out of their demons. There was also a case of hysterical paralysis.

Dick: [Perhaps, they mean] the man they lowered through the roof in order to see Christ and the woman who menstruated for eight years.

Sarah: The wording is so ambiguous, it would be hard to know for sure that's what they had.

¹²² Later, Michael corrected the above to read that Tomas was part of the mid Astral and not the high Astral body.

¹²³ Gurdjieff's, and hence OMG's, understanding was that Essence is more like what, in subsequent Michael communities, came to be called "True Personality"; hence it could feel "bored and trapped" when in the Negative Poles of the Overleaves. This is unlike the later understanding of Essence as "the intrinsic core of the soul", which is likely not subject to these human conditions.

It is doubtful that anyone could survive if they bled really for that long. This particular problem is symbolic of sexual problems in general, most of which are hysterical. Many women do cause prolonged uterine bleeding through their feelings of rejection and guilt. If the bleeder is a Mature Soul, you can help them by helping them to see the source. Otherwise, you may have to remove the uterus. How they react to your suggestion that there is nothing organically wrong should give you a clue to the Cycle.

Dick: Are you aware of modern medical methods?

Yes.

Dick: Why are there so many diseases? God made a perfect organism and caused so many diseases.

Only False Personality is susceptible [to disease]. Many things — such as diet and life style — mitigate¹²⁴ against good health. Excesses of any sort mitigate against good health and since thoughts are things, excess wrong thinking mitigates against good health. Jesus said that, I did not. You [medical doctors] are bombarding psychically sick organisms with organic and inorganic compounds [drugs] in shotgun fashion. One thing within the grasp of terran medicine¹²⁵ right now is the substitution of acoustical holographs for x-ray. This should be done soon. It is available now. Cost is what is holding it back. This is a clear-cut case of scrambled priorities.

*Richard: Could you define 'False Personality'?*¹²⁶

The False Personality is that which is produced artificially by the society in which you live. It is the rules of Maya.

Dick: Define hysteria.

Hysteria is the production of an abnormal state with no discernible structural defect manifest. Hysterics are capable of producing all manner of organic phenomena with no appreciable damage to the body. Easter bleeders are an excellent example. They are rarely anemic and yet they sometimes hemorrhage copiously. The hysteric always gains by producing these phenomena. Discover the gain and you can usually help these most unfortunate souls. Sometimes, an inattentive spouse must be pressed into service in this fashion. Usually, however, the hysteric is a weak, underdeveloped soul and the phenomenon is the only way for this soul to compete with the stronger souls around it. In these cases, it is difficult to cure the hysteria. You cannot help the soul to gain in strength.

Dick: Was Christ able to cast out demons?

The demons are produced by the sick mind and do not exist. They can be cast out only by one skilled in this. The exorcist must be able to give the patient a visible substitute; thus, he must be capable of producing psychic phenomena at will. Jesus was an occult master. He could produce the necessary phenomena to make the patient see his demon leave and occupy some other organism. Then, of course, you must still treat the sickness that caused the soul to produce the demon. Usually, this is masochism in its extreme manifestation. It was motivated in part by compassion, and in part by his knowledge of the Karmic Ribbons of those around him. He was also aware of the fact [that] the medical care in Greece was far superior to that in Syria.

Dick: The healing that Jesus did, was that done to demonstrate to people that he had these powers so that people would follow him to hear "the word" — his mission being to "spread the Logos"?

In the beginning, yes, it was.

Dick: Do you have any suggestions for my changing attitudes in work? Is there anything I could bring into my grasp right now?

You are beginning to understand the concept of Maya. This will automatically aid you in your practice. Structural Integration¹²⁷ is valid only for Emotionally Centered souls who are out of contact with Intellect[ual] Center and alienated from their [Moving Center] bodies. Gestalt therapy is valid for Intellectually Centered souls who need to contact their emotions. Hypnosis is most valuable for Moving Centered souls. None of this will be successful if you are not dealing with Mature Souls (middle Cycle) [or older].

Dick: Asked about the children.

Kathryn, Dorothy and Rick are final-Cycle [Seventh Level] Old Souls. MaryAlice and Craig are First Level Older Souls. Victoria is a Mature Soul. Cheryl is a final Cycle Young Soul.¹²⁸ You are all curious and that is Good Work.

¹²⁴ Mitigate: to lessen in force or intensity; to make less severe, to make milder.

¹²⁵ Terran medicine is another name for our current medical practices, based on Hippocrates, the "Father of Terran Medicine."

¹²⁶ "False Personality" was a Gurdjieff term, and apparently, Michael adopted it since the group was familiar with it.

¹²⁷ Structural Integration is sometimes known as "Rolfing," deep muscle massage or Hellerwork massage therapy.

¹²⁸ Dorothy is Sarah's daughter; the other six named are the children of Dick and Alice.

Dick has experienced the Physical Plane four times as an Older Soul. Richard has seen one lifetime as an Older Soul; Alice, two; Sarah, four.

Are there limitations of experiences on planes?

Primitive sensations, yes. These must be experienced before evolution can take place.

Dick: If one is an Old Soul, there is no need for the seven stages. You don't need to come back to evolve, do you? I would like to know about the man who devised "EST," Werner Erhard.

That is correct. Some chose, as Tomas has, to work out remaining Karmic Ribbons on the high Astral Plane — Astral angels, so to speak.

He [Werner Erhard] is not a manifestation of the Causal body [Transcendental Soul] if that is what you mean. However, he does have a workable system for Older Souls. Older Souls are capable of helping each other. In this [Old Soul] Cycle, the psychological becomes philosophical and this is the approach needed.¹²⁹ This is why you all discovered Gurdjieff.¹³⁰

What are Karmic Ribbons?

Those interwoven threads between you and the others you are associated with. Things they've done to you and you to them ... things that have to be evened [balanced]. In the life in France, Dick helped Sarah escape but not Alice. It was said that there was nothing he could do about it, just acknowledge it.

Dick gave Alice the money, or rather Emile [Dick's former name in that life] gave Emily [Alice's former name] the money, but Francoise [Richard's former name] persuaded her [Emily/Alice] to stay in Versailles.

Jacqueline [Sarah's former name] went to London and died there of Tuberculosis of the bone.

Question lost: [Something like: Is there a way to know our Karmic Ribbons?]

Yes, through conscious recall. Sarah almost has it. She has found four threads already. This is important. Work on it, then you will know what it is that you must do this time.

Richard: Back through Sarah's past lives, I did not see her as anything but human.

You also blocked out all her lives as a male.

Have we had lives on other planets?

Alice has. Richard has not. Dick and Kathryn have. It was necessary for them to experience peace.

Dick: I perceive vaguely a better way to heal, but it is too vague.

I have given you a start. You must begin to approach your patients as souls who are Centered in different places. You have verified for yourself the truth of the Centers. Now, you must verify the truth of the [Soul Age] Cycles. This is practical knowledge for the Older Soul, not just idle chatter. It supersedes all previous information. This is the lesson you must learn. The approach must be governed by what you sense intuitively, given this special skill.

Dick: Should I keep the Capri?

The Capri is a worthless piece of junk, but it is providing you with some beautiful Friction.¹³¹ Yes, scrap it.

08 September 1973 — Saturday

[There is so much dialog between the attendees in this session that it must have been tape recorded.]

Present: Alice and Dick, Kathryn [their daughter], Sarah and Richard, Dorothy [Sarah's daughter], Mary (Dick's mother), Christopher and Ilene.

A word of introduction to Christopher: Alice and Dick have known him since he was a baby. His mother and father we knew 19 years ago and have kept up an acquaintance with ever since. Christopher's mom used to call him "Roxie." The mom and pop are no longer

¹²⁹ Erhard had an extremely charismatic personality, so one might have reasonably supposed that he was a Transcendental Soul. Mainstream psychotherapy is most appropriate and effective for Mature Souls. Old Souls often prefer, and are benefited by non-mainstream methods to address their particular kinds of issues, when implemented by other Old Souls. Some things about EST are very similar to Gurdjieff in terms of psychology and practice; both are appropriate for the psychological and philosophical (and spiritual) aspirations of Old Souls.

¹³⁰ Members of the group: Sarah and Richard, and Alice and Dick (and others who would visit the group over the years) had previously been involved in a group loosely based on the work of Georges Gurdjieff, run by Robert.

¹³¹ "Friction" is a Gurdjieff term for those "opportunities/challenges" in life where things or people do not do as you prefer, and the proper "spiritual path" is to "turn the lemons into lemonade."

together, and Christopher is in San Francisco enrolled in the San Francisco State University in music. He just happened to come by with a girl friend, Ilene.

Sarah to Kathryn: Do you feel as old [seventh Level Old] as “they” say you are?

Kathryn: Before hearing that, I thought I was a new soul.

Katherine should have no real doubts. Modesty is a part of False Personality. More erudite souls call it “humility” — means the same.

Richard: Why did you call her ‘Katherine’? [Her family calls her “Kathy.”]

We feel an affinity for Katherine.

More often than not, a display of modesty is an appeal for attention and expresses just the opposite of that which the soul desires.

Dick: I would like to ask about Christopher’s mother.

Christopher’s mother is a Mature Soul who feels the vibrations of those around her intensely. Right now, there is much tension, unrest, many questions, much searching. This makes her uncomfortable.

Christopher: Will she be able to work it out?

Only if those around her alleviate the conditions for her — her reactions to your perceptions, not hers. She is also caught up much more in the enthrallment of Maya than Older Souls. Problems do exist on her plane. They are very real to her. The Older Soul begins to realize that there are no problems except those created by False Personality as a defense.

Dick: Is Christopher an Old Soul? And, also my mother?

Mary is a Second Level Older Soul. Mary has been with you all in Syria. She has been with [daughters] Cheryl and Victoria [in lifetimes] since [Syria]. Christopher is a Mature Soul.

Christopher: What is a Mature Soul?

A Mature Soul perceives others as they perceive themselves. Sometimes, this makes living difficult. The Mature Soul is not as open to the occult as the Older Soul. The Mature Soul perceives beauty with a clarity not found in earlier Cycles. At the end of the Cycle, the Mature Soul begins to perceive truth. This prepares the soul for the search.

Christopher: Was there anything besides my desire for growth that brought me to these people?

You have been with Dick in previous lives. There are no adverse [Karmic] Ribbons between you. You have also been with Phyllis.

Christopher: Who is Phyllis?

Dick: She is someone we met about six months ago and she has slipped right into our circle like an old friend.

Kathryn: I would like to ask if I’m putting on modesty, which erudites call “humility.”

At a deeper level, yes, because the Essence of that which is really Kathryn knows the score. The False Personality is making a last-ditch stand to survive.

Kathryn: I’ve been feeling that.

Mary: Could we have comments about CarolynH? (her daughter [and Dick’s sister] who is also visiting us but went to Los Angeles to visit her son for the weekend.)

CarolynH is also a Mature Soul. This Cycle is really fraught with Maya, more so than any other, because the perception of the Older Soul begins to emerge, but the understanding does not. The Mature Soul feels all of the hostile vibrations around them. They have a need to remove themselves from this, but are too caught up in the traditional mores to remove themselves entirely. They feel a certain sense of duty that does not dissipate until the transition [to Old Soul] is made. This is why a skilled therapist would be of help in this Cycle.

In Christopher’s case, Gestalt [therapy] would be of value.

(* The board spelled it “immerge” and we all thought they had made a mistake. Dictionary definition of “immerge” is: to immerse, which is to plunge into anything that surrounds, to engage deeply, to engross, to absorb. Emerge, which is what we thought they meant, means: to rise from, to come out into view.)

Sarah: They said something last time about Emotionally Centered people not being helped by Gestalt Therapy.

By the therapist, I don’t mean a Young Soul practicing psychiatry, either.

Richard: Could you tell where our friend, who is a psychologist, is at?

Foster is a Young Soul.

Dick: Could the problem my sister, CarolynH, has with her daughter, Merry, be because Merry is an Infant Soul?

Merry is an Infant Soul.

Dick: That's good. That means I'm picking up on where people's souls are and Michael told me I must do that.

What are Infant Souls?

Sarah: Infant Souls perceive their environment as "me and not me" and if "not me" is hostile, they withdraw or get into all sorts of trouble. If everything outside "me" is not OK, they are hostile. Things to the Older Soul are not as big a shock as to the new soul. Everything to them is new and they experience it as a shock.

Infant Souls are often given to Mature Souls for growth.

Kathryn: Given in what way? Are they led to you as children?

The souls between physical lives chooses to have this experience.

Mary: Where is CarolynH tonight? Could Michael say anything about what she is doing?

CarolynH is sleeping.

Sarah: Where is she?

Mary: She went to Los Angeles to visit her son.

This soul is weary. She has selected much Karma for herself. She will attempt in this lifetime to burn out all those Ribbons incurred in the Young Soul's final level.

Do you mean in her own lifetimes as a Young Soul?

Yes. She is now [a] first level Old Soul.

Cheryl: They told Dora at the "I Am Sanctuary"¹³² that she had four incredibly difficult lives and there was only one Karmic Ribbon left for her. That was that she would have to lose a child. Yes, she has gone through that.

It is good that Dick is beginning to apply the information. There is even gratitude felt on this [mid Causal] level.

Dick: I thought about how to apply the soul level to Merry and felt Merry is extremely naive.

Where is Ilene?

Dick: Probably a Young Soul.

You are correct: Late Cycle younger soul. Ilene has already done her earthshaking, though there is still desire there to create harmony by forcing others into a mold: If they would just behave in a specific fashion, 'things' would be a whole lot smoother.

Christopher: I don't feel that about Ilene. She doesn't force anybody.

Sarah: That's how she feels.

Dick: She may try to manipulate those around her so things will go smoothly.

Christopher: There's an Ilene that nobody knows. Could we get a comment on that?

At a deeper level, Ilene would much prefer that they went her way.

Ilene: Of course, I would.

Dick: Obviously [by the looks of her], Ilene is under the influence of Venus and it is not like Venusians to be manipulative.

Oh, yes, they are!! They are excellent silent manipulators. Theodora was a Young Soul (cries from Ilene: "Oh, one minute") under the influence of Venus.

(More cries from Ilene: Oh, I have a question. Who is Theodora?)

Sarah: Theodora¹³³ was Justinian's consort. She manipulated the whole Roman Empire.

Ilene: I freaked out because my father's mother, whom I've never met, was named Dora. (She had been looking over the writer's shoulder and "Theo" had been written on one page and the "Dora" on the next and all she saw was "Dora.")

Older souls are more overt in their manipulations.

¹³² From Wikipedia: The "I AM" Activity is the original Ascended Master Teachings religious movement founded in the early 1930s by Guy Ballard (1878–1939) and his wife Edna (1886–1971) in Chicago, Illinois. It is an offshoot of theosophy and a major predecessor of several New Age religions including the Church Universal and Triumphant... The term "I AM" is a reference to the ancient Sanskrit mantra "So Ham," meaning I Am that I Am.

¹³³ From Wikipedia: Theodora (c. 500 – June 28, 548) was empress of the Byzantine Empire and the wife of Emperor Justinian I. Like her husband, she is a saint in the Orthodox Church, commemorated on November 14. Theodora was perhaps the most influential and powerful woman in the Byzantine Empire's history.

Ilene: Does this mean I should work out now this Karma or is this a natural thing?

This is a natural part of the Cycle. It would be like dyeing your hair: the change would be only temporary and probably not to your liking.

Ilene: Probably not.

Christopher: I've been accused of being grossly insensitive. Is that part of the Mature Soul perceiving other people as they perceive themselves, or is that something else?

That is shielding, Christopher. You do it to protect yourself. You perceive the unhappy ones around you and at a deeper level, you also know that you cannot help them. You can also not stand the raw emotional strength.

Christopher: There's someone I've had a strong psychological relationship with lately who kind of broke off our relationship because she said I was insensitive and it has hurt me a lot, and I wondered, will that be resolved in this life?

No. She perceives herself as being wronged. This is her problem.

Christopher: What level is she?

She is a Young Soul.

Sarah: She feels you did it to her. This is how she sees it.

Richard: Wash your hands and start all over.

Sarah: Whenever you encounter anyone with that attitude, you can't do anything about it.

Christopher: By complete off chances, we physically and psychologically collide at the oddest times, and I can't believe it can be stopped by this.

No, you will continue to collide, but the relationship will never be a satisfactory one.

Christopher: I can believe that.

Kathryn: I would like to be more in touch with that part of me that "knows the score."

Meditation would help. That part of you realizes the intense internal struggle. It is almost like war right now.

The False Personality senses that it is losing and will continue to fight.

Mary: That's pretty good for Christopher, isn't it?

Christopher: It cleared up a big conflict for me. If I can believe it, I can get a clear idea of certain actions to take.

Ilene: There are a few people I'd like to know if there's a growth thing with: my father; a boy named John; my sister.

It is too early for this to be entirely correct for you, Ilene. What you feel are family ties. Your father exerts much influence over you.

Ilene: Alternately, I exert influence over him.

You do. You are both Young Souls.

Ilene: That clears up one thing.

Christopher: What can I do to clear up the troubles with my body and get in tune with it more. (Christopher has suffered with asthma most of his life.) It's really hanging me up lately.

Structural Integration would help; also yoga — not the easy asanas, the hard ones.

Christopher: Would someone explain "Structural Integration"?

Voices in chorus: That's Roling.¹³⁴ We can explain that later and perhaps put you in touch with an experienced Rolfer.

Hiking with compatible souls would also be good.

Richard: The Sierra Club offers much for singles program.

Kathryn: Who should I go to, to meditate with better?

Chogyam Trungpa's¹³⁵ methods would work for you.

Kathryn: What? Who is that?

Sarah: He's a Tibetan Llama from Delhi. He has one place in Vermont and another in Colorado.

¹³⁴ Roling is a form of deep muscle massage originally invented by Ida Rolf (1896-1979). Additional forms of deep massage and bodywork like Hellerwork Structural Integration were developed from the work of Ida Rolf and are now included in the term "Structural Integration."

¹³⁵ From Wikipedia: Chögyam Trungpa Rinpoche (February 28, 1939 – April 4, 1987), a Buddhist meditation master recognized both by Tibetan Buddhists and other spiritual practitioners and scholars as a preeminent teacher of Tibetan Buddhism, was a major figure in the dissemination of Tibetan Buddhism to the West. Among his contributions are the translation of a large number of Tibetan texts.

She could read the book or could seek him out; either would work; the latter would be more interesting. He is a beautiful, joyous Essence. Find him.

Sarah: Where could she probably find him?

She could find him at his ashram in Vermont.

Christopher: Why does he choose to address me as Christopher [instead of "Chris"]?

Richard: He [Michael] always uses the full name, except for Kathy — he calls her "Katherine" instead of her given name, Kathryn.

Nicknames are a part of False Personality, sometimes even the False Personality of the parents and not the soul itself. The parents often give the child a name with social significance, then promptly change it.

Dick: Oh, yes. We named Kathy "Kathryn," then promptly started calling her "Kathy."

Christopher: Questioning his [Michael's] awareness of things would be kind of ridiculous, but I just wondered if they are aware of all the shit that went on with my name?

Richard: Do you have direct access to the Akashic Records?

Yes.

Christopher: What are "Akashic Records"?

Sarah: We have been told that Akashic Records are photographic records of everything that's happened, and what happens is OK and part of your growth for you at the time it happens. This may not be entirely true.

What Body Type is Christopher?

Christopher comes under the influence of the Moon and Venus, and is Emotionally Centered.

Dick: Older Souls seem to lack enthusiasm for their jobs. Anderson [Chris' dad] could be an Old Soul. Maybe we're having difficulty because he's in transition from Mature to Old Soul.

Christopher: How long in terms of years are there between lifetimes?

Dick: They tell us it could be 200 years and perhaps as short as five between lives. In between [physical lives], you go to classes, while the soul is in transition.

Christopher: I think in this life, my father has made a big jump — a year ago. There have been incredibly psychic things that have happened with my girlfriend and I always wonder if things will work out. Why don't you go through all the Body Types so I'll have some idea what they mean. What does the order of Body Types mean?

Alice: Probably your dad is a Saturn.

Dick: No, he is more Jovial.

Christopher: Has my father made a big jump in soul levels?

No, he is a First Level older soul. The memories are there. He is recalling more (of his past life experiences).

Ilene: What is my Center of Gravity?¹³⁶

Your Center of gravity is Emotional.

Kathryn: What is mine?

Kathryn will not like this, but hers is Intellectual [Center].

Chorus: That fits.

Kathryn: Am I not emotional sometimes?

Sometimes.

Alice: Am I Moving Centered?

No, you, too (are Intellectually Centered). You use the Moving Center, but that is not where the trapped Essence is.

Dick: I think I'm Centered in Intellectual Part. I used to think I was in Emotional Center.

We think so too, but you use Emotional Center often. You have had a tendency toward downward leaks [to negative emotions]. This is not so much in evidence now. You are moving toward Balance.¹³⁷

¹³⁶ "Center of gravity" is a Gurdjieff term. The Michaelian teachings has simplified this to just "Center."

¹³⁷ One of the major factors in Gurdjieff's version of the spiritual path was to "Balance" the lower Centers (Moving, Emotional and Intellectual). That is, instead of responding to life's situations from one of them, learn to respond from the particular Center appropriate to the situation and do it in a healthy way. "Moving toward Balance" is mentioned often in the transcripts. "Downward leaks" of "energy" come from an inappropriate use of Centers and what in the Michaelian teachings came to be called their "Negative Poles."

Sarah: I don't feel I've ever gotten out of Moving Center.

Dick: Was my father a late Cycle Old Soul whose personality was much bound up in False Personality?

Yes, but not late Cycle, [he was] early [Cycle Old Soul]. This is why he could not come out of the False Personality to be "real" to you and Mary [his mother]. CarolynH [his sister] did not perceive this. He had [the] desire to search, but not [the] knowledge of the goal. The goal [of the searching] does not become clear to other than Older Souls. That is why the penitent orders are almost entirely composed of Mature Souls. They perceive the collective guilt of the world around them and assume that it is they who have sinned. There is no sin, only Karma, as there is no evil, only Maya.

Christopher: If my mother is an Old Soul, why does she ... ? [rest of question missing]

Sarah: She's not. He [Michael] says she's Mature. That's why she picked up the bad vibes from people around her.

Christopher: How do you ask a silent question?

Richard: Concentrate. Do not let thoughts stray from the one question. It is best to repeat verbally in your mind the question. The rest of us will attempt to blank our minds.

Christopher: [silent question.]

It would be Wrong Work for you to even try. Much wasted energy. You cannot change anything outside of self and you are not in contact with self.

Karma is subject to change, but only by those who know. Any attempt without knowledge will be wasted. You have chosen this role. You have also chosen the course your life must take. Unless you know why, then you cannot make alterations. I could tell you why, but it would not change the role. We cannot erase your Tapes.¹³⁸

Christopher: It's [the answer is] still nebulous.

When the Mature Soul perceives the unhappy ones, the desire is to shield the self from the unpleasant vibrations. You have already experienced the backlash from this. But know this well — you cannot alter their play no matter how much you love them.

Sarah: In other words, there is nothing you can do to make the unhappy ones around you happy. They have also chosen their roles.

Christopher: My question had nothing to do with unhappy people ...

Sarah: Apparently, it has to do with altering Karma. We can give you information on altering Karma. We had an incident where, at Asilomar,¹³⁹ there was a situation where a girl came knocking at our door, looking for a minister. We didn't think anything about it and when we went back to the [Ouija] board, it told us she was contemplating taking her own life, and we asked if there wasn't anything we could do to help her. The answer was, "No", and that we should not interfere with her Karma and that if the person had asked us for help, then we should help. Otherwise, do not tamper with suicides.¹⁴⁰ The first part was about altering Karma. There's another comment —

The course you wish to follow would not hold your interest long. Karma must be burned.

Ilene: How about people having congenital brain damage?

This is the path for them. Usually, they did not relate to this difficulty in a previous life.

Richard: I think what they [Michael] are saying is that these people did not understand the situation before [they had the experience themselves]. Can this be verified on the Ouija board?

It was in Adolph Hitler's Karma to be born a Jew. He has already been born in Israel. It will be a short life.

Alice: Will his soul eventually die?

No, the soul is eternal. The Essence does not die. It does not live. It simply is.

Adolph Hitler was a Young Soul.

Is it fair to ask how old he is now?

He was born again in [nineteen] sixty-two. (So he's ten years old.)

Dick: I would like to ask about people who have led exemplary lives because of their religious beliefs, such as my grandfather. It seems like your Essence misses so much experience being so religious.

That is correct. Usually the next life is spent in a whirlwind of activity.

¹³⁸ This passage apparently refers to self-Karma ("you have chosen this role; you have also chosen the course your life must take") rather than other-Karma. A soul is said to have plans for a lifetime, and that might include the Tapes that it is likely to acquire during childhood, which the Personality self may not be equipped to change.

¹³⁹ Asilomar is a spiritual retreat and conference center in Pacific Grove, California.

¹⁴⁰ We do not have the transcript for the session that was mentioned. There are other clues that Sarah and Richard worked the Ouija board together and either did not record or did not share the transcriptions, unfortunately for us.

Ilene: And after that, would it balance out?

That depends on the activity. Sometimes, the soul often chooses a rather vain, purposeless role that leads to no particular growth. This is what a 'resting life' is all about. That is why some souls spend much time in one Cycle. The figure 'seven' is an average, not an absolute.

The Young Soul is much attached to the physical body and lessons are often not learned even in the Astral interval. The Young Souls seek to return as soon as possible. Being out of the body is unpleasant for the Young Soul; it is terrifying for the Baby Soul, interesting for the Mature Soul, and welcomed by the Older Soul.

Christopher: When you get into the Older Soul, do you remember your experiences more clearly?

Yes. The ability to recall depends on the rate the [Karmic] Ribbons are burned.

Dick: I have a question about conventional religions and how they influence people. I know it's a vague question, but people who become identified with a religion somehow limit their experience and don't seem to grow much, yet they may help other people. Christ did not look for his followers among the righteous; he looked among the unrighteous.

His followers were only unrighteous in the eyes of certain beholders. The rituals derived from the religions are Good Work. They produce a group high, which is the only way that Baby Souls ever experience a high; that is, vicariously (through others).

(Sarah commented on the feeling being very strong operating the [Ouija] board.)

Kathryn: Could they speak to me at other times?

We speak to you now, Kathryn. It is up to you to listen. We will speak to you through the typewriter.

Kathryn: When I do that, it feels like "me." Some of the information has been contradictory. I wonder if it's my "many I's"?¹⁴¹

Many times. Many times, the strong intellect takes command and forces us out. We come only through higher Centers.

Richard: I have a problem with automatic writing. I feel I'm controlling. I argue with myself. In general, the information is valid. I get Sarah and we verify through the [Ouija] board.

Christopher: Do you think the typewriter will become a religious archetype?

Do you?

Sarah: It's as real as in this book [I read where] there's this world that worships the hydrogen atom because they got all messed up by another civilization who visited them too early in their history and told them about the periodic table. They didn't understand the atomic theory and so, over the centuries they developed this powerful religion around the hydrogen atom, built temples to it, and they got all messed up because it came too early.

That is valid.

Richard: Which world is it?

The name is meaningless; the danger is real.

([The danger is in the] beginning of religions, not the hydrogen atom. Sarah said they just simply did not understand anything they were told.)

Dick: How do religions deviate so far?

We cannot reach the Young Souls. They are in charge of your world.

Richard: Is Richard Nixon a Young Soul?

No, he is not. He is a last Cycle Baby Soul.

Sarah: People with money are Young Souls. That is what their goal is.

Dick: They [Michael] have never told us about war.

Christopher: It's Karmically programmed to happen.

It [war] happens because Young Souls are in the majority on your world. They are largely motivated by the desire for material achievement [what money can buy]. This is an alienating goal.

Dick: Why did Christ judge the Pharisees¹⁴² and speak of people being cast out into darkness?

¹⁴¹ "Many I's" is a Gurdjieff phrase for "sub-personalities," which are parts of the False Personality.

¹⁴² From Wikipedia: The Pharisees (Latin pharisæus, meaning "set apart") were at various times a political party, a social movement and a school of thought among Jews during the Second Temple period beginning under the Hasmonean dynasty (140–37 BCE) in the wake of the Maccabean Revolt. Conflicts between the Pharisees and the Sadducees took place in the context of much broader and longstanding social and religious conflicts among Jews dating back to the Babylonian captivity and exacerbated by the Roman conquest.

He was describing precisely what they would encounter on the Astral interval. He did not judge, he knew. There is a difference. Judgment implies an alternative [discernment choice] ... there was none. When a master speaks, there is no room for discussion.

Christopher: Where on the wheel of reincarnation is the enlightened youth culture of today, such as Richard Alpert¹⁴³ and Alan Watts¹⁴⁴? Are they Older Souls?

[Alan] Watts is [an Older Soul]; [Richard] Alpert is not.¹⁴⁵

Ilene: My grandfather just died and I would like to know where he was.

He was also a late Cycle Young Soul.

Dick: You can have a Baby Soul in a 70-year-old person.

Kathryn: Is self-remembering¹⁴⁶ a part of meditation?

No, but it is an excellent form of concentration — the highest form to be exact. Meditation requires an empty head.

Sarah: Michael told us there is a difference. Both have their place and the goals are different.

What is the difference between meditation and concentration?

Meditation is the emptying of the mind of Maya; concentration is the active acquisition of higher knowledge: the Logos.

Sarah: We were told when you meditate under grass, you are concentrating. Richard asked if a mantra was better for him than marijuana. They answered that, for meditation, the mantra was better, but if you want to concentrate, then marijuana is better. They are different.¹⁴⁷

Dick: Then you're concentrating on the Maya, then you concentrate on higher knowledge, not Maya.

Kathryn: It seems that I am constantly taking in impressions all the time (under grass) and am not in illusion.

Self-remembering can be defined as follows: You are sitting in a field. You see the sunlight. You see it and feel its effect on you. You also feel and see its effects on the trees. You can see and feel its effects on your entire physical environment at once: the sunlight filtering through the trees, the sunlight calling the bees to action, the sunlight on your back, the sunlight as radiant energy, the sun as a source of light and heat. You can hold all of these impressions separately and yet recognize them as an integrated whole. To do this requires separation from Maya.

Kathryn: Our goal is to wake up the self. Do not these two techniques have the same goal?

Yes.

Christopher: In day-to-day, apart from sleeping, when does the soul come closest to cosmic awareness?

The average soul glimpses the higher only in moments of extreme stress or agony.

Christopher: I was thinking it had something to do with sex.

Sarah: That's is the worst energy leak of all... Also, the biggest Maya of all. It is also the biggest thing here to go upward ... Yes, but usually people go downward with it.

Richard: There was an experience I had about, "Are solid objects solid?" They said they are "Maya" too.

Sarah: I'm not ready to comprehend that.

Dick: I don't go along with Gurdjieff there. When I go away for a weekend, I know my piano will there when I get back.

Alice: How you perceive that piano is different than how I or anyone else does.

¹⁴³ From Wikipedia: Ram Dass, (born Richard Alpert on 06 April 1931 – 11 December 2019), was an American contemporary spiritual teacher and author of the seminal 1971 book *Be Here Now*. He is known for his associations with Timothy Leary at Harvard University in the early 1960s.

¹⁴⁴ From Wikipedia: Alan Wilson Watts (06 January 1915 – 16 November 1973) was a British philosopher, writer and speaker, best known as an interpreter and popularizer of Eastern philosophy for a Western audience. Born in Chislehurst, he moved to the United States in 1938 and began Zen training in New York.

¹⁴⁵ I, Phil Wittmeyer, have seen Richard Alpert, aka Ram Dass, give a talk in person, and my impression of him was that he was a Mature Soul.

¹⁴⁶ "Self-remembering" is a Gurdjieff term for being aware of your awareness.

¹⁴⁷ We do not have the session in which this information was recorded. In the early days of the original Michael group, Sarah and her husband Richard worked the Ouija board together, and likely sometimes did it outside of the group gatherings, and did not write down or tape record or typewrite the session for general distribution. This appears to be an occasion in which she shared this type of private communication with the group.

Christopher: It's made up of vibrating molecules, which are made of vibrating atoms, which are made of vibrating electrons, (which are...) and the majority is space.

Dick: But I cannot see that.

Sarah: It [may] be that only because we agree to see, that we see. It may be that all these other planes are around us and we do not see. There's agreement to accept the information, but we cannot see them.

Ilene: I have a question on self-remembering. If you are aware of all these things on some levels, does our soul manifest in animals or plants? Is it always human?

Richard: We've had a session where this came up. The example was the experience of an animal being hunted and being shot. You cannot do it on a lower level.

[Repeated from August 21, 1973 ~ Do humans reincarnate in animal form?

[Human spirits reincarnate in human form without exception. The only Karma incurred of importance relates to other people. However, there are sometimes unresolved emotional conflicts in the entity [person]. I have said that Astral matter can be used to materialize self and other objects. The entity chooses then to create the hunted and experience the hunt. From that dimension this experience is real, in the sense that it is needed to play out a scene.]

Ilene: Is there an animal soul or group soul? Would it be spacial?¹⁴⁸

Richard: There is someone who is interested in that and I don't want to put you off, but I don't want to go through it twice. Could you wait for your answer? The high Causal body throws or sends Fragments in animal forms for an experience. The Fragments or animal forms are not real in the sense that it is physical. It is composed of Astral matter, sometimes. It is not Karma, but it is the experience to experience the hunt and the hunted.

Ilene: I would like to know the answer to the question about group souls when you do ask. What is a Rosicrucian?

Sarah: It is a society that apparently began in Egypt, at the time of the Pharaohs. It has to do with the occult arts. It is one of the oldest esoteric schools. They study these things, such as Astral projection.

Christopher: It is a split on eternity, like "send your sinuses on vacation."

When the teacher dies, the teaching passes into literature and should be regarded as such. (Regarding the Rosicrucians.)

Kathryn: That's interesting. There is no live Master here.

We are cosmic influence.¹⁴⁹

Ilene: I wonder about my growth and how did I happen to come here?

You happened to be with a medium.

Alice: I would like to know how to unTrap my intellect.

Concentration is an excellent exercise for you.

Alice: EST helped me to concentrate, but I seem to have lost some of the ability when I went to the mountains.

Richard: Did you lose it because you were out of touch with it and should have kept it up?

Alice: I guess so. I'll enroll again. It did open up some feelings.

Richard: Let us ask if it would be of value to us.

It would be a valuable experience.

Dick: [Valuable] for Kathryn, Cheryl and Richard?

Kathryn and Richard, yes. Cheryl would enjoy it, but don't expect her having the same experience. She will perceive the experience in an entirely different light.

Dick: Would that apply to Christopher?

It is not the most desirable form of integrated therapy for Christopher. We have already outlined the plan for him.

Kathryn: I have a tendency to avoid groups other than my own (Robert's) in order to keep my directed goal.

It should not alter the philosophy. All Old Souls see The Synthesis.

¹⁴⁸ From ><http://www.thefreedictionary.com/special><: variation of spatial. Spacial - pertaining to or involving or having the nature of space; "the first dimension to concentrate on is the spatial one;" "spatial ability;" "spatial awareness;" "the spatial distribution of the population".

¹⁴⁹ "Cosmic Influence" is a concept from Gurdjieff about types of influences we experience in life, with cosmic influence coming from supernatural planes. Cosmic influence is also called "C influence."

Sarah: He's already told us Werner Erhard was an Old Soul who had a good exercise for Old Souls.

Christopher: Did my mother benefit from Esalen?¹⁵⁰

No.

Sarah: I still would like to go to Esalen and take a bath. It feels so good. That feels like power ground for me.

Are there power grounds for certain people?

Certain souls react to the emanations of specific environments. Sarah tunes in to wild, isolated splendor. Kathryn, too.

Dick: In regard to Christ, when the Ouija board said, "When the teacher dies, the teaching dies," did they mean Christ?

The descent of the High Mental body [Infinite Soul] supersedes all that has gone before. The High Mental body does not live in the sense that you know life. When the avatar descends,¹⁵¹ the Logos is brought to bear. This is not a teaching. When the avatar descends again, the Logos will again be brought to bear, but in the language of today. Teachings are interpretations of the Logos. They must be updated, not because the Logos changes, but because language does.

Ilene: What is "Logos"?

Sarah: THE knowledge.

Dick: "In the beginning was the word. The word was God." [John 1:1.]

Sarah: They are saying the teachings aren't the Logos; they are just the interpretations of the Logos, and the interpretations have to be constantly changed.

Dick: Well, they had better hurry up because we have hydrogen warheads aimed at Russia and they at us, and there may not be a world to spread the Logos to.

Alice: Perhaps we will go to another world.

It is not in the plan to destroy this planet, yet.

Dick: That's nice.

Christopher: I would like to change the subject to something personal. How prominently in my growth, did my experience in February of 1972 with LSD figure?

It was all right. We feel that the gain was significant.

Ilene: I recently made a big move physically, and I wondered if that move ...?

Sarah: You have your answer already, whatever the question is ...

The need was satisfied.

Ilene: That's what I thought.

Kathryn: Back to being modest: is there any other act I could put on?

Openness would be the best approach. You are quite open, but there are still some closed corridors. You are conscious of the futility of anger, but are not quite sure of how to handle what you interpret as anger, so you tend to avoid situations that might give rise to this.

Also, you have a tendency not to trust your own verifications. You have verified your own status and are still unwilling to admit this. This is Wrong Work.¹⁵²

Don't accept the words or evaluations of the others until you have verified their status. This ability is within your grasp. You know instinctively who to seek, and have so far sought with discrimination on an instinctual level.

Now, you can move into doing it on a higher level. The knowledge is there.

(Question lost in tape ending ... something to do with being able to tell the difference in soul levels.)

There is a difference. Finer. It must be verified; but perception is the concept that separates the [Soul Age] Cycles.

Is Stella Wirk¹⁵³ an older soul?

¹⁵⁰ Esalen Institute, in Big Sur, northern California, is a retreat center for physical, psychological and spiritual healing.

¹⁵¹ "Descend" is another way of describing the High Mental Body (or the Infinite Soul) manifesting into a person on Earth, such as when the Infinite Soul came into Jesus' body toward the end of his physical life.

¹⁵² "Wrong Work" is the opposite of "Good Work," a term Michael uses when they feel someone is doing good spiritual growth work.

¹⁵³ Stella was an early active member of Burton's "Fourth Way" group along with her husband, cartoonist Harold Wirk.

No; [she is] not an older soul.

Mid September 1973

[This session is from the compilation of the 1973 sessions in which personal information was deleted. It was placed between two dated sessions that we have in unedited form, Saturday 08 September and Tuesday 18 September. Perhaps the most likely date is Thursday 13 September; the group often met on Thursday.]

Location: Oakland, California.

[Assumed present by questions]: Alice and Dick, Sarah and Richard, Gene, Phyllis, Ellis¹⁵⁴.

Twice in meditation, through automatic writing, I got the statement that I should ask about the man who developed the tesseract, which is based on the number seven.

The tesseract¹⁵⁵ is an adequate visual geometric representation of form existing on other planes. It is not possible to represent this more correctly. The vision is not there to receive the images and interpret. The man [Charles Howard Hinton] was an Old Soul who had the gift of Astral projection. He was also a fairly competent mathematician.

Is the number seven important, as important as has been implied through automatic writing?

Yes, but so are other odd numbers. These point to the yin and the yang, and the completed Monad in the center. Seven is important to those on the Physical Plane. Nitrogen, for instance, is number seven. All physical things — living organisms — are part of the nitrogen Cycle.

Christ said that he would speak in parables to the rest of the people, but to his disciples, he gave all the knowledge of heaven and earth. It seems that “they” are giving it to us.

He also said: “Seek and ye shall find; knock and the door shall be opened.”¹⁵⁶ You have asked.

Dick: Many of my patients had pain problems today and I did not have the time to help them — to help them see the source.

Your society uses time as an enemy. How can you expect to be of much help with the scheduling you are enduring?¹⁵⁷

Tomas told several students not to change jobs.

The idea of changing jobs right now is traumatic. As evolution progresses, this will not be the case. There are still Ribbons holding you there.

Were we a part of the “passion play” [Jesus’s crucifixion]?

Israel, of course, refers to the Tao. Israel was not a physical thing when those words were written. Souls cast from the Tao at the beginning, at least not in any way that you would understand. Israel was not Syria-Palestine, at least not until fairly recent times. Israel was an allegory used to express the inexpressible. When the being you speak of as Moses spoke of his people being cast from their homeland, he spoke of souls becoming Earth-bound for the Cycle. The genealogies are reincarnational Cycles: count them.

Would studying history be better than relating more to present-day problems?

Recorded history holds the greatest lesson that can be learned, except [for that learned¹⁵⁸] at the feet of the realized Master.

How can we be sure recorded history is not distorted?

We will let you know.

Richard: Can you suggest some reading material for me?

¹⁵⁴ Ellis had been a member of Burton’s group; he left at the same time as Dick and Alice, and was apparently recruited to the original Michael group in mid-September.

¹⁵⁵ From Wikipedia: The tesseract is an 8-cell or regular octachoron or cubic prism. The tesseract is to the cube as the cube is to the square. It has also been called a tetracube or hypercube. The word “tesseract” was coined and first used in 1888 by Charles Howard Hinton in his book, *A New Era of Thought*.

¹⁵⁶ From the *Bible: Matthew 7:7* (“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”) and *Luke 11:9* (“For everyone who asks, receives; he who seeks, finds; and to him who knocks, the door will be opened.”)

¹⁵⁷ As an employee of Kaiser Permanente, Dick did not have the freedom to set his own time allotment schedule for seeing patients. This situation with for-profit hospitals is detrimental to the health of the doctor as well as of the patient.

¹⁵⁸ The words in brackets were added by Yarbrow in *MMF* page 207.

Your pursuit of the teachings of Mohandas Gandhi will be [good] for now. Learn to finish one task before you begin another. That book was given to you as a specific task for a very specific reason. (This particular student Richard is a Moving Centered, Old Artisan in Acceptance.)

(To another student — an Old Warrior in Growth:) for you: the works of Zarathustra [Zoroaster].¹⁵⁹ They would have more immediate meaning; also the philosophy of Heraclitus.¹⁶⁰

Can I separate best from my job by not taking it so seriously?

Not only is it not serious, it is without meaning at all. Yes, separate. It is a means to an end right now. It has no other redemption whatsoever. Regard it as such.

Is Robert¹⁶¹ a “realized Master”?

Not yet. He will be when the High Causal body [Transcendental Soul] manifests. He still has questions. He wishes to become that [manifestation]. He will be given that wish.¹⁶²

How about Donald Macdonald?¹⁶³

He is a major domo — a Young Soul, the same as some of the Disciples of Christ. His talents of organization are much needed. He is completely enthralled by that which he does not understand. For this reason, he is being used. This is not Wrong Work.

I feel close to the entity we call Tomas and feel bad because we’ve deserted him and are now asking questions of Michael.

Are you asking us if there is some sort of dispute going on over who should be teaching? If so, we feel that you can answer that question yourselves. Possessiveness is Maya too.

Is Yorgos (the leader of another Gurdjieff/Ouspensky group) an Old Soul?

Yorgos is an Older Soul. This should be fairly obvious.

Will he be a “realized master”?

No.

It seems that Robert’s light is burning more brightly.

That is correct. He has selected the more difficult role.

Dick: Should I go back to him?

We have already told you that this being, Robert, is Kathryn’s [true] teacher [not yours].

Dick: But I would like to sit at the feet of a Master.

Please believe us when we say that you will.¹⁶⁴

Why don’t the entities speak in foreign languages? Or, do they ever?

Language is only a tool and a poor one at that. All of you have spoken many tongues. The memories are there. Some of you remember Latin from previous lives. That is why it came so easily this time. Sarah was a Carmelite [in a past life]; RichardR¹⁶⁵ [was] a Benedictine.

¹⁵⁹ From Wikipedia: Zoroaster was an Iranian prophet and philosopher and the founder of Zoroastrianism. The spelling “Zoroaster” is a Greek derivation from the Avestan. Zarathushtra is a modern rendering of the Avestan pronunciation, though Zarathustra is more commonly used. Though it is generally thought that Zoroaster lived about the 11th or 10th century BCE, some scholars believe that he lived sometime between 1750 and 1500 BCE or between 1400 and 1200 BCE.

¹⁶⁰ From Wikipedia: Heraclitus of Ephesus (c. 535 – c. 475 BCE) was a pre-Socratic Greek philosopher, a native of the Greek city Ephesus, Ionia, on the coast of Asia Minor. From the lonely life he led, and still more from the riddling nature of his philosophy and his contempt for humankind in general, he was called “The Obscure” and the “Weeping Philosopher.” Heraclitus is famous for his doctrine of change being central to the universe, as stated in his famous saying, “You cannot step twice into the same stream.”

¹⁶¹ Robert was the leader of the group to which Alice and Dick had belonged from its early formation. We have been told that Sarah and Richard belonged to the group for only a few months. They all (Sarah and Richard, Alice and Dick) left near the end of 1972. Also, about that same time, Richard and Sarah were married. Shortly thereafter they started their own group, which became the original Michael group.

¹⁶² As of 2015 Robert has not manifested the Transcendental Soul. If reports of former group members are to be believed, he has gone the other way, manifesting Narcissistic Personality Disorder, with delusions of grandeur, resulting in various scandals, much bitterness, and even lawsuits.

¹⁶³ Donovan was an early and active member of Robert’s group. He was attributed as being the person who helped “grow” the organization as large as it became.

¹⁶⁴ So far as we know, Dick never sat at the feet of a realized Master. He died in 2008.

¹⁶⁵ RichardR was previously mentioned as a possible member of the study group.

Sarah: I was terrible in Latin in school!

The disinterest in language is a product of the society in which you live. The grasp is there in all of you.

Seems I have one foot in religion and one foot in science, and they do not fit together. Could you comment, please?

There is no conflict. Religion is from the Emotional Center; science must be approached through Intellect[ual Center]. If there is Balance, there will be no conflict. Understanding scientific principles is a way to Higher Intellectual [Center] energy, just as feeling religion is the way to Higher Emotional Center. It [the notion that there is conflict between religion and science] is dogma that comes from False Personality and has no place in this discussion.

How did life get started?

Physical evolution proceeded on an orderly basis on all worlds. This concept should be self-evident when one examines the remnants [fossils and present-day life forms]. Spiritual evolution occurs simultaneously. There is evolution on all planes except the Tao. That is the only perfection of which we are cognizant.

It seems that there is a host of designers.

Living organisms are no more or less complex than inorganic compounds to perpetuate, once the formula has been cast and the reaction started. The nucleic acids are totipotential. Within each strand of deoxyribonucleic acid [DNA] is contained the complete code.

Could we ask for more details on the acoustical holograph?

Holograms are multidimensional representations of solid objects. This is made possible by passing through the objects with a high-energy source light. Light activated, s[t]imulated electron response¹⁶⁶ is one method, using light without diffraction. Sound waves can also be used if the distortion can be eliminated through proper shielding of the source — “modulation” is the more correct term. There has been research on this in your own country in the recent past.

Modulation? Do you mean to filter out the static?

Static is analogous to diffraction, of course.

18 September 1973 — Tuesday

[This session was labeled “Private” in a handwritten note above the typewritten line that gave the location, date, and attendance list. We received it from one of the attendees, Gene. However, an edited version of this session is in the compilation titled “Emanations”.]

Location: Oakland, California.

Present: Dick and Alice, Richard and Sarah, Gene, Phyllis, Ellis.

We are here with you tonight.

The energy is stronger now that Phyllis is back. Her energy is good. It is a positive force.

Sarah: I would like to know if my mother [Dorothy] is a middle Cycle [Fourth Level] Young Soul and if [my father] Ron is a Mature Soul? (Aside to the group: My mother is a bomb-thrower, and that is the Cycle where they are.)

Richard: I think we should ask for a comment on Ellis.

All are welcome. He is a seeker.

Dorothy¹⁶⁷ (Sarah’s mother) is an early Cycle Young Soul; Ronald [is] late [Young].

Richard: Is it possible that he (Ron) is in a transitory period?

Yes.

Phyllis: May I ask about Maggie (Spencer) — what sort of soul she is?

She is a Mid-Cycle [Fourth Level] Mature Soul.

Phyllis: Are we in the same place?

No.

Phyllis: Where am I?

¹⁶⁶ Perhaps this is a garbled reference to the laser, which is an acronym for “light amplification by stimulated emission of radiation”. Lasers are sometimes used in holography. Refer to Wikipedia articles on these topics for further information.

¹⁶⁷ Sarah’s daughter was named after Sarah’s mother.

You are a Sixth Level Older Soul.

Gene: Just to make this situation round, there are two other people present who haven't asked, one of them being myself and the other being Ellis. Before we go straddling the Universe, I think that it's proper to define us, too.

Gene has seen two previous Levels as an Older Soul. Ellis is now in the Fourth [Level].

Gene (to Sarah): Do you remember the Levels?

Sarah: Yeah, well you spend approximately seven lifetimes in each Cycle.

Richard: That's sort of the median; some people spend more, some people less.

Sarah: Michael told us we could make it if we worked hard enough.

Dick: I thought that was for Older Souls only — not for Young Souls and Baby Souls, too.

Sarah: That may be; we've never asked that.

Gene: (Repeats the Cycles of souls for Ellis's benefit).

Sarah: The Transcendental and Infinite Souls do not manifest in a physical body.

That is essentially correct. The High Causal body [Transcendental Soul] manifests only in times of social or religious unrest. Then if the revolution does not come about, the High Mental body [Infinite Soul] manifests and brings the Logos to bear.

The Mature Soul can also accelerate within the Cycle. Young Souls can burn Karmic Ribbons rapidly sometimes and accelerate; Elizabeth Blackwell and Florence Nightingale are examples. Louis Pasteur, Walter Reed, Marie Curie, [and] Frank Lloyd Wright¹⁶⁸ accelerated.¹⁶⁹

(We looked up Elizabeth Blackwell in the Encyclopedia to find out who she was; she was the first woman physician in the United States.)

Dick: I have a list of people I would like to know about. Shirley Wright?

Shirley is a First Level Baby Soul.

Dick: Jack Parsons? I have Mature [Soul].

Late Cycle Young.

Dick: We are missing that transition.

Dick: Louis Sanders? Young or Baby? I couldn't tell which.

Early Cycle Young Soul — retains the trappings. Watch for the perceptions of others. If they differ greatly from those [in the majority, Young Souls] involved, you are probably dealing with a Mature Soul [in the minority].

Gene: What does that mean to you?

Sarah: That means that if we (the group) perceive you in a certain light, and someone comes into the group and perceives you altogether differently, he is probably a Mature Soul; he picks up on different vibrations.

Gene: And that means he's Mature?

Sarah: That's just the Cycle he's in. Michael keeps telling us what a lousy Cycle that is to be in, because you pick up all of the bad vibrations from everybody around you.

Alice: Then you have all these problems.

Richard: That's where the suicide rate is the highest.¹⁷⁰

Dick: Let's see, what about Dr. Lipschultz¹⁷¹? He has penetrating eyes with much energy behind them, and much inner consideration¹⁷². Young or Baby Soul?

Sandor is a Mature Soul with problems.

Dick: OK, Dr. Liebgold¹⁷³ — Mature or Old Soul? I think Old (The group agreed that Dr. Liebgold was probably Old.)

¹⁶⁸ Frank Lloyd Wright's third and final wife was Olga Hinzenberg, who had been a student of Gurdjieff.

¹⁶⁹ Elsewhere [?] it was said that Old Souls can burn final Karma while on the Astral Plane without reincarnation, but this takes longer, so it is a 'deceleration'.

¹⁷⁰ It may be that Richard (and Sarah) got that information from the Michaels, because they sometime worked the Ouija board together without transcribing it, unfortunately for us.

¹⁷¹ >https://www.vitals.com/doctors/Dr_Sandor_Lipschultz.html<

¹⁷² The more correct phrase from the Gurdjieff teaching is *internal considering*. Too much of this means the person loses integrity by giving away their power to other people and to society. Typically, the older the soul, the more personal integrity; hence Dick's guesstimate that Dr. Sanders was a younger soul.

Howard is a Second Level Old Soul.

Dick: *Then is Dr. Lawson a Mature Soul?*

But of course.

Dick: *Dr. Baltz¹⁷⁴ is a Young Soul?*

Yes.

Dick: *Is Dr. Paauw¹⁷⁵ a Mature Soul?*

No. This man is a Baby Soul, last Level. This happens often.

Sarah: *What happens often?*

Richard: *I assume that the confusion happens often — the difficult differentiation.*

Sarah: *Is that what you mean, that the confusion occurs often?*

Yes.

Dick: *Then Dr. Mulder¹⁷⁶ is a Young or Mature, I'm not sure which — I think Young.*

Mid-Level Young.

Dick: *Then what about Dr. Leland? I have Young.*

Gene: *I say Old.*

Leland is a final Cycle Mature Soul, again with problems.

Richard: *Let's try and get some clarification on how to tell.*

Dick: *Well, I'm trying to read it from the eyes.*

The eyes are valid. You must discriminate between fear, unrest, and craziness.

Sarah: *Well then, can we have some eye signs that are valid?*

Gene: *Or some guidelines?*

Infant Souls manifest fear. This can be seen in their eyes. This fear is out of proportion to the situation. The whole business of living is fearful to them.

Baby Souls are guileless and this shows in their eyes.

Young Souls are in a state of unrest. This often shows up in erratic eye movements: the inability to hold eye contact for long.

But then the Mature Souls find it difficult to maintain eye contact because of discomfort.

Old Souls have a direct, penetrating stare absent in earlier Cycles. Wisdom is reflected there.

Dick: *I would like to know if Audrey¹⁷⁷ is a Baby Soul.*

Victoria had many problems because of this. This is the worst of all possible alliances because the Baby Soul has such a strong sense of right and wrong, and his opinion of himself is often exalted.

Dick: *I would like to know about [Phyllis's husband] Wynn.*

He is a Mature Soul who could be a seeker. Phyllis could help. He perceives her in an extremely positive vein.

Phyllis: *I think that could be so, but then I don't understand how to help him. I would like some guidance.*

Allow him to perceive the changes as they occur in you. Mature Souls are disturbed by secrets.

Phyllis: *Yes, but that's not helpful to me, because I do that all the time and what I get is kind of like ... [rest missing]*

In a sense, you do. You must remember that his perceptions are vastly different than yours. He must be shown a positive result: that is, something tangible, before he is able to exert any energy. He also clings to many beliefs from childhood. He is also in the transitory stage now; you can look for changes. The Society of Friends¹⁷⁸ was a natural for him. Perhaps he will renew.

Gene: *Was he a Quaker?*

¹⁷³ ><https://about.kaiserpermanente.org/our-story/our-history/dr-howard-b-liebgold-md-1932-2013><. He was an author and teacher as well as a doctor; look him up.

¹⁷⁴ ><https://www.legacy.com/us/obituaries/timesheraldonline/name/davis-baltz-obituary?pid=152499540><

¹⁷⁵ >https://www.vitals.com/doctors/Dr_Donald_Paauw.html<

¹⁷⁶ Dr. Mulder was physician-in-chief; he had been there for several years as a staff surgeon.

¹⁷⁷ Victoria and Audrey were married in 1970 and divorced in 1973. Later in the transcripts (January 1974), it was mentioned that he tried to choke her.

Phyllis: No, he never was, but his family was.

Gene (to Sarah): Did you know that?

Sarah: Well, I think she mentioned it once before.

Phyllis: He has renewed his interest in the Society of Friends recently, since his father [died last year], but he was not technically ever a Quaker. How can Wynn find changes and secrets less threatening? How can I present changes in myself so they are less threatening to him?

By prefacing the changes with something familiar. Teach the changes after review.

Gene: As I see it, Michael is saying first give him something familiar, then from there, what is different; something like peeping around the corner.

Phyllis: I guess I'm searching for a "for instance."

Gene: All of a sudden, we're having this huge body of information about souls and it must be important, and I would like an overview. Is this information going to be practical to me? Can I use it? Why this topic?

This is another Overleaf, and integration [of this information] must take place before you are able to perceive the Synthesis, which, of course, must precede perception of the Tao. Yes, it can be of great value to you. Body Typing answers some questions. This [Soul Age] answers still another set of questions. This is a broader Overleaf, and there are more.

Dick: I knew there would be more. I just knew it!

Ellis: I have a daughter, Marina, 26 years old, who is miserable. How can I help her to enjoy life more?¹⁷⁹

Mature Souls do not usually 'enjoy' life unless they are surrounded by souls in bliss. This is a difficult Cycle. We must emphasize this difficulty. The Mature Soul is beset with many problems, all intrinsic. The only way you can help is to make the environment non-stressful, so that she has sanctuary. The Mature Soul often seeks professional help on its own.

Phyllis: Can someone, in one lifetime, go from a Mature Soul to being an Old Soul?

Sarah: He has said so.

Phyllis: Because that is what I feel has happened to me, very much so. I used to see everybody as they wished to be seen and as they perceived me. I believed in their perceptions, too.

That was because you were raised by Mature Souls.

Richard: Yeah, apparently until you are about 35, this thing doesn't really go into effect.

Sarah: The soul manifests at that point, whether or not you've allowed it to.

Ellis: I am at the present time trying to look deeper into myself; make contact with myself. Will I get anywhere there?

Yes. Meditation would help.

Ellis: Yes, that is what I've been feeling that I should be doing.

Dick: Would you like some suggestions on how to do it?

Ellis: How to get with it?

Transcendental meditation is excellent for those starting late.

Richard: If you want to get help professionally, there is a thing in Berkeley called the Student's Meditation Center. They teach you how to do it properly.

Gene: Of course, there are TM [Transcendental Meditation] groups all over the place.

Ellis: We have Shantari.

Dick: Yes, but she's not a Transcendental Meditator.

Ellis: She does Zen meditation.

Richard: No, that's very difficult. From all that I've read, the TM is the way to start, then you can go into the more refined forms of meditation.

Ellis: I did some mediation years back, but I didn't have any kind of intense experience. I had a feeling of disconnection from the total ... but I don't have the vivid sensation.

¹⁷⁸ "The Religious Society of Friends" is commonly known as Quakers. Founded in England by George Fox (1625-1691), who did not find answers to his questions in any of the churches of his day. Out of his searching, came the spiritual message that swept a large part of the country and resulted in the formation of the Religious Society of Friends.

¹⁷⁹ Marina had psychiatric issues beyond the typical Mature Soul angst. This was obvious when I (Phil) met her at Alice's memorial service almost forty years after this session.

Dick: There is a Transcendental Meditation center in Walnut Creek. You could call them and find out if there is one closer to you.

Ellis: I have reservations about whether I am open enough to take it. I wonder if I'm too rigid.

You are in no way rigid.

Ellis: Well, I am also sensitive about those things that work for me, and being from the old country, I sometimes have reservations about some of the things that may work for other people in this culture.

This culture notwithstanding, you must verify the efficacy of the method yourself.

Dick: Transcendental Meditation comes from India anyway and not from this culture.

The group then ascertained that Ellis was Greek, and we discussed the fact that Michael had told Sarah and Richard that if they were really interested in "reading" the Gospels, they should learn Greek.

Richard: We asked him about the Disciples of Christ and whether any of them were Old Souls, and he said that only Luke was. Then I asked him if it would do me any good if I went back to the Bible and read Luke, and he said only if you can read Greek. Then we asked where we could get an accurate translation and he said that he would make it available to us.

Gene: I just read *Dear and Glorious Physician* by Taylor Caldwell, about Lucaneus.¹⁸⁰ I read that and I said to myself, her perception of Luke is right: he is an Old Soul.

Ellis: I have a Greek Bible and it is a pretty old one — a pretty authentic version.

Richard: Let's ask for a comment.

The Greek Bible used by the patriarch of Athens and recommended by him would be valuable. There were revisions made in 1866. He [Ellis] uses an unrevised version. He is a Scholar¹⁸¹.

Sarah: Who is the Patriarch of Athens?

Ellis: Well, he is one of the five Patriarchs. The seat of the church is in Istanbul — the chief Patriarch — but they are in Jerusalem and Cairo.

Can we have the name of the translator?

Anistarcos.

Gene: You know, what comes to my mind when you are talking about the Greek Bible, is that somebody probably took the King James Version, and some missionary translated it into Greek and sent it back to them.

Ellis: I understand that Christ himself talked in Greek. The language is really very beautiful. I question, and I don't know whether this is proper, your capacity to learn Greek and understand the Bible, because this is in a little different level of Greek, and is not very common today. It is not in the ancient Greek language, but not in the common Greek language of today either.

Phyllis: It would be like trying to read Chaucerian English.

The language could be learned. We did not say that it was either easy or necessary. It is simply that there have been distortions with each reform; Greece was not an exception.

Sarah: Maybe we should read the translation of this Anistarcos, but then (to Ellis) you say you've never heard of him.

Gene: I have a feeling that that should be "Anastarchos."

That is correct.

Richard: Would it be a valid statement to say that, of the Bible, Luke would be the most valuable scholar and that that translation would be the best if we really wanted to get the meat out of the Bible.

Yes. Another way is through us.

Sarah: I wanted to pursue that thing we started the other day about Israel being an allegory, meaning "cast out souls." He told us that Israel, as referred to in the Old Testament, was an allegory and it referred to souls being cast from the Tao.

Dick: Israel is used to try to explain the inexplicable.

Sarah: He said that the firstborn experienced the feeling of being cast from the homeland. The homeland was not a place in Palestine. It was the place from which the souls come.

At this point, there were three conversations going on at once. One concerned the allegorical nature of the Bible; one concerned acoustical holograms; another concerned the Gospel of Luke.

Then we asked for a comment from Michael on Israel.

¹⁸⁰ From ><http://www.enotes.com/dear-glorious-physician-salem/dear-glorious-physician>< "At the start of *Dear and Glorious Physician*, the child Lucanus looks at his father's hands, covered with scars from his years of servitude before he was freed from slavery by Diodorus's father. Lucanus decides that he loves his father despite his prideful attempts to forget his former lowly status."

¹⁸¹ The Role of Scholar had not yet been revealed, but it seems likely that the Role of Scholar was intended here because he was later identified as a Scholar, in the 23 October 1973 session.

That concept should give you no great conflict. The entire book is allegorical.

Dick: I liked Matthew. Luke was more poetic, so was John, but Matthew seemed to have the meat for me.

Richard: Can we have a statement about Matthew?

He was a relatively perceptive Young Soul.

Gene: I have a question that is burning my heart. To me, it wouldn't matter if he said read John or Mark or Matthew or Luke, because they are all translations, ad nauseum, and maybe the great original Luke was the best, but I have no relation to the great, original Luke.

Gene: Recently on my trip, I read a book by Meher Baba and it really tore me up, because he said, "I am the Christ, I am God, I've gone all the way up and I've been united with the all." Then he says, "Yes, I catch colds, and I do this and that." I also know that Baba Ullah says, "I was Christ, who was Muhammed and now I am here!"

Sarah: And Saiya Baba says that, also.

Gene: Yeah, OK, and then there were the five perfect masters that Meher Baba talks about. Maharaj Gee, the 14-year old Guru calls himself the "Perfect Master." There are so many masters and there are so many Christ principles and God principles, and I sure would like some clarifying help in this.

The Infinite Soul manifested through the physical forms of Lao Tsu, Sri Krishna, Siddhartha Gautama and Jesus – no others. The Transcendental Soul has manifested through Socrates, Zarathustra, through Muhammed, and through Mohandas Gandhi.

Gene: What about Meher Baba?

No, he is an Old Soul who had a vision.

Gene: And Baba Ullah?

This is a Young Soul with delusions of grandeur, same as Maharaj Ji.

Gene: What about Sri Aurobindo?

He is, or was, an Old Soul, final Cycle; [he] is now part of the low Causal body. He is worth emulating. We find no fault with his works.

Dick: I would like to ask about my son, Rick, whom he [Michael] has said was a final Cycle Old Soul, and he is out there tinkering with his car.¹⁸² I guess I'm below him in the Cycles and I can't help him. What can I do to help him?

We are not aware of any problems in Rick. We find no fault with him. He has few Ribbons to burn. He has almost completely returned to his primeval Essence. He is bored a bit.

Gene: I want to finish my theme now. It helps me to put this in the perspective of who to read, who not to read and who to listen to. Apparently, we are going to have a return again of the Infinite Soul around the year 2000?

Sarah: Within 100 years of the appearance of the Transcendental Soul. It has happened every time.

We have told you that.

Dick: There will be an anti-Christ preceding him, who was born in 1964. He will lead many astray.

The anti-Christ is not "evil", just misguided, but it is in the Karma of many to follow this man. Many have this Ribbon to deal with. There must also be an antithesis to complete the Monad. Paul [Saul of Tarsus] will also return.

A question was lost in the changing of the tapes. However, Michael's answer leads one to assume that the question concerned John the Baptist, as described by Seth.

John was a Fragment, not a manifestation [of the Transcendental Soul or Infinite Soul]. Paul was a Young Soul who was a zealot.¹⁸³

The next question was also lost, but it concerned the fact that John [the Baptist] was presumably a reincarnation of Elijah.¹⁸⁴

You are correct. Elijah was a part of the Infinite Soul at the time of the manifestation [of the Infinite Soul in Jesus]. The Causal body evolved. The high planes each have seven levels. The Fragments integrate at different times. When the integration takes place, evolution supervenes.

Dick: Down here where I am, on this poor old Physical Plane, could you send me a little more energy?

¹⁸² He lived in a camper trailer permanently parked in the driveway of the house until both of his parents died and the house was sold in 2011. Having seen it all and done it all in previous incarnations, there was nothing he could get excited about in his last incarnation.

¹⁸³ Paul was later said to be a Priest in Role.

¹⁸⁴ This is referencing Elias (Elija), a Hebrew prophet described in the Bible, not the same Ellis who is in the study group.

Tap the proper source and the energy will be there. Emotional energy results in a powerful Leak when used to feed other Centers.

Sarah: Remember what he said the last time, that you used Emotional Center a lot. They agreed that you were Intellectually Centered, but that you used Emotional Center a lot.

Alice: How can he get to the source?

By not reacting to the Maya of the Physical Plane. This results in a drain. No amount of stewing in one's own juices will make a 'mechanical object' [Gurdjieff's view of a typical human] perform beyond its optimal level.

Richard: I think that reinforces my statement, Dick.

Gene: Are they talking about your car?

Ellis: No.

Alice: No, they are talking about him.

Gene: I still think that that has to do with his car and not his body, and I would like clarification.

It has to do with both the car and the body. Neither can be pushed beyond its limits on the sheer force of emotional energy.

Sarah (to Dick and Gene): What is the significance of migrating arthralgias?¹⁸⁵

Alice: Are you getting one?

Sarah: I had this excruciating pain in my hand. We asked Michael what it was and they said, "Sarah has a migrating arthralgias."

Phyllis: Until I went to the doctor the other day, I'd never heard of that.

Gene: Arthralgia means pain in a joint.

Phyllis: And not inflammation?

Gene: Well maybe, maybe not, it doesn't say that. It just says that there is a pain there.

Sarah: No, I just wanted to know if it was psychosomatic.

Gene: You can have migratory arthralgia as a symptom of many things. It does not point to one disease.

Richard: Instead of speculating, let's just ask.

Sarah is not somatizing.¹⁸⁶ Sarah has strained the joint.

Dick: If I am evolving at all, it is invisible to me, and I've been studying Gurdjieff and then Ouspensky, and now this [Michaelian teachings], and the longer I go at this, the less I seem to know. I seem to be evolving backwards.

This is more apparent than real. You are now in touch with The Synthesis, and this is not an easy concept. Could you appreciate the beauty of the differential equation if you did not first have understanding of algebra and the linear equation? The more dimensions you explore, the more difficult the exploration becomes.

Dick: But I feel lousy.

The body is tired, the Essence is bored; what would you expect from that combination? We would expect a weariness of the entire psychosomatic apparatus.

Dick: What can I do?

Sleep will help the body. The Essence must pursue ecstasy in its own way or it is bored.

Dick: There is no way. I just know there is no way.

We think that you will find that way.

Richard: I will finish the book on Gandhi tomorrow. Then what should I do?

First, make sure that absorption has taken place. Then continue with the meditation. [Reading about] Any of the Adepts and Masters we have discussed this evening would be valuable.

Richard: To me, Gandhi seemed weak and sick most of his life.

His diet was terrible.

Richard: But was that Good Work?

¹⁸⁵ From Wikipedia: Arthralgia (from Greek arthro-, joint + -algos, pain) literally means joint pain; it is a symptom of injury, infection, illnesses (in particular arthritis) or an allergic reaction to medication.

¹⁸⁶ From Wikipedia: Somatizing is defined as "a tendency to experience and communicate somatic distress in response to psychosocial stress and to seek medical help for it."

It was Good Work for him. It also accomplished his purpose. The High Causal body [Transcendental Soul] has no attachment for the Physical Plane.

Richard: But wouldn't he have been more effective if he had been healthier? Wouldn't he have reached more people?

No, he would have reached far fewer. When he fasted, those who loved him attempted to bring about the changes he desired in order to persuade him to break his fast.

At this point, the session was terminated by mutual consent.

BODY TYPES¹⁸⁷

[Editor comments: Some of the original Michael students learned about “Body Types” in their previous Gurdjieff group (although Gurdjieff did not himself teach about Body Types; it came from one of his students, Rodney Collin). The following section was either adopted from the former group or written by one of the members of the OMG. It appeared in the edited compilation of the 1973 sessions at this location, before the session of September 22, 1973. This information was important to the group and was reinforced by Michael during the early sessions. It is included here because it is important to an understanding of the transcripts and the Michaelian teachings.]

We have been told that the physical body is influenced by the position of the planets at the instant of conception. Those planets providing maximum influence are Mercury, Venus, Mars, Jupiter and Saturn, also our satellite, the Moon, and, of course, the Sun. Various conjunctions of these planets occur, causing crossed influences.

The Passive Body types

LUNAR: The midmost point of femininity. Round, pale and full faces. The Goddess Diana represents the ideal Lunar woman. The Lunar gives the impression of coolness and smoothness (no rough edges). This student has found most Lunars to have a look of shining cleanliness and to be relatively small-boned.

VENUSIAN: Aphrodite represents the ideal Venusian woman. Warm and passive and usually sluggish; steadiness and tone of muscle and nerve. Round, plump-appearing, though not necessarily obese (fleshy).

JOVIAL: Short, rounded, stout, with a large head. [Sir John] Falstaff [a character in Shakespeare's plays] was the classical Jupiter. Juno represents the ideal Jovial woman. There is a tendency toward baldness in the male. The Jovial person usually develops paunchiness and has little body hair.

The Active Body types

MERCURIAL: Quick, agile people, with thick hair, bright eyes and even teeth. Characterized by many unnecessary movements (gestures, etc.). Many have powerful voices for their small statures.

SATURNINE: The “Bone People.” Saturnine people have long heads, rugged faces, projecting cheek bones, prominent noses, large straight teeth and square jaws. They are normally lanky, long-boned with strong frames and large, and firm muscles. They are slow-moving and have a tendency to sit quietly.

MARTIAL: These people are characterized by a low hairline, hair of unusual color (black among the Scandinavians, yellow among Latins, red among others — but this is not always present). They usually have swarthy or freckled skin, sharp teeth, and are hairy of face and body. Those under the influence of Mars are normally short.

An Intermediate Body type

SOLAR: Pure Solar types have milk and roses skin, delicate teeth and bones and an air of fragility — the Snow White type.

Combinations of maximum physical attraction are:

Saturnine + Lunar

Jovial + Mercurial

Martial + Venusian

Pure types are exceedingly rare. Most of us are a combination of the above.

¹⁸⁷ Along with this text in the transcripts, there were cartoons depicting six of the body types and their attributes: Jovial/Jupiter, Lunar, Mars/Martial, Mercury, Saturn and Venus drawn by Harold Wirk of the Fellowship of Friends (FoF). The cartoons are in Volume 2 of *Michael Speaks*. They are also available on the internet, so if you search for his name and the FoF you will find them.

22 September 1973 — Saturday

Location: Oakland, California.

[Assumed present by questions: Alice and Dick, Sarah and Richard.]

The names of participants were not recorded nor were there tapes of this session.

We are here with you tonight.

Dick: I would like to know how to burn Karma.

If you are to purposefully burn Ribbons, you must first know with certainty what has been incurred. This takes study and recall. Otherwise, you will pay your Karmic debts in their natural order. This is why the knowledge of reincarnation comes in some way to all Old Souls. Prior to that, it is only a matter of chance, such as birth in a country such as India where this is the accepted theology.

Is burning a Karmic Ribbon always a negative thing?

Sometimes you are the debtor. Sometimes it is to you that the debt is owed. The Ribbon is the thread that links you to the other Fragments of a Karmic play. You wish to complete the Monad. As soon as this is accomplished, the Fragment has evolved. As soon as the major Monads are completed, the Fragments are integrated.

Dick: Asked for assistance with an emotional problem concerning the inhibitory influence of another person no longer in the picture, but still on his mind. He wishes to break away, but somehow cannot.

When you truly wish to be free of that influence, try making a mental tally of all positive experiences that have come about solely as a result of that relationship.

Dick stated that he felt only rejection, sorrow and loss, and that he could see those blocking his ability to love (fear of this happening over again).

In that relationship, you were able to give the gift of higher expression. It was not reciprocal because she was not in touch with Higher Centers, but she has also memories. This is often the case. You could not recapture that experience, but you could duplicate the Higher Emotional energy output — now especially. But first, you must stop equating the experience you had with a specific partner. It was your experience. You were ready to have it.¹⁸⁸

Dick: If it is intellectual, it is easy to change, but if it is emotional, it is difficult to deal with.

The emotion he is dealing with now is grief. This is difficult to overcome until the duplication is accomplished. Dick must allow himself to love.

Dick related the Gurdjieffian analogy of the horse representing Emotional Center, the carriage Intellectual, etc. The grief produces a "sick horse."

Young Souls who lose a child through trauma or illness often seek to replace that child, and in so doing make life miserable for the second child, who does not, of course, replace the lost one.

Dick: I don't understand that. What does that mean?

You can only duplicate the energy output; you cannot duplicate the circumstances.

Dick: Am I dealing with some form of the Oedipal complex?

First of all, the Oedipal myth is culturally induced and does not have that much influence at your level¹⁸⁹.

Secondly, the grief stems from not being able to recapture what was for you an extremely important evolutionary milestone. She happened along at that time in your life.

Dick: What now?

Realize that you can duplicate the feeling. The grief is a normal reaction to the loss.

Dick: But isn't it abnormal for it to last this long?

Mature Souls often torch-burn for their entire lives. This is not unusual for Intellectually Centered individuals when they are first in touch with higher emotions. Dick, you lack confidence in your emotions. Rejection, or the sense of rejection, produces this in souls who still cling to the concept of Eros¹⁹⁰ and to the concept of choosing whom to love.

¹⁸⁸ This might be referring to the kundalini experience that Dick had at age 37; refer to session of 05 July 1973. The blissy Higher Emotional Center is sometimes experienced in a sexual encounter if Kundalini is active. One does not easily let go of that exalted an experience.

¹⁸⁹ During the OMG, Dick was said to be an early Level Old soul, but this was amended to late Level Mature in Sarah's 1990s channeling. Having spent some hours with him, I would say that the latter is correct.

Dick: This means you can't choose who you love.

Sarah: It's sad that most souls feel they loved in vain because they can't accept the love from those offering it.

Dick: Am I correct in assuming that this is why I don't have any energy?

Emotionally, yes. You are also [physically] tired.

Dick: But this also produces boredom.

It does.

Alice related an incident occurring on a camping trip in the wilderness. Because her son Craig developed ear problems, she had to leave suddenly and said good-bye to the other seven people. She felt good emotional vibrations in saying good-bye to six of the people, but did not have any particular emotions when saying good-bye to Yorgos.¹⁹¹ She wondered why.

His Essence is not in emotion. He is an Old Soul who is Intellectually Centered. He feels that he is Moving Centered and rejects this concept. However, it is difficult to come into emotional contact with him. [Yorgos's father] Ellis is quite different.

Alice stated that she felt the emotional conflict with John F-S,¹⁹² who is also Intellectually Centered and wondered why. Dick said that he felt it was because Juan knew he was Intellectually Centered and Yorgos did not.

That is correct.

Sarah: Discussed being Moving Centered and the group asked for a clarification on this.

Sarah is Moving Centered, but is moving toward integration [Balance of Centers] and can touch Intellectual [Center].

Sarah: Well, I guess I skipped Emotional Center!

Dick: I would like to know about Barbara's¹⁹³ Level.

Barbara is a final Level Mature Soul.

Dick: Barbara had a lot of power — emotional strength. I wonder about her Body Type.

Her emotional power came from her active Emotional Center and her perception of herself.

Sarah: I would like to know about Barbara's Body Type.

Dick: She's a Lunar. I'd like to know about Barbara also.

She was heavily influenced by Venus, less by the Moon.

Dick: Well, she's the strongest Venusian I've ever known! What is Sarah's Body Type?

Sarah is almost completely under the influence of Mercury, less Saturnine.

Someone asked whether it was necessary for us to experience life in all of the various Body Types.

Yes, you must complete the Cycle. It is important that you experience life from all of the vantage points. Venus-influenced females can be quite strong emotionally.

Dick: What is the nature of the influence? I mean, what comes from Venus?

A specific type of energy is emanated by the planet. Each one of the planets in this Solar system has a very different atmosphere and exerts a different influence on the others. Those with that planet high will be influenced by that particular energy.

Richard: At what point does that influence take place? I mean when is it put into the genetic code? Also, the question was asked about the meaning of the "planet high."

The planet at mid-heaven at the time of conception.

Richard: Asked question about the validity of astrology as we know it. We also wondered about the Gurdjieffian system.

Not [valid] as you know it, although you have good beginnings. Gurdjieff did see this. Ouspensky rejected astrology. If you construct charts for entire families, you will find striking similarities.

¹⁹⁰ From ><http://www.merriam-webster.com/dictionary/eros><: Eros: 1) In Greek mythology, Eros was the son of Aphrodite. As the Greek god of love, he excited erotic love in gods and mortals with his arrows and torches. 2) Eros: The sum of life-preserving instincts that are manifested as impulses to gratify basic needs (as sex), as sublimated impulses motivated by the same needs, and as impulses to protect and preserve the body and mind called also "life instinct."

¹⁹¹ Yorgos was someone from Robert's group. Yorgos left Robert's group about the same time as Alice, Dick, Sarah and Richard, and created his own group.

¹⁹² John F-S was also a member of Robert's group.

¹⁹³ Barbara was a neighbor and friend of Alice and Dick.

Richard: Michel Gauquelin¹⁹⁴ said a male child is conceived at the same time that the male parent was conceived; the female, at the time of the female parent. Some studies proved blood plasma changes with ionization in the atmosphere, and there is a correlation. The planet on the horizon is the important one genetically (the "Ascendant"). The soul could influence its structure.

Souls enter the Physical Plane at different times.¹⁹⁵ That is not valid in that sense. The body, being physical, or organic if you will, is influenced by the celestial bodies [not by the soul].

Comment: Then Body Typing is not genetically determined?

Yes, they are [genetically determined]. Each strand of deoxyribonucleic acid [DNA] is totipotent.¹⁹⁶ This allows for the [planetary] influence [at conception].

At what point does this [planetary] influence take place, when the sperm meets with the ovum or at the time of the first breath?

This is why we say that astrology, as you know it [based on time of birth], is largely invalid. However, ironically we might add, it does work backwards, unless you are dealing with a premature child.

Then astrology would be valid if we knew the moment of conception?

Yes. The time of birth is also important.

Comment: Some say that the parents' attitudes manifest at conception. This is why we are admonished against lustful sex (by Gandhi). Infant Souls are only capable of lust. Baby Souls are often prudish. We thought that perhaps this admonition would only work for Old Souls, but that none of us was ready to give up all lustful feelings.

We do not encounter much "lust" in any of you.

Sarah: Lust seems to be coming from Instinctive/Moving Center. I know I want men as friends, but find this difficult.

Alice: If I have strong attachments to a man, I feel sex will be a part of the relationship.

Sarah: If sex is coming from the wrong Center, it's all mixed up. I sometimes feel like embracing men, but they would interpret this as a sexual gesture.

Richard: I would like to know my Body type and how I am Centered.

Mars and Jupiter are influences. Richard is Moving Centered.

Alice: And my Body type?

Mostly Lunar. Yes, there is some Jovian [Jupiter] influence.

Richard: What is my Chief Feature?

Misguided concern; better known in some circles as "hidden hypocrisy."¹⁹⁷ You are not aware of the hypocrisy. It appears to you as concern.

Richard: I would like to ask if there is advice on how to turn things around in the right direction.

You are using Emotional Center as a psychic dumping ground. This is causing the energy Leak you are feeling now. The meditations, or more correctly concentrations, under marijuana result in good insights for you, if you will follow them out.

Richard: Misguided concern ... does this primarily involve others?

It stems from your fear of being either challenged or rejected [due to your Goal of Acceptance].

Comment: But Martians [Mars Body Types] usually challenge. Is this a contradiction?

Not necessarily. He is quite willing to challenge. Richard needs to acquire the warmth and spontaneous sincerity of the Jovian personality. This will require detachment from the rigidly rehearsed social affinities now taking the place of spontaneity.

Sarah: What is my Chief Feature?

Arrogance.

Alice: And what is mine?

Endless self-analysis.¹⁹⁸

¹⁹⁴ From Wikipedia: Michel Gauquelin (November 13, 1928 – May 20, 1991) was a French psychologist and statistician who conducted research in an attempt to develop a scientific basis for astrology.

¹⁹⁵ Souls allegedly do not enter the body at conception or exactly at birth, according to the Michaels and Michael Newton's between-life regressions.

¹⁹⁶ From ><http://medical-dictionary.thefreedictionary.com/totipotent><: totipotent definition: exhibiting totipotency; characterized by the ability to develop in any direction; said of cells that can give rise to cells of all types.

¹⁹⁷ Later, Richard's Chief Feature was identified as Stubbornness.

¹⁹⁸ This seems like Self-destruction to Phil, but Alice's Chief Feature was said to be Self-deprecation in the next answer.

Dick: But she is also always giving advice, to me and to everyone else.

This is a feature of the False Personality. The Self-deprecation is a part of Karma for the Essence.

Someone in the group had a question about Michael's use of "Soul," "Essence," and "Self" interchangeably, and the departure from the Gurdjieffian system where there is a False and True Personality, and that Essence and True Personality go together [to] form the "self."

The Soul is the Essence. This is synonymous with "self." Even we have a Personality. It simply is no longer challenged by Maya.

Alice: Asked for some advice.

Alice must work through her primary Obstacle. The Self-deprecation is also used to gain approval, or, in some instances, permission.

Dick: I would like to know about my Chief Feature.

You still have some elements of self-pity [Martyrdom], not as pronounced as before. They are now confined to the emotional experience we discussed earlier and your job. This is markedly improved.

Sarah: What should I do about my Chief Feature? I don't know about it unless someone Photographs me.

Richard: I did Photograph you and you got uptight.

That is a good way. Sarah does an excellent put-down and she should be called on it when it occurs.

Sarah: Well, I've always had a "sink or swim" attitude toward others. This comes out as Arrogance to Richard.

Richard: Is this a Karmic thing?

Yes. You were very Arrogant before. Sarah was not.

Someone wanted to know if Michael could manifest through any one in the group.

We are capable of manifesting through you under heavy hypnotic trance; all of you.

What happens to the Old Soul when it is displaced by the manifestation of the Transcendental Soul?

He remains as a part of the low Astral body.

Then he doesn't automatically become a Transcendental Soul?

Not until he burns the remaining Ribbons or chooses to be reborn.

Richard: I would like to somehow recapture the tranquility I found at Tahoe. I would like to spend tomorrow meditating, and next week meditating and reflecting. How can I best do this?

Cease inner consideration¹⁹⁹ of the effects of your actions on others. You are doing nothing wrong. We find no fault with your plan.

The session was terminated by mutual consent.

27 September 1973 — Thursday

Present: Phyllis, Susan and Gene, Alice and Dick, Sarah and Richard.

We are here with you.

Alice has always taken a subordinate role [because of her Goal of Submission]. She objects to it now for the first time.

Alice: Would Reichian Therapy²⁰⁰ help me? I see it making changes in some of my friends.

No. It would not be of assistance because you have within yourself the answer and can find it for yourself. They can only help those who are enmired²⁰¹ in the world of false perceptions.

Dick: Alice downs herself or else is giving expert advice. It seems like it's a Monad.

¹⁹⁹ Inner consideration is a Gurdjieff phrase for caring about what other people think and acting accordingly rather than from integrity and acting to please our self.

²⁰⁰ From ><http://www.orgonometrictherapy.com/reichian-therapy.htm><: Reichian Therapy, developed by Wilhelm Reich, is a method for character transformation that recognizes the essential identity of the mind and body. Also known as Orgone Therapy, Orgonomic Therapy and Bio-psychotherapy, Reichian Therapy recognizes how "armoring" against the free flow of life energy blocks full emotional expression. The Orgonomic therapist works with the principles of psychodynamic psychotherapy to reveal to the patient\client their character attitudes and their character armoring.

²⁰¹ From ><http://answers.yahoo.com/question/index?qid=20060619084206AA6rpRi><: Enmire means "to become mired." Mired means stuck, or bogged down. A mire is a place like a bog or quicksand - a place that you could get stuck in.

The advice-giving-mothering complex is a part of False Personality. This can be counteracted only by realizing that the solution to a “problem” resides only in the one involved. Alice cannot solve anything for anyone but Alice.

Dick: How about the putting of herself down?

Self-deprecation is [the] Chief Feature for Alice. It stems from Karmic Ribbons with [husband] Dick and [daughter] Kathryn. You have always been in awe of Kathryn. This is not a new emotion for you. Sarah feels that, too. Kathryn has been influential in all of your lives, but more personally for Alice. Alice has served under Kathryn as a slave, a soldier, and a nun.

Alice: Do I resent this?

You cannot divorce knowledge of the hats she has worn from her present role. The feeling is not Bad Work. In fact, it shows considerable evolution. A younger soul would not perceive this at all and would merely choose not to understand the child.

The fact that Alice has always realized that Kathryn was somehow “different” points toward evolution. Alice pushed for conformity in the others much more than in Kathryn; the conformity was minimal, but there, nevertheless. Sarah has done the same with [her daughter] Dorothy, fortunately.

The others needed the guidance. Kathryn, Rick, and Dorothy did not.²⁰² To realize this was important. To allow them to find their own paths was of primary importance. They would have left to pursue the path at an early age if pressured. This way friendly relations will persist throughout this lifetime.

Dick: I've often wondered if our having Kathryn to go to Esalen was good or bad for her. She was the youngest they had ever had at the time.

The experience was not devastating for Kathryn.

The book Dorothy read today was not an ordinary experience for a twelve year old, but for her, it was ordinary.

Sarah: That must be Ask Alice, a story of a teenage drug addict.

Richard: Why do I feel your presence more strongly when I am drunk?

You are less inhibited.

Dick: Rodney Collin²⁰³ describes in his book²⁰⁴ that the key to consciousness is great suffering, prison, starvation, extreme illness, abandonment or ruin. These words have contributed to my leaving a previous teaching. I did not then, nor do I now, feel prepared to accept voluntarily these forms of extreme suffering in order to pursue the “path.” These things have to be swallowed and not rebelled against.

That is essentially correct. However, the torture can be internal and can revolve around the conflict of interest between Essence and False Personality. It does not necessarily have to involve an external agent.

Dick: Personality does not die easily. Rodney Collin says a person does not have a soul until this occurs — some earthshaking thing causes it to die.

It is, we feel, a matter of semantics. The Soul is there, no matter how deeply buried.

Dick: The teaching of Michael seems closer to Rodney Collin than that of Georges Gurdjieff or Peter Ouspensky.

Gurdjieff was misunderstood by Ouspensky, not so much by Rodney.

Dick: Endocrinology in Rodney Collin's book is in dire conflict with modern day endocrinology.

Yes, it is. He misunderstood the limits of planetary influence where diet and inborn genetic errors are concerned.

Dick: If he [Rodney Collin] is incorrect, it invalidates 1/3 of the book.

That is not necessarily valid. Certain Body Types are far more prone to specific endocrinologic disorders than others. However, the age of the Soul comes into play at this level.

²⁰² Kathryn, Dorothy, and Rick were all said to be Seventh Level Old Souls, a few Levels older than their parents. Therefore it would have been inappropriate for those parents to provide much guidance to those children.

²⁰³ From ><http://www.reocities.com/tokyo/1236/daren1.html><: Rodney Collin: Born on April 25, 1909, was introduced to the Work in 1935 through some lectures given by Dr. Maurice Nicoll. In 1936, he met P. D. Ouspensky and became his pupil in England and the United States until P. D. Ouspensky's death in 1947. Rodney Collin's written works include: *The Theory of Celestial Influence — Man, The Universe and Cosmic Mystery*, his best known work, *The Theory of Eternal Life* and *The Herald of Harmony*. After his death, his correspondence was collected and edited to produce other works, among them *The Mirror of Light* and *The Theory of Conscious Harmony*. Rodney Collin died in 1956.

²⁰⁴ Rodney Collin's book was *The Theory of Celestial Influence*.

Dick: Are some people Sexually Centered?

No. Sexual energy is separate and apart from all other energy sources and can be effectively used to reach higher emotions.

Phyllis: If you experience sex on a higher level, what would be going on?

Cerebral orgasm. The whole soul experiences ecstasy. The body cannot experience ecstasy, only satiation. Only the Essence is capable of that experience [ecstasy].

Dick: What planetary influence is Phyllis under?

Phyllis is heavily under the influence of Saturn, less so Mercury.

Gene: I saw recently an old friend whom I hadn't seen for several years. He's a parapsychologist and mystic. He seemed just as dogmatic as ever. He says that any teaching that says that people change sexes in their different lifetimes is pure bilge, because if we knew something of the origin of creation and the true nature of twin souls, we wouldn't have such terrible conceptions. Could Michael comment on souls and sex changes?

We have often reiterated that belief is not necessary. This is another example of one dogma being more palatable than another and therefore acceptable. He cannot envision himself in a physical body of a female. Paul [Saul of Tarsus] could not imagine a messiah who sweat, either, but Jesus did.

Gene: Was Ahura Mazda²⁰⁵ special? He's an Indian hero.

This was an ancient term denoting the manifestation of the higher Mental body [Infinite Soul]. The fact that we accept namelessness quite casually, even on this plane, is almost incomprehensible to most of those on the Physical Plane, since names have become the principal method of identity, even ascendancy.

Susan: Does that mean the high Mental body is expressing itself through Ruthie Flagg?²⁰⁶

No.

Susan: Who is manifesting through Ruth Flagg?

A mid-Causal [plane] teacher.

Gene: Is this material that I have then, from this mid-Causal teacher, of value?

That which is without Ruth's bias [is of value]. The manifestation can be partially or wholly blocked by a medium unwilling to apprehend certain facts.

The question was lost, but the group was discussing the Fall of Icarus.²⁰⁷ Dick asked about Solar Body Types.

If sun spot activity was great at the time of conception, the Body Type will be archetypal. The body will also be powerful.

(Dictionary definition of "archetypal" for these like me ... "The original pattern of which all things of the same species are representative or copies; original model or type.")

Richard: Al Conklin²⁰⁸ says that sun spot activity is related somehow to the position of the other planets. Is this so?

Yes.

Richard: All astrological things are functions of sunspots and sunspots determine the function of the other planets on the ionization of the air.

Heavy planets at aphelion cause increase in sun spot activity and, therefore, velocity of Solar wind.

(Aphelion is the point in orbit of a planet or comet that is farthest from the sun.)

Richard: Is the Sun the key or the catalyst for planetary influence?

²⁰⁵ From *Encyclopedia Britannica*: Ahura Mazdā, (Avestan: "Wise Lord") supreme god in ancient Iranian religion, especially in the religious system of the Iranian prophet Zoroaster (7th century – 6th century BC). Ahura Mazdā was worshiped by the Persian king Darius I (reigned 522 BC – 486 BC) and his successors as the greatest of all gods and protector of the just king.

²⁰⁶ Gene met a trance medium named Ruth Flagg during his first year of surgical residency (1966). She told him things that she could not possibly have known by normal means, and this catapulted him on his spiritual search and quest.

²⁰⁷ From Wikipedia: In Greek mythology, Icarus is the son of the master craftsman Daedalus. The main story told about Icarus is his attempt to escape from Crete by means of wings that his father constructed from feathers and wax. He ignored instructions not to fly too close to the sun, and the melting wax caused him to fall to his death. The myth shares thematic similarities with that of Phaëton — both are usually taken as examples of hubris or failed ambition — and is often depicted in art.

²⁰⁸ Sic. "Al Conklin" is probably Michel Gauquelin, a Frenchman who made a scientific study of astrology during the 1960s and 1970s. His work did not at all support traditional astrology. Nor do Michael's statements during the OMG, even though Richard Chambers was an astrologer.

Being the largest of the nearby celestial bodies, this small star exerts the most powerful influence physically.

Richard: Is the influence of Jupiter upon us through the sun or is it direct?

It's mitigated by the Sun and the position of the other larger bodies. Saturn and Jupiter exert a powerful influence on each other to the extent that the satellite of Saturn closest to the orbit of Jupiter has an atmosphere.

Gene: Are these physical influences we can measure? We know the planetary effect is inversely proportional to the square root of the distance between them — Kepler's Law.²⁰⁹ Is it something else, like ionization?

The drag of the heavy bodies has a magnetic effect on the star's ability to burn hydrogen. When these planets are at aphelion [furthest from the sun], the drag is less and sunspot activity increases. Ionization occurs in the atmospheres of Venus, Earth and Mars; to a lesser extent on Mercury, since the atmosphere is more tenuous. Organic life is extremely sensitive to minute changes in ionization.

Gene: Could you comment on the virtue of astrology and the validity to this discussion?

The position of all of the planets and their position in relation to the Sun and to each other must be taken into consideration. For instance, Venus without the influence of Mars exerts much more influence than when Mars is in apposition²¹⁰ on the far side of Earth.

Richard: [question lost].

Those who do [take planetary aspects into account], stand a better chance of being accurate.

Richard: The planets are never in the same place in relation to each other except for mathematically every 24,000 years, so you have varying degrees of ionization (and possibilities). The Body Typing has to do with the planets at mid-heaven at the time of conception. Jupiter takes 12 years to do its thing around the sun and its day is only 10 hours long.

Richard: What's the effect of the DNA on conception? Is it influenced by ionization?

The ribonucleic acids (are affected), not the deoxyribonucleic acids [DNA]. In other words, the messenger, not the message.

Richard: The messenger is DNA and can be called the "printout" of the brain cell.

Does each strand of DNA have the potential of becoming anything it is encoded with?

No.

Would two people conceived in the same room at the same time have the same Body Type?

Yes.

Is ionization the key?

Atmospheric changes.

Richard: Are these chemical or potential changes?

Real, not potential.

Richard and Dick: Are the changes in electrical field? Ionization knocks out or grossly distorts the code.

Richard: We're dealing with very minute molecules and every particle of DNA will be affected. I want to know what the planetary effect is.

The ionization is only one factor. There are also minute changes in air pressure and in the force of gravity. There are also fluctuations in the chemical composition of the atmosphere itself. All of these together produce a stamping effect on the encoding apparatus of all organic life. We speak of only the physical unit now.

Dick: How do these influences affect us?

They only influence the soul to the extent that they influence False Personality. The soul is not under physical influence.

Gene: We ask all these questions and yet we don't know anything about our Monad, our unit, our bodies, our physical, our Mental, Astral and Causal.

Richard: I don't think we're going to become conscious beings working the Ouija board.

²⁰⁹ From Wikipedia: In astronomy, Kepler's Laws give a description of the motion of planets around the Sun. Kepler's Laws are: 1) The orbit of every planet is an ellipse with the Sun at one of the two foci. 2) A line joining a planet and the Sun sweeps out equal areas during equal intervals of time. 3) The square of the orbital period of a planet is directly proportional to the cube of the semi-major axis of its orbit.

²¹⁰ From ><http://dictionary.reference.com/browse/apposition><: Apposition: 1) the act of placing together or bringing into proximity; juxtaposition. 2) the addition or application of one thing to another thing.

Sarah: Someone is going to have to break away and give the information.

Phyllis: Who is Crystal?

Answer: She is Tomas' soul mate.

Dick: What has Phyllis done in her male lives before?

Phyllis: I haven't had any male lives.

She does not wish to perceive herself as such.

We discussed how women were or were not accountable for their crimes. When governments become feminine, they become decadent and fall. Female murderers many times are not held for their crimes. Juries are prejudiced. Only one woman in the history of California was executed. In jobs, when women make a mistake, they are not called to task — it's passed off with, "She's a woman, she can't help it." Women will never be liberated until men are liberated when the employers can deal with women as they do with men. Men are extremely intolerant of mistakes that women make.

Dick: Could we have a statement on race.

There are scholars in all races. Some cultures place great emphasis on intellectual pursuits. Testing these cultures would result in a preponderance of intellectually-oriented youngsters. Some cultures are concerned primarily with survival in a hostile world.

02 October 1973 — Tuesday

[The transcription of this session is so detailed that it is obvious that it was tape recorded rather than handwritten.]

Location: Walnut Creek, California

Present: Phyllis, Gene, Alice and Dick, Cheryl, Sarah and Richard, Carolyn, Hollis.

Dick: I seem to have come on a realization that I've undergone crystallization²¹¹ in Personality, and that is why everything is so fixed and seemingly unchangeable. I'm under constant internal attack by Personality, and that is why I can't seem to listen to any new information and transform it into anything worthwhile. I was hoping for a miracle that would change things. Also, grass [marijuana] will do it, but it just does it temporarily. That's why I can't seem to react to or feel any new possibilities.

The fixed rigid Personality is rather like a mountain of granite. Chipping away relentlessly is the sole solution. Depression is the external manifestation of the internal struggle. Depression, by the way, is one of the only neurotic manifestations left to the Old Soul. Even Jesus felt it. Each of you spent many years building the facade. Do you really feel that you should be able to discard this quite casually with hardly a whimper? We think not. Progress is being made in quite concrete ways.

Dick: Things like trips and new impressions don't help much, because the wolf goes on vacation with me, and I can also see where, if I ask a Transcendental Soul to take over my body, he would do quite well with it. In fact, there is almost no end to what he would do with it. But that would mean that I would go from here to the Astral Plane and I would hate to carry all this garbage with me. Also, the reason I don't start anything new, is that I know that the wolf will somehow stop it anyway, and also there is a great deal of fear that helps keep me in prison and I'm afraid to get out.

The amount of "garbage" you have discarded during this lifetime has been significant. The pilgrimage would force all of you to be real. There would be no opportunity for False Personality to take over. We do not like to make suggestions concerning the disbursement of funds. However, we see in several of you a real need to do this thing.

Sarah: The pilgrimage to where?

Dick: Well, we were talking about a trip to Israel.

Richard: When would be a good time to go?

The time to go is whenever you decide that you really wish to go.

Dick: I've been chipping away at the granite mountain with my internal dialogues and it doesn't seem to get anywhere for me. Another thing is that I realize that, in me, fear predominates over love, no matter how strong the love is.

Fear of loss of control besets all of you. With you, Dick, it is loss of emotional control.²¹² With Richard, it is fear of being considered insane. With many of you, it is fear of loss of reasoning.

²¹¹ >From ><http://www.thefreedictionary.com/crystallization><: Crystallization: one definition: to take on a definite, precise and usually permanent form. Also: Crystallization was a term used by Robert Burton in his study group, borrowed from Gurdjieff.

²¹² Later — on May 15, 1974 — it was said that Dick had chosen Repression Mode in this lifetime to learn certain lessons.

Dick: I don't live in fear all the time, because everything I do is designed to avoid situations where I might encounter it.

Alice: What is your question?

Dick: Just a comment.

If the Personality was not living in fear, it would not go to such elaborate means to avoid the pain-producing situation.

Phyllis: We were talking about depression before. Freud explains that depression is aggression turned inward or that anger turned inward creates depression, doesn't he?

Alice: Like you are mad at yourself?

Phyllis: Like you are mad at anything and if you have no legitimate or acceptable ways of showing it, if I recall Freud correctly, then you turn it inward upon yourself as it were and that creates a depressed state. Experientially, does that seem correct to the people in this room?

Richard: Yes.

Sarah: Uh huh. (Apparently, others nodded.)

Phyllis: It does?

Dick: It's a question of internal flagellation and I think that it is (False) Personality beating on Essence.

Depression is normally the passive Personality's only channel through which it can express hostility. The anger can be self-directed, but does not have to be.

Alice: Do you mean that people who are aggressive don't get depressed?

Phyllis: Well, that would be the logical conclusion from all this, but I suspect that people who show aggressiveness in ways that manifest to other people, but who, in fact, also suffer this inability to direct their anger in its proper places and therefore turn it inward.

Richard: Some aggressiveness may be caused by inner prodding. You know, "Well say something, dammit!" You shove it onto someone else, yet you still retain a certain amount inside.

Alice (to Phyllis): Are you ever depressed?

Phyllis: No, almost never.

Alice: See — Your Body Type²¹³ is supposed to be aggressive.

Phyllis: Yeah. In fact, I was thinking about that the other night. There have been many incidents in my family. It is no accident that I am everybody's favorite sibling, and since my Dad died I've really understood the dynamics of my family. I'm everybody's closest sibling, because I've never tangled with any of my siblings. Then this summer, partly through [husband] Wynn's prodding and partly because I saw everything coming down in all sorts of ways, I sort of laid it out a little bit, which is really not my style²¹⁴ and I began to see that being aggressive was perhaps the better way. Now, I may not be everybody's closest buddy, but in some ways, what I have lost in affection, I may have gained in respect. It was a very interesting experience to observe all of these family dynamics.

Sarah: I never wanted to tangle with them, so I occupied the same position.

Dick: Observation would readily show one that all active or aggressive Body Types are not equally aggressive. This is probably because their Essences are not equally aggressive. The mitigating factor of False Personality is fear.

Richard: Is the Essence, in fact, aggressive at all?

Dick: Apparently, it is, but each one is not equally aggressive to the others.

Sarah (to Gene): Ahura Mazda is the God of Zoroaster. I brought a book to show you. So, your friend is evidently into Zarathustra, Zoroastrinism.

Gene: No, I think he has his own special brand.

Alice (to Richard): Are you ever depressed?

Richard: I used to be. I made the mistake of allowing a lot of people to dump on me, but I don't do that any more.²¹⁵

Phyllis: I don't either — or [let others] lay a [guilt] trip on me.

Sarah: I guess I've always been terribly openly aggressive, so I guess I'm a dumper.²¹⁶ I've spent most of my life dumping.

²¹³ Phyllis has Saturn/Mercury Body Type.

²¹⁴ Phyllis has a Goal of Acceptance.

²¹⁵ Richard had a Goal of Acceptance and was in the Moving Center, Emotional part.

²¹⁶ Sarah had a Goal of Dominance with Mercury/Saturn Body Type.

Richard: I had a whole evening one time, on grass [Marijuana] meditation, on mind-to-mind [telepathy]communication — that this is the way to communicate with people: You don't apologize, you don't bother to explain everything; you just go back and forth with direct statements. You don't get emotionally involved — you are dealing on a higher level.

Sarah: Well, the other person has to be communicating on that level also. Otherwise, I can see it deteriorating really fast.

Dick: I think that the way you eventually get there is by chipping away at it the way we're doing. One of our big things, for three years, was to rid ourselves of anger and hostility, either dumping it or accepting it, but somehow just saying that you want to get rid of it doesn't get rid of it. There was no method suggested there that seemed workable.

Unfulfilled expectations are the sole cause of anger. We know of none other. When you stop expecting, there will be no anger.

Dick: There is a delicate line between that and going to sleep. Lots of things in life depend on expectations.

You must communicate your needs and wants to those around you. Unless you are telepathic, you must do it verbally. Then you must leave them with an option. You must make that option known to them. The alternatives, with all of the ramifications, must be understood, as well as the motivation of their acceptance or refusal. When there is complete understanding, there will be no disagreement. You have all heard this before and we must emphasize it because it is the secret to effective communication, which will banish the specter of unfulfilled expectations.

Was that "affective" or "effective?"

Effective, meaning having a positive effect.

Dick: Some of the internal depression and anger I experience seems to be the result of expectations I have of myself.

Re-examine those expectations for shades of realism. One step at a time is normally effective for useful ambulation; why not for spiritual liberation?

The question mark above was spelled out, "interrogation point". We asked Michael if it would help to put punctuation on the board.

That would save much time.

Dick: It seems that it is the Personality that is mad — the Personality is the wolf and it is trying to eat Essence and beat on it.

It is only trying to survive. Survival is the goal for the organism [the physical body and False Personality]. Ecstasy is the goal of the Essence. Being burned at the stake was an ecstatic experience for the soul of Joan d'Arc.

Liberation — whether by death by fire or whatever method — is the goal. The body seeks to survive regardless.

Sarah: I'm reading The Great Lion of God²¹⁷ and it's bringing up all sorts of hostile emotions. I am just getting very hostile.

Gene: What are you getting hostile about?

Sarah: Paul.²¹⁸

Gene: You don't like him?

Sarah: No. And I never have, and I am reading about his fanaticism and I just can't wait to get back to it, so that I can pounce on him. Why do I have this hostility?

Sarah is almost a zealot when it concerns her dislike of fanaticism. She is, so to speak, fanatically opposed to fanatics.

Dick asked if Michael was present during his examination of a difficult male patient, who appeared to be a latent homosexual and a florid hypochondriac.

Most Baby Souls somatize.²¹⁹ Any patient who fixates on a particular organ system can usually be categorized immediately. For instance, all elderly ladies with bowel fixations are Baby Souls.

Dick: He was a Lunar [Body Type]. I couldn't read his Cycle of souls [Age]. He wants to make a regular appointment to come in and tell me about the veins on his hands, etc. I want to avoid that and I just drew a blank. I didn't know what to do.

This male is both under Lunar influence and has unrealized homosexual urges. Baby Souls are ashamed of their sexuality, whether it be homo[sexual] or hetero[sexual]. He cannot act out this inclination.

Dick: Can you suggest any approach to this problem?

²¹⁷ The Great Lion of God by Taylor Caldwell, published 1970, was about Saint Paul (Paul the Apostle.)

²¹⁸ From Wikipedia: Paul the Apostle, also called the Apostle Paul, Saul of Tarsus and Saint Paul. He was one of the most influential early Christian missionaries, with his writings forming a considerable portion of the New Testament. His influence on Christian thinking has been significant due to his role as a prominent apostle of Christianity during the spreading of the Gospel through early Christian communities across the Roman Empire.

²¹⁹ From Merriam-Webster dictionary: Somatize (verb) means to express (as psychological conflicts) through somatic symptoms <somatized anxieties>.

Reassurance is the only route we are aware of, but please make sure there is freedom from real disease. Baby Souls use the courts excessively when their sense of justice has been outrageously insulted.

Gene requested some help in handling a female patient who has had many operations and now may have a common duct stone. He wonders if she is a “red herring.”²²⁰ Should he [a surgeon] open her up or what?

If you do not, someone else will. She is addicted to poly-surgery as a means of ventilating her anger.

Gene: Discussed his feelings of responsibility in the matter and his unwillingness to exorcise her gastrointestinal demons in the absence of a stone.

Whether or not she has a stone is immaterial to this discussion. However, some of these unfortunate ladies are stone-formers *par excellence*. If she has a stone removed from her common duct, she will form one elsewhere. We know of massive concretions caused in this manner.

Gene: Asked Michael if he could tell him the lady’s name, as he had forgotten it.

We are able to review with you only what you are recalling now. Perhaps later this evening, your mind will scan your desk and we can pick it up.

Gene: Is there any way I can help her get to her emotions?

She is quite incapable of “getting to” her emotions.

Dick: I just want to know if my previous observation about aggressive Body Types was correct.

Essentially [yes]. This culture is hypocritical toward aggression. The culture pretends to decry aggression, yet teaches it to the young. Confusion results and many grow up believing that all aggressive tendencies are somehow not nice. Others grow up in an atmosphere of aggressive abandon. Most are confused about their own internal passive/aggressive ratio.

Gene: Now, will you repeat the question?

Dick: I am just saying that there are a good many variations within each Body Type. They are just not all the same.

Most deviations are culturally induced.

There was a discussion that was not well-recorded concerning competition and aggression. Richard stated that he did not feel like participating in the mediumship, as he was not really picking up on the vibrations. Sarah took the [Ouija] board alone.

Dick: Also, I don’t feel that he [Michael] completely explained that question of expectations of others. He said that we would have to make our needs and wants known to others verbally, but then you have to learn to expect them not to be fulfilled sometimes.

Sarah: He [Michael] said that you have to tell them what the alternatives are and give them the option of not doing it.

Dick: Then you can’t really expect them to do it.

Gene: No, Dick, I think what they mean is that you can have a certain standard for yourself and then you must communicate that standard so that the other person will know what you are thinking and then they can do it or not do it. But if they don’t know and the other guy thinks you expect him to do something ...

Dick: Yes, but then there is this other thing. Soleal says [03 July 1973] that when you finally realize that no one owes you anything, you have no expectations. But making your wants known implies an expectation.

Gene: So when you start making wants known, you are saying that you are less than perfect.

Dick: Then Buddhism is the not having of any wants.

Alice: This is the game of life. I mean, you can go and sit on a mountain somewhere — many do and they don’t have any expectations — but they are not playing the game like we are.

Dick: I think that all unhappiness results from greed or wanting something. Greed imprisons you in Maya.

Just because you have a want, does not mean that the chosen one must supply it. You may need to go to several sources. Expectations are foolhardy. Greed is a large part of Maya.

At this point, at Sarah’s request, Carolyn took over the board.

Sarah: Michael seems to feel that I am aware of my life in Palestine about the time of Christ and I feel that I am blocking out this information because they have been very vague about it and that’s not like Michael. But I do have fragments, like fragments of conversations, and I would like to have Michael elaborate on that a little through you (to Carolyn). Maybe I am blocking out the information and I hate to think that whatever it was, it is too terrible for me to know.

Comment: What if you were Judas?

²²⁰ From Wikipedia: “Red herring” is an idiomatic expression referring to the rhetorical or literary tactic of diverting attention away from an item of significance.

Sarah: Well, that would be a bad trip, but I've had many, many lives since then and it seems to me that I could have burned off even that Karma. I guess there's a fear that I was probably a Roman soldier, because I have more feelings for Rome and there are a lot of fragments [of information] about the Pax Romana.²²¹

Gene: And for the past seven minutes, I notice that you have continued talking.

Sarah: All right, OK.

Alice: OK, Michael, let her have it!

We have not avoided this intentionally. You were associated with Judas and were present at his end. You attempted to save him.

Sarah: I attempted to save Judas? Why?

You did not identify well with his guilt. The attempt to save him (Judas) was a verbal failure. Your powers of persuasion were not strong. You were a male at that time.

Dick: I would like to know what Cycle of souls Dr. Wilton is on?

He is a middle [Level] Young Soul.

Sarah: I am confused, because I am not aware of anybody trying to talk Judas out of hanging himself.

Richard: Why don't you ask if the incident is recorded anywhere so that you could read it.

No. [It was not recorded].

Dick: I would like to ask about Paul, the Sufi I met at the Sufi fair, who absolutely freaked me out by looking into my eyes. I would like to know what was going on there.

This was a bluff on his part in order to avoid your learning his soul Cycle. He does not have true power in his eyes.

Dick: What Cycle was this?

This Paul is early [Level] Mature [Soul].

Gene: I have a desire to ask a question and I also don't want to dominate. There are several people here tonight who haven't asked questions. I think I'm going to put a block here on Dick and myself for a few minutes, voluntarily.

Alice: My questions are real short, like Allison²²² and her soul level, and are there any Karmic Ribbons there for me left?

She [Allison] is a sixth Cycle Mature. You [Alice] have not completely ended your Ribbons. They are complete for now, but will recur.

Alice: Will they recur in this life or in another life?

No, later on in your present fragment [later in this life].

Alice: Dare I ask how? I want to prepare myself. It has to do with music somehow and I want to prepare myself to complete the Karmic Ribbons.

Gene: You want to pursue her musically?

Alice: Well, just what the Ribbons are.

It is not only with music. You will become closer friends and you will do much to assist her growth.

Dick: I would like to know if Robert is a Transcendental Soul?

At this point, Sarah again took the board from Carolyn. The recorder was not on and a large segment of the following is unrecorded.

The Transcendental Soul displaces an Older Soul when it manifests. This has not happened to this man yet.

Dick: What is he [Robert] now?

He is a final Level Older Soul.

Comment: Right there with Dorothy, Kathryn and Rick.

Gene: I would like to know about reincarnation as presented by Gurdjieff. In other words, recurrence.²²³ He [Gurdjieff] says that we were all cycled through the same machine. In time, we change bodies.

This most likely refers to alternative courses. Time, or all time, does exist, though not in your frame of reference. The sensation of time "passing" is very real on your plane. You believe this at a deeper level, but are confused,

²²¹ From Wikipedia: Pax Romana (Latin for "Roman peace") was the long period of relative peace and minimal expansion by military force experienced by the Roman Empire in the 1st and 2nd centuries AD. Since it was established by Caesar Augustus, it is sometimes called Pax Augusta. Its span was about 207 years (27 BC to 180 AD).

²²² Allison was an early and active member of Robert's Fourth Way group.

²²³ "Recurrence" is the idea that you live the same life over and over again till you get it right.

as was Georges [Gurdjieff]. You may need to duplicate the type of life that Abraham Lincoln lived, and when a parallel time frame evolves, you will. These time frames are two thousand year cycles for the most part. The axiom, history repeats itself, is tragically true. You are now on a parallel time frame with the time of the reign of Caesar Augustus.²²⁴

Richard: Is there any significance then in the fact that Luke said, "Jesus was the son of Jesus"?

No significance, other than this was a popularly used name.

Gene: I am confused.

In another frame of reference, the reign of Caesar Augustus is just beginning.

Comment: I have the feeling that somehow Michael is outside of these frames and sees them as we see a movie.

Yes.

Gene: Then I could be Caesar Augustus in another frame of reference?

There would be no need now for you to do that. This was a Young Soul. You cannot transcend the time frames in the physical body, nor can you reincarnate in another physical reality.

Comment: I never could understand anything but experiential time. I have interest only, but no understanding.

Gene informed the group that he had told Dr. Chaudhary of our activities and that Dr. Chaudhary was interested and might be persuaded to attend a meeting. We did discuss the possibility that this man's questions would be probably more thought-provoking than ours and we asked Michael what they thought.

It would add another dimension.

Gene: If time as we know it does not exist, is there an absolute?

Dick: I have the feeling that space is just standing still and we're just moving through it — space and time.

Dick is saying the correct words without complete understanding. There is a time axis about which parallel universes of physical reality revolve. The play is eternal.

Is Soleal's world outside of our time frame?

Soleal's world is very much a part of your physical reality.

Discussion: We discussed the fact that Soleal had told us before that he could visit this planet physically in a space ship and that we thought he had said that the trip would take about three days.

We feel that it would take longer than three days.

Richard: Well, would it take twenty years?

No.

Sarah: We asked him [Soleal] once before if he could come here and he gave us a whole big spiel about how could we guarantee the safety of whoever came. He said that, yes, they would like to, but how could anyone insure the safety of his people, if the person who came was psychologically unable to defend himself?

Dick: Well, who insures our safety? Would it be any more difficult to insure his safety than the safety of our own children?

Sarah: But he is responsible for the safety of his own people, that is what he was saying and if he does not come himself, how can he insure the safety of who he sends and apparently this is a big thing with them.

Gene: Is there time on the Astral Plane?

Not as you know it.

Sarah: There have been all kinds of books written about the cultural shock of being contacted by an alien civilization. Astronomers²²⁵ have spent hours and hours writing these long-winded papers about this cultural shock.

Dick: Well, if he was walking next to Gene, no one would ever notice him, because he's just a little taller than Gene.²²⁶

Gene: Yes, but he has claws and scales.

Dick: Yes, but I think that we could disguise him.

Gene: I would just love to meet him.

Richard: Why don't we ask for a comment about whether or not Soleal is willing to come?

He is willing, but frightened.

Gene: Is there anything else that Michael can say that will help me to understand time?

²²⁴ The first Roman emperor ruled from 27 BCE to 14 CE.

²²⁵ Sarah had a degree in astronomy from UCLA, so she might have read some of the papers that she mentioned.

²²⁶ Gene is about six and a half feet tall.

Dick: I did read Sir James Jeans'²²⁷ book on time and I've never thought about it since, but he projected this idea of movement through space. That's why time exists ahead and behind and you could look ahead or behind if you knew how.

There is a vortex on each celestial body through which the time planes transect. This can be used for interstellar space travel. However, it requires an Adept who can teleport to program the computer.

Dick: I wonder where our vortex is here on the earth?

The closest location to you is near Grant's Pass, Oregon.²²⁸

Gene: He [Michael] said the closest location, like there's more than one.

It passes directly though.²²⁹

Dick: Would it be of any advantage for us to go and see if we could find the thing? I mean is it a tiny thing?

Curiosity now. Satisfying the curiosity now would be the only advantage. None of you is equipped to teleport.

Dick: I wonder if you feel anything when you are in that location?

Yes.

Gene: He says that it requires an Adept who can teleport to program the computer. What computer?

The computer in the space ship. These ships literally go back in time and forward in space.²³⁰

Sarah: We asked Soleal in an earlier session, because he said something about the ship's computers, "Who programmed them," and he said, "I do."

Gene: Let me rephrase this. This would be a physical space ship that they would use and they would go to the region and they would have to program their computers, which would do something or the other to coincide with this vortex.

Dick: Then he [Soleal] would have to land somewhere up around there.

The computers are equipped to search for the proper time plane, both on departure and on arrival, so that the same time frame applies. Otherwise, there would be instantaneous destruction.

Gene: The one thing that I'm not sure about is this teleportation.

If he were to teleport to this world, he would use the vortices exclusively. The physical body cannot withstand the conditions in space. It is much easier to use the ships.

Dick: It would be easy enough to pick up somebody at Grant's Pass. You give them a wig, glasses and a false beard. There are no borders to cross or anything like that. You just drive him down here.

Gene: The obvious question here is, that in our civilization, are we going to be able to use these vortices? Is it built into us to discover them and use them in the future?

Oh, yes. It is in the grasp of several now.

Richard: Did Einstein ever get close to this?

Close to understanding, but much fear. Einstein was a Mature Soul.

Richard: Are there any Old Soul mathematicians around working on this?

²²⁷ From Wikipedia: Sir James Jeans, in an interview published in *The Observer* (London), when asked the "Do you believe that life on this planet is the result of some sort of accident, or do you believe that it is a part of some great scheme?" replied: "I incline to the idealistic theory that consciousness is fundamental and that the material universe is derivative from consciousness, not consciousness from the material universe... In general, the universe seems to me to be nearer to a great thought than to a great machine. It may well be, it seems to me, that each individual consciousness ought to be compared to a brain-cell in a universal mind." The book referenced is probably *The Universe Around Us, Through Space and Time*, published in 1934.

²²⁸ From ><http://www.oregonvortex.com/science.htm><: The Oregon Vortex is a spherical field of force, half above the ground and half below the ground. The word "vortex" simply means a whirlpool of force, like a whirling mass of water, especially one in which a force of suction operates, such as a whirlpool or a whirling mass of air, especially one in the form of a visible column or spiral, such as a tornado.

²²⁹ Probably meaning: directly through the center of the earth. The other pole of the vortex would emerge from the other side of the planet, similar to the way that magnetic poles are on diametrically opposite sides of a planet.

²³⁰ Time stops when one is going as fast as light in space, so going faster than light propels one back in time as well as forward in space. Or maybe this obscure statement can be interpreted in some other way.

Dick: I wanted to ask about Arthur Rosenfeld.²³¹ I felt that he was a Young Soul, a physicist and sharer of the Nobel Prize. He lived in Berkeley.

Yes, he is [a Young Soul], but Murray is an Old Soul.

Sarah: Who is Murray?

Dick: Murray Gell-Mann.²³²

Alice: That's interesting. Gell-Mann wouldn't have anything to do with anybody.

Dick: Let's see; Luis Walter Alvarez²³³ might have been an Old Soul also.

First Cycle Old Soul.

Sarah: Who is he?

Dick: He was a Nobel Prize winner too — invented a lot of things too: invented radar. Then Owen Chamberlain²³⁴ was a Young Soul, a Lunar and a troubled soul?

First Cycle Mature Soul; troubled.

Gene: Who is he?

Dick: He won the Nobel Prize for the bubble chamber.

Sarah: Oh, no he didn't; Donald Glaser²³⁵ did. He is an arrogant young man — I've met him.

Dick: Well then, what about Edward Teller²³⁶: is he a Mature Soul?

No, this man is a final Cycle Young Soul. He has no real sensitivity.

The session was terminated by mutual consent at 11:30 P.M.

06 October 1973 — Saturday

[The amount of detailed personal dialog that appears in this transcript indicates that it was tape recorded.]

Present: Sarah and Richard, Alice and Dick.

Come join us tonight.

Richard: Who are you?

We are here with you tonight.

Richard: And who are you?

We are called by you, Michael. Why the concern?

Richard: I guess because the greeting was different.

How rigid.

Richard: That's true. We wouldn't want to spend the time talking to "Christmas Past".

This Entity [Michael] was guilty of that type of humor at one time, too.

²³¹ From *San Francisco Chronicle* newspaper April 28, 2011 about Arthur Rosenfeld:

><http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2011/04/27/BA2A1J65NU.DTL>< "As a physicist at the Lawrence Berkeley National Laboratory, Rosenfeld, now 84, was an early member of a lab team headed by UC Berkeley physicist Luis Alvarez that investigated subnuclear particles. The team's work earned Alvarez the 1968 Nobel Prize for physics." He also developed the new technology for compact fluorescent light bulbs (CFLs).

²³² From Wikipedia: Murray Gell-Mann (born Sept; 15, 1929) is an American physicist and polymath who received the 1969 Nobel Prize in physics for his work on the theory of elementary particles. He is a Distinguished Fellow and co-founder of the Santa Fe Institute, and the Presidential Professor of Physics and Medicine at the University of Southern California.

²³³ From Wikipedia: Luis Walter Alvarez (June 13, 1911 – September 1, 1988) was an American experimental physicist and inventor, who spent nearly all of his long professional career on the faculty of the University of California, Berkeley. The *American Journal of Physics* commented, "Luis Alvarez (1911–1988) was one of the most brilliant and productive experimental physicists of the twentieth century." He was awarded the Nobel Prize in Physics in 1968, and received over 40 patents, some of which proved commercially viable.

²³⁴ From Wikipedia: Owen Chamberlain (July 10, 1920 – February 28, 2006) was an American physicist and Nobel laureate in physics for his discovery, with collaborator Emilio Segrè, of antiprotons, a sub-atomic antiparticle. He worked at UC Berkeley and was known to Dick, along with some other physicists.

²³⁵ From Wikipedia: Donald Arthur Glaser (born September 21, 1926), is an American physicist, neurobiologist, and Nobel Prize in Physics laureate for his invention of the Bubble chamber used in subatomic particle physics.

²³⁶ From Wikipedia: Edward Teller (January 15, 1908 – September 9, 2003) was a Hungarian-born American theoretical physicist, known colloquially as "the father of the hydrogen bomb," even though he did not care for the title.

Richard: July of this year, by any chance?

No.

Dick: I have a complaint and comment and a question. I don't seem to be able to change knowledge into Being²³⁷ and I don't feel any different.

You do approach "being" under the influence of marijuana. This is an incontrovertible message about the pace of your life. Marijuana slows the responses to physical phenomena and heightens emotional response to all experiences; you feel the music instead of hearing it. The five primitive senses belong to False Personality. They can be compared to margarine — they will never be butter [True Personality], no matter how you color them or package them. Your life is not geared for understanding, just toiling. We know that this is difficult for Richard and Dick. However, Jesus was trying to tell this same truth two thousand years ago. We keep telling you: you must choose your path. If that [path] is spiritual liberation, then you must eliminate the distractions of Maya. If the goal is different, then the path will be different and you are correct in assuming that we don't care — we don't. We impart the Logos dispassionately; it is yours to accept or reject.

Richard (to Sarah): Do you want to go back to work so you can liberate my spirit?²³⁸

Dick: 'They' [Michael] told us not to change jobs at this time, it was too traumatic.

Alice: Previously, he [Michael] said that we would all reach the same goal, so why not do it now?

Dick: Robert [Burton] said the same thing. I've been listening to this kind of stuff for 4 years and there isn't any change. Maybe there has been a tiny change, I don't know...

Sarah: You mean in you?

Dick: Yeah.

Sarah: There's been a big change in you since I first met you. Heavens!

Dick: Maybe externally.

Richard: You may be too close to notice the change day to day. Someone who sees you once a week, like me, notices.

Sarah: You were fairly unapproachable when I first met you — emotionally. You weren't rude or anything; you were always polite. Most of my relations at that time were non-person to non-person. There wasn't anything coming from me either.

Dick: Guess I'm saying there has to be large internal changes in order to make a change in jobs, before I can trust cosmic influences²³⁹. Soleal said you have to use your own resources. They [Michael] are saying, "Don't toil so much." That's what I'm complaining about. They [Michael] say not to work so hard.

We hold up Soleal as an example of how this can be done by someone living very much in the world. He is not an ascetic by any stretch of the imagination; he simply has learned to dissociate himself from the mundane and concentrate on the arcane. The decision to pursue spiritual liberation is an agonizing one for everyone who makes it, without exception. No Adept has found it easy. If we have led you to think that being an Old Soul means being on the gravy train, that is your misinterpretation. It is probably the most difficult [Cycle] of all. The only thing that makes it better is your own readiness to stand apart from the mainstream and begin to verify. This, of course, makes you even odder than ever.

Dick: We're likely to feel alienated from society. Perhaps the Young Souls who are with it, do not feel the alienation.

Sarah: I'm sure the Roman form of government looked really good to those people. It is not too different then than now, except for the slaves.

Alice: We have slaves now: Richard and Dick.

Sarah: The question is, do you really want to pursue the spiritual path? And, if so, you wouldn't care.

Dick: So many people in Yorgos's group²⁴⁰ are on welfare. They do not seem to be doing any better than anyone else on the spiritual path.

Sarah: There are things (vocations) you could do to support yourself that would be in your Essence. This wouldn't be toiling.

Richard: Does Soleal do it by setting aside a time every day or is it a continual thing?

²³⁷ Level of Being is a Gurdjieff term for where someone is in their spiritual growth.

²³⁸ An example of subtle pressure from Richard on Sarah (per her comments years later) that in order to be considered "valuable," she had to have a paying job.

²³⁹ From ><http://glossary.cassiopaea.com/glossary.php?id=907><: "C influences" are only found with the Work [the Fourth Way] and can only be received in personal interaction with a conscious being; "C influences" come from the SOURCE, that is, from an esoteric Center located outside of life.

²⁴⁰ Yorgos broke away from Robert's group and started his own retreat center.

Do what?

Richard: Work on spiritual growth.

He works on it all the time.

Richard: Is he separated from his False Personality?

We did not say that. He works on it.

Richard: I don't see how he can work on it all the time.

Dick: As long as you're in False Personality, you aren't going anywhere (spiritually).

Richard: I see as long as I'm in False Personality, I'm blocking and wasting much energy and I suppose the best thing to do would be to separate from False Personality as much as possible.

Soleal* has a tendency not to trust his decisions until he has fantasized over the alternatives, none of which are relevant and come from vestigial False Personality.

(* Ed: Spelled "Soleal" for clarity. The board spelled "He.")

Dick: I was out to dinner with old friends the other night and I did not enjoy it so much, as I thought they were not on the spiritual path, and I may be wasting my time. Then, I think, if I'd gone stoned, I would have enjoyed it. It's like my Personality jams the personal relationships and shuts enjoyment out. I know I'm not on the right path when I feel my life should be over, etc.

Richard: I feel I got information in another session that you can do the same thing within yourself as you can under marijuana.

Dick: I've been working on this for years and there seems just no way to get rid of Personality. I think when I'm stoned, I'll be able to do it, but as soon as I become unstoned, I can't. What Gurdjieff says is, it's a step-by-step process in which a Work "I" becomes dominant over the other "I's" in Personality and is always working on this problem.

Dick: Later, you develop deputy steward²⁴¹ and finally the steward²⁴² that keeps Personality in line — on the straight and narrow. My Work has been such that I cannot verify this. Even if I'm organized, my Personality is still the same dusty way.

Richard: I see it as a ruler and you have progressed one inch and you can't see that you've even gone 1/1000th [of an inch].

Dick: As I measure and have the ashes of life and see life as a bore, I know I'm not on the path. Progress would be more joyous and pleasurable and there would be a love to toil. I see also that to sit around stoned all day is not the way either.

Sarah and Dick were at one time in this life emotionally barren. Neither is today. That is progress.

Dick: I'm still barren emotionally.

Richard: I feel good, but I do not feel progress and am jealous of Sarah because she has more time to read than I do.

Dick: There's a thing that causes transformation and I'd like to know if love is the thing that causes the transformation. In the past, it was always aroused by someone else.

Love of self.

Dick: Doesn't sound right.

Eros is a product of False Personality and is based on the signs and symbols of the Physical Plane. There is nothing spiritual about this at all. It is based on physical attractiveness and depends upon stability to perpetuate itself.

Dick: That still doesn't answer my question. Simply in the past, love always was directed toward someone. Now what do we do, direct it towards God or Jesus?

Alice: He [Michael] said direct it to yourself.

Dick: You can't do that — not a burning love inside yourself.

A deep sense of spiritual satisfaction is the only reward that we [the Michaels] know of. You may call it ecstasy or whatever you wish²⁴³. Stop a moment and ask yourself, why is it that you search and for what.

Dick: Tomas lectured to us so much on not being selfish, that that was incorrect to be selfish.

That depends on your perception of self. If you perceive yourselves as part of the larger whole, then loving self becomes Agape.

Dick: It's a substitute search for me.

Loving the creative force [Tao] itself requires separation from any personification.

²⁴¹ In Gurdjieff's teachings, Deputy Steward was a name for "impartial observer."

²⁴² From *Discovering Gurdjieff* by Dorothy Philpotts: "Conscience has been called by Mr. Gurdjieff the voice of the Steward. The Steward speaks to us in a quiet voice, which we cannot hear amid the vociferous clamour of the many I's, each proclaiming some petty interest of desire, or even some idle fancy."

²⁴³ Elsewhere it was called "cerebral orgasm" and "higher emotions".

Sarah: What do you mean, 'substitute search'?

Dick: I found in this past thing, this high state of love. Every moment was overflowing. Day and night, I was turned on — and that's the only way I know how to describe it — and now I'm too old and it's too late for this kind of search. So, I take this substitute search. I've known all along it's a substitute search and that the path is more difficult and I plod along and maybe it will result in feeling good in that high state.²⁴⁴

The soul experiences all emotions at a different level than does the more temporal organism. The visceral pleasures are temporary. We do not suggest that you eschew them, just do not expect them to sustain the Essence.

Dick: He's mistaken. He's taking in for visceral — what I'm saying is I experienced things on a high, spiritual level and I'll never get back to that level.

That is really inaccurate. Yes, that was a high expression, but you can duplicate it.

Dick: There's this problem not being able to go around stoned all the time. A person might be able to meet someone. Unless I was stoned, I'd get no signals. My Personality is turned off to that.

Richard: Is it possible to be high without the use of grass?

You tell us, Richard, is it?

Richard: With meditation, I am close.

Then perhaps, for you, it will be possible. It does not matter how the liberation comes about. If it requires marijuana for a while, then so be it.

Dick: Even under the circumstances of a love relationship, False Personality is waiting to gobble.

Richard: I guess it gobbled me, too.

Dick: False Personality is always on guard. As far as Personality goes, it is not going to be duplicated. It's amazing how False Personality will avoid painful or even good situations. You make excuses and justify intellectually, even manufacturing illnesses to avoid doing something.

Alice: Look at the Jehovah's Witnesses who come to the door. They certainly have a certain amount of love and enthusiasm for Jesus.

There is a certain amount of transference of eroticism in the "love of Jesus". In that situation, you are merely substituting the non-existent lover with the personification of the Infinite Soul.

Dick: When love is turned on, this in itself puts you on a high. Maybe that's "Man #4" according to Gurdjieff and it is not permanent.

The love of the Logos or Agape permeated the being of Jesus even prior to the manifestation [of the Infinite Soul]. He lived for the Word. The quest for spiritual liberation took precedence over all things, sometimes to his despair prior to manifestation. This was an Emotionally Centered Mercury-Saturn. He was passionate and sensual. When others rejected his opinions, he was astonished.

Dick: I had the feeling that Robert said that everybody good was Saturn. I had it beaten into me and I guess it is so. They are strong, smart, big, with strong teeth. When I learned the Body Type information, it really put me down. It's not a good feeling to be told you have a feminine body when you're a man. Venusians are weak and non-existent. There's nothing good about Venusians.

Alice: The same goes for the Lunar type — not much can you say about them that is good: timid, obstinate, feminine, ad nauseum.

Dick: I felt in Robert's group that only men in the active Body Types could contribute anything to the group except for money. You could not even be his friend unless you were an active Body Type. The Body Type stuff is the Body Type stuff — I verified it as true.

The Body Types refer to characteristics that belong to False Personality. It is in the same category as saying, "I am a typical Leo or Taurus." If you believe yourself to be a victim of your Body Type, you are. In fact, you are virtually imprisoned by it. Anything that is tied to the temporal Physical Plane deals with False Personality. That which exists spiritually and independent of the physical is of the Essence.

Dick: My False Personality latched on to the information as to 'why I'm not good.' Venusians are not generally successful.

No, not if they allow this very strong Self-deprecation factor to rule the roost.

Richard: If given the information and you go around carrying a green lantern and you say, "Look, I'm green."

Sarah: It's like saying, "I always knew I was no good; now look, I have proof."

Dick: I have not been chosen for a significant role in life because of the type of my body. It is no good.²⁴⁵

²⁴⁴ This might be a reference to the Kundalini experience that Dick had when he was 37 years old; refer to the session transcription of 05 July 1973.

²⁴⁵ Dick had Chief Negative Features / Obstacles / Dragons of Impatience and Martyrdom, with Venus/Mercury Body Type.

The role you have chosen is not one of dominance by physical prowess nor is it one of failure. The role you play now is not in Essence, more because of the way you play it than the substance of the role. Being a healer is in Essence for you, but you have little opportunity to display this — same as Richard. He has no suitable outlet for the creativity that is in Essence. Therefore, [he] is frustrated most of the time.²⁴⁶

Sarah: That's the price you pay. We could live the same if we pooled our resources. It depends on how frugal you are. Richard has no mortgage but Sarah does.

(We asked her why she didn't sell her house and get rid of some excess baggage, especially when she has complained more than once on the taking of a tax loss of a grand a year due to her feeling sorry for the renters, who are on welfare.)

Sarah could not tell Tina to move even when it meant that Sarah was no longer comfortable in her own home. The sense of obligation stems from Karmic Ribbons, yes, but now that you know this, we suggest to you that you attempt to burn them.

Alice: I would like any information on the soul levels of my family. I have a feeling that the children were older souled than my parents, especially my father. He expected so much from all of us.

Most of you were raised by souls younger than yourselves.

Dick's mother, Mary, was the only Older Soul.

Alice's father [Jasper] and Richard's mother [Christina] are Baby Souls. Alice's mother [Angelica] and Richard's father [Edwin] were Mature Souls.²⁴⁷

Sarah's father [Eldridge] is a Mature Soul. Her mother [Dawn] was a Young Soul.

We have discussed [Dick's sister] CarolynH and [Dick's father] Harold before.

(The name "Harold" was not believed to be mentioned in Sarah's or Richard's presence before. Dick had referred to him as "my father.")

Alice: It seems that my older sister, Marge, was an older soul than I.

Not valid. Marjorie is a Mature Soul. Very talented. Extremely perceptive.

Richard: I feel my sister is an Older Soul.

Not valid. Doris is a Young Soul.

Richard: Doesn't seem to fit.

Alice: Eleanor seems to be a Baby Soul, Robert an Older Soul, Richard a Mature or Young Soul. (These being Alice's siblings).

Robert [Alice's brother] and Alice were first born at the same time [as Fragment souls], though not a part of the same Entity.²⁴⁸ Eleanor [Alice's sister] is a Baby Soul. Richard [Alice's brother] is a Third Level Young Soul.

Richard: Could we have a clarification of Fragments and Entities?

The higher planes each have seven levels of evolution, not just the physical. The continuous creative force that is universal Casts out Entities into physical lifetimes. These Entities Fragment and become many different Personalities. Their integration is the evolutionary pattern for all souls. You do not feel the desire to seek the remaining Fragments of your Entity until the last physical Cycle [Old Soul Age]. Then at that time, there is almost a compulsion. You do not always know why, but you always do seek. Kurt Vonnegut²⁴⁹ is an Old Soul who knows this dimly, but does not know the reason. [He] does know the thirst and he has come close, very close in his writing. He feels the compulsion but does not understand the reasons for it. He has come close several times in his fictional works. This concept does not have to be expressed in theological terminology in order to be valid. Many who seek and find are atheists. That is all right. The Tao does not require belief in order to continue.

Are there Cycles of souls mentioned in the Rosicrucians?

Sarah answered: Not to my knowledge.

Dick: It seems that the unification of Fragments goes on inter-life [between lifetimes]. You can't do it here, can you?

²⁴⁶ Dick and Richard were both said later to be Artisans.

²⁴⁷ These were corrected on December 16, 1973 – to be the reverse Soul Ages from what is stated here.

²⁴⁸ Corrected later to be not part of the same "cadre."

²⁴⁹ From Wikipedia: Kurt Vonnegut, Jr., (November 11, 1922 – April 11, 2007) was one of the most influential American writers of the 20th century. He wrote such works as *Cat's Cradle* (1963), *Slaughterhouse-Five* (1969) and *Breakfast of Champions* (1973) blending satire, black comedy, and science fiction. He was known for his humanist beliefs and was honorary president of the American Humanist Association.

You can, but it is difficult. It requires psychic union and that by definition requires that you be an Adept. That [psychic union] is always [Cardinal/Ordinal] polar. It is usually done between lives [on the Astral Plane].²⁵⁰

Dick: You could not possibly experience all there is to experience in 49 lives. Do Fragments experience between lives?

Richard: Can we assume then when the Entity is reintegrated, it has experienced everything there is on the Physical Plane?

It has experienced all of life, yes. Each Fragment does not need all experiences, but most Fragments choose to experience all of life.

Sarah: We can live over and over the same type of vocation in many Cycles.

It is not necessary to change the particular vocation as much as the location in order to experience all of life. For instance, being a physician on mainland China does in no way resemble being in practice in Vallejo, California [where Dick and Gene practiced]. Dick would be able to relate to the practice of medicine in ancient Egypt more easily than the rice paddies of today.

Dick: Are towns segregated by age of souls?

Baby Souls tend to congregate in mid-America towns. This to them represents the “good life.” Young Souls like the urban life or the country. The Mature Souls seek tranquility, and if this means isolation, then so be it. Old Souls live all over.

Dick: In my practice,²⁵¹ I see so few people that I can relate to. They are happy to see me, I guess, but there is not much rapport. Their Centers are different. They’re happy to come there, but there seems to be an overlay of IQ as well as income.

Vallejo [California] is a Moving-Centered community populated heavily by Baby Souls. There is racial unrest and much strife. The average IQ there is 90. Intelligence means different things to different cultures. Some cultures stress survival; others stress scholastics. Thereby hangs their criteria for measuring intelligence.

Dick: We take heredity as the main cause of intelligence and some from environment.

Alice: How about brain deficiency? How does that fit with Karma?

Genetically determined deficiencies do exist. They are not particularly distributed. In other words, there is a bad gene, but this [American] culture has never stressed intellectual pursuits and never will. There are no superior Oriental genes, but this culture has always stressed knowledge, and a certain amount of this is inculcated in the culture so deeply that it has become hereditary in a very obscure fashion. It is immeasurable, but pervasive. Some of you were Black in previous lives and some Blacks have been White. In them, there are racial memories that cause them to seek outside of their culture.

Were all races created simultaneously? Is evolution still going on?

New species are no longer appearing on your planet; alterations continue. The races evolved from a single race. They are hybrids.

Where was the location of the origin of the [human] species?

In the Middle East.

Dick: Who else is part of my Entity and how many more are involved?

This is a lengthy subject, but we will try to encapsulate. We have told you that you are reuniting and that is true, but you are not necessarily part of the same Entity. Richard, Susan, and Delouise are Fragments of the same ancient Entity; Dick, Phyllis and Gene are; Sarah and Alice are.

²⁵⁰ The “polarity” here spoken of is what later came to be known generally as Cardinal and Ordinal, and it applies to many things. Is is uncertain what the word might specifically be referring to in this particular passage, but one can speculate. In the OMG, Roles was said to be a factor of the Physical Plane, so it is reasonable that the polarity mentioned here is not between Roles (Sage/Artisan, Priest/Server, King/Warrior), but their correlates in Casting on the Astral Plane: in the 1980s it was revealed that there are what I refer to as “Role-ish” factors in the Casting of soul groupings called Cadences (7 Fragments), Greater Cadences (49 Fragments), and Sides (343 Fragments). My guess is that Fragments (in the reunification process on the Astral Plane or Adepts on the Physical Plane) which are on opposite sides (Cardinal and Ordinal) of the same Axis are first to experience psychic union, e.g. Sage-ishes with Artisan-ishness, Server-ishes with Priest-ishes, and Warrior-ishes with King-ishes. (This makes the united pairs Neutral, and afterwards they merge with the Scholar-ishes in their soul grouping.) On the Physical Plane, one of the “polarities” that might facilitate psychic union might be gender — male and female, because that is such a strong factor here, and not to be ignored. However gender polarity alone is not enough of a force to drive “unification of Fragments”, aka souls; what is needed is the soul polarity of Role-ishes. On the Planes above the Physical, where sexuality does not exist, various forms of Cardinality and Ordinality polarity drive gender-like psychic unions.

²⁵¹ Dick was an Internal Medicine physician, working in a large HMO in California, which included the city of Vallejo, CA.

07 October 1973 — Sunday

Location: Oakland, California.

[This appears to be a brief session with Soleal where perhaps only Sarah and Richard, Alice and Dick were present. A session was held on the previous day of this weekend with those attendees.]

There was a statement concerning the possibility of Soleal visiting with us. This statement was prompted by a request of Dick's to go and visit Soleal if he could not come here.

[Soleal:] I would like to speak to Dick about his hopes concerning such a visit. I have no personal objections, but I don't think he understands what is involved. Dick's age and health are against him. These problems are not insurmountable, but difficult. We prefer that space travel be begun at an earlier age than fifty. There is a language barrier that could perhaps not be scaled.

I would like the opportunity to work with you all. I think I may overcome my trepidations soon. They seem to arise more from my knowledge of your history than from fear for my personal welfare.

Space travel, especially interstellar, is costly in terms of materials, supplies, and hours of work. When we do send out a ship, it is usually for an extended period of time. Normally, we would expect it to remain in transit for at least one of this world's revolutions [one 'year']. If I sent someone there, I would expect them to remain at least that long to make the voyage worthwhile. If I came myself, I would expect to stay that long.

I want it understood that what I have to offer is philosophical. I am not a scientist and am unwilling to become enmired²⁵² in scientific dissertations. I am also not a politician and have no desire to involve myself in your very tenuous political situation. If at all possible, I should like to steer clear of issues such as that. The very idea of meeting with the leaders of your world appalls me.

Any philosophical evolution on your world will arise from underground movements such as the one in which you are involved. If you wish this, I will do it. However, these are a few things I think you should know.

We voiced concern that perhaps Soleal could not eat our food or breathe our air. He answered:

[Soleal:] I can eat your food without any particular problems. I have spent some time on a world with higher gravity than yours, and aside from being terribly tired, suffered no ill effects. I have an extremely soft voice and a poor command of your spoken language and you would have to exercise patience in order to effect understanding. I would prefer being somewhere I can swim. I do not like cold weather, but contrary to Sarah's belief, I can tolerate it.

Richard asked him how he felt about the possibility of press conferences, etc.

[Soleal:] That doesn't bother me. I quite often address large crowds and I realize that curiosity would be rampant.

We asked him again why this group had been chosen by both Michael and Soleal — why us instead of someone else?

[Soleal:] I cannot speak for the teacher — you would have to ask him. However, speaking for myself, I like the vibrations.

Richard was worried about the fact that we were imposing on Soleal's time and he asked Soleal if he had any further comments.

[Soleal:] No, except that this is not an imposition on my time. I am young and I enjoy the prospect of this very much. The fears I have are normal ones, I think. I am not immune to excitement.

Later that evening, we asked Michael to comment on this.

[Michael:] Soleal is adaptable, good-natured, and accommodating.

The following information is just presented for your information. Sarah, in the same session, stated that she had developed quite an admiration for Gaius Octavian²⁵³ (Caesar Augustus) upon reading [the book] Caesar and Christ and wished to know about him.

[Michael:] This extremely perceptive final [Seventh] Level Young Soul burned much Karma and accelerated. He chose the statesman role again in the recent past, and is a First Level Old Soul, returned as Dag Hammarskjöld.²⁵⁴

²⁵² From ><http://answers.yahoo.com/question/index?qid=20060619084206AA6rpRi><: Enmire means "to become mired." Mired means stuck, or bogged down. A mire is a place like a bog or quicksand — a place that you could get stuck in.

²⁵³ From Wikipedia: Augustus (Latin: Gaius Julius Caesar Augustus; September 23, 63 BC – August 19, 14 AD) is considered the first emperor of the Roman Empire, which he ruled alone from 27 BC until his death in AD 14. Born Gaius Octavius Thurinus, he was adopted posthumously by his great-uncle Gaius Julius Caesar in 44 BC via his last will and testament, and between then and 27 BC was officially named Gaius Caesar.

Then Sarah stated that she wished to know more about Julius [Caesar].²⁵⁵ She felt that he was a Mature Soul and that this had held him back in a lot of ways, because he didn't seem to know who his enemies were.

[Michael:] Had it not been for his erroneous perceptions of those around him, this final [Seventh] Level Mature Soul would have been the greatest of your world's leaders.

We asked, then if Julius was not the greatest world leader, who was and Michael answered:

[Michael:] [Queen] Elizabeth the First [of England].²⁵⁶

08 October 1973 — Monday

[Because of the amount of dialog that appears in this session, it was obviously tape-recorded.]

Location: San Francisco, California.

Present: Alice and Dick, Sarah and Richard, Susan and Gene, Ellis, Pamela, Hollis.

We are here with you tonight.

Dick (to Sarah): When you call Soleal, his thoughts are coming from 20 light years away.

Sarah: We don't call him, by the way. The only time we have a session with him is when one of us feels the "presence."

There is no concept of time as you know it on the high planes. The physical laws governing you are irrelevant [there].

We were hoping that we might be able to speak to Soleal tonight.

Soleal is not available physically at this moment.

A question was asked about Fragments. (This was unintelligible on the tape).

The reason you have all come together, under fairly unusual circumstances is, as we have previously informed you, because of the strong drive of the Old Soul to reunite with his Fragments. False Personality is aware of this drive, of course, and occasionally rejects seemingly unsuitable relationships because of this lack of knowledge.

Two of the Entities of which this group is a part were first born at the same time [therefore in the same Cadre].

The drive there is stronger. Ellis is a Fragment of the Entity that includes Alice, Sarah, and Craig.

Gene: Let me ask something that maybe you can clear up. Does this mean that they were first born on a higher plane?

Sarah: No, we were Infant Souls together.

Gene: Before Fragmentation?

Sarah: No, after Fragmentation.

Richard: Let's ask for clarification.

Gene: I imagine that they are talking about the non-fragmented Entity — the unified Entity — "were first born at the same time" and that seems to me contradictory, because those of us who were born are only part and not the Entity.

Entire Entities are Cast from the Tao. They fragment into physically trapped souls for as long as is necessary for them to experience all of life through the Cycles. This means that when Gene's Entity first fragmented, other Entities fragmented also [the Cadre]. The Entity that includes Gene fragmented at the same point in history as did the Entity that includes Sarah and Alice.

Ellis: Do we have any idea as to how many persons are involved in the fragmentation of an Entity?

Sarah: They say at least one thousand and then they reintegrate at different speeds.

²⁵⁴ From Wikipedia: Dag Hjalmar Agne Carl Hammarskjöld (July 29, 1905 – September 18, 1961) was a Swedish diplomat, economist and author. He was the second Secretary-General of the United Nations. He served from April 1953 until his death in a plane crash in September 1961. He is the only person to have been awarded the Nobel Peace Prize posthumously. Hammarskjöld remains the only U.N. Secretary-General to die in office. U.S. President John F. Kennedy called Hammarskjöld "the greatest statesman of our century."

²⁵⁵ From Wikipedia: Gaius Julius Caesar (July 13, 100 BC – March 15, 44 BC) was a Roman general and statesman. He played a critical role in the gradual transformation of the Roman Republic into the Roman Empire.

²⁵⁶ From Wikipedia, Elizabeth I (September 7, 1533 – March 24, 1603) was queen regent of England and Ireland from November 17, 1558 until her death in 1603 – a reign of 45 years. Sometimes called The Virgin Queen, Gloriana or Good Queen Beth, Elizabeth was the fifth and last monarch of the Tudor dynasty. The daughter of Henry VIII, she was born a princess, but her mother, Anne Boleyn, was executed 2-½ years after her birth and Elizabeth was declared illegitimate. Her half-brother, Edward VI, bequeathed the crown to Lady Jane Grey, cutting his half-sisters out of the succession. His will was set aside, Lady Jane Grey was executed, and in 1558 Elizabeth succeeded the Catholic Mary I, during whose reign she had been imprisoned for nearly a year on suspicion of supporting Protestant rebels.

Richard: They also made the statement that not all of the Fragments have to experience all of life.

Ellis: Then they reintegrate into the Entity and that is the total Cycle. Then where do you go from there?

Sarah: Where Michael is.

Ellis: On the transcendental level?

Richard: Here again, I think that we are assuming too much.

Ellis: The next question that comes to me is, is this a process of growth and evolution and for what purpose or just indigenous or if that is so, why?

To ensure the continuous creative force is the only purpose we know.

The Entities no longer earth-bound experience lengthy periods on the high planes and at the end, reunite with the primeval force that is creation. Thus, the created becomes the creator and the Cycle repeats itself ad infinitum. This is infinity.

Dick: If Gene and I are part of the same Entity, whose perception does the reunited Entity have?

The whole becomes the sum of the parts.

Gene: Do we then lose our individual perceptions?

You will lose your individual perceptions long before you become a mid-Causal teacher.

Gene: We hear so much about twin souls and I would like to know about that.

Dyadic union occasionally occurs while the principals are still on the Physical Plane. This is exceedingly rare and happens only among Fragments of the same Entity. These unions are always polar [genderwise] and it is a devastating experience. Souls so united are truly one flesh.

(Part of the following was not recorded.)

Why is this devastating? What do you mean by "polar"?

There is complete psychic union. There are no longer any individual perceptions. There is a total loss of identity. All of you will escape this fate in this lifetime, for your strongest attractions within the group are for those of the same sex.

Gene remarked that he felt that he was probably already at least one hundred reintegrated Fragments.

Gene is essentially correct. There are approximately twenty separate Fragments of that Entity extant [still existing] on the Physical Plane. All of you are composites of completed Monads.

Dick: How many Fragments are in my composite?

Approximately one hundred and fifty. All of you now have Fragments that are a part of the mid Astral sequence.

Dick: Did I experience this polarity?

No.

Richard: I have past lives and so do the other Fragments. When you come together, do you remember the other lives of the other Fragments?

You do experience the flashes from all of the composite Fragments. This is why Sarah is so confused right now.

Richard: Is this something like micro-Akashic records?²⁵⁷

Yes, but you must remember that all of the Fragments are not in the physical body at the same time. Georges Gurdjieff glimpsed this in part when he presented his theory of recurrence.

Ellis: I feel that I've been cast into the wind, without direction, without control.

You are free to choose. The rub comes in where False Personality, which is Karma driven, makes most of the choices, in direct opposition to the desires of the Essence.

Discussion: The word "ego" was discussed extensively at this point. Unfortunately, there is no recording, so this scribe is unable to capture it in essence. However, Ellis did mention that he had been searching for fifty years and he wondered how to get away from ego (False Personality).

The word does not matter so much as your understanding. However, "ego" to the psychiatrist normally means "self", so be certain that you all understand each other. For purpose of ease in transmission, we have been

²⁵⁷ From ><http://www.edgarcayce.org/are/spiritualGrowth.aspx?id=2078><: The Akashic Records or "The Book of Life" can be equated to the universe's super computer system. It is this system that acts as the central storehouse of all information for every individual who has ever lived upon the earth. More than just a reservoir of events, the Akashic Records contain every deed, word, feeling, thought and intent that has ever occurred at any time in the history of the world.

using terminology familiar to the majority, with some variation. For instance, we perceive no schism between “self”, “soul”, and “Essence”. All are spiritual. False Personality is attached to the organism [physical body].

Gene: How is it practical for me to know about my Fragments? Should I search for them?

It is more practical not to resist than to try to consciously search. False leads are possible at your level. Learn not to analyze your intuition out of existence; that is a trait of False Personality.

The recording resumed at this point.

Ellis: I see some parallels between the unconscious and the process of the soul, although we’ve been told the relationship of the ego to the others. I wonder if I can get some information as to where the unconscious falls in the psychological terms we just discussed?

When Carl Jung²⁵⁸ described the collective consciousness, he was describing his own apprehension of the collective Fragments residing in his body. He was describing a direct confrontation with his own soul. This has become known popularly as the subconscious, simply through misunderstanding. Through the ages, there have been Old Souls making this confrontation and attempting to describe it. He came closer than most Westerners. Mysticism has never been a compelling force in Western philosophy.

Gene: But he called it the collective “unconscious.” Which is correct?

We dislike the term “unconscious” — it is meaningless. The soul is eternally vigilant. The False Personality does not have the capacity for becoming conscious.

Dick: Internally, I have and I assume others have also, a great deal of pulling and shoving, sometimes like I’m composed of many different people. Some are in charge at one time and others are in charge at other times. Up until now, I had always assumed that this was the many “I’s” in False Personality [as taught by Gurdjieff]. Is it this or is it the many Fragments or is it a mixture?

It is an admixture of both.

Dick: Is this why, when you see an Infant or Baby Soul, you see simplicity there? It is just one Fragment? And then with Old Souls, you sense a complexity and then in between, you see mixtures. Is this because the Fragments are unified all along the line, beginning with the Infant Souls?

That is valid to a point. Not much uniting occurs in Infancy.

Richard: Would this have any influence on Mature Souls?

Dick: Yeah, that’s what I was saying, because all along the line [of Soul Age] you seem to see more complexity.

Richard: Then perhaps the impact is greater at the level of the Mature Soul than anywhere else. Is that valid?

Not really. Their perceptions are sometimes erroneous.

Ellis: Hangmen, crooks, and thieves: all my past lives, that’s what I’m composed of.

Dick: Yeah, me too.

But you must remember, Dick, those lessons were learned.

Richard: Is it possible to go through life without burning the Karma that you had set out to burn in that life or is it inevitable that you burn Karma?

It is inevitable that you play out the [Karmic] role you chose. It is not necessary that you always choose a difficult role.

Alice: Does it sometimes take more than one lifetime to learn the lesson? I mean, he’s asking if you choose a role, it’s all over with, but I’m asking, might you not have to play it over and over again?

Many times, you have chosen almost identical roles in order to play out a Monad. Only the time and locations were different.

Ellis: At what point do we make our choice?

The choice is made on the Astral level between lives. Young Souls quite often have very literal concepts of “heaven” and “hell.” They must experience this, as they create it out of Astral matter.

We’ve been told that we go to school between lives. Is this accurate?

School is a deceptive term. There is much time for reflection and much guidance. Many souls remain suspended in a limbo of their own manifestation for many of your years. Old Souls welcome the interval. There is normally a very short transition from the physical body to the low Astral Planes.

²⁵⁸ From Wikipedia: Carl Gustav Jung (July 26, 1875 – June 6, 1961) was a Swiss psychiatrist, an influential thinker and the founder of Analytical Psychology. Jung is often considered the first modern psychologist to state that the human psyche is “by nature religious” and to explore it in depth. Though not the first to analyze dreams, he has become perhaps one of the most well known pioneers in the field of dream analysis. Unlike Freud et al, he was a self-described natural scientist, not a theoretical psychologist.

Sarah: Can you tell us about the Astral Plane and its levels?

The first level of the Astral Plane is populated by living Fragments adept at Astral travel and those souls who penetrate this plane accidentally through drugs. The second level of the Astral Plane is inhabited by all those between [physical] bodies. The Third Level attracts Old Souls who are trying to burn final Karma without being reborn. The mid Astral [Fourth Level] bodies are partially reunited entities. You have manifested a mid Astral Entity previously [Tomas]. The three higher levels [fifth, sixth, seventh levels] are progressively integrated. Access to the high planes is through these levels. Even very high Adepts such as Soleal have fantasies concerning the high planes. We have confronted him on the low Astral Plane and have been required to descend a staircase that does not exist except in his mind.

What is meant by the high planes?

By high planes, we refer to the Causal [Plane] and beyond [Mental Plane, Messianic Plane, Buddhaic Plane].

Dick: I would like to know about Pamela's Entity and about Hollis.'

Pamela's Entity is still widely fragmented, as is Hollis'. They will not begin to search from Essence yet.

Alice: Does the path become harder as your soul evolves and becomes older?

Difficulty is relative to the perceiver. Not strictly speaking, Alice, it should become easier. It is simply that more of the pieces fit into the puzzle and you are faced with an increasingly alarming volume of data until you allow yourself to perceive the synthesis.

At this point, the recording ceased, so the remaining questions may be inaccurate and attributed to the wrong seeker.

Richard: Did Christ know about atomic theory when he was in the physical body?

Not as an Old Soul, but when the high Mental body manifested, it brought the sum of the Logos to bear.

There was discussion about the Transcendental and Infinite Souls, and their place on the reincarnational Cycle; about the possibility of the Transcendental Soul manifesting through Robert, etc.

That is oversimplification. The Transcendental Soul is only such when it is manifest on the Physical Plane, as is the Infinite Soul. The high Causal body [Transcendental Soul] is capable of displacing many souls at once. This will occur within the next decade. Many must sit at the feet of living masters. You are now living in a large, complex society. A Jewish carpenter [Jesus] would hardly be apropos.

Richard: Will he be a Russian?

The high Mental body [Infinite Soul] will manifest. Look around you; do you not think that this is necessary? There is social and political unrest, internecine [mutually destructive] and interracial wars, religious schism — all existing simultaneously in a powder keg of nuclear power. The manifestation will be a very different type. The problems are not so different as they are more dangerous.

We discussed the present Israel-Syria conflict and the possibility of the destruction of ancient shrines. Gene asked for a comment on that conflict.

What was occurring about two thousand years ago in Syria-Palestine? We have told you that you are on a parallel time frame. These very ancient enemies have better instruments of war now than then.

The book-burning threat is real.

The role has not been chosen, but it was in the past.

We had discussed the burning of the library at Alexandria by Justinian²⁵⁹. Richard voiced the fear that perhaps we would do a repeat of this, but this time out of shame, so that future generations would not know how irresponsible we were. Then he asked Michael if the books were burned at Alexandria out of shame.

Misguided zeal. He (Justinian) regarded science as evil.

Richard then asked for a statement on war, wondering why it was necessary and why it was imposed on us.

The high bodies impose nothing. The Cycles impose their own Karma. The reasons for this become crystal clear when one studies the perceptions of the world and self through the Cycles. Many nations are now heavily populated with early Cycle Young Souls. Your own is the prime example. Other nations are heavily populated by Mature Souls. These are the nations who chose neutrality in World War II. Old Soul nations are actively pacific and submit to domination rather than fight.

²⁵⁹ The Wikipedia article on the Library of Alexandria (>https://en.wikipedia.org/wiki/Library_of_Alexandria<) does not mention a burning by the Roman emperor Justinian (>https://en.wikipedia.org/wiki/Justinian_I<), who ruled from 527 – 565 CE, but it does mention a burning in the time of Julius Caesar in the year 48 BCE. Many scrolls may have been destroyed, but the Library continued to function in some capacity for the next few hundred years.

Richard: Could we stop all wars?

You cannot do it. There would be minimum cooperation and you would just become a needless Martyr.

Ellis: We all have negativity, and there is all this evil. What do we do with it? How do we handle it?

Evil *per se* exists only in the minds of those perceiving an action. If you happen to be a Young Soul, your desire will be to change that evil to good, "to right the unrightable wrong." You will not hesitate to wipe out the lives that stand in your way. After all, are they not evil? Mature Souls often perceive evil in themselves and seek to exorcise this. Young Souls perceive the differences in people often as evil. The Old Soul ordinarily does not perceive evil as such; he perceives the cause and does not seek to eradicate the agent. This is what is meant loosely by "acceptance." On a higher level, this acceptance becomes Agape²⁶⁰. Your negativity can be dissolved as soon as you realize how futile it is. Souls enthralled in [the] glamour of the Physical Plane do senseless things, granted, but realize this, Ellis: the soul is eternal; these acts are temporal.

The session was terminated by mutual consent at 12 AM.

13 October 1973— Saturday

Present: Mandy and Ellis, Yorgos, Lyne, Sarah and Richard, Alice and Dick, Sue, Irv. (After an evening of Greek food and dancing at Taverna Athena, Oakland, CA.)

We are here with you tonight.

Ellis: Asked a question about burning Karmic Ribbons in order to make progress. Otherwise, he felt like he was standing still. Is it the same as overcoming the evil side of ourselves?

In order to begin work on the path, you must first burn the Karmic Ribbons. They are of the Physical Plane and are challenged by Maya. Negativity can only be overcome by some positive action on your part. No one can do it for you. Your reaction to a given situation is the only criterion upon which the judgment, good versus bad, rests.

Ellis: How do you burn the Ribbons?

We have said this before, but we will repeat. As you reap, so you shall sow. As you sow, you shall reap.

The "Ribbons" are merely our way of expressing that which draws you irresistibly to persons, places, eras and situations so that the play can go on. Some must wait many years to pass before the opportunity arises again and presents the scene with the roles reversed.

Ellis: A person may become stuck at the same point. Is he pulled or pushed by some force? It seems you are required to make some action to move.

You are merely given a set of plans [of Karma] and tools. The rest is up to you. The play goes on forever.

Ellis: I've played the same game for 45 years; it was unchanging. I could have spent my whole life in one spot. Is it my own volition or by chance to change my life?

Intelligence is not a determining factor, at least not in terms of scholastic prowess. It is more a subtle discernment stemming from memory experience and the sheer power of age.

The Young Soul is lost to the search just as the child of ten would be lost in the business (world).

The Mature Soul has all of the conflicts of the celestial adolescent or young adult.

Only the Old Soul has the experience to surrender to the desire.

Dick: Is Yorgos a part of the Fragments of the man Robert [Burton]?

The man Robert is a final Level Old Soul. All but for five Fragments of the Entity have reintegrated. He is not a part of the Entities we have discussed.

The man Yorgos is a Fifth Level Old Soul. He is not a part of any of the Entities we have discussed. There are twenty-nine Fragments of this Entity extant [still on the Physical Plane]. He is in contact with JohnFS.²⁶¹

Dick: Are there others in Yorgos's group²⁶² that are part of his Entity?

Not at the moment. There were and there will be again.

²⁶⁰ When the Poles of the Goals were revealed in early 1975, the Positive Pole of the Goal of Acceptance was said to be +Agape.

²⁶¹ JohnFS and his wife were early, active members of Robert's group.

²⁶² Yorgos left Robert's group in November 1972 to start his own group.

Ellis: What level is Mandy?

She is a First Level Old Soul.

Lyn: What am I?

Lynn [is a First Level Old Soul], also.

(The name and question were not recorded.)

Not a part of the same Entity, though Lore²⁶³ was a Mid-Cycle Mature Soul.

Ellis: What is the level of a friend of mine, named Ray M?

He is a - - - we are having difficulty - - - he is a Mid-Cycle Young Soul. The interruption is due to energy levels.

Our energy levels?

Yes. You are tired and there are some agendas in the way.

Yorgos and Lyn left and Irv and Sue.

Mandy: I would like to ask if there is any significance in the fact that little children bring me many wounded birds and I raise them until they are well. Does this have any meaning for me?

None other than Old Souls normally have an affinity for all living things. The perceptions of children are surprisingly keen. Abused and troubled children often know where to find an Old Soul. Children feel much more acutely than adults. This can be either positive or negative.

Dick: I am concerned about the slow growth of the group. It was said that we should spread the Logos.

It is the manner in which it is being presented that frightens many. Arrange the data in some suitable form and teach it yourselves. We will be with you to keep you from embellishing.

Dick: I am disappointed in Yorgos not being interested in the words here.

Mandy: I think that he feels that true learning does not come that quickly. There has to be a change in people and he can't see it.

Ellis: It has answered many questions for me.

Dick: I have never seen a permanent change in people.

Ellis feels he has.

Sarah felt she did, also.

17 October 1973 — Wednesday

Location: Oakland, California

Present: Sarah and Richard, Alice and Dick, Phyllis, Sue, BarbaraS, Vincent, JohnR, Toni.

We are here with you tonight.

There was some trouble with comfort as Sarah and Richard tried to work the [Ouija] board.

Perhaps you could stabilize that somehow.

What are your burning questions?

Alice: My friend, Terry, who has never come to a meeting here, has expressed a desire to write a paper [about the Michael group] for a class she is taking in witchcraft. I would like to ask for her if it is all right with everyone here and also ask the [Ouija] board for comments.

She can do a paper as far as we are concerned.

(Alice communicated this to Terry later, and she had decided to write on the Kabbalah instead of our communications with Michael.)

Alice: Another question for someone else concerns a man by the name of Rampa. Dick and I recently met him when he brought [their daughter] Kathryn from the Carmel area, as she was feeling ill. He has read some of our papers that Kathryn has shown him. We talked awhile and he wanted me to ask for him about the level of his soul.

He is a first level Older Soul.

Alice and Dick expressed how good they felt when they met him.

He is a beautiful guy.

Alice: I would like to ask if there is anything organically wrong with Kathryn. We had her checked out clinically and there was nothing wrong. However, she does not feel well at all and has stomach pain when she eats.

²⁶³ Lore (John's wife) left Robert's group and committed suicide in 1972.

Kathryn manufactures abundant hydrochloric acid and is working toward an ulcer.

Dick asked for a comment on her general health (seems run down).

Her general health is all right, except that she drives herself in an effort to achieve her expectations, which are high. Kathryn's path is a steep one.

Alice: Recently, I talked to E.P. on the phone. She is in the hospital with an abscessed left lung. She asked me to ask if Gene could perhaps call on her in order to try some faith healing.

Gene could go and if her faith in his ability to effect a cure was strong enough, he could do it. He has the ability to. There are emotional overtones that might prove effective.

Alice: One more question, which my daughter Cheryl requested me to ask: Will EST, which she is in the process of experiencing, help her to burn Karmic Ribbons?

Something like Erhard Sensitivity Training [EST] does not burn Ribbons, but the experience could conceivably put her in touch with untapped inner resources that would enable her to make wise choices in the future and thus burn the Ribbons.

Sarah: Wanted to know if children could be helped by EST?

The children would benefit enormously.

Sarah: That's the first he's ever said that any of us would benefit. When I offered to send Dorothy to the special children's EST, she began to cry.

The children do not always make wise choices.

Sarah: You mean I ought to drag Dorothy screaming and kicking?

Phyllis: I would like to know what level my son, Josh, is (14 years old).

He is a Third Level Old Soul. This child is gifted.

Phyllis: What do I do with his gifts?

Allow him to develop them. He could be a powerful psychic. He expresses this musically. (He possesses) the intuitive sense of understanding so often present in Older Souls.

Dick: What type is JohnR? I would assume he is influenced by Mercury-Venus.

JohnR is almost solely Mercurial, but Venus exerts a weak influence, primarily in interpersonal relationships.

Dick: How about Toni?

She is also Mercurial, some Saturn. JohnR is a first level Older Soul. Toni is a Sixth Level Mature Soul.

Dick: It is hard to tell the level of Mercurial souls, as they have this young look about them — bright, sparkly eyes ...

Dick: Is it possible to identify how many Fragments are united and can we begin to identify them?

Under hypnosis, very advanced students can identify their own Fragments. You can sometimes identify Fragments in others by diversity.

Dick: Must mean by the diversity of the person. It seems like Howard Leibgold²⁶⁴ is many Fragments united. Could we have a comment on that?

Howard's Entity now has only fourteen Fragments extant [still living] on the Physical Plane.

Dick: How many Fragments are united in him already?

In him, there are fifty united Fragments. The others form low Astral entities.

Dick: If a person has Fragments on the Astral Plane, do they try to influence Fragments on the Physical Plane?

Yes. Tomas is a part of the Entity that includes Lorraine.

Dick: She [Lorraine] is always talking to him [Tomas]. She used to 'run the [Ouija] board' for our group and has left us. Sue confuses me because she is Mercurial. Because of their bright eyes and youthful look, I tend to put Mercurial persons in the Young Soul category. Could I find the soul level of Sue?

That is a forgivable transgression. Sue is a second level Old Soul.

Dick: I would like to verify if our radiologist is a Baby Soul. He seems naive. It has nothing to do with competence — it is his behavior.

That is valid. The social behavior of Baby Souls is normally a dead giveaway. They have none of the smoothness of the older Cycles. New situations frighten them. Change of any type is threatening. The Young Soul is usually polished and poised socially. The Mature Soul is sometimes nervous in crowds if the vibrations are bad, but they

²⁶⁴ Howard was a doctor at Kaiser Permanente in Vallejo where Gene and Dick worked. He became famous for overcoming claustrophobia and then teaching others how to do it. He died in 2013. Look him up on the internet.

are exacting in their social relationships. The Old Soul is casual about everything. Baby Souls tend to be immaculate about person and home — have strong feelings about hygiene. They live by standard clichés and, after all, “cleanliness is next to godliness.” The Young Soul often keeps external appearances: shoves everything into the closet before the company comes. The Mature Soul goes in spurts: one day clean, the next day, not too clean. The Old Soul usually does not bother to shove anything in the closet — who cares? The Baby Souls regularly clean drawers, cupboards and the tops of refrigerators.

Sue: That’s my mother! Is she a Baby Soul? But then I do that too — I clean the top of the refrigerator.

Sue’s mother is a Baby Soul. Sue is young — she is getting sloppier.

What level is Gina? She seems Mercurial, Solar, Baby Soul. She has a high energy field.

Gina is a Baby Soul with a high energy level. We do not detect Solar influence, but much Mercury. She is just energetic.

Discussion was held intimating that Robert tended to hold back information from his students. A strong statement came through — the [Ouija] board workers²⁶⁵ said that they felt a strong force.

The man Robert is a good teacher. It [Robert’s teachings] departs substantially from the teachings of Peter Ouspensky and Georges Gurdjieff. The complexion of the group is gradually evolving to a stage where certain members such as Kathryn will force him to divulge his real teaching.

Dick: I would like to know what the nature of the next Overleaf is?

We were hoping to tie those you already have together before going on. However, there are four more influences²⁶⁶ that come into play and determine the roles that are chosen and how the actors perform in them. There are seven major life Roles.

Sue: I would like to know about my Entity Fragments. Do I know any of them now?

Sue is influenced by Mercury.

Dick: She wanted to know about her Entity Fragments.

Sue is not at the present in contact with any of her [Entity’s] Fragments. She has been and will be again.

Sue: Could I have a hint as to whom?

One will come into this group soon.

Discussion was held as to who was in whose Entity. Alice asked why this was important to know.

Some of this will shortly fall into place. JohnR should attend a session with Ellis.

Is Ellis a Fragment of JohnR’s Entity?

No. Give the new people [in attendance] a chance.

Could we have some insight into BarbaraS’s and Vincent’s Body Types?

BarbaraS is Martial, some Saturnine influence. Vincent is mostly Venusian, some Mercury.

And their soul levels?

Vincent is Emotionally Centered, a Mature Soul, Mid-Cycle. BarbaraS is Moving Centered, a First Level Old Soul.

There is no particular advantage to know this unless you plan to put it into practice in helping you to observe yourselves and those around you, toward improving your interactions in a positive fashion. There is no specific advantage to a level on the Cycle. Self-aggrandizement [for being an Older Soul than someone else] is Maya too, of a most negative sort.

Sarah: There is no advantage of being on one level over another one. No one trapped in one Center is better off than another somewhere else. Since it was said that I was Moving Centered, that means I can get to my Moving Center more readily than someone trapped in Emotional or Intellectual Center.

That is merely a suggestion, not a command.

JohnR: I would like to ask about a recurring dream I have had and the significance of it.

JohnR was asked to concentrate and everyone else was asked to concentrate on his dream without having him verbalize it.

²⁶⁵ Before Sarah learned to work the Ouija board all alone, she and her husband Richard worked it together. There are indications that they sometimes held sessions that did not get recorded or transcribed.

²⁶⁶ These four more Overleaves proved to be Goal, Attitude, Chief Feature, and Mode, revealed over the next few months. (When Mode was revealed, it was said to be the “seventh” and “final”.) These were added to the three already given: Center/Body Type, Age/Level, and Role.

JohnR's dream is highly symbolic of an incident that happened to him when he was three years old. Hypnosis would help recover the incident. Marijuana might also.

Sarah: If it bothers you, you could have hypnosis.

JohnR: It does not bother me. I get the feeling of falling through a long tunnel and there are large, bulbous shapes. It's the only dream I can remember having more than once.

The sensations of falling often accompany the sudden return to the body after Astral sojourns. All of you do spend part of the light sleep on the Astral Plane.

Phyllis left the meeting because she was tired. The question was asked why sleep was necessary.

Sleep is necessary to repair psychic trauma. The less you incur, the less you need to sleep. Deep wounding requires much sleep. Of course, psychic trauma is self-inflicted and usually kicks off a chain reaction, resulting in lifelong sleep habits. The more you repress, the more you dream. Those who do not repress can spend most of their sleep periods on the Astral Plane. Soleal is a good example.

A comment was made about Sarah's book, which came from automatic writing on the typewriter, believed to have come from Soleal's Astral projections.

Sarah wanted to know if there was one dominant thread [for Karma]. If you do it to her in this life, is she going to turn around and do it to you in the next life? Is it that Karmic Ribbons makes you find them [the other person connected by the Karmic Ribbon]?

Dick said that it did not have to be a negative thing — roles were reversed to complete the Monad. Most people burn Karmic Ribbons by reliving, but if you are aware, then you can burn them by making a total separation from them.

Sarah said she felt strong obligations to some people (Tina and her husband [her tenants]) and this was part of her Karma. She said that Michael told Gene that now that he knew about his Karma, to just acknowledge it.

Dick said that psychological freedom comes from knowing that you are not bound by Ribbons to people.

Richard: Are the Karmic Ribbons influenced by False Personality?

Yes. Entrapment in the body and the Chief Feature are Karma for Essence. All others [Karmic Ribbons] arise from actions born of the waking sleep. If you are awake, you would not do it.

Sarah: [Georges] Gurdjieff says that most people pass their lives in the "waking sleep." If you want to verify it, just try to remember what you had for dinner last Tuesday or how many traffic lights did you drive through when you came over here.

Vincent: Is it fate if you are psychic and predict the future?

Sarah: He [Michael] told us that was Bad Work [to predict the future]. It does not do any good to know the answer. We have to work out answers for ourselves. Tomas predicted the second coming, but as far as our own lives go, it is not Good Work to ask for answers for the future. All choices are yours. You even choose your Role.

Dick: If you know you're going to be murdered, you can change your Karma and do something about it. If you are aware of your Karma, you can change.

This resurgence of interest is a harbinger. It would be interesting for you to check with local book sellers and ask them what type of literature is moving.

Sarah: This is interesting, because I've told three different people recently that I'm now writing a book on the life of Christ and they were all quite different from each other, but all three suggested that I read The Last Temptations of Christ before I do much more writing.

Toni: Mentioned a book she had read recently and we wondered what was causing the resurgence.

It is called Messianic fever.

Sarah: Just look around you — the ancient enemies are at it again; political unrest, religious schism. Tomas told us that the Infinite Soul would manifest in 1997 and bring the Logos to bear.²⁶⁷

Richard: One more question. I can ask later.

Sarah: No, no. Do it now. Be aggressive!

Richard: I just wanted to ask about the Rheems²⁶⁸ (what Michael calls the space travelers who appeared in Mississippi). What has happened to them?

²⁶⁷ So, Tomas was off by at least two decades. We do not have the session where this was stated. The phrase, "bring the Logos to bear" occurs a number of times in subsequent session, always in connection with the function of the Infinite Soul.

²⁶⁸ This event happened just a few days before this session. See >http://en.wikipedia.org/wiki/Charles_Hickson<. "The Pascagoula Abduction occurred in 1973 when co-workers Charles Hickson and Calvin Parker claimed that they were abducted by aliens while fishing near Pascagoula, Mississippi. The case earned substantial mass media attention, and is, along with the earlier Hill Abduction, among the best-known claims of alien abduction."

Now they have attracted a great deal of attention with their landing craft. They are now back in their ships trying to decide whether to make overt contact. Incidentally, the probes will encounter these crafts. Too bad they have stopped signaling.

20 October 1973 — Saturday

Location: Oakland, California. Early morning.

Present: Sarah and Richard, Alice and Dick

We are here with you tonight (12:15 am).

Comment: It should be morning!

We are here with you this morning!

We asked Michael to comment on the group's chances of acquiring communal property and coming together in a cohesive unit.

Our suggestion would be to go and investigate land available, but first find a sound organizer. A younger soul would be best, one who will keep the wolves away.

Dick: Robert depended on cosmic influence. He made no decisions of his own concerning the property. He apparently knew that he would be cared for.

We will guide you, also. We do not make the choices, not even for the man Robert. The final decision is always left up to you, but we will not fail you or cause you to make unsound deals. Such would seriously hinder this teaching.

Dick: Robert was a "Man #5"²⁶⁹ — full of mystery and charisma. Should we wait until we are?

He [Robert] did not wait. He was confident that such evolution would occur and on this basis, made his decision. Fatigue is pervasive now. Tomorrow will be better for absorption.

Would Patricia be the logical organizer?

Patricia is not a Young Soul, but a worker. Much of her poor perceptions would fly before your calm centering.

At this point, we followed Michael's advice and terminated the session, to be continued the following day.

20 October 1973 — Saturday

[Note: considering the detail of the questions and commentary, this session was obviously tape recorded.]

Location: Oakland, California. Evening.

Present: Sarah and Richard, Alice and Dick

We are here with you tonight.

Comment: I think it should be, "We are here with you again."

We are here with you again tonight!

Sarah: Do we have a question? Why does he (Robert) have to cost so much money and why does the Messiah have to come?

Richard: Is the Messiah necessary to complete the Monad?

Yes. Also to begin the new Cycle. Progress always occurs toward the end of the Cycle. Spiritual and material progress is usually at its peak during the waning Cycle.

Dick: If the information we receive from other sources is correct, we are going to have to transport many souls to other planets. There is the energy crisis, the over-pollution cycle and the overpopulation cycle. Looks like the major end of the cycle of mankind on earth or is this just scare propaganda?

That is scare propaganda. There has been a radical decline in population [growth curve], which will not be felt for several generations, but will continue for many generations. The great levelers of the past are no longer

²⁶⁹ From the Gurdjieff system, the 'Man numbers' are described here:

><http://www.polymath-systems.com/phenomen/gurdj/gideas.html><. To summarize: Man #1: the moving and instinctive centers predominate; Man #2: dominated by the emotional center; Man #3: the intellectual center takes the lead. Man #1, man #2 and man #3 all stand on the same level of being and all are equally mechanical. Man #4: has acquired a permanent center of gravity, consisting of his understanding and his valuation of the Work and is considered "Balanced;" Man #5: has attained unity in himself; Man #6 has subjective consciousness, powers beyond the powers of man number five and a *mental body*; Man #7 possesses a *causal body*. Another good resource is ><https://enneagraminstitute.com><.

effective, so something else must take the place of the plagues and natural disasters of past eras. Buckminster Fuller²⁷⁰ does nicely, and so do many others like him. They have an important [Life-]Task. Some [people] are aware; others are driven blindly.

Richard: He must be an Old Soul.

Alice: What does he say?

Sarah: I thought he was the man who did the geodesic dome.

Richard: He is also a philosopher.

Sarah: Apocalyptic?

Dick: He writes in a prose that is so obscure that nobody can understand it.

Richard: I think he must be stoned when he writes it.

We discussed the fact that Michael had already told us that he did not foresee a nuclear war as the end of mankind on this planet. Also the fact that this world is heavy on Young and Mature Souls who still have a long way to go in their evolution.

Richard: I've been accused by Soleal of bristling about things, but I've never confronted him about my feelings toward Robert. The fact is that I'd like to meet him, but I don't feel good about meeting him if I have to pay \$1,000.00. That is bullshit! I guess this is my own personal hang-up.

There is a price for everything. That happens to be his.

Richard: Well, Christ certainly didn't require that you fork over the earnings of the day to see him. When Robert manifests [the Transcendental Soul], will this still be necessary or will I be able to relate to him then? Or shouldn't I be uptight about this?

There is more money in the hands of all people today than in the time Jesus was manifesting the Infinite Soul. If he had charged admission of that sort, the people he was trying to reach would not have gotten into the hall. This is not true today. Money is the one thing almost everyone has.

Richard: I still feel uptight about it because the people who can reach Robert without money are the people on welfare and such and I feel ...

Sarah: They have money. Welfare gave it to them.

Richard: Yeah, but their money is our money. We're paying that. I just wonder, if Soleal comes here, are we supposed to charge \$1,000.00 in the same sense? How would Soleal feel about that?

Sarah: He would probably feel bad because money is not the medium of exchange on his world. Maybe they charge two barrels of corn to go and hear him.

Dick: Robert is founding a church and a church has to have property, places for retreats, all sorts of things.

Richard: I'm not convinced that a church has to have property. In some ways, it is an encumbrance.

Sarah: Where do you have your meetings when it is raining?

Richard: Under the freeway if necessary.

Sarah: Oh, come on, who's going to go? I'm not going to go.

Richard: Why? Do you have to have nice things ... ?

Dick: Well, Robert also believes in nice things.

Richard: Maybe I'm wrong but I have this real thing about buying anything for myself. Maybe what I need are some guidelines. I have apprehension about charging people. I'd like to get beyond my hostility and I think that the only way I can is to ask for some guidelines.

Dick: The people on welfare, who are taking part of my money and part of your money, have time for spiritual evolution but we don't, but we're afraid to do it ourselves.

Sarah: Yeah, you're afraid to quit your job and go on welfare, but you complain about people on welfare and Richard is jealous of Joel because he is on welfare and can sit around and evolve.

Dick: Janet Pine²⁷¹ is my particular gripe.

Richard: I feel aggressive toward Joel and the only reason that I do is because I'm jealous.

²⁷⁰ From Wikipedia: Richard Buckminster "Bucky" Fuller (July 12, 1895 – July 1, 1983) was an American engineer, author, designer, inventor and futurist. Fuller published more than 30 books, inventing and popularizing terms such as Spaceship Earth, ephemeralization, and synergetics. He also developed numerous inventions, mainly architectural designs, the best known of which is the geodesic dome. Carbon molecules known as fullerenes were later named by scientists for their resemblance to geodesic spheres.

²⁷¹ Janet was an early member of Robert Burton's group.

Dick: Robert would always say how perfect Saturns are and I have a little tendency to try to sock it to the Saturns I know.

Sarah: Well, Joel is a Saturn and you can't get to him at all; he is imperturbable.²⁷²

You have all made strides toward eliminating superfluous material possessions. Don't fall into the trap of begrudging younger souls their possessions. This is merely transference of identification and equally pervasive. T[he t]eaching is a full time obligation. If you wish to make this commitment, you must resign yourselves to the fact that someone must support the teaching. In order to stay alive, you must eat. We see no virtue in crippling asceticism [at the other end of the wealth–poverty spectrum]. The danger lies in immoderation [at either end of the wealth–poverty spectrum].

Dick: The question I have concerns alchemy. This past week I became aware that there is a quality in people that is beyond Body Types and soul Cycles, and has to do with coarseness and refinement and as I understand it, this has to do with a metal, either gold, silver, copper or lead. The reason that I saw this is because I have so many coarse and unrefined patients, who are probably people of lead.

The difference you perceive pertains to the next major Overleaf, that of "Roles".

Dick: Well, is there such a thing as alchemy?

That is only partially valid, in that certain souls have an affinity to heavy metals such as platinum, gold, silver, lead and the lighter metals, such as copper.

Alice: Is there anything that he [Michael] can say about the fineness or coarseness of people?

Dick: He [Michael] says that has to do with the next Overleaf. The past week, I've had the feeling that I'm a doctor for "Slaves". I know that they are not slaves, but this is what kept popping into my mind: they should be Slaves. And I had this one "Warrior" — just spectacular. He had this cold, intent look in his eyes and he was a Warrior. I just sensed that he was. You know when people were captured, there were obviously all kinds of people and they all became slaves. You can't say that a person is a slave just because he is coarse.

Sarah: No, but I think that in the sense that you are using "Slave" means something altogether different than slave, as in "I own you." I think that it is their attitude. Just because I come in and conquer your country and take possession does not mean that you become my slave, because your attitude doesn't change and many chose death rather than to endure slavery. Others became so valuable to their masters that the masters would have died for the slaves. They weren't really slaves.

The Roles are chosen in the beginning and followed throughout [the reincarnation Cycle]. Slave is one.

Dick: I have a patient who I think is a Slave, a Baby Soul and he is probably a Mars-Jupiter, but his Body Type is odd. I've mentioned to other doctors that I thought he was a Neanderthal man. He has this gigantic bulky body, covered with tattoos and hair, and he drinks. He cut his wrists two weeks ago. He is always complaining about the care he gets. It is weird to take care of somebody like that.

Richard: I got something in meditation about that patient of yours who is a Probation Officer: that you should refer him to a neurologist to get the monkey off of your back.

Dick: I would still like to know about this other patient.

You are right about the man being a Slave, but wrong about the Level. This is a Second Level Mature Soul.

Dick: His Body Type interests me. It is so unusual.

Mostly Jovial, some Mars; poor gene pool. That is a blighted area.

Richard: Could you enlighten us further on that being a "blighted area."

Just as Tahoe, Taos, Shasta, and Big Sur are super positive power sources, there are cities such as Vallejo at the other end of the scale.

Richard: Well, I guess that completes a Monad.

Sarah: When you think of it, though, that's right. That is such a small city and they have so much trouble. Every year on Martin Luther King's birthday, they have a bad riot at the school.

Dick: I have a question about this problem of "troubled souls" [that] Michael has mentioned several times and it seems to me that all souls are troubled. This sounds like an area we ought to ask about. Are there untroubled souls?

Few Baby Souls are ever truly troubled. They rarely question their motivation, and everything that happens to them is either because they were bad and are being punished, or because they were good and are being rewarded. Think of the two and three year old child when you think of Baby Souls. Think of the bright, lovable, overly energetic, quick, inquisitive eight to twelve year olds when you think of Young Souls. Think of the

²⁷² From ><http://dictionary.reference.com/browse/imperturbable><: Imperturbable: incapable of being upset or agitated; not easily excited; calm.

emotionally disturbed teenager when thinking of Mature Souls. [Think of] the wiser young adult in [thinking about] the Old Souls.

*Dick: Are the 'Ages of Man', as put forth by William Shakespeare, another Overleaf?*²⁷³

Not completely. Shakespeare, like Carl Jung, did not become aware of this teaching [on Soul Age] until very late in life.

Dick: I'm glad that is not another Overleaf, because it is something that we already knew. I would like more information on troubled souls.

When we speak of troubled souls, we speak of a clouding of reason leading to disintegration of the functioning psyche.

Alice: Well what happens? Do they ever get it back together again?

Not in that lifetime.

Dick: Well, it must be the Karma that is troubling it, isn't it? Wouldn't you assume that?

There is a general bombardment of unfamiliar stimuli during the Mature Cycle. This is difficult to cope with at best. If a soul has chosen a passive Role²⁷⁴ and Body [Type], the pressure can become intolerable, especially if poor environmental choices are made. You see, the ultimate choice is always up to you. We only offer guidance. Never do we impose the choice.

Dick: If you observe person A and person B closely, shutting out everything else, like a vignette, you get a touch of their soul and they are all different. I've never seen any two alike and yet we're all supposed to be a part of the "one." There seems to be an individuality — it's a flavor or perfume — not an experiential thing. This must carry over into the Astral Cycles and other Cycles.

There is a shred of individuality left when you have all of the Overleaves, but really very slight. You now have half the story.²⁷⁵ You will perceive less individuality when you begin to perceive them in their Roles.

Sarah: I wish he'd tell us about the Roles now. He keeps mentioning them.

Dick: Let's see if we're smart enough to figure it out. We have one of them (Slave) and I'm sure there's Warrior. There must be a Scholar. I don't know if I'm ready to ask for them or not.

Dick: Four factors put me out of Robert's group: Miles Barth, Linda Kaplan, and Melanie McDonald, and this exercise of not using "very, really, a lot." I notice that Michael uses these words — not often, but they did used "very" tonight. I'd like a comment on that. Formatory language is really another subject.

Linda and Melanie are Baby Souls; Miles is a Mature Soul, Mid-Cycle.

We do not object to expressions of enthusiasm when enthusiasm is genuine. It is when you feel compelled to exclaim that it becomes "formatory" and of the "waking sleep"²⁷⁶. The expression "far out" can be valid or it can be inane.

Michael was asked to comment on "Power Places" and asked whether it was true that the power people made the power places.

Some land has power intrinsic within it, just as there are power people. Power spots generate enormous energy and give it to even the weakest person there. Power people strengthen weak spots also. Taos [New Mexico] is strong because it is a power spot filled with power people. Big Sur [California] too — they are the strongest. Tahoe [where California and Nevada meet] and Grant's Pass [Oregon] are power vortices, but the power people have not found them yet.

Dick: I don't think that I'm a power person.

Richard: What determines a power person? I have a strong feeling that we ought to go up to Grant's Pass.

Dick: That is where the power is. That is where we should be going. I wonder how big this power vortex is.

One hundred miles [around the vortex] feels the power, but you should be in the center.

Richard: Is there something we can do to find the Center?

Dick: I wonder if there is land available.

It is available. This is wilderness.

²⁷³ Refer to >https://en.wikipedia.org/wiki/All_the_world%27s_a_stage< if you want to read about the "seven ages of man". Shakespeare preceded the Michaels by several hundred years in his division of a full human lifetime into seven stages, which the Michaels referred to as Milestones or Internal Monads, per *Messages from Michael*, pp. 216-218.

²⁷⁴ The yin Roles: Slave, Artisan, Sage, Priest, as distinct from the yang Roles: Warrior, Scholar, King.

²⁷⁵ Almost half, that is (three of seven): Center/Body Type, Soul Age/Level, and Role had been revealed; Goal, Attitude, Chief Feature, and Mode remained to be revealed over the next few months.

²⁷⁶ The terms "formatory" and "waking sleep" are from Gurdjieff.

Richard: We've been assured that when we get up there, we'll know where the vortex is, but somehow, being a Scorpio, if we can locate it on a map before we go up there ...

It is a state landmark. It is well marked. Trouble is, no one understands why this land is so strange.

Richard: Is it possible to get an exact location of it? We realize that we've been told, but is the exact point available to us?

Yes. It is called the Oregon Vortex.²⁷⁷

Richard: Well, what do the natives call it so that we can find it on the map?

The Oregon Vortex.

Richard: If we look on a map of Oregon, will it be called that?

It will be called that.

Richard: Well, being a Scorpio, I'll ask if we have a map that shows it?

You have a map.

Richard: Where is it? Is it in the filing cabinet with the other maps?

We think it is with the other maps.

Richard went to look for the map and could not find it. He disagreed with Michael.

You have a map. You have mislaid it.

Richard: Where would be the best place to look?

Don't look now. Listen. When you speak of buying land there now, it is fantasy. Wait until you have been there. We feel that you will be drawn to the land, but there is a special place that should draw you more than the others. Take [a] vacation and be leisurely about the decision. It is the most important one you will make.

We discussed when to go for quite sometime, then decided to ask Michael when to go.

We will not tell you when to go. The rain in November should give you some idea of what would be in store for you.

Richard: Is what we plan to do contrary to Soleal's wishes?

Soleal has no expectations of you.

Dick: Isn't that where Soleal would materialize if he were to come here? Wouldn't we have to meet him at the Oregon Vortex?

No, only if he teleported.

Some of the discussion was lost while we were changing the tape. However, it appears that we discussed our skepticism about power places.

Richard: Could we have a comment on our Maya — our problems?

We do not feel that our comment would add anything. You understand what you must do.

Richard: We seem to always find obstacles in our path. Is this part of Karma for us, or is it something that we are imagining?

False Personality does not want you to have a commune.

Dick: I would like to know if part of the discomfiture Richard and I have is due to our Roles?

Yes, the Roles you chose are no longer met in the professions you follow. There was a time when medicine was an art.

Dick: Well, is my Role as an artist?

As an Artisan, yes. This [Role] includes all art forms.

Dick: Gurdjieff was so interesting. He built many big buildings for his group, but he would never start one that could not be built in one week.

Richard: I have some personal questions I'd like to ask. It seems that I've always been a very nervous person and I have a feeling that without some help, I always will be. I have all these nervous tics and nervous habits, and I feel that I lose a lot of energy because of this. I wonder if there isn't a simple, practical way to get above these because I use up a lot of energy and the energy could be used so much better for other reasons. I'm tired of wasting so much energy.

When you stop fulfilling the needs of others²⁷⁸ and begin fulfilling the needs of Richard, the grimaces will disappear.

²⁷⁷ For more about the Oregon Vortex, see ><http://www.oregonvortex.com/><.

²⁷⁸ In a later session, it was said that Richard had the Goal of Acceptance.

Dick: You know, medicine still could be an art form, if I practiced it on the ranch and paid more attention to consultation on a patient's soul.

Sarah: There is one commune in Taos, by the way, and they have a doctor. He is also the veterinarian and the blacksmith. He just isn't busy doing the physician thing, so he doubles duties.

Dick: Michael's teaching us things that other people ... Is anybody else getting this?

Sarah: Evidently, Robert is getting it. This group has all sorts of usable skills.

Dick: Robert was a Saturn and he could impose discipline. Even if I received power from a power place, it is just not my bag. I just don't know how we would work our commune.

Sarah: We ought to contact John M. Maybe he's our Young Soul organizer. He always said he'd like to be a member of my commune.

Richard: Could we have a comment on John M?

He is too immature now.

Richard: Is there someone? Could we have some direction? Could we ask for some insight into our problems?

Just take it easy. This does not have to be done tomorrow.

Go to Oregon, enjoy that lovely land, feel its spell, then come back and compare. Weigh the loss against the gain from Essence.

Richard: Can I be selfish and ask another personal question? What is the best way I can overcome my nervousness?

Your nervousness stems from what you fantasize to be other's expectations of you: your mother, your first grade teacher, even Sarah.

Richard: What is the best way to overcome that?

Stop caring what they expect. You will not please them anyway.

Dick: I would like to know if the Gurdjieff idea of Man #1, Man #2, Man #3 is correct and if so, at what level am I?

It is valid when the man number six is thought of as the Transcendental Soul. You are going toward Balance [Man #4]. Fear of emotional abandon holds you back — the fear of losing emotional control.

Richard: Can I ask another selfish question? I've never thought of myself as a teacher in any sense and I have apprehension about trying to impart knowledge to other people. Is it possible for me to do this?

Your teaching will be non-verbal, through your hands.

Richard: That would be sculpture, pottery — something like that. I have a strong feeling that Dick can teach more directly.

Sarah: Yeah, he can do the verbal thing.

Dick is more verbal, yes.

Dick: I'm so close to Emotional Center that I get emotional over things. It is hard to be dispassionate.

There was discussion at this point of psychosomatic illnesses.

Dick: I have this recurring thing — Mature Souls married to Baby Souls. I have one lady, a Martial, in a Martial household, with a Baby Soul husband. She has regional ileitis.²⁷⁹

Richard: And you don't dare tell them that they are Mature Souls married to Baby Souls because they wouldn't understand at all.

Sarah: Maybe that's something that we ought to ask Michael. How do you help these people if you can't tell them that this is their problem?

Richard: Well, let's ask because I think that that is very important for all of us.

Alice: We should be marriage counselors.

Dick: I think that Mrs. P is a Mature Soul. Her husband is an Instinctive/Moving Martial Baby Soul. She is just having a hell of a time coping with the constant warfare that goes on in her house. He is a Warrior. He beats the children, argues with her and gives her a hard time.

Richard: Doesn't she have some fear that she might be the next one on the list?

Dick: I don't think she fears him hurting her, but she just can't stand the hassle that goes on all the time. I have her in the hospital this weekend so that she can get some rest. She isn't that sick. She is not obstructed or anything. I did it as a gesture, but beyond this, I have learned nothing to help me help Mrs. P.

She needs a gentle psychotherapeutic approach, such as Gestalt.

²⁷⁹ From Wikipedia and other medical sites: Crohn's disease, also known as regional enteritis or regional ileitis, is a type of inflammatory bowel disease that can cause a variety of symptoms. It may cause pain, diarrhea, vomiting or weight loss, as well other complications such as skin rash, arthritis, inflammation of the eye, tiredness and lack of concentration. The cause is unknown.

Dick: Is her husband an Instinctive/Moving, Martial Warrior, a Baby Soul?

That is valid.

Richard: Can I be selfish and ask why people dump their problems on me?

Because they are looking for an Old Soul to dump on and you are there.

Dick: Look around you. There aren't very many Old Souls around. At the hospital, there are Gene, Dr. Harris and me.

Sarah: I think Dr. Parker is too. I really have that feeling about him.

Parker is a Third Level Old Soul.

Alice: What about Dr. Almira? She isn't [an] Old [Soul]. She isn't where he is.

She is a Mid-Cycle Young Soul.

Dick: I think Dr. Delbert might be an Old Soul.

Sarah: He is a Roman soldier! He is a Warrior out of armor.

[Sarah:] Richard asked me one time why you [Dick] and Gene had such different things going for you at the hospital and I told him that it was your bosses: Dick has this troubled Mature Soul for a boss. Then there is Dr. Delbert, like he said, a Warrior out of his element — the old, old fashioned Roman soldier.

Dick: Maybe he is in his element as a surgeon. Is he a Warrior?

Yes.

Richard: Could we ask about Madeline? (Richard's aunt, an extremely competent lady lawyer.)

Madeline is a first level Old Soul; a Warrior.

Richard: How about Dr. Jay?

Jay is a Fifth Level Old Soul.

Richard: There are some others whom you haven't met (to Sarah) and that's Doug and Wendy. She is very much like you. They have dogs and cats and sheep running all over the house and they live up in a suburb of Seattle [Washington] and all of the relatives are uptight about it. I just have the feeling that Doug must be an Old Soul or Wendy — one or the other — or they wouldn't have all those animals around and be nonchalant.

Wendy is [an Old Soul]; Doug [is a] Mature [Soul].

Dick: Is Dr. Sekhar a Warrior?

Richard: I don't think he's an Old Soul. I think he's a Mature Soul.

Sarah: Because he drops people — cuts them off for no reason.

Dick: I just want to know if he is a Warrior and I also want to ask about his father. He was a most charming man — this was long before I knew about levels of souls. I think he [the father] is a very late Level Old Soul — marvelous man — and he picked up something in me and he told Dr. Sekhar about it. He saw some quality in me at that time and I saw it in him.

Sekhar is a Warrior. His father is a final level Old Soul, transcendent.

Richard: We have a friend in Los Angeles, actually a friend of my brother's: Corrin. When they had the earthquake a couple of years ago, for some reason or another, his wife sensed it before and at the time of the earthquake, she had all the bags packed and the whole family out waiting in the car. I'm curious to know about Corrin and his wife, but I can't get an image of her.

They are both Mature Souls, but with much psychic power.

Richard: I'm curious to know if Marge [his lawyer Aunt mentioned early] would accept our group?

No.

Dick: I wonder if I should ask Edgar to come into the group?

Yes, he is a real seeker.

Warriors are the last to seek. (We think this last pertained to Madeline).

Dick: I would like to ask about Ada. She is kind of an unusual person.

She is a Seventh Level Mature Soul. She is more perceptive than younger levels, but still not enough to override her own conflicts and the sense of being wounded.

Alice: I would like to ask about Elizabeth and Bernard.²⁸⁰

Elizabeth is a Mid-Cycle Young Soul; Bernard fifth [level Young Soul].

Richard: Is there anyone else who we should contact or will they just come?

²⁸⁰ Elizabeth and Bernard were early members of Robert's group.

They will come.

Dick: Let me see if I can figure this one out. I have a feeling that Cuni²⁸¹ might be a Baby Soul and Alex is a late Cycle Mature Soul. Their Roles I cannot see right now. I don't think that they are out of their Roles. Alex might be interested in this, Cuni would not be.

He [Alex] is a first level Old Soul. Again, Mercurial can be deceptive. She [Cuni] is a Mid-Cycle Young Soul.

Dick: Aren't they both partly under [the influence of] Saturn?

Alice: Would there be any problem in asking them?

No problem. She would not stay.

Richard: Lorraine apparently communicates with Tomas, who is a part of her Entity. I just wonder if, through meditation, each of us could contact the reunited Fragments of our Entities.

We are nameless, but yes, you could communicate.

Richard: If I were to try to contact my Entity, what would I meditate on?

You would concentrate on your Entity.

Alice: Well, what would you concentrate on?

Think of the free-floating Essence, devoid of Maya.

Richard: I'm left-handed and after the lecture last night and from what I've read, I realize that we're pretty screwed up people and I wonder if there is anything you can say to help me?

Dick: He said that there were some people who were mirror images — right cortex dominant and there were left-handers who were mixed and there was a third thing which I have forgotten.

Your left-handedness is the result of right hemisphere dominance. We see no split brain transference in you.

Dick: I think that I'm paying my Karmic debt by being cross-eyed. I've developed a right eye dominance and yet, being left-eyed is being in Essence and I would like to know if I could fuse my vision yet or if this is just the way it is?

Eye exercises, the ones in yoga, would help.

At this point, the session was terminated because of the lateness of the hour.

23 October 1973 — Tuesday

Present: Alice and Dick, Sarah and Richard, Susan and Gene, Ellis, Pamela, Toni, Sue, Billie and Ray. Cheryl and Phyllis came later.

We are here with you tonight.

Ray: I'd like to know what level soul I am.

Fifth Level Mature Soul.

Ray: In past lives, what was I?

You have been a soldier, a merchant marine, a seller of spices; but more often than not, a soldier.

Billie: What is my soul level?

You are now in the Sixth Level of the Mature Cycle.

Billie: What were my past lives?

You have been a ship's captain twice: once for the British flag, and once you flew the skull and cross bones [on a pirate ship]. You have lived in Cape Hatteras [North Carolina] and Samoa.

Ray: When and where were my lives?

You were alive in the fifteenth century Spain, in seventeenth century England, and you were in Rome at the time of Christ, in Pretoria [South Africa] during the twelfth century.

Ray: I'd like to know the source of the psychic phenomenon I have been experiencing lately.

The Mature Soul begins to seek and to question motivation for all life actions. When this happens, there is a gradual opening up of the soul. When this occurs, we can make limited contact. More of the unused portion of the brain comes into play during this Cycle. Psychic phenomena occur with more frequency until they are finally acknowledged and the serious work begins.

Ray: What can I do to enhance this for more information to be released? What am I doing to keep myself where I am?

²⁸¹ Alex and Cuni were early members of Robert's group.

Learn to meditate and incorporate it into your lifestyle. Learn the difference between meditation and concentration.

Billie: Am I giving myself this bursitis that I have?

We do not detect elements of somatization.²⁸²

Ellis: I would like to know the soul level of my twenty three year old son, Stefan.

Stefan is a Mid-Cycle [Fourth Level] Mature Soul.²⁸³

Ellis: Yay-pah!!! While we are talking about Stefan, someone broke into his trailer and stole a bunch of stuff. Could we find the robber?

The robber can be found. This is a youngster who knows Stefan.

Pamela: Could I find out what level Larry is and if this relationship can work. (Larry is a new friend of Pamela's.)

A Fourth Level Young Soul. This could be all right as long as you do not expect miracles in the sense of sensitivity. He is kind but not terribly perceptive.

Toni: I'm having an internal conflict right now based on certain information I have received and I want to know if the conflict is justified.

No conflict is ever justified. There is much you do not understand. When you "flash" on the understanding, the conflict will disappear. Don't brood about this.

Toni: Was the information correct?

The information was substantially correct, embellished, to be sure.

Ray: What is my role in my present life; one I can't perceive yet?

We see you reaching a better space within. We have not talked with you before, and [we] wish to emphasize that yours is a steep path. All Mature Souls have this [reaching a better space within] as their [Life-]Task.

Ellis: The answers at first seem limited and shallow until you read the information the next day or the next week. They don't sink in until tomorrow. Last week or so, I felt hung-up in mid space about what is happening. The first feeling was one of letting go. I dislike discipline and still I feel I ought to let go. I feel suspended in between — reaching for something. I want to be free. What is happening?

You are making an agonizing inner comparison of what you have come to know as familiar and what you are now beginning to see as "real". This means a decision must be made as to whether you go on pursuing the unknown or let it ride this time around and try again another time. The letting go is an arduous process, we realize that. We do not have advice for you on this. It is solely up to you.

Ellis: I feel hung up in suspended animation. I resent the discipline I may have to put upon myself. (A line was lost there from the tape-turning).

The discipline is different but no more strenuous than that to which you have been exposed this whole lifetime.

Ellis: When I reread the comments on evil, I had second thoughts and I appreciated them. I was in the wrong track. This is just a side comment from me.

We thought that you would.

Ellis: As I received it cold from the [Ouija] board, my ego got in the way. He [Michael] was telling me I was wrong and I knew that could not be right. I see now that that is where the freedom lies, in letting go and opening.

Pamela: Back to my subject: Is there any way our relationship could grow?

Whether or not this relationship blooms will be up to you, Pamela. First, you must eliminate thoughts of Gary changing — he will not change. This young man [Pamela's new friend Lucian] is kind and protective. Is this what you seek?

Pamela: Why was Gary brought up? I've gotten over him. Right now, I don't have inner thoughts or thinking about Gary.

Oh, yes, you do. There is a huge inner comparison.

Ellis: I see Lucian as an aftermath or a piece of the other guy. I don't know how to put it, but it is as though the new one only comes into existence compared to the other guy.

Pamela: Argue, argue — I just don't see it.

Gene: Just hear the words. Just observe yourself as carefully as you can and see if what he [Michael] says is true.

Just don't move the comparison to a verbal level. This young man [Pamela's new friend, Lucian] would not react to a verbal catharsis the way you would hope.

²⁸² Some health problems are created by bad behavior, negative emotions, and negative thoughts, but not all health problems are thus generated.

²⁸³ Stefan became a well-known taxidermist and sculptor of birds.

Helpful comments: You wouldn't like the way he would handle it if you compared him to the other guy.

Billie: I would like to ask about the health of Ray's mother, whom I love very much; both her physical and emotional health.

She also is a Mature Soul. Concern is called for. Emotionally, in this case, the two are not divisible.

Billie: Is there anything we can do for her?

Steer her to seek help. Let us know the choice of therapy. Gestalt would be best.

Billie: How about Jack N (Ray's mother's husband)?

He is a Third Level Young Soul. He is part of the problem, although, he does not know this.

Ellis: If you just be — without working on the knowledge — will you go through the Cycle changes?

Yes.

Do the Fragments integrate progressively? How far can a person jump with a teaching? Usually one life is one level. (There was much discussion and I do not think there was an answer here because we became sidetracked.)

Gene: I would like to ask for a response concerning William. He says he would believe if we could come up with the name of his third or fifth grandfather. His father was a genealogical nut and has all these names from his family.

The Old Warrior may test.

Dick: Can passive Body Types be a Warrior?

Yes. The passive Body Type is something that does not stay with you [from one lifetime to another]. The Role does. William is not a passive Body Type.

Sarah: Michael may feel good about that, but I don't. That man scares me half to death.

Voices: He won't bite you. Why don't you ask Michael what you can do to overcome your fear of this man? Let the man come with all of us here. Yay pah!

Dick: Can the passive Body Types be Warriors in this life?

Yes.

Comments: We've been given only three Roles so far: Warrior, Artisan, and Slave. The Role persists throughout your lives [reincarnations]. You choose your Role in the beginning of life [newly cast from the Tao].

Dick asked if he was out of Essence being a doctor, as he was told his Role was that of Artisan. He was told that medicine used to be practiced as an art.

The question was asked if Essence and Role were two different things. The answer given was that, yes, they are as different as cats and pears. The Essence is the true part of you — the part that is underneath all the "yamma yamma" of the mind. They distinguish "self", "soul", and "Essence" as the same thing — something spiritual. The Body [Type] and False Personality are on the Physical Plane. False Personality does not like to see you make it spiritually.

Pamela: I have a strong feeling for medicine. Was there anything in my past lives to indicate this?

Ellis: Are you happy with what you are doing?

Pamela: Yes.

Ellis: What's the question?

Pamela: I just wanted to know if I was related to medicinal field before.

Dick: I sense in you Warrior and it brings to mind what happens to women when they assume a Warrior Role. What happens to women when they are Warriors and have children? As a mother, her role is defined by society — she has to stay home raising the children.

The other Roles are: Scholar, Sage, Priest, King.

Pamela is a Warrior. She always has been. Being female does not change the Role. Children raised by Warriors are usually very good children. They would not be tolerated otherwise.

Gene: From the first time a Fragment is made, this [Role] carries on. If I'm 150 Fragments at this point (in time), that means there are 150 Roles. Could they comment on this? Do we assimilate these? Is there a dominant role?

The Fragments as they integrate assume the dominant Personality. The strong experiential thread persists.

Dick: Have I had many artists in my Entity?

Yes. Always before, you have brought creativity to bear, even as a priest [occupation, not Role]. At one time, you were a copyist. There are samples of the work you did then now extant [existing] in the Vatican archives.

Comment: He copied sacred literature with gilt edges and scrolls.

Gene: Could we have some clarification? Is it with the same Entity and the same Role?

No.

(Tape loss ... question missing ...)

Yes. There were several Warriors who played out those Roles. They experienced all of life in that Role. The only Fragments of your Entity that has not is the Artisan.

Phyllis: What part of a Fragment am I playing?

People were discussing here and the question was sidetracked ...

Ellis: I had a blissful childhood, with love and enjoyment. Was I aware of my Role then?

Children, before they are thoroughly programmed for their societal role, usually operate from Essence and know their Roles. The Role the child first voices as a desire usually comes from Essence. After that, from False Personality, based on expectations of those around the child. To return to this state is, of course, a major part of the [psychotherapeutic] goal. Until you do, you cannot shake the enthrallment of the physical, material plane. The child, especially the young child, often sees beyond the veil. This is quickly squashed. The happy childhood is mostly a myth. In your case, it was a *bona fide* ["good faith" = genuine, valid] experience and your desire to return there is Good Work.

Ellis: This is exactly what I've been wrestling with in my garage. It's incredible the way they're right on the beam about the way I feel.

Gene: It seems that they did not answer your question of what your Role is.

We did not evade. The question just gave a break in the transmission. Ellis is a Scholar — always has been.

Sue: I have to go soon. Could I ask a question now? What effect does my Role have on my son's?²⁸⁴ What can I do with him?

Let him be. He is a Warrior. You are not. You are an Artisan.²⁸⁵

Sue: How can this knowledge help me cope with him?

Voices: Let him be. That's what they said.

Ray: What is my Role and what is my Essence? (The Role is within Essence.)

You are a Sage. All of these Roles come from Essence. The problems arise when False Personality overrides the desires of the soul.

Billie: What is my Role?

You are an Artisan. (Includes all art forms.)

Billie: I don't really know what an Artisan is.

Ellis: You'll find out in the next week.

Ray: Could we ask for their definition of his Role of Sage?

The Sage accumulates knowledge like a sea sponge. The Sage is normally an excellent extemporaneous orator and wishes to share all knowledge acquired with all those within hailing distance. The fact that you are a Mature Soul puts a bit of a damper on your style right now.

Ellis: What he [Michael] is saying is that you are running at 35 miles an hour but you have got the brake on.

Dick: Seems that Roles create limitations on us. As I understand it, part of evolution is getting out of Body Type, balancing Centers and so forth. Is getting out of the Role part of evolution?

No. Getting into the Role is.

Billie: How does the Role of Artisan apply to me?

You can bring a great deal of creative talent to all that you do, but you do not do this consistently. You need time to yourself alone to indulge in fanciful activity to bring this out. You are right about the music. This could be a great avenue.

Phyllis: Is the diagnosis I have now correct for the reason of my low leucocytes?

This is a correct diagnosis. It is an iso-immune disorder. There are many ameliorative therapies.

Gene explained iso-immune: it is when one becomes allergic to his own tissues. He asked if Phyllis would respond to his "castor oil treatment."²⁸⁶

Perhaps. Much would depend on the reaction of the patient, i.e., Phyllis, to the efficacy of such a treatment.

²⁸⁴ Sue's son was about 4 years old at the time.

²⁸⁵ In a later session (November 20, 1973), Sue's Role was corrected to Warrior.

²⁸⁶ Castor Oil is an Edgar Cayce treatment.

Phyllis: Shortly before this difficulty, I was bitten by a Portuguese Man of War, which triggered six weeks of serious illness. Could this have triggered a permanent condition?

Yes. The venom was successfully met and won, but the battleground was devastated.

Gene: The battleground was the bone marrow. The white cells and antibodies went out to fight.

People who are bitten by brown recluse spiders have much the same reaction if they recover.

Phyllis: Will I ever be able to form leukocytes again?

[Yes,] if you follow the prescribed regimen. You must now take in artificially that which the body refuses to manufacture.

Is your gamma globulin low?

Phyllis: Yes.

Are you having shots of it?

Gene: Does "the regimen" mean by her doctor?

In addition, adrenocorticotrophic steroid.

Phyllis: My doctor thinks it may be due to Hepatitis from massive doses of chloromycetin. Is it from wrong thinking?

Most illnesses do arise from an emotional cause, but from these one must exclude inborn genetic defects, trauma — including the bites of venomous creatures — and drug-induced illnesses that are iatrogenic in origin.

("Iatrogenic" means doctor-caused illness... too many of the wrong kind of drugs.)

Gene: Is there any knowledge of Edgar Cayce's material here?

Yes. Phyllis's case is not unlike one documented by Cayce in *There is a River*. The lady in question had a long undiagnosed "lingering" illness.

Dick: I would like to ask about Phyllis's Role.

Phyllis is also an Artisan.

Dick: And what is Gene's [Role]?

All of the Fragments now extant [still living] from this Entity are Artisans.

What does Artisan mean?

Phyllis: I think I know. It's one who makes something for the good of all or does something creative for social good.

At a much deeper level, this includes all services performed for the good of mankind. These services include the healing arts and all forms of self-expression where a tangible result is produced, either in the form of a material monument or the more intangible values, such as health.

Ray: I would like to know if there are other parts of my fragmentation [Entity] that are part of this group and if so, who they are.

None of the Fragments of your Entity are now a part of this group. You are the first to seek. There are many Warrior Fragments and they will be the last to seek. One is now a General happily at war in the Mid-East.

Ray: I wonder which side he's on?

He is an Egyptian.

Ray: In my Role as Sage, what part would Artisan play in my interest in the healing arts. (Ray is a podiatrist.)

Not an awful lot. You are more likely to bring erudition to bear than creativity. That for you is Good Work.

Ray: The strong feeling of creativity that I have, is that False Personality that will get in my way or is it a real part of me?

It is not necessarily false. It is just that you bring less originality and more accumulated knowledge into what you do. This for you is natural. Artistic talent *per se* occurs in all the Roles to a degree.

The Artisan brings to life freshness of approach and originality. The true Sage brings wisdom.

Cheryl: I would like to ask what my Role is.

You are also an Artisan.²⁸⁷

Ray: Of all the Roles, is there one Role that predominates?

In this [American] society, the predominating Roles are Artisan and Warrior.

Dick: I would have guessed Slaves — workers. (Discussion as to what was meant by "Slave" led to the next comment.)

²⁸⁷ In a later session, November 1, 1973, Cheryl's Role was corrected to Priest; Michael said Sarah had erred on the Role.

The next time you [medically] examine a downtrodden, middle age female with lifeless eyes, dull hair, soft voice, dumpy clothes, [and] a tyrant for a husband, think "Slave."

Billie: What is the cause of the welty rash that occurs every time I bump myself? Is there anything I can do for it?

This rash occurs now largely because you expect it to. The best thing to do is to ignore it. The second best thing is to apply a soothing unguent and then forget it.

Ellis: If I understand the Logos correctly, there seems to be four features dominant in each of us. My question is, is there one more important than the other? I see the four:

- (1) The constitution you are born with, Essence, or if you are born with brain damage;
- (2) The level [Age] of the soul;
- (3) Centering;
- (4) Body Types;
- (5) Roles.

Is there a line of relationship that we can be guided by? Is there one more important than another?

Socrates said, "Know thyself."

Ellis: He's avoiding the question.

All of these overlays [Overleaves] come into play. You must learn their significance. A by-product of this will be a far deeper understanding of the others, which must be learned before you can truly feel Agape.

Dick: Is [my son] Craig's²⁸⁸ projected trip to Alaska a good idea?

It will be a good experience for him [to get out of his comfort zone]. He is much inside himself [introverted].²⁸⁹

Dick: I'd like to ask about Calista: a Mercury/Solar, Intellectual Center, Mature or first Level Old Soul? Is she ready for the teaching? Is she in my Karmic Ribbon?

She is a final level Cycle Mature Soul. She is ready for a teaching. You have known Calista before, but there is no adverse Karma at all. You are right about the Body Type: it accounts for the punch. She is Intellectually Centered.

Dick: Is Milly (Dick's nurse) an Old Soul? She seems ready for a teaching.

She is ready for a Teaching, but her interpersonal relationships are a bit complex and she will experience conflicts of interest. She is a final Level Mature Soul.

Dick: I have one more question. I had a patient today who confused me as to her Body Type, etc. She was an obese Venusian, who comes on quite strong. She flies a plane, is a city planner, is Intellectually Centered and is an extrovert. I could not figure out her Role or Level of soul.

This Intellectually Centered Warrior is an excellent example of your earlier question concerning passive Body Types. She is a Young Soul.

Alice: I would like to ask about my Role. I thought they said before that I was a Slave.

You did not choose the Role of Slave just because at one time in history you belonged to someone else. Every one in this room has been both the owner and the owned.

No, Alice, in spite of your Chief Feature [Self-deprecation], you are a true Artisan and could express this from Essence either through music or through many media.

Billie: I would like to ask the nationality and names of my ancestors. I do not know any further back than my grandparents.

You don't have Karmic Ribbons with any of your ancestors. You were with your maternal great grandfather in an earlier life. Most of your maternal ancestors came from the European mainland. On the paternal side were the Islanders, early colonists on Fiji.

Cheryl: Could I have some information about past lives?

You were first born to Mary (Dick's mother). You and Victoria (Cheryl's oldest sister) were uncle and nephew during the French revolution.

Dick: Was Michael ever British?

A Fragment of this Entity was. Many Fragments of this Entity never spoke English at all and now merely use what is available from those Fragments that did. All languages are available to us.

²⁸⁸ Dick's son Craig was 14 years old at the time.

²⁸⁹ I can verify that. I sat next to him at this mother Alice's memorial service and he had nothing to say.

Ray: I appreciate and am aware of an upward struggle of the past year or so. I'd like to ask about the path that I'm on.

It is positive.

Billie: Is part of my Entity here?

No.

Billie: What is my brother?

Fifth Level Baby Soul.

Ray: Is my treatment with Mandy on the right track?

Yes.

ROLES

[The date and circumstances of this session are unknown. It is not a compilation from other sessions in our possession. It was found in the edited compilation of the 1973 sessions made by a member of the group. In that document, it was placed inside the 20 October session — when Roles were first mentioned but not yet revealed. However, it was not part of the unedited transcript of that session, which we also have. It fits best here, after the 23 October session, because the names of all the Roles were given therein.]

FROM MICHAEL

There are seven major Roles in Essence. These are chosen at the time the Entity is first born or Cast from the Tao and followed throughout. It is possible to experience all of life within the confines of these Roles.

They are: Slave, Warrior, Artisan, Scholar, Sage, Priest, and King.

Just as the level of soul [Age] manifests inwardly as perception, so the major Role in Essence manifests outwardly in attitudes and behavior.

The Priest is the Slave exalted. These Roles express themselves in service to mankind: humanitarian ideals. In the Priest, there is a sense of God-consciousness, otherworldliness. Physician can be in Essence for either Slaves or Priests, as can social work, nursing and the clergy.

The Sage is the Artisan exalted. These Roles manifest through self-expression. Artisans bring to life freshness and originality; Sages [bring] innate wisdom and sagacity.

The King is the Warrior exalted. These Roles express themselves through leadership and the ability to influence motivation. The King takes charge through knowledge and inherent power; the Warrior [takes charge] through an instinctive drive.

The Scholar is an intermediate Role. He is an observer rather than a participant. All of life is vicarious rather than experiential, regardless of the Cycle or gender of the soul. No Scholar will ever be "gushy," no matter how young a soul. Enthusiasm can be genuine, but will be subdued. All reactions are low key: grief, joy, pain, pleasure. The Old Scholar is detached, aloof and often arrogantly intellectual.

Elizabeth I was a King. She was the greatest of all of this world's leaders. Julius Caesar was a Warrior, but a Mature Soul. Augustus Caesar was a Sage and Tiberius a Scholar. Alexander the Great was a King, but a Young Soul. Marcus Aurelius was an Old Scholar — a great philosopher, but a poor leader. Richard Nixon is a Scholar, but a Baby Soul. Henry Kissinger is a Young Soul Scholar. Golda Meir is a Young Warrior; so is Mao Tse-Tung. John Kennedy was a Young King. Franklin Roosevelt was a Mature Sage; Theodore Roosevelt, a Young Warrior; and Woodrow Wilson, a Mature Scholar.

27 October 1973 — Saturday

[Location: Grant's Pass, Oregon]

Present: Alice and Dick, Sarah and Richard

THE OREGON VORTEX

Richard: Could we have a comment on the parcel of land we saw today?

This land is within reach of the power source generated by the vortex. This land is priced too high. We would bargain. This man Daniel is anxious to be on his way to Alaska and would possibly listen to offers.

Richard: Would there be something else to look at?

No. This land is large enough for expansion and that is desirable. We know that this group is small now, but this will not be true always.

Richard: Why did it seem so silent? I heard no birds.

We felt that you needed to experience the silence. There are birds.

... ..

Dick: I would like to ask the Body Type of Mary Ellen Gwynne (Stella). I think she is Jovial and Robert [Burton] always said she was Venusian, just because she was so sloppy and obese.

She [Mary Lou] is mostly Jovial, some Martial. This lady is a Third Level Old Soul, an Artisan. Harold [Wirk, her husband] is a Fifth Level Old Soul and also an Artisan.²⁹⁰

Dick: What is Bill Schenker?

This man is a Warrior.

Alice: I would like to ask about the dream I had yesterday in which appeared a beautiful doorknob made of abalone and silver. Also, there were extruded silver railings of abalone and silver. Was this part of an Astral projection?

That was an Astral creation, not a projection — there is a difference. When you project, you are viewing something that already exists in your physical reality. In Astral creation, you use Astral matter to produce that which you would like to exist.

Richard: I would like to ask about the cow walking through the room. This morning, Dorothy commented casually about the cow in the room, as if it actually existed.

That was also Astral creation. Dorothy has already begun to farm in her mind. She is rather single-minded about it right now.

Dick: I would like some advice on how to organize the group without a King at the head. It seems we're writing a play for someone else — setting a stage for a King to appear.

There will be a member of your group who will assume the details. The King is valuable for attracting and holding many subjects. This will come to you.²⁹¹

Dick: Was Michael a King?

For your information, this Entity was composed of two hundred Kings and eight hundred and fifty Warriors.

Alice: How come I was a slave so much? That one evening, I was told that I was objecting to the Slave Role for the first time.

She has had the Self-deprecation feature as an obstacle to growth before. The Slave cannot rise above this. Alice can.

Richard: I am still pessimistic about raising money for this ranch. It is too much for the four of us.

We agree with that. If you are required to pay that amount for land, you will be back on the treadmill before you are even aware that it is happening. More [people] than you think will be interested.

Richard: Seems [that] we are dealing with a time factor here. It might be realistic to wait a year.

Sarah: Let's wait and see how many are interested. We haven't checked Allan McRea to see if he is available for the teaching.

This man would be initially disturbed by the psychic phenomena, but the idea would grow on him.

Dick: Are there people among my acquaintances whom I should approach?

This is not an easy position. You have approached all of those who are seeking a teaching, not all who are seeking the communal experience. You can now approach this from either direction and, in this way, approach more people than before. The teaching will come later. The land has a special appeal. Magic ground sometimes brings souls to the teaching. The man Robert [Burton] knew this.

Dick: [Dr.] Don Black would like to be off the treadmill; also [Dr.] Dick Lewis,²⁹² a Warrior, Martial, lovely person — might be an Old Soul.

He would be reluctant to sever his ties with his security.

Dick: It seems obvious that Arthur²⁹³ is a Warrior.

Yes.

²⁹⁰ Harold and Stella Wirk were early members of Robert's Fellowship of Friends. He was a gifted cartoonist.

²⁹¹ No King arrived during the OMG to assume leadership of the group.

²⁹² Dr. Lewis and his wife Nancy were early active members of Robert's group.

²⁹³ Dick's daughter Victoria and Arthur were married in 1970 and divorced in 1973.

Dick: Is the social worker, Barbara Meire, a King?

No. This lady is an Artisan, [a] Mature Soul.

Dick: Is Giovanna D'Angelo Ernst a King? Is she Saturn? (Robert insisted she was an Intellectual Venusian.)

No. This lady is an Artisan, Mature Soul; strong, mostly Saturnine, some Mercury.

Dick: What is her source of power? Is it due to some Overleaf we have not covered yet? If so, I won't ask.

No. She is energized solely through her own efforts. She works out of Essence a great deal of the time. When this happens, there is a surge of energy.

Dick: What is Donald MacDonald's role?

Donald²⁹⁴ is a Priest.

Dick: What is Betty (my first wife)? Her Body Type had freckles. She was sort of dominant. I thought maybe she was a Saturn.

No. Mostly Mars, some Saturn; second level Young Soul; Scholar.

Dick: Is my mother, Mary, a King?

That is valid.

Dick: Is [Dr.] Sam Hauer a King?

This man is a Sage.

Dick: Carolyn Strickland: Soul level was Mature; what is her Role?

This lady is a Scholar.

Dick: I felt Dr. Sam was a King.

Sometimes, the differentiation here is difficult, as Sages often are dominant and regal, particularly if they are males.

Dick: Is Betty²⁹⁵ a Sage?

That is valid.

Dick: How about our Realtor? He was a Mars-Jupiter, Old or late Cycle Mature Sage.

Mostly Jovial. Some Martial. Final level Mature Soul. Yes, a Sage.

Dick: He seemed to be together for a Mature Soul. I had a good feeling about him. Could we have a comment on the Realtor about the warm feelings I had for him?

You find it easier to break through up here. This is not possible, of course, from False Personality. The man is an example. He appealed to you simply as another soul and therefore, precious. This is the way that it begins. Soon, it will come more easily and more frequently and then snowball. It is easier now with Mature Souls. Dick, you are more comfortable for them to be around and they seek out your company. Their charm can be great and appealing. There can be a great deal of loyalty generated in Mature Souls who find sanctuary in you. Mature Souls who are Artisans and Scholars can be extremely valuable to this teaching if you can provide a comfortable environment for them where they don't feel threatened by hostility.

Dick: The first time I felt this kind of love was at an EST meeting when I saw Betty Fuller²⁹⁶, a fat group leader from Esalen. I felt it and it surprised me. I would like to know if my Realtor felt me feeling out his soul level?

This man is unconsciously perceptive. He felt these positive emanations and was reluctant to tell you. You will hear from him.

Richard: I wonder if he would tell us how much Dan paid for the land?

Alice: He said that the owner did not wish it said.

You do not wish to destroy loyalty gained honestly through Essence by shady dealings through False Personality. We wish this Teaching to remain scrupulously honest.

Dick: We have wolves, too. This is what we want to stop using.

The moment you stoop to this type of dealing, you once again become identified with this game. The man Miles is heavily identified with this game. There is truth in the concept that we can obtain for you what you need. This man does not accept this completely and feels that the game of wits is still important.

Dick: Do you think that Michael will provide your needs for you?

²⁹⁴ Donald was an early active member of Robert's group. He was very active in recruiting new members to that group.

²⁹⁵ Betty was the first official "student" of Robert. She and her husband became early active members of his group.

²⁹⁶ ><https://www.tragerapproach.us/trager-talk/in-memory-of-betty-fuller><

Richard: No, I'm not at the place where I can accept that.

Dick: I think that's why he brought up Myron. He isn't in that place either.

Richard: Out of curiosity, did I go to the Realtor because of False Personality when everyone else copped out? (We three took naps the first afternoon.)

Out of your penchant for doing, yes. This is a feature in False Personality, but it was not Bad Work and allowed you to relax.

Richard: If I am to act out of Essence, I'm afraid that people would take advantage of me.

In what way can they possibly take advantage of you? If you are acting out of Essence, you have no expectations of them anyway. Then it does not matter if they don't come through.

Richard: Let's put it hypothetically: if I had strong feelings from Essence about the land and signed the mortgage papers for the price they asked, then faced reality after signing, that would throw me way back into False Personality.

You are correct in assuming that financial crises would throw you to the wolves, but even that would not be as difficult to recover from now as six months ago and six months from now it will be even easier. We have already begun to provide. The provision will not always be instantly material, but why do you think that you picked that particular real estate office? There were others larger and more impressively designed to attract through glamour. Intuition is the primary reasoning power of Essence.²⁹⁷

Richard: ... he [Michael] stilled the birds ...

Dick: As a child, I was in Essence [while] playing with my toys, watching the dust particles float by in the sunlight, knowing that my father would provide the necessities for me and my mother would cook the food and clean for me. Is Michael saying that they will provide for us so that we may not feel rushed or hurried (or is it harried?)?

We are saying that. Jesus said it also²⁹⁸. All of the highest teachers have said this. The harassment is self-produced. The only way you can get off the physical Cycle is to rise above this. You cannot bring it here.

Dick: The reason I could sit there peacefully was I didn't have to worry about food. I have provided for my own children. If Essence is Snow White and Red Riding Hood, we have to go into this dependency on Michael or whomever is going to take care of us. Otherwise, we have to scurry around to produce what we need. I would be happy to go back into that state; it's so lovely. Unless you become independent, you must forage for yourself. To go into Essence completely, there must be trust. As a child, there is no trust; there is knowing that you will be cared for. Something tells the child as he grows older, that this idyllic situation will end and it will be up to him to take care of himself.

The Roles in Essence provide the necessary food, clothing and shelter without the scurrying. This adult play can be financially rewarding. That is why we have told you that communal living is an upward step in spiritual evolution. This allows you to pursue the Role in Essence. There will be those who will provide the other necessities.

Sarah: I know a girl who can paint for 24 hours.

Dick: Geared for toiling, we may carry this into our Essence Role. There's that old fear of insecurity. We have to build fast so that we can paint fast for fear to provide.

Sarah: We built our meditation room in 6 hours. Everything just fell into place. It was from Essence.

If panic sets in, you all have skills that are marketable and can provide fairly steady income. If necessary, Sarah can cook in a restaurant; Alice can teach music to children.

Alice: Could I ask about my parents' Body Types and Roles? I think my father was a Scholar and I cannot tell what my mother was.

Alice's father [Jasper] was mostly Lunar, some Venusian. Yes, your father was a Scholar, but in Baby Souls, this is hard to detect sometimes. Alice's mother [Angelica] was mostly Lunar, some Jovial. Your mother was a Warrior.

Alice: That fits my father, but it sure doesn't fit my mother as I see her. Where do humans go astray in choosing mates? No one is willing to wait for the right person.

There is a weird sort of estrus operating in humans that makes them seek a sexual partner. The societal mores demand that they cement this into a more binding contract. Sometimes this can be combined with financial gain or climbing the social ladder. There is usually little thought in the lasting emotional consequences, let

²⁹⁷ The entire edifice of advertising, commercialism, and planned obsolescence is built on the selling power of artificial Glamour. The antidote to this is vigilance against Glamour: learn to catch your own internal tendency to generate Glamour, and learn to resist being manipulated by external Glamour: yield to intuition, the primary reasoning power of Essence.

²⁹⁸ Matthew 6:26 — "Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?" (King James Version)

alone the spiritual. Quite often two people will arbitrarily decide that they have a “great deal in common.” This usually is not true, since neither presents the true picture to the other. Each tries to out-guess the other and fit in the mold in order to qualify for the prize, which can be sex, money, Glamour, or prestige — all of which are features of False Personality. That type of sexual attraction is rarely lasting. It is based on an initial adrenaline [or endorphin or oxytocin hormonal] flow, which does not last. This produces a nice warm glow, which is interpreted as “love”.

Richard: It's getting late but it would be worthwhile to ask at another [Ouija] board meeting about some Roles being incompatible.

Dick: I would like to know the Roles of our friends Patty and Al. (Alice ventured he was a Sage and she an Artisan.)

She is an Artisan; he is a Sage. This is not necessarily incompatible, but the other factors were.

What were they?

She needs to be appreciated for her own creative integrity, but views herself as relatively unappreciated. This makes her a poor mate for another Mature Soul.

Dick: Is my sister Caroly an Artisan?

Yes, she is an Artisan.

Dick: Her husband Forest, also?

No. This man is a Priest. He is mostly Jovial, some Martial. This may throw you off. He is a First Level Old Soul.

Sarah: What was my grandfather?

Mid-Cycle Young, Mercurial, Warrior.

Dick: What was my father?

Harold was an Artisan. (Since his mother is a King,) this is usually not the happiest arrangement.

Dick: Is it better if the man is the King. Would the arrangement work better?

No. Sex [gender] does not matter.

(Editor's note: only in reference to the above question.)

01 November 1973 — Thursday

Present: Susan and Gene, Sarah and Richard, Billie and Ray, SharonB, Ellis, MichaelS, WilliamW, Alice, Carolyn, Shirley.

We are here with you tonight. We have several comments before we buckle down to business.

One concerns formatory speech²⁹⁹ and pertains to a question earlier asked [in the 20 October session]. We hear more formatory speech in response to verbalized insights than at any other time, especially those voiced by Dick and Sarah. We do not say that you should not comment on insights, but give some thought to understanding before exclaiming, “Wow, far out.” The exercise the man Robert [Burton] imposed on his teaching is not desirable because it is not individualized, but the idea is a good one and we are proposing that similar ones be devised.

Secondly, we did not err in our description of Cheryl's Role, Sarah did.³⁰⁰ When the medium through whom we are transmitting is fatigued, contradictions occur. Cheryl is a Priest.

This can be difficult, we understand. However, we suggest that you prepare your questions. This would eliminate the last-minute spurt.

William and his Entity have met on ancient battlefields before. This is not new.

Sarah has served with Kathryn many times. At a time in the distant past, she was a soldier stationed far from home. She watched her general fall and sustain mortal wounds. She was powerless to help. She and Kathryn watched him die and accompanied the body back to Rome. She was twenty years old. He was the finest general in the forces then. That Fragment is now William.

William: Are we to assume that I am therefore or was once a Roman general?

Yes, you were.

Richard: What was the name of the general:

²⁹⁹ “Formatory Speech” is a term given by Gurdjieff to thoughtless verbalizations.

³⁰⁰ The information came through in October 1973 that Cheryl was an Artisan, then corrected here that she was a Priest.

Drusus.³⁰¹ Sarah should probably relax. Perhaps Gene³⁰² could assist. Maybe it would be better if Sarah went away.

Gene: Should Sarah and Gene leave the room to try to help Sarah relax?

No. We think that Sarah is very apprehensive and would benefit from assisted relaxation.

Gene: Should we try hypnosis?

If it works, that would be valuable.

(Approximately ten minutes were spent aiding Sarah to relax by Gene attempting to hypnotize her. Questions then proceeded.)

William: What is my father's name?

The ... The ... (no answer)

Richard: Shall we ask if Michael is ready for the verification?

We are ready but the medium is scared.

Richard: Would it help if William went upstairs and left the room?

Sarah: No.

William: Would it help if I were sitting in front of you rather than behind you?

Sarah: No, I know my own limitations. I cannot read sealed envelopes.

(Sarah left the room for a few minutes with Ray to have him help her relax.)

We recognize that this is difficult. William, please be patient. We can only transmit that which is not blocked. Sarah is convinced that she does not have the gift of hearing without the words that she feels would be necessary to complete this exercise. This is, of course, not valid, as the information you seek is an historical truth. We shall try again.

(William asked a series of questions that were unable to be answered. A few parts of words came through, e.g., "Theodor" "Theodor" This was an incorrect answer.)

If it is "you", the teaching is still valid. However, we wonder if you truly believe that. We doubt it.

Gene: What is my father's name?

(No answer.)

Billie: Does Michael know any one's father's name in the room?

(No answer.)

(Carolyn then took the [Ouija] board.)

Sarah: Why can't I do this?

Your fears are the block. This can be overcome. You need to leave this room and meditate alone.

Gene: What's my father's name or William's father? Whose name is the same as his grandfather?

Is there a Joseph?

William: Yes!

Ray: Tell us more about him.

Joseph is four generations back. He is a Fragment of our present William, another Warrior.

Ray: Is there more information that would help to make the message clear?

William: Joseph was a great-great grandfather. He was a Major in the army. He fought in the battle of New Orleans and promoted to Major by Andrew Jackson. I have a diary written by this man's wife. What is the name of his wife?

Joseph was married to Margaret Elizabeth.

William: That's not true. Could I have the name of Joseph's brother? He was baptized under unusual circumstances. He was honored at his baptism in a very special way. Can Michael tell us anything about that?

Another great Warrior was there.

William: That is correct. Can you give us one name of that other great warrior.

Lee.

(Carolyn stated she was receiving parts of many names.)

³⁰¹ Drusus: later, mentioned as Nero Claudius Drusus, in the session on December 14, 1973.

³⁰² Recall that Gene Trout was a hypnotist as well as a medical doctor, one who specialized in surgery.

William: No. Joseph had a sister who married a prominent man. Could Michael tell us who this was?

E ... T ... I ... E

William: Joseph's sister-in-law married a very prominent man. Could Michael tell us anything about him?

This man was a politician; also a Warrior soul.

William: Right again. Can Michael give us his name or any hint to his field of political endeavor.

This man was a liberationist.

William: Where did he do most of his work, institution or city?

(No answer.)

William: Would Michael be willing to go back yet another generation.

We can try.

William: What was the career of my third great grandfather?

Printing.

William: No. Answer yes or no to a question about my third great grandfather: was he a politician?

No.

William: That's correct. Was he also a soldier?

Yes.

William: That is correct. What was his rank? Was he a C.O. [Commanding Officer]? Can Michael give us a date or year regarding him?

(No answer.)

William: I have a fourth great grandfather — can I have one of his names?

(No answer.)

William: What was his career?

Physician.

William: That's correct.

Billie: Could I suggest more generalized information be given?

Yes. It would be easier and also would enable William to hold to his doubts.

William: This would be a yes-no question. Is my fourth great grandfather's last name the same as mine.

No.

William: That's correct. Is his first name the same as mine, yes or no?

Middle name.

William: Yes. My middle name is the same as his last name Eagleton — William Eagleton, a physician.

(Sarah and Richard now resumed the board.)

Ray: Does Michael have anything to say about William's ancestors in general?

Only that the whole question of antecedents is interesting in that it has little to do with the final outcome of the celestial play — physical antecedents, that is. For instance, one of the Fragments in this room was one of the lords of the Inquisition. One Fragment he found guilty of heresy is a direct physical antecedent. That Fragment was Ellis.

Ray: I would like to ask Michael if they can perceive my thoughts without verbalizing them?

Yes, but only if you centralize the thought. Right now, you have many thoughts. Which one would you like us to choose?

Ray: Right now, I am centralizing my thoughts. I would like an expression about it.

That is substantially valid.

Ray: The thought was, "Did I play an effective role in assisting Sarah to relax?"

Ray: Does Michael have any comments on this?

No particular comment other than that is Good Work for you.

Ray: The thought was, "Should I continue in this line of assisting Sarah?"

Ellis: What does it mean when they say that is "Good Work" for you?

Good Work is that which comes from Essence and uses positive energy forces.

Ray: I am still confused about my Essence and my Role.

The Role is chosen as the Role in Essence. Read the description of this Role in the transcription [October 1973].

Your Essence is your soul, that part of you that is immortal and eternal.

The Role you chose concerns only that interval you spend on the Physical Plane, which is brief to say the least.

Shirley: Is there a message for me?

The message for Shirley is that we are not surprised to find her in this type of setting. Shirley has been a seeker before. Shirley is a Seventh Level Mature Soul.

MichaelS: I would like to ask about the direction I am going and the Entities I have contacted.

This is Good Work for you if you do not attach too much bias of your own to the information. It would be helpful to work with another as a safety valve. MichaelS, you have an exotic imagination, and this could throw you in hot water.

MichaelS: I have been reading John Lilly in The Center of the Cyclone³⁰³ and have had a similar experience.

We consider the ordeal John [Lilly] went through in order to achieve breakthrough dangerous for most on the Physical [Plane]. It was necessary for John, as there were blocks not known to him at the time. One was the dogma of the church that he had consciously repressed or rejected, but was there nevertheless. He did make it through though. You may be certain John knows.

Carolyn: What is my Role? I can't figure it out.

Carolyn is an Artisan.

Shirley: I have been told I have hidden talents. Could I find out what they are?

You are a Priest.

If you have talent, it is not hidden. This is a poor concept. Most people do utilize whatever talent they have in one way or another. Your Role concerns service and this is certainly a talent of a special sort. We do not think that you are wasting your life.

MichaelS: I would like to know what my Role is.

MichaelS is a Scholar. MichaelS is a First Level Old Soul.

Hollis is a Sage.

Billie: Is there some way I might communicate more with my older son, Jason.

The rent in the trust must be repaired first. Let him know that you will not judge. You must also let him know that you will respect confidences thus exposed. This is a fragile Mature Soul who perceives you as a fluctuating source of security because of your own inner conflicts.

[01

Billie: Could Michael comment on my inner conflicts they referred to.

He [your son] perceives you as you perceive yourself. When you are in a snit, he does not feel secure. When you worry, he picks up on the worried vibrations and interprets this as insecurity. Perhaps leveling with him about that which is worrying you would be the best approach. Otherwise, he will continue to interpret your frustrations as a reflection of your soul.

William: I accept Michael as a reality. Does he [Michael] they have a message for me? That is, a helpful message for my trouble?

Yes, we feel that this is the reason you seek. We will discuss this with you at a more quiet moment. We do not say that your fears are groundless, just that perhaps we can aid you to convert them into [something] other than fear. This is not uncommon. We are gratified that you seek. Much can be said on this subject but we feel that the smaller sessions are valuable when highly personal data will be transmitted.

William: Can Michael tell me about my longevity or will they?

We would prefer to defer this discussion.

Ray: Is Michael's reason for deferring because they would not like to talk about anyone's longevity?

³⁰³ From Wikipedia: In the early 1960s, John Lilly was introduced to psychedelic drugs such as LSD and (later) ketamine and began a series of experiments in which he ingested a psychedelic drug either in an isolation tank or in the company of dolphins. These events are described in his books *Programming and Metaprogramming in the Human Biocomputer: Theory and Experiments* and *The Center of the Cyclone*, both published in 1972.

We like to have you in a good space about this before we discuss it.

Ray: Is Michael willing to discuss my longevity?

We think that you would survive the information, yes. However, we still would like to defer this topic.

Ray: Ask Michael if they are in contact with my father?

No.

Ray: Can he tell me my father's name?

(No answer.)

Ellis: My father died in 1955. Is he born again?

No. This is uncommon except with special Karma. Usually there are two hundred years between physical intervals. This is not the gospel, though, especially with children who die young.

The Fragment that was Adolph Hitler saw the unique possibility to burn the Ribbons incurred in Germany. We feel that this was a wise choice.

Shirley: What about soldiers killed in war who were against the war? Do they come back right away?

No, that is usually a definite [Karmic] Ribbon and a life role they chose.

The only exception would be the nuclear devastation in Japan. Most of these were reborn. Also, those who died in the concentration camps were not all by choice — or rather, unwise choices were made.

Richard: What about natural disasters such as flood or fire?

These are usually by choice.

Ray: Can we contact our Fragments of other lives?

The answer is yes. The Essence is completely aware of all the lives and of all the Ribbons; also, the reasons for the choices made.

Billie: I would like to know where my [deceased] twins are living [reincarnated] now.

We would prefer not to [say], for some fairly obvious reasons. There was a necessity for you to experience this grief. The souls that obliged [your necessary experience] also had the need to finish out a role [Agreement] they cheated on [abdicated]; both of them suicided previously. They needed only to experience the death [not a full life].³⁰⁴

One now lives in the eastern United States, one in Sydney [Australia].

Billie: Why does this theme of the South Pacific recur?

Your Entity has many Fragments in the South Pacific; also, the Entities with which you have been associated. This is not uncommon.

Billie: Do any of my Fragments live in New Zealand?

Yes, in Christ Church.

Billie: Could Michael give me some names of my Fragments?

We are not unkeen about this. This sort of transmission frightens Sarah.

Billie: Could we break through Sarah's fear and have a name and address?

(Sarah requested to drop the question.)

Ray: Silent thought: Would receiving specific names help Sarah?

We would be surprised if that did not take root.

William asked a silent question.

We would help in that, if you will allow that.

Alice: Is my menstrual problem psychosomatic?

No, we think it is menopausal.

Billie: What are the ages of the twins?

Both are infants.

Billie: Were both born again the same time?

No.

³⁰⁴ Before the doctrine of Agreements and Sequences was formally introduced, I take this passage as a hint of them:

[The following was not found in the original transcription, but has been reconstituted from an audio tape of this session.]

Gene: Well, I don't have any particular questions. Oh, I do have one. One of the girls I work with, an intensive care nurse in the recovery room, Mrs Hubbard: I had this feeling she was an old buddy. So the question is, was there past Ribbons?

Yes, many. This is a pleasant association.

Gene: She is a young girl who works there. I operated on her husband recently. Just a feeling. She is pleasant, and I am pleasant – just two pleasant people. (Laughter all around.) I told her I would ask that question.

Question: I would like to ask Michael if there are any threads [Karmic Ribbons?] between myself and Rachel(?).

Yes.

Would they care to tell me what they are? Are they adverse?

Not adverse, just difficult. It is a choice that she made, to place herself in a position of helplessness with this in mind. This lady is in a bad space, as she is not normally willing to be un-self-sufficient, and the Fragment, being a Priest, would prefer to see the role reversed, but these roles were reversed previously, and now it is your turn.

(There were some pauses in the delivery, and someone questioned why.)

Sarah: Well, it is just that it is hard; there is some problem with me; it (the planchette) is sticking on the letters.

08 November 1973 — Thursday

Location: Walnut Creek, California

Present: Alice and Dick, Susan and, Gene, Sarah and Richard, Sue, Phyllis, Billie and Ray, Ellis, JohnR, Carolyn, Betty, Nina, Donna, Edgar.

We are with you tonight.

Phyllis: I had a heavy session yesterday with a friend. It might help me to know her soul Level and also I would like to know if the situation was handled properly by me?

Your friend is a Fourth Level Young Soul. Yes.

Phyllis: What is Edie's role?

The lady is a Scholar.

Ray: Two weeks ago, Michael suggested further contact with meditation. I can't concentrate and I need more advice on this.

Meditation is the clearing of the mind of trivia, and allowing the free flow. Transcendental Meditation provides good groundwork for those new to the enlightenment game. The more exalted forms, such as that taught by Chögyam Trungpa,³⁰⁵ requires much preparation, and may take years to perfect. Also, many meditate for all of their lives and achieve nothing. To be effective, meditation must prepare one for activity, not rest.

Ray: I have energy surges after healing treatments and I have a fear of this being from False Personality or my ego.

If the surge is caused by elation of a false sort, a feeling of tiredness will supervene soon afterward.

Ellis: I have a question about my grandfather, a personal question. My grandfather has a hearing aid that does not help him, and I would like to ask if Michael has a suggestion about it.

This man has Presbycusis.³⁰⁶ A hearing aid is all that we would think might work.

(Discussion here by Susan and Ellis about hearing losses — different types and where help can be obtained.)

Ellis: I have been reading of the concept that one has to be true to himself — be himself, an individual — to perceive the infinite. Is this true?

That is why Socrates said, "Know thyself." If you perceive that which is "really you", you will concomitantly perceive the Tao.

Edgar: I would like to know: how practical for me are the teachings of Joel Goldsmith?³⁰⁷

³⁰⁵ Chögyam Trungpa Rinpoche was a Tibetan Buddhist who was one of the earliest monks to make it big in America. He founded the Naropa Buddhist Institute in Boulder, Colorado.

³⁰⁶ Presbycusis is a condition of hearing loss related to aging.

³⁰⁷ Original transcript was "Gerald Goldsmith." We believe it should have been Joel Goldsmith. From Wikipedia: Joel Solomon Goldsmith (March 10, 1892 – June 17, 1964) was an author, teacher, spiritual healer, mystic and founder of the Infinite Way movement. More at ><http://www.joelgoldsmith.com/><.

Useful application of this teaching would be easy for you, but not truly rewarding in the long run, and you would search again.

Edgar: I have two more questions that need to be asked in order. One, what is the relationship of the carnal and the mortal minds?

The mortal mind should be self-explanatory, but this refers to that which is governed by physical stimuli in the traditional stimulus-response sense. The multi-mind perceives the multi-dimensional universe that is outside of physical space and beyond the restrictions of time. These are valid terms. We would express them differently. We see no more significance, or less either, in this concept than in any of the other major philosophical teachings along this same line. They are words.

Edgar: He [Michael] didn't answer about the carnal mind.

The carnal mind perceives the world in terms of satiation of the flesh. If this was an affliction of yours, we doubt that you would be here. This refers to man's baser lives before there is a glimmer of understanding. The multi-dimensional is merely the next step up.

Edgar: Can you explain reality and unreality?

The 'realities', of course, depend upon the perceiver. This session itself is a good example. Some in this room perceive us as real; others do not. The same could be said of unidentified flying objects and most unexplained phenomena. Another concept of 'reality' begins with widespread agreement that a certain object is real. We think that Bishop George Berkeley³⁰⁸ had a few words on this subject. There is, of course, an ultimate reality that is absolute. This can only be glimpsed when the Logos is brought to bear [by the manifestation of an Infinite soul]. Physical things are very real on the Physical Plane, and should be respected as such in order to avoid possible serious collisions with doors that are really and truly there. On the Astral [Plane], things are truly real on the Astral Plane. In another frame of reference, the same admonition [to be careful of 'real' things] holds true. We on this plane also perceive certain Causal [Plane] phenomenon as 'real' and there is agreement [among the perceivers]. We believe that holds true for the high [Cardinal] planes. This same subject has been occupying philosophers happily now for many thousands of years. There is, oddly enough, always an opposing opinion that goes something like: accept that nothing is real. Does this suggest anything to you?

Edgar: Yes. Why did you not understand my questions?

We have already expressed the point that emotional crises and the like are self-inflicted and are only real to the False Personality of the one having the crisis. This can be extrapolated out *ad infinitum* to include false leads followed in search of the path.

Betty:³⁰⁹ What is my soul level?

You are a Fifth Level Mature Soul.

JohnR: Tuesday, I was robbed. I would like some help from Michael in catching the burglar and getting back my money.

We would advise that you not seek the burglars on your own. There is danger there. They are having a problem with drug addiction. Carelessness is why it happened. We suggest that you follow the advice of law enforcement officers and lock your doors.

Billie: I have an aunt in New Zealand who has been ill. Would Michael help us with this? I am concerned for her and would like to know what is wrong. She shakes. Would it help to know her name? It is Aunt Gladys.

This lady has Paralysis Agitans.³¹⁰

Billie: What is the treatment? Is there any treatment for that?

There are many palliations available, but this is a fairly relentless part of the aging process in certain physical bodies.

Billie: I have another question, about the bursitis in my arms. Is there any more treatment for it or any suggestions for new treatment?

³⁰⁸ From Wikipedia: George Berkeley (March 12, 1685 – January 14, 1753), also known as Bishop Berkeley (Bishop of Cloyne), was an Anglo-Irish philosopher whose primary achievement was the advancement of a theory he called "immaterialism" (later referred to as "subjective idealism" by others). This theory denies the existence of material substance and contends instead that familiar objects like tables and chairs are only ideas in the minds of perceivers, and as a result cannot exist without being perceived. Thus, as Berkeley famously put it, for physical objects "*esse est percipi*" ("to be is to be perceived"). Berkeley is also known for his critique of abstraction, which is an important premise in his argument for immaterialism.

³⁰⁹ Betty was an early active member of Robert's group.

³¹⁰ Paralysis Agitans is another name for Parkinson's disease.

Yes, that would be your desire to be rid of this now. The treatments are sound. This bursitis was traumatic but now is serving to hold your interest away from other more esoteric matters that the False Personality does not like. In order to counteract this powerful negative force, you must somehow decide to ignore the physical discomfort. The inflammation of the bursa is easily cured, but the memory lingers.

Nina: Could I ask what my soul level is?

You are a Sixth Level Young Soul. Don't let them [older Souls] intimidate you. This [Young Soul age] is no less advantageous.

Nina: What is my Role? I would also like to know if I have met a soul mate in this life?

If you mean a Fragment of your original Entity, no. You have had a Karmic encounter.

(There was a long discussion held here on the definition of Karma. According to Webster's: "Karma: the force generated by a person's actions, held in Hinduism and Buddhism to perpetuate transmigration, and in its ethical consequences to determine his destiny in his next existence." Several in the group had different definitions.)

Gene: Well, I think we could sit here and discuss definitions all night. Why don't we ask Michael?

If you knock Gene to the ground this evening and he reciprocates, the debt is paid, although you both might choose a more pacified approach to problem-solving the next time around. If, on the other hand, you strike Gene tonight and die tomorrow or otherwise make yourself unavailable, then chances are excellent that you will have a Karmic encounter in this light.

The young lady [Nina] is referring to a situation where there was death with unfulfilled desire of an erotic nature. These were consummated, in a sense, this time around.

Shirley: Are there any Fragments of mine in this group?

There are no Fragments of your Entity in this group. However, your Entity was first born³¹¹ during the same time frame as Billie's [Entity].

If you are referring to previous lives, which we think you are, we have not forgotten you. You were a printer of sacred literature twice, once as a Sylvan oracle and again as a Gregorian monk. You have also been a tutor to royal children three times; also a nun.

Shirley: Which children was I tutor for?

To the children of Hammurabi,³¹² the children of Marcus Antoninus³¹³ and the children of James the First.³¹⁴

Shirley: Has this experience, this life, been affected by past lives?

An unequivocal, yes.

Donna: Could you tell me about some of my previous lives?

You have been a warrior [occupation, not Role] in most previous lives. There have been many different locations: Babylon, Carthage, Rome, Gaul, England and Spain. You have not chosen to deviate from this pattern much, as you enjoy the excitement.

Donna: What is my Role? And, what is my soul level?

You are a Seventh Level Mature Soul.

Donna: And my Role?

You are a Priest.

³¹¹ In later sessions, Entities "Cast" from the Tao at the same "time" were said to be in the same "Cadre."

³¹² From Wikipedia: Hammurabi (? – abt 1750 BC) was the sixth king of Babylon from 1791 BC to 1750 BC. He was best known for the set of laws called "Hammurabi's Code," believed to be one of the first written codes of law in recorded history. These laws were inscribed on stone tablets over eight feet tall, found in Persia in 1901.

³¹³ Possibly: From Wikipedia: Marcus Aurelius (Latin: Marcus Aurelius Antoninus Augustus; April 26, 121 – March 17, 180), was Roman Emperor from 161 to 180. He ruled with Lucius Verus as co-emperor from 161 until Verus' death in 169. He was the last of the "Five Good Emperors" and is also considered one of the most important Stoic philosophers. During his reign, the empire defeated a revitalized Parthian Empire; Aurelius' general Avidius Cassius sacked the capital Ctesiphon in 164. Aurelius fought the Marcomanni, Quadi, and Sarmatians with success during the Marcomannic Wars, but the threat of the Germanic tribes began to represent a troubling reality for the empire.

³¹⁴ From Wikipedia: James VI & I (June 19, 1566 – March 27, 1625) was King of Scots as James VI from 24 July 1567. On March 24, 1603, he also became King of England and Ireland as James I when he inherited the English and Irish crown and thereby united the Crown of the Kingdom of Scotland with the crown of the Kingdoms of England and Ireland (each country remained legally separate, with their own Parliaments, judiciary and laws, though each was ruled by James). James VI & I continued to reign in all three kingdoms until his death in 1625, but based himself in England (the largest of the three realms) from 1603.

Sue: Are there any Fragments of mine [my Entity] in this group? If so, who? Can you give me the name of one of my Fragments not here?

No. We would rather not [give names]. The enticement by glamour is a poor way to begin a Teaching. We would prefer to let the group expand — flow such as the chance tides. There is a mean tide.

JohnR: What is my Role?

JohnR is also a Priest.

Carolyn: Are any of my Fragments [members of my Entity] in this group? Have I met any of my Fragments in this life? Will I?

Yes.

Edgar: What is my soul level?

Edgar is a Sixth Level Old Soul Scholar.

Carolyn: Okay, you've said I have known some Fragments. What is the person's name?

Charlotte was one. No. There will be others.

Billie: Can you give us more in reference to mine and Shirley's Entity being born at the same time?

The Entities were Cast from the Tao at the same moment in time.³¹⁵

Shirley: Does that mean we are a lot alike or that we have a feeling for each other?

More of a feeling of déjà vu than ordinarily present. You are more likely to have similar flashes while reading or traveling, although this does not always ring true for every life or every location. For instance, Billie lived to be over one hundred at one time.

Dick: Michael said that there were 150 Fragments here in me, and I would like to ask how many are male and how many are female?

All of those Fragments experienced in life as both integrated Fragments have no gender. There are no sexed souls.

Dick: Then, can we assume that Essence has no sexuality? Is this False Personality?

Erotic sexuality [is from False Personality], yes.

Dick: Is there sexuality in Essence?

There is, but it is noncompetitive.

Ellis: Be what you are — a soul cannot realize — or mature, without physical [experience].

That is valid. [This is] the one governing feature anchoring the soul to the physical.

There was quite a discussion here about sexuality, False Personality, and Essence. Some at the meeting were uneasy because they thought Michael was running down sex. Then came:

Plan is fantasy, or if you will, imagination. If the sexual act is surrounded by fantasy, it is both competitive and unreal. It is neither good nor bad [*per se*]; it is that which insures the continuity of the Tao. This universe has an awesome order.

Alice: Is my Self-deprecation a Karmic thing? Maybe I'll come back really Arrogant.

No. Alice has not chosen Arrogance. We believe that she will.

Dick: I was at EST this past weekend³¹⁶ and tried to perceive different people's Roles and Soul Level. Was I correct on any of these?

Some were. You failed in your perception of Mature Souls in the throes of an emotional crisis. This can be mistaken for the drive and vigor of the Young Soul.

Dick: I think I met two Kings, both female. One's name was Dorothy and one was Ann. Is that correct?

Your perception of Ann is valid. Dorothy is a regal Warrior.

Dick: I placed Werner Erhard as a last Cycle [Level] Mature Sage.

He is a first Level Old Sage.³¹⁷

Alice: A friend of mine, Sandy L, plays the piano. She and a sister projected [to the Astral Plane]. What is her soul level?

She is a Mature Artisan, who projected accidentally.

³¹⁵ That is “at the same time” with respect to the Physical Plane. The cognate of “time” beyond the Physical Plane is something different.

³¹⁶ Erhard Seminars Training led by Werner Erhard. His seminars usually spanned an entire weekend.

³¹⁷ Sage is the Role that is best suited for this kind of teaching venue. The first Level is the Warrior-ish Level, which helps to account for the disciplined rigor that was applied to the attendees in the sessions.

Alice: Was she with her sister in previous lives?

Yes, she was, only both were male.

Alice: Have I been with Sandy L in previous lives?

No.

Dick: I have come to believe that the EST thing is a powerful tool for the group. [Is this] true?

Yes. We have said this. Positive tools are powerful by definition.

Edgar: What is the purpose [of his disability in this life?]

To seek liberation of the trapped Essence through coming to grips with the frailty of the physical body, and its crude, gross limitations. You have not experienced disability of this gravity for a long time. This time we feel there is much opportunity.

Betty: Is my brother honest?

Within his concept of honest, yes, but don't count on this fulfilling your expectations.

Ray: Michael has said I am a Sage. I have the feeling that I have had lives before with soldiers and I would like them to verify that.

You always expressed yourself in a most vociferous way, even as a soldier. This resulted in your not always being there at the finish, but you have also been a philosopher of some renown twice; a teacher of rhetoric three times: once in Alexandria, at the same time that Shirley was employed by the household of Marcus Antonius. You were also a stevedore once, but still managed to expound. In fact, you ended up owning the ships you once loaded.

Ray: Oh, wow ... which philosophers?

One of the philosophers was Epictetus³¹⁸ and David Hume.³¹⁹

Ellis: I don't see ... just what is important about past lives? What is their importance now? I was a king in Greece!

Knowing the names only serves as a good springboard. This enables you to peruse your possible alternatives in a leisurely fashion. If Sarah can outgrow her fear of names, this could be quite instructive, as it could weave a most interesting tapestry. Greece was not the country, Ellis.

Phyllis: Would you tell me about past lives?

Phyllis has chosen almost consistently good Essence roles, but was not ready at the time to evolve. She was an architect in Rome. She was a painter in Spain. She has also been a seamstress, a teacher of music and a wandering minstrel; also, a very good violinist.

Ellis: What is this about the king? Where was it?

Ellis was a chieftain of a tribe, a large one in South Africa.

Richard: What should I do about the 95 acres [near Grants Pass, Oregon]?

Do what you would like to do.

Richard: I feel as if anything I would do now would be from False Personality, because of my profession, my work.³²⁰ I do not feel that I should do anything because it is False Personality, not Essence.

Then, do not. Wait until it feels right.

Gene: How does everyone feel about a unanimous ending of the meeting now? Could we take a vote?

We all agreed it was late and time to end tonight. Next meeting was scheduled for November 15, 1973, at Alice and Dick's house.

³¹⁸ From Wikipedia: Epictetus (AD 55 – AD 135) was a Greek Stoic philosopher. He was born a slave at Hierapolis, Phrygia (present day Pamukkale, Turkey), and lived in Rome until banishment when he went to Nicopolis in northwestern Greece where he lived the rest of his life. His teachings were written and published by his pupil Arrian in his *Discourses*. He taught that philosophy is a way of life and not just a theoretical discipline. To Epictetus, all external events are determined by fate and thus beyond our control, but we can accept whatever happens calmly and dispassionately. Individuals, however, are responsible for their own actions, which they can examine and control through rigorous self-discipline. Suffering arises from trying to control what is uncontrollable, or from neglecting what is within our power. As part of the universal city that is the universe, human beings have a duty to care for all fellow humans. The person who followed these precepts would achieve happiness and peace of mind.

³¹⁹ From Wikipedia: David Hume (7 May 7, 1711 – August 25, 1776) was a Stewartish philosopher, historian, economist, and essayist, known especially for his philosophical empiricism and skepticism. He is regarded as one of the most important figures in the history of Western philosophy and the Stewartish Enlightenment. Beginning with his "A Treatise on Human Nature" (1739), Hume strove to create a total naturalistic "science of man" that examined the psychological basis of human nature.

³²⁰ Richard was a civil engineer in the construction industry at the time.

10 November 1973 — Saturday

Location: Montclair district of Oakland, California

Present: Kathryn, Sarah and Richard, Alice.

We are with you tonight.

Kathryn: I would like to ask [about] the Center of gravity, Body Type, Soul Level and Role of the lady I live with now in Pacific Grove. Her name is Ramona.

This is a Mature Priest. This is an Emotionally Centered Lunar-Venusian. The maturity of the soul sometimes modifies physical characteristics.

Most Old Souls are rather sloppy. The tendency toward simplicity is Good Work; being a menace to public health is not. Sometimes the casualness provides an excuse to vegetate.

Alice: I see my husband, Dick [late Level Mature Soul], as very neat and also very creative, but whenever he has a desire to do something creative, all the tools have disappeared; the children have taken them and carelessly left them wherever they were at the time they finished whatever they were setting out to accomplish. Is this neatness in him a carryover from Younger Soul Levels?

No. This is frustration in Dick. He must do something with the creativity.

Kathryn: What is [roommate] Ramona's Chief Feature?

Ramona has jealousy. This is manifested as possessiveness [an aspect of Greed].

Kathryn: What is mine?

Kathryn, your Chief Feature is false modesty [an aspect of Arrogance]. We have told you this before.

Kathryn: What is Randy Newton's Chief Feature?

He has a King feature, exalted self-image [Impatience?]. His Role is Scholar.

Alice: Could you comment on Sarah's feelings of being right? [She has a Chief Feature of Arrogance.]

Sarah would rather be silent than wrong. This is not Bad Work, but her put-downs are. This is improving some. A Bachelor's degree is no longer the price of admission [to the cognoscenti].

Kathryn: I would appreciate a comment about the books [Tales of] Beelzebub and All and Everything [both by Gurdjieff]. Is it Good Work to read them straight through? And is the third book available?

The one [Beelzebub], of course, is allegorical. *All and Everything* is worth reading. If you refer to *The Strange Life of Ivan Osokin*, that is also worth reading. To read allegorical literature "straight through" seems a bit foolhardy to us.

Kathryn: Ivan Osokin by Gurdjieff?

It [*The Strange Life of Ivan Osokin*] is by P.D. Ouspensky. *Beelzebub* is allegorical. This is difficult to read without reflection [= study and thought].

Kathryn: Could you tell me about my past lives?

Kathryn has been a General fourteen times, an Admiral twice. Shirley has tutored Kathryn's children.

Kathryn: When? Who was I then?

James the First (Scotland).³²¹

Kathryn: I do not like being a female. Is it because Kings do not like that gender?

Yes, Kathryn, Kings do not like being females; Scholars do not, either.

Kathryn: How does this affect my relationship to men?

In any relationship with males, you would have to be allowed to reign.

Kathryn: How about a relationship with another King? How would that work?

Possibly an Old King could usurp your power temporarily, but not for long.

Kathryn: How about a Mature Soul?

That would be lovely for Kathryn.

Kathryn: How does guitar fit into the Essence of a King?

Music is not strictly an Artisan expression. Stravinsky was a King. His music was dominant, innovative, powerful.

³²¹ >https://en.wikipedia.org/wiki/James_I_of_Scotland< — (late July 1394 – 21 February 1437) was King of Scots from 1406 to 1437.

Alice: What level is my music teacher at DVC³²², Kenneth Bruckmeir?

This man is a Mature Artisan; sensitive.

Kathryn: What is my friend, Roy Brown?

First level Old.

Kathryn: I have difficulty identifying with males. There's an emotional trauma ...

It's not strictly possessiveness; mostly the desire to lead.

Could we have a comment on Slave Roles?

Their purpose is to serve their master. If they change masters, they will only find another. In a master-slave relationship, the master does not always have to be a person. It can be the church or humanity at large. One way or another, they will serve.

Is the relationship of King and Slave a good one?

One of the best.

Kathryn: Could I have some advice on good Role relationships for me?

She can look at the advice just given.

Kathryn: Is the Paul Koler Karma finished for me?

We feel that that is finished. If there is a replay, it will not be Karmic. The relationship would be stormy over the long haul. We do not counsel Kathryn not to enjoy this man's company. We merely say that the necessary encounter has been met and dealt with. Perhaps if Kathryn meditates upon this, the exact reason for the encounter and the lesson learned will become crystal clear.

Kathryn: silent question.

Maybe this would not strengthen the conviction you now hold. It burns too brightly now for you to see. Maybe you should wait until the erotic fire burns itself out, then you should be able to shed the annoying memories.

Alice: What is the Role and Soul Level of my friend, Kay Slaughter?

This lady is a Young Slave. Particularly devoted parents are, usually [Slaves]. Her husband is a Young Warrior. This is not a bad match.

Alice: Are my friends, Geno and Laja, Baby Souls?

These are Baby Artisans, yes.

Kathryn: a silent question pertaining to "this" reference.

You are attaching more importance to the incident than is necessary. This often happens in emotional affairs.

Kathryn: ... (silent?) ...

Yes.

Kathryn: Another silent question.

We cannot tell you yes or no. That is up to you, but we doubt it.

Alice: Silent question.

Yes. We can tell you why. Because you do not have the faith in your own ability to counteract it and you are unwilling to fight.

Alice: Brave enough to try another silent one ...

We do not think you would like our answer. You know it, anyway.

Alice: I would still want an answer if possible. Shall I meditate on it?

Meditation is not the proper word. Concentration would help. Confiding is difficult for you and we know this. We can tell you that he still has many questions about himself that are unanswered and is not at all sure of his feelings. He shies away from acknowledging the experiences he considers unimportant.

Alice: Can I do anything?

Yes. [Observe] your reluctance to assert yourself.

Alice: Explain, please.

Your willingness to take the blame should be your first clue as to what needs "looking at".

³²² Diablo Valley College in Pleasant Hill, neighboring town to Walnut Creek where Alice lived.

Alice: What do you mean?

Alice, you are blaming yourself for his problems. This is not on a conscious level always, but the guilt is there. You must stop [self-blaming] before he can look at himself in relation to you. We see the question you ask on multiple levels. There is the sub-vocal one, but this is a tempest in a teapot compared to the underlying structure. It [the challenge] is in [her husband] Dick. This must be solved by him. As long as you help by shouldering the blame, whether consciously or not, it will not be solved. He brings up surface issues that cloud the real issue and you respond when he pushes your buttons. Stop responding in your penitent fashion. This will be the needed shock [to provoke his insights]. You must know that you are not to blame.

Kathryn: Will [my roommate] Ramona's children follow her teacher?

One will follow the [spiritual] path, but Robert is not the teacher.

Kathryn: Is Joy Holub (twelve years old) a Scholar?

Scholar is valid. However, this child is now basking in her father's image. The drive will manifest. She is young.

Richard: Can you tell us anything about the people who killed Marcus Foster?³²³

This comes from group hysteria; three Young Warriors.

Kathryn: Why did Robert Burton say that Joy Holub was an Old Soul?

He is seeing the child [Joy] who is carrying the father's attitudes. The man Robert is still entitled to err occasionally. He does not often, but remember that inner consideration³²⁴ is one of the last [negative] things to go. Sarah does not like to tell people that they are Young Souls either, but we are stronger than Sarah and she is beginning to realize that. Robert, too.

Richard: I'd like information on the "Bermuda Triangle." ³²⁵ Some call it the "Devil's Triangle."

It is a vortex of electromagnetic energy so strong that gravity and inertia are affected. It can sink ships.

Alice: Does the spot change?

No. It is always the same spot.

Richard: What is the vortex located in North Carolina?³²⁶ [near Ashville, NC]

This is a phenomenon of magnetic force. This has to do with the fact that this planet is not a perfect sphere.

Alice: How long will it take for Soleal to come to earth?

That trip will take approximately four months. Kathryn could go back with them. She would be a good match for him. He does enjoy those who spar with him.

? [Question not given]

He has verified that for himself. He is a dominant, powerful male.

Alice: When is he [Soleal] coming?

He is planning this trip with some enthusiasm.

What is the status of the Rheems (beings on the UFO's)?³²⁷

They are still observing you (us?) [and] this planet.

Richard: What is it that astronaut Edgar Mitchell³²⁸ saw on his flight to the moon?

He came in contact with his Essence for the first time. During the voyage, he observed his False Personality and was Shocked into action.

³²³ From Wikipedia: Marcus Albert Foster was a respected African-American educator who gained a national reputation for excellence in education. He was murdered in Oakland, CA by members of the Symbionese Liberation Army on November 6, 1973 — four days before this session.

³²⁴ "Inner consideration" is a Gurdjieff term for caring about what other people think and acting accordingly rather than from integrity.

³²⁵ From Wikipedia: The Bermuda Triangle, also known as the Devil's Triangle, is a region in the western part of the North Atlantic Ocean where a number of aircraft and surface vessels allegedly disappeared under mysterious circumstances.

³²⁶ From ><http://www.newfrontier.com/aha/ashv0492.htm#vortex><: there are 24 active vortices between Black Mountain and Williamsville, NC and many more power spots.

³²⁷ This is the Pascagoula, Mississippi Alien Abduction that allegedly happened on a month before, on October 10, 1973. See >http://en.wikipedia.org/wiki/Charles_Hickson<.

³²⁸ From Wikipedia: Astronaut Edgar Mitchell walked on the moon as part of the Apollo 14 mission in 1971. On his way back to earth, he had a powerful Savikalpa samadhi experience, and also claimed to have conducted private ESP experiments with his friends on Earth.

[The bottom of the page is unreadable. The typing at the bottom is skewed off the page. It looks like it starts out "When is he planning the trip to Earth ... — evidently referring to Soleal.]

15 November 1973 — Thursday

Present: Alice and Dick, Sarah and Richard, Susan and Gene, Ellis, Billie and Ray, Evelyn and Jack, Harvey, Jeff S., Dennis, Edgar, SharonB, Sue.

We are here with you tonight.

Dick: Could we fund a medical clinic in a similar way to EST — medical clinic?

This would be an interesting and noble experiment. Of course, your patients treated in this manner would first have to be convinced that wrong thinking is the basis of disease. This would require lengthy introductory sessions.

The only souls who would really benefit from this approach would, of course, be Mature Souls and Old Souls. Young Souls do not possess a developed sense of self and could not direct the knowledge inward. Also, their belief system would mitigate against their acceptance.

In order to make such a venture practical and successful, you would have to build what would be equivalent to a spa, where patients could come and stay for the duration of their treatment. You would not have to worry about expense. There are so many people enrolled in esoteric teachings now that you would have a waiting list. You would have to incorporate various modalities within this system to make it work, such as: diet manipulation, correct posturing, exercise, etc. These are all necessary to correct before the organic problems can be solved. After all, obesity is a direct result of wrong thinking, yet obese people are seldom cured by any other method than locking up their food.

Edgar: I would like advice regards getting rid of pain.

We can be of assistance only in that your illness is a part of Karma for you, and when you come to grips with your spiritual controversy, the pain will no longer be necessary. This can be accelerated, of course, by those methods we have outlined for the others; that is: meditation, concentration, fasting, and study. Edgar is waging an internal battle with reason versus dogma. This is not unusual, just agonizing, particularly for Scholars who are slaves to reason.

We should like to correct the passage in your notes concerning the lady Beatrice.³²⁹ This lady is a Priest and not an Artisan. Again, this is an error in transmission. These will happen occasionally and we shall endeavor to correct them as we become aware of them.

Don't be surprised to find that in the past you were someone of fame or notoriety. This should not surprise you at all. There are approximately eighty thousand Sixth and Seventh Level Old Souls extant [still living] on the Physical Plane at the present time, seventy thousand approximately Fifth Level Old Souls, [and] thirty thousand Fourth Level.³³⁰ And so, as you can see, this is a small company when you take the world population into consideration. We have detected some disbelief and yet you were all Young Souls at one time. There is a Fragment living quietly in Sussex now, an Old Soul, who was in the past nine times the mayor of London.

Ray: Where do people stay after death? In what space are they?

This depends a great deal on the level of the soul and the belief system going at the time of transition [physical death]. For instance, those souls who make [the] transition believing in a literal "heaven" and "hell" will have to experience this before they can experience anything else, as unfortunately, they create this out of Astral matter with the thoughts of transition. Then those souls like [atheist] Jean Paul Sartre³³¹ must experience a long period of 'nothing' before they go on. Then the soul becomes a habitué of the low [levels of the] Astral Plane. The alternative [experiential and Karmic] threads can be pursued, the alternate courses outlined and the choices made.

(Discussion here regarding Entity Fragmenting once — regrouping — then going back to the Tao.)

³²⁹ Previously mentioned on 27 October 1973 that Beatrice is a social worker.

³³⁰ If these numbers are correct, then the alleged (26 August 1973) "bell curve" distribution of soul ages does not fit well with the Cardinal Levels of the Old Soul Age.

³³¹ From Wikipedia: Jean-Paul Charles Aymard Sartre (June 21, 1905 – April 15, 1980) was a French existentialist philosopher, playwright, novelist, screenwriter, political activist, biographer and literary critic. He was one of the leading figures in 20th century French philosophy, particularly Marxism, and was one of the key figures in literary and philosophical existentialism. He was awarded the 1964 Nobel Prize in Literature but refused the honor.

Ray: I was David Hume. Was anyone else David Hume?

When you were David, there were approximately forty integrated Fragments. But to answer your real question, no, there is no one else alive who was David. The Fragments unite — they do not scatter again.

Ray: Is my mother a Fragment of my Entity?

No. There are no Kings here tonight; [there is] a new Priest though.

Dick: Who?

Evelyn.

Dennis: I would like to know my Soul level and Role.

Fourth Level Mature Scholar. This young man has difficulty trusting intuition, which stems from childhood misadventures, and is also inherent in the [Mature Soul] Cycle.

Gene: I would like a definition of any Role and how it is assigned.

It is not assigned. Nothing is — all is chosen.

The Slave is a service role in a menial sense. However, it is possible to experience all of life within this framework. The Slave will always look rather woebegone regardless of station in life and will appear poor regardless of material wealth. The manifested Slave makes a good but busy host as they worry about the comforts of those around. The Slave in Essence identifies with the wrongs of humanity, and tries to bring comfort in a material sense to many.

The Priest is the Slave exalted. The Priest is born with a sense of God-consciousness or 'other worldliness.' The Priest in Essence chooses a life role where it is possible to bring comfort to many in a spiritual sense.

Gene: How is Role chosen?

Knowledge of all Essence Roles is accessible to the un-fragmented Entity. This sometimes results in a hasty choice, but regardless of this haste, it is always possible to experience all of life in each of these Roles.

The Warrior is a leadership Role. The Warrior leads instinctively; there is an inner drive to lead. The Warrior is purposeful in voice and action, often powerful physically even though small in stature. The King is the Warrior exalted. These souls lead through inner knowledge that they were meant to lead. They, like the Warriors, are regal in appearance regardless of size. The King commands your interest when he walks in the room. The manifested King is always the dominant partner in any relationship, whether sexual or professional, as is the manifested Warrior. This results in many divorces and other broken contracts in early middle age³³² for both.

Dick: Is Jeff S. a Lunar Body Type, a Sage and what is his soul Level?

This young man is indeed an unusual Body Type. He is as you say, a Lunar conceived during a period of intense sunspot activity. This young man is a Mature Sage.

Jeff S.: What benefit or harm is there to stimulating the acupuncture point known as the "Divine Door"?

No harm. The benefit depends on your belief system. If you think or believe in it, it will probably be of benefit. If your belief system is such that you believe that stimulation of certain areas of the human brain such as the hypothalamus, the pineal gland, [or] the anterior pituitary produces a doorway to enlightenment and this belief is strong enough, sometimes the result is just short of miraculous.

Billie: Can a soul take on a dual Role?

Not in Essence. However, the life role often bears little relation to the Essence Role, and if False Personality is firmly in command it will almost be impossible to detect the Essence Role. On a personal level, others can often detect the facade and the underlying Role before the student can.

Ray: Question regarding Harvey's mother's ear problem and avenues of therapy.

We hesitate to offer avenues of treatment for this lady other than the most conventional ones, as the lady would not accept them and they would effect no cure.

Ray: Would a plastic tube help? Is that because of soul Level?

This is of value in those cases where fluid has collected behind the tympanic membrane and we have known it to also be effective in some cases where deafness is of psychosomatic origin. This latter is not, unfortunately, always permanent, as the reason for the deafness is not always removed along with insertion of the tube. This is why Dick's suggestion (regarding est, therapy) has so much merit.

Evelyn: What was I in previous lives? What is the soul Level of myself and my husband also?

³³² At the time of what later became known as the Fourth Milestone, which starts at about age thirty-five.

Evelyn has been literally a member of the clergy eighteen times. She was a High Priest at the time of Christ, also a member of the Sanhedrin Zadikam.³³³ Then she was also one of the lords of the Inquisition. She was also a Buddhist nun earlier in the fourteenth century. This lady is a Seventh Level Mature Soul.

This man [husband Jack] is a Young Warrior who has been a soldier and an adventurer. He has also been a teacher and mayor of Orleans at the time of Joan d'Arc. [He is] Fourth Level.

Dick: [Body type] influence of Mars - Jupiter?

That is valid.

Evelyn: What is the Level and Role of my brother?

This was a troubled Fifth Level Mature Priest. (Committed suicide at age 36.)

Dick: Troubled where? Personality or soul?

That is valid [it is both]. This is a conflict between Essence and Personality. It is when the individual Fragment cannot cope with the conflict that the integrative defense mechanism falls apart and allows the ego to disintegrate before there is any strength in Essence, leaving the soul goalless and adrift.

Ray: Is this conflict unresolvable?

It is not unresolvable. With carefully chosen therapy or an understanding guru, the conflict will be resolved. The difficulty lies in the choice of therapies.

Dick: Is this what we call psychosis?

Yes, in a sense. Psychosis can also be drug-induced.

Dick: Is a certain patient of mine a Lunar type Baby Sage? Is he psychotic?

We would define this as neuro-psychotic. In the Baby Soul, the conflict rarely becomes full blown.

Dick: Is this man a Sage?

Yes. With him, the conflicts arise from desires of a physical nature, which he perceives as "evil."

Edgar: Are these suicidal tendencies repetitive life after life?

No. Sooner or later, the soul learns that suicide is unprofitable. For instance, if a person with terminal cancer suicides and there remained five or six months of life with its attendant lessons, then that soul will experience infant death at a later time.

Sue: WilliamW has a terminal cancer patient. We [nurses] react negatively to this patient. Why do we do this?

People who are dying are no more or less obnoxious than at most of their crisis points in their life. This Baby Soul perceives physical death as punishment.

Sue: Why can we not overcome our negativity?

You perceive [a] high index of negativity in this patient and you are unable to separate. You have not been in the teaching long enough to have learned effective separation from thoroughly obnoxious False Personalities.

Gene: Is the Entity that WilliamW contacted Michael?

The Entity they have raised is a mid Causal teacher. There will be no difference in the information.

Billie: How can I learn to be less affected by negativity of those close to me?

You must first believe that there is nothing that you can do to alter their reaction and that their reaction has nothing to do with anything in your own frame of reference.

Their perception of a situation and its ramifications is something that only they can deal with and there is really nothing that you can do. Keep repeating that to yourself each time it comes up. For instance: if Evelyn perceives a situation involving her and her relationship with her son in a negative fashion, what can you do?

Edgar: May we have the definition of Scholar?

We have given this but we will repeat. This is an intermediate Role where reason and logic are the foundations upon which life is built. We did not say that Scholars were emotionally bereft, just a little more discreet about displaying. Edgar and Ellis were both born into emotional cultural environments, and both display more emotionality than the average Scholar, but still do not approach the sheer emotional extravagance of other Roles such as Priests and Sages.

Dick: Is Ellis a warlike Scholar?

Ellis might be taken for a Warrior because of his Body Type and his voice projection. He is a bit emphatic.

³³³ "Sanhedrina Zadikam" means righteous people.

Cheryl: I would like to know about my past life with my grandmother.

You were first born to Mary. This was a relatively tranquil life because you were entrusted into the care of household slaves at birth. It was a large household and you perceived the “not me” in a very positive fashion. Mary at that time was the favorite wife of a very wealthy merchant.

Dick: Have I had an interesting life as a female?

Yes, there have been a few. One as a nun where you traveled with a caravan across the Rubalkhali to the Holy Land to establish a church in the Holy Land. Another time, you were also the favorite wife of a man who made great literary contributions to the ancient world, most of them actually coming from you. You have been a nun many times, but only once in a penitent order. The other times you were very much in the world, building and teaching.

Gene: Where is Rubalkhali?

Yes. It is part of the Sahara Desert. It means “empty quarter.”

Billie: May I know the name of the pirate I was in a previous life and what time (century)? Did he bury treasure?

The name of the pirate was Étienne Delacroix. The time was early in the eighteenth century. Yes, he did bury some loot off the coast of Portugal in haste but came back later, picked it up and then was sunk by the Spanish ships. This treasure now lies beneath fifty fathoms.

SharonB: I would like to know the relationships between the caste system of India and Roles?

There was [a relationship] in the beginning when Sri Krishna brought the Logos to bear. This has since become blurred by ambition and material desires.

Dick: Suppose that Slaves born to Slaves ... What we have here ... everyone has parents in a different Role. (Questions are confusing ... tape had ended.)

This is where the misinterpretation arises. Look at the hereditary monarchies. Only two monarchs [as a life role] in recent times have been Kings [in Role]: Elizabeth the First and James the First.

Ellis: What are the relative quantities of Old Souls. It seems there should be more. There seems to be a minute number in relation to the total population.

It now happens that on this planet the vast majority of souls are Young and Mature Souls, well over one and one half billion [each].

The Baby Souls and Infant Souls together equal the number of Old Souls now. [~10% each]

This has not always been, but life on this planet [Earth] is evolving to the point where there will be no more Infant Soul Entities Cast [ensouled] into this frame. At this point, the majority will be either Mature or Old Souls, as it is now on Soleal's world.

There is, of course, an end point to all worlds when the star exhausts itself. The evolution of life within a given solar system is always geared to not exceed the life of the star. In other words, all life on this planet will have evolved and completed long before this star expands to become a red giant and eventually shrinks into a remnant dwarf.

Dennis: Is what is known in the medical profession as “subconscious,” the essence of the soul? Is that the subconscious?

No. Most psychiatrists, where they speak of the subconscious, they merely speak of all of those experiences that the brain records but you cannot immediately recall. The recall of this material is often blocked by very effective barriers. Some few psychiatrists such as Carl Jung began to see more, but few have known of the myriad data actually at your command, much less the source.

20 November 1973 — Tuesday

[Assumed attended by questions asked: Dick, Sarah, Carolyn, Cheryl, Howard.]

We are with you tonight.

Typing the answers will be easier for you and take less time. Dick has many questions. Please ask them clearly so that we may correctly guide you.

[Dick:] Hypnosis has been suggested for a patient of mine. However, I see her as a Baby Soul Slave and this may not be correct therapy.

Dick, you are now seeing the Roles more clearly. This lady is, however, a Young Soul, with Slave as her Role. Young Souls do not hear the message and the hypnotist would have to be exceptionally experienced, with

much teaching knowledge in order to help a Young Soul. A Slave will not listen — they are driven to this Role. To accomplish weight reduction through the will is an almost impossible chore for this Young Slave soul. The physician, Dr. James, of whom you speak (for doing the hypnosis) can't reach your patient; another might. Initially, she should have to work on her soul level before undertaking weight reduction.

[Dick:] What is the nature of the work she could do concerning weight reduction? I was not aware that she would be considered a candidate for a [spiritual] School.

Work on her soul level without a [spiritual] Teaching is difficult. It is, again, virtually impossible to raise the level of consciousness without a Teaching. With a Teaching, however, the span from a Young or Mature Level [Soul age] to a late Level Older Soul may be accomplished.

[Dick:] Since we are on the subject, could you comment on the cause of this patient's severe hypertension? She has had an unusually complete study, and has been found to have a partial obstruction of her renal [kidney] arteries on both sides. However, this is not considered severe enough to be the cause.

It is understandable that you are awed by the possibility of help from the other side. After all, it is not every day that you ask for help of this nature. Others would neither believe nor use it.

The lady suffers from anxiety. Her obesity is but a contributing factor to the problem of ill health. She needs to clear the family home of the tension causing her problem. The obstructions of the contributing vessels can clear by itself if she relieves herself of her emotional burden. The medications are too much. She can take one pill every four hours as a palliative measure, but it is not necessary to give her so many varieties. She finds it necessary to take these and feels better, reassured as it were, that she is doing something and her blood pressure comes down. When she does not buy the medications, she feels guilty, even more than usual, hence the rise in pressure.

(It was said she is poor and cannot always afford the medicine prescribed.)

Her counseling with Beatrice is good for her and should assist somewhat in the problem. For now, Dick, be there to listen when she is in to see you. If you can, suggest meditation to her as a sort of "relaxing time" several times a day. Instruct her to clear her mind of all thought and this should assist. You do not have to term it "meditation" to her, as she may not understand the true word. Just ask her to lie down in a quiet place, clear her mind and rest, thinking of nothing in the world except something peaceful, such as a meadow with birds and a stream. For fifteen minutes, three times a day, will be a great help to her if she will follow the instructions.

[Dick:] My nurse, Milly, has told me she had a premonition that her son, who has had much trouble with the law, will come to a violent and early death. She asked me to ask for a comment for her.

The young man is a Warrior, a Baby Soul. He has probably already chosen a young, very dramatic death. He will die in an accident, probably with fire. It should be considered carefully before informing Milly of this. Often, it is not necessary to inform them. She already knows and confirmation will not help her. You must firmly reassure yourself about the steadiness of her mind before you give her such information. The information can help her, but in all likelihood, will not. It will affirm to her a premonition. That is about all it can do. You may use your own choice about this, Dick. If you believe at one particular moment that the time is right, tell her. When you do not feel it, do not tell her. When and only when that one moment comes, the time will be right: you may tell her. She then can prepare.

Pam doesn't come to our meetings, but feels she is still a part of the group.

The problem of discipline is common on your plane. When someone does not come to many meetings, they should not consider themselves a part of the group. It is necessary to contribute something to a whole being in order to call it whole. Many parts make this whole of the group and if a part is missing, it is necessary to replace it before going on. There should be a general meeting at one Thursday night to discuss all of the problems now arising. If you do not have time on that one Thursday to ask any teaching questions, there is nothing lost. We can meet another time that week for the questions.

Rules are sometimes necessary in order for your plane to accomplish the use of will. It is sometimes necessary to exercise will and set a goal of being on time, being present. There are also times when it is necessary for a member to miss many nights in a row because of the strange occurrences that come up. These are usually planned by a much higher source and these people should not be castigated, but rather deserve a reward. Somehow, your group will need to differentiate between the two types of absenteeism, also lateness to meetings.

Try to plan one meeting discussing the type of rules needed, whatever they are, then go from there. It is now time for some discipline.

Is the comet, Kohoutek,³³⁴ marking the birth of a higher Mental body [Infinite Soul]?

There are many signs now present indicating the rebirth of spirits. The comet is indeed a sign of new birth. All of the rumblings internally of you people, some young and some old, all indicate that the new Christ is coming soon. You will not pinpoint the place, but you have the time right.

Soleal's visit would be like John the Baptist, bringing the Logos to bear. Many would listen and there would be worldwide interest.

Yes, it would. Things can be arranged. People of your planet see what they wish. Although he is "different", they will be able to see Soleal as one of themselves. Some will admit who he is and where he is from, but the majority will deny the whole thing as a hoax or a radiation freak just found, or the abominable snowman. They will find something to explain it away. Have no fear. It will come about and those who need to know and are prepared, will know.

[Dick:] I have prepared a letter to Werner Erhard³³⁵ asking for his help. He has a staff of fifty and a thousand he could ask for help, both to insure safety and to spread the word.

First of all, it will be difficult to convince Erhard or the medical centers to listen to you. When the time comes for Soleal to visit, there will be only one who will listen to you who has the power to protect. It will all work out. You will be provided with someone to protect him, publicize him and his credits will not allow doubt. This person will listen eagerly when you contact him about the upcoming visit. Dick, do not have so many fears. It is all right and will work out without your unnecessary worry.

[Dick:] Should I not send the letter to him?

I am implying you should. Only one will listen. I did not say who it was. If Werner Erhard does not listen, it is obviously not he. There is no way of telling unless you mail the letter. The man does listen to most.

[Dick:] My ego would be famous overnight and would like it. Would it help our school?

The visit could be a detriment to your school. This school does not need to grow to large proportions in order to teach. It probably will work better with a limited selection of students; people living on a ranch, healing with laying on of hands and healing of the soul with messages. Soleal is not coming to be a detriment. He is coming in order to teach. It will be a most difficult task. In all possibilities, he will come and teach for a short time. He can also simply come and visit you and then leave again. Whatever is done will be best. If his visit becomes a hindrance to your growth, it will end and can end rather abruptly. Safety is necessary before he comes and it will be awhile before you can assure this.

[Dick:] Will this school be rich or poor? I see it as a highly developed school.

For a while, it will be touch and go — on the poor side. Several in your group need the growth involved in farming, leaving the city and being aware of themselves. Then the school will grow in spurts and become large. It will never become an extremely rich school, Dick; it is not necessary. Part of your evolution will be the loss of your ego, which would like the richness. It is nicer to be rich; greater to be poor. Your growth will come faster. At some time in your growth, you will need only what is around you at the moment and the materials will no longer be necessary. It is not even so far off as you think, as you are moving in that direction anyway. Most of those in this group are moving away from the material, and this is necessary for their growth and is good. It can lead to great leaps in soul work.

[Dick:] Usually when a teacher dies, the teaching dies, but here we could go on for generations as long as you wish or we have a medium.

This teacher [Michael] cannot die; that is a true perception, Dick. There are many mediums who will come and go. I can talk through anyone in this room when the time is right. The young physician (Howard) present, heals and hears with me, but does not admit to hearing the words. They are there. Dick can explain to you what it feels like to have me in your presence. You will all need to join in and listen. There is no end to a teaching. It is not necessary to be physically inactive in order to grow, Dick. It is necessary to meditate and be inactive for

³³⁴ From Wikipedia: Comet Kohoutek was first sighted on March 7, 1973 by Czech astronomer Luboš Kohoutek. It attained perihelion on December 28, 1973.

³³⁵ From Wikipedia: Werner Hans Erhard (born John Paul Rosenberg, September 5, 1935) is an author of transformational models and applications for individuals, groups, and organizations. Erhard was first known for the "EST Training" (1971–1983) and the "Forum" (1984–1991). In 1991, Erhard retired from business, sold his intellectual properties to a group of his former employees (who formed Landmark Education) and moved abroad.

periods of time, but not all day every day. The Work brings about Frictions and growths like new grass in the forest after a rain. Your growth will be accelerated because you will be working from Essence. That is what matters, not just doing work or not doing work.

Allen Noonan-Michael³³⁶ was on TV recently. Watching him from a conventional point of view, I thought he was kooky, i.e., he says there are angels in UFOs and that space people built the pyramids and that he has been on board a UFO. Further, that he has a "radio station" in his head tuned into the "cosmic influence."³³⁷ It was disquieting, though, to find that his ideas are close to those of this school in many areas.

The man is for real. You may end up appearing as strange as, or stranger than, this man. He has a teaching from above your plane and has a rather unusual way of spreading the knowledge attained. He will not seem so strange a year from now. There will be more like him, including yourselves.

Allen Noonan-Michael also says that this planet is to be included in some sort of "cosmic synthesis" soon.

That is a rough approximation, yes. We would like to go into that more later. Do not take one giant step forward.

What are Irv and Terry's Roles and Soul Levels [Ages]?

This lady [Terry] is a Young Soul. She is a Warrior. [Her husband] Irving is a Mature Soul. He has lived always as a King.

Could you comment on Kings and Artisans not getting along well. Irv and I have been good friends for a long time.

You are not married to your friends. There are some souls that do not work out with any Roles. It is not entirely decided between King and Artisan. Most times in couples, it does not work. The man Isaac is a Saturn with Solar influence — sun spots again at work, remember?

What is Sue's Role?

Sue is a Warrior, indeed, and is quite Mercurial. She has freckles but is not Martial and will not be for a long time. Her speech indicates Mercury in its rapidity. She will fight for what she wants and can be sneaky; also kindhearted when the occasion calls for it. She is also easily led astray.

What is Cheryl's Body Type?

Cheryl is Lunar Venusian. It is easily seen in her room. She is also quite pale and Moon-controlled. Think of good, warm globe, loving, slow-moving and beautiful. That is Cheryl.

*Should we try to interest Giovanna?*³³⁸

Giovanna will not be directed this way for a while. She is an Artisan and a Mature Soul, the one with problems.

What is George Kassebaum's Role and Soul [Age]?

George³³⁹ is an Older Soul, Artisan.

The group is growing so large. Should we split up into smaller groups and perhaps have one big meeting a month?

There is no need to split the group unless the Vacaville members are dissatisfied. They will do the driving [an hour away] and are doing it from a good place so far about the distance and time. They have done little complaining about the problem of time.

It is good to have weekend meets, some to experiment with the source of your conversations this morning. It is helpful to meditate together while smoking the marijuana and also into the other drugs. It would be helpful to start this slowly with four or six people, and grow into it.

³³⁶ From Wikipedia: The Industrial Church of the New World Comforter is a UFO religion founded in 1973 by Allen Michael. In 1947, Allen Noonan was a pictorial sign painter in Long Beach, California who that year claimed to have a telepathic encounter with a UFO. He then changed his name from Allen Noonan to Allen Michael. He claimed to have physically encountered a flying saucer in 1954 at Giant Rock in the Mojave Desert of California. In 1973, Allen Michael founded The Industrial Church of the New World Comforter and published the first volume of his revelations, *The Everlasting Gospel*. In 1975, the church headquarters and his vegetarian restaurant relocated to Stockton, California. Allen Noonan ran for President of the United States in the 1980 and 1984 elections on the Utopian Synthesis Party ticket.

³³⁷ "Cosmic Influence" is also called "C Influence." From ><http://glossary.cassiopaea.com/glossary.php?id=907><: "C influences" are only found with the Work [the Fourth Way] and can only be received in personal interaction with a conscious being; "C influences" come from the SOURCE, that is, from an esoteric Center located outside of life.

³³⁸ Giovanna was an early and active member of Robert's group.

³³⁹ George was also an early member of Robert's group.

I see Clarence as a Warrior, Baby Soul. He is full of anger and disappointments of expectations of others. He isn't getting Social Security and seems to be destroying himself. He may die soon. I can't think of anything to do to help him. I also am afraid of him. He is so big and violent. So far, the violence is directed inward.

This man is indeed angry enough to destroy himself, not with suicide, but with bodily dysfunction. He has chosen this for himself and there is nothing to do. There is little chance he will turn the violence outward. He will eat away at himself. He perceives only himself and me, and cannot perceive others at this stage. He will not be helped. Do not overly concern yourself. Help him as you would anyone, but do not become identified because there is nothing you can do. He has chosen. He will pay. He will grow. You cannot assist in that.

[At this point in the transcription, there is a list of Overleaves of various persons, apparently known to the doctors and nurses in the group. As was the custom, those attending first guessed the Overleaves and then the Michaels commented.]

- Lawson Priest, Older Soul.
- Wortsman Sage.
- Bien Scholar.
- Aberle Priest. This physician is [an] Infant Soul.
- Kay Artisan
- Hollister Artisan, Early Mature.
- Stewarty A Scholar, Old Soul.
- Kabota Warrior, Mature Soul. Yes, yes.
- Narverud Scholar, Young Soul.
- Movitt This man is an early Cycle Older Soul, Scholar.
- Reeve Sage is appropriate in the male. What do you do for the female [his wife, Josey]?
- Salai (Scholar and Older Soul.) Right again, Scholar, Older.
- John Moyle John is strongly an Artisan. Watch him work.
- Leibgold Leibgold is a Priest, an Older Soul. The work he does with his hands allows him to teach.
- Leipschultz Even though Carolyn doesn't like to admit it, Simon is a Sage. He is a very troubled older [Level] Mature [Soul] and that is why her reaction. Cool it.
- Sedge Mead Your friend is an elevated [late] Level Young Soul. He is a Priest.
- Marge Mead Dr. Mead is a Warrior, Second Level Older.
- Paauw He is an Artisan, Baby [Soul].
- Horn He is a troubled Young Soul, Intellectually Centered, Priest, Venusian.
- Muldern Yes, Sage, Young Soul.

Joe Namath³⁴⁰ — is he a King?

With his history, one might think so. He is a Mature Soul, early [level], Venusian body with lots of Saturn thrown in, and is not as Kingly in this life as you would think. His King [Role] is true. The reasons for your labeling is because of the publicity, but this is mostly false. People do gravitate toward him, though. This is the reason.

The concept of Venusian-Saturn is new to you only. It is possible to go from Mars to Lunar, from Lunar to Mercury. This influence is not typical but does occur in some bodies. This is the problem in many of the persons you cannot identify.

Is Cheryl acquainted with any of the Fragments of my Entity?

You have been acquainted with Fragments before. They are integrating. One person you know now is part of your larger Entity — a teacher at school.

³⁴⁰ From Wikipedia: Joseph William "Joe" Namath (born May 31, 1943), nicknamed "Broadway Joe" or "Joe Willie", is a former American football quarterback. Namath was an American Football League icon and played for the New York Jets for most of his professional career but finished his career with the NFL's Los Angeles Rams. He was elected to the Hall of Fame in 1985. In 1999, he was ranked number 96 on the *Sporting News* list of the "100 Greatest Football Players." He is perhaps best known for boldly guaranteeing a Jets victory over Don Shula's NFL Baltimore Colts in Super Bowl III (1969) and then making good on his boast.

Carolyn and Howard commented that they frequently have the same thought at the same time, and wondered who was the sender and who was the receiver.

There are strong vibrations between Mature and Older Souls. The position of the planets could be marked while this is going on strongest. You could experiment with it. Meditation assists it. If you do not like it, you can stop it, but would lose the growth. Many people work at this for a long time and don't achieve this communication. It is a gift. Howard is a good transmitter; Carolyn is a good receiver.

Dick wondered why Dr. Paauw seemed so competent, yet he is a Baby Soul and an Artisan.

Medicine has been an art in the past. This is an artistic source for your friend. His personal relationships are less meaningful because they are not artistic. Artisans are usually competent. Look at the Artisans in this group. It is not necessary to be a King or a Priest to be competent or accomplished in anything, Dick. This varies from entity to entity.

Personal relationships require communication and it is difficult for this particular entity to express himself to others. He cannot communicate well with lowers, people not physicians, and thus the expression, Baby Soul. He expresses his artistic qualities in the operating room, behind closed doors, not from open doors or from his heart in emotional situations.

22 November 1973 — Thursday

Location: Thanksgiving, Walnut Creek, California

Present: Edgar and his mother Lilly, Sarah and Richard, Alice and Dick and Cheryl, Sue.

Edgar: Why is it that Old Souls with united Fragments are not superior in competence to Young Souls who have a smaller amount of united Fragments?

The Old Soul, at a deeper level, realizes the futility and temporary nature of material achievements, and, therefore, lacks the drive to accomplish this. You are all extremely competent, even in Roles that are out of Essence. The drive is now for spiritual evolution in all of you. Therefore, you are inclined to let the rest slide. Any one of you could achieve anything you wish to do. Why didn't you? For instance, Edgar uses poverty as an excuse, but this is invalid. Many poverty-stricken Young Souls have achieved wondrous things through sheer struggle. Sarah uses the same excuse.

Edgar: If I try the stock market, could I make money without working so hard?

It is like any other monetary game and depends on the whimsy of the economy and how astute a guesser you are. It would not relieve your financial anxiety; it would create a new anxiety-laden set of obstacles.

Dick: I would like verification of Bill Lawson's soul Level.

William is a Fifth Level Mature Soul.

Dick: I would like to ask about Sue's Role. I believe she once was said to be an Artisan, and last Tuesday it was said she was a Warrior.

Sue is a Warrior. The information was given correctly but transmission was coming through a great deal of bias.

Edgar: What was the essence of the teachings of Christ?

Truth is the greatest good and love is the highest truth. Good is its own reward, as is truth.

Edgar: I'm seeking for a practical way of practicing the teachings of Christ. Can you tell how this can be accomplished for me?

That should be self-evident.

Richard: Could we ask for a general comment?

Honesty without guile, simplicity without poverty of soul, love without material expectations, emptying the life of all nonessential considerations, the endless Cycles of evolution with the Physical Plane being the crudest and roughest. These are the things emphasized in the true teachings of Christ.

Edgar: Whereby Jesus' statement "I can do nothing"?

He could do nothing. That is true of all, without the other forces holding the universe together — all of these combined are necessary to perpetuate the Cycles. Knowing how it happens does not give you *carte blanche* to go and do it. Many people were disappointed in Jesus because he did nothing physical about their woes. This will be the case again. The Infinite Soul does not come to lead the troops; the Infinite Soul comes to bring the Logos to bear. It is up to you to listen and take your own action.

Edgar: What is the meaning in the scriptures that Christ died to save [us from] our sins? It makes no sense to me.

It does not make any sense to us either. In the literal sense, it is meaningless. He did not say that. That was perpetuated by zealots.

Edgar: *Where is Paul now?*

The Fragment that was Saul³⁴¹ has not been reborn yet, but will be soon. He will be a Fifth Level Old Soul this time and maybe he will listen.

Edgar: *Paul contradicts himself. His appeal was ludicrous. 2-½ years later when he arrived in Rome, nobody knew what he was talking about.*

He made many errors. That is how you learn.

Dick: *I've read much on the crucifixion and have never been able to figure out why it happened.*

He [Jesus] was a threat to Joseph Caiaphas³⁴² who was getting rich on temple funds and there was a suitable pawn available in the person of the Judean governor³⁴³ who was a coward and who was already in trouble with [Roman Emperor] Tiberius³⁴⁴ over other things. The Infinite Soul cares nothing about the physical body, and when it was realized how the deck [of cards] was stacked, it was seen as a convenient way to speedily fulfill the prophesy.

Edgar: *What is meant by his saying he was the Son of God?*

You are all sons of "God". This man, before the Infinite Soul manifested, referred to himself as the servant of man. The Infinite Soul said, "I am the Word." The Infinite Soul manifested during a period of intense meditation and fasting, and "the sermon on the mount"³⁴⁵ was the first uttering of the Infinite Soul.

Edgar: *Did the man Jesus become conscious after the forty days and forty nights?*

This man was an occult master. He was a final Level Old Soul.

Edgar: *What is the meaning of, "I am the Word"?*

The Logos, the truth, the absolute, the order of things.

Edgar: *"Thy kingdom come, (when you hear the word,) thy will be done" — could you comment on this?*

The word is uttered, the way is made known. If you chose the path, evolution will occur.

Dick: *It makes me wonder [that] if evolution occurs through Cycles regardless of what one does, what is the point of the Infinite Soul manifesting? A lot of people quit their jobs to follow him and then lead useless lives. The implications are not to quit these things unless you are on the path instead of quitting your job and sitting around waiting for the "king" and "judgment day."*

This was promulgated by a man named John,³⁴⁶ who had a series of nightmares. It was not pleasant to watch someone you loved [Jesus] die in a particularly horrible manner. There was an earthquake and an eclipse that

³⁴¹ From >http://wiki.answers.com/Q/Was_Saint_Paul_a_disciple_of_Jesus<: Paul was an apostle (follower) of Jesus, who converted to Christianity after Jesus' death by crucifixion, and there is no evidence he ever personally met Jesus when he was alive. Paul was originally known as Saul of Tarsus and a rabid persecutor of Christians. On the road to Damascus, he is said to have been visited by the resurrected Jesus and struck blind. After his vision cleared, Saul took the name of Paul and began to proclaim the gospel, as revealed to him by Jesus the Christ.

³⁴² From Wikipedia: Joseph, son of Caiaphas, commonly known simply as Caiaphas in the *New Testament*, was the Roman-appointed Jewish high priest who is said to have organized the plot to kill Jesus. Caiaphas is also said to have been involved in the trial of Jesus. According to the Gospels, Caiaphas was the major antagonist of Jesus. An ossuary of the high priest, Joseph Caiaphas, was found in Jerusalem in 1990. However, the authenticity of that discovery has been challenged by some scholars on various grounds.

³⁴³ From Wikipedia: Herod Antipater (born before 20 BC – died after 39 AD), known by the nickname Antipas, was a 1st century AD ruler of Galilee and Perea, who bore the title of tetrarch ("ruler of a quarter"). He is best known today for accounts in the New Testament of his role in events that led to the executions of John the Baptist and Jesus of Nazareth.

³⁴⁴ From Wikipedia: Tiberius (Latin: Tiberius Caesar Augustus; November 16, 42 BC – March 16, AD 37), was Roman Emperor from 14 AD to 37 AD. Tiberius was one of Rome's greatest generals, conquering Pannonia, Dalmatia, Raetia and temporarily Germania; laying the foundations for the northern frontier. He came to be remembered as a dark, reclusive and somber ruler who never really desired to be emperor. Pliny the Elder called him *tristissimus hominum*, "the gloomiest of men."

³⁴⁵ From Wikipedia: The "Sermon on the Mount" is a collection of sayings and teachings of Jesus, which emphasizes his moral teaching found in the *Gospel of Matthew* (chapters 5, 6 and 7). It is the first of the *Five Discourses of Matthew* and takes place relatively early in the Ministry of Jesus after he has been baptized by John the Baptist and preached in Galilee. The Sermon is the longest piece of teaching from Jesus in the *New Testament*, and has been one of the most widely quoted elements of the Canonical Gospels. It includes some of the best-known teachings of Jesus such as the *Beatitudes* and the widely recited *Lord's Prayer*. To most believers in Jesus, the Sermon on the Mount contains the central tenets of Christian discipleship.

³⁴⁶ John was the author of *Revelation* in the *Christian Bible*.

day; completely natural phenomena, believe it or not. This gave rise to many bad dreams in already susceptible superstitious people.

Edgar: Could you comment on the "second coming" being in the clouds?

He [Jesus] was warning them not to expect any physical help from him. They could not conceive of the help in the abstract, and to have told them that in two thousand years he would repeat this performance would have been meaningless.

By the time Lucanus Quirinus [Luke] reached the Holy Land, the mother of Jesus was completely insane. She had borne far more [psychological trauma] than could be expected of one fairly simple peasant woman.

Edgar: Luke didn't come until after Jesus was crucified, that is right. Was I there?

You were not in Judea; you were in Rome.

Edgar: Which Roman was I?

You were Greek, not Roman. You were a tutor. You did hear about Jesus. Almost everyone did. Mail service was very good.

Edgar: The way I have understood the teachings of Christ through meditation or praying, one can elevate himself to receive the word by communion with God. That is what he meant by "receiving the word of God." That is what is meant by being "under grace" — all troubles melt away. Can I achieve this state?

You will achieve this state — whether you do it this [life-]time is up to you. You know how to do it: meditation, concentration, right-thinking, study.

Edgar: Could you elaborate on the third chapter of Genesis about what the knowledge of good and evil is?

Knowledge of positive and negative force.

Sue: There seems to be a conflict of my [Warrior] Role and my present state of work. Am I in the wrong thing professionally?

Your Essence would be more at peace in a leadership role, yes. You dislike being subordinate. Being self-employed has always been your role before.

Sue: What was I in my immediate past life?

You were chief of police in Berlin at the turn of the last century.

Sue: What could I be doing that would be better for me?

That is up to you.

Edgar: What have I done in past lives to account for the physical burden³⁴⁷ I now have?

The pain you inflicted on loved ones in the past is a part of Karma for you, Edgar. Also, you have always had a scholarly interest in religion, but with a savage bent more than once; for instance, during the Crusades and the Inquisition.

Edgar: What on earth did I do?

In both instances, Edgar took an active part in proselytizing by force. During the Inquisition, he was an informer.

Edgar: I have been studying Christianity for seven years, and when people in the laboratory (where I work) ask me about things in the Bible, I have refused to tell them. Why?

You said too much before.

Sue: Am I burning Karma by being in a subordinate role?

Just a poor choice. You will make several changes soon, we think.

Sue: Any hint in the direction I might take?

Should we go through it all over again, Sue? Meditation, concentration, fasting, study, right-thinking — this is the magic enlightenment formula, like $E = MC^2$.

? [Question not shown]

We think it is a good way.

Sue: Why am I sleeping so much? I go to bed at 7:30 every night.

You are sleeping because you are bored. Boredom is a vicious cycle. It causes sleep, which causes more ennui, which in turn causes a great need for sleep. Television is a form of sleep. You are just more overt in your actions [by actually sleeping instead of watching TV]. You must consciously break the cycle.

³⁴⁷ Edgar was in a wheelchair.

Edgar: Is hypnosis a form of sleep? I'm wary of it as such. Why do I sleep so much?

Hypnosis is a form of concentration, not meditation. You go to sleep because you are tired, Edgar. You do actually need more sleep because of your physical disability.

Edgar: Could you answer the three questions about my mother: i.e., Role, Soul [Age] and Body Type? (We speculated on late Mature, Priest or Sage, Lunar.)

Lilly is a final Level Mature Soul, almost totally under the influence of the Moon, some Venusian. This lady is a Slave. (serves a humanitarian role.)

(No one in the room besides Edgar and his mother knew her name and it came out on the [Ouija] board, knowing.)

Sue: I would like to ask about my friend, Pamela. I think she is a Baby Soul, but I have no idea what her Role is. Also, a friend, Zoe — I'd say late Cycle, Older [Soul] Priest.

Zoe is a Mid-Cycle [Fourth Level] Young Priest. Pamela is a Mid-Cycle Baby Scholar.

(Sue: She can't even spell ...)

Cheryl: I become irritated when I hear older Souls talking down Young Souls. I hear what they say and it makes me mad.³⁴⁸

You can hear the knowledge. Most Young Souls [such as yourself] are unwilling to devote themselves to the life of contemplation that is necessary to cause the words to [come to] fruition. This is an active Cycle, Cheryl, the one in which the most valuable lessons are learned and most of the mistakes are made. It is like any system of learning: the Infant Soul is in kindergarten, the Baby Soul is [in] life's elementary school, the Young Soul in gymnasias [high school], the Mature Soul in college and the Old Soul is out in the world.³⁴⁹

Alice: Did I ever commit suicide in past lives?

You never suicided.

Edgar: How many Fragments are united in me?

There are now five hundred united Fragments. The dominant thread that is Edgar has been male most of the time, the same as Sarah. Scholars do not like being female and do not choose this often. Artisans enjoy being female and so do Priests.

Edgar: Maybe that is why I block my past female lives. If I set aside vacation time (40 days) for meditation, how long will it take for me to reach the state I want?

Longer than you have vacation. You must make it a part of your life.

Sue: How many Fragments do I have?

The Warriors, Scholars, Kings, and Sages are masculine Roles. You [a Warrior] do not like being female either.

[Sue]: Then Priests, Artisans and Slaves are feminine?

Yes. There are one hundred and twenty Fragments united [in Sue's Entity].

Warriors do not as a rule accelerate [spiritually] rapidly. This pertains to you, too, Cheryl. Because you are a Priest, you will accelerate much faster than those around you. This is why you [a Young Soul] feel the resentment now [for Older Souls looking down on you].

Edgar: If a Scholar, Sage, Warrior and King Role are masculine, why is it that a female would choose any of these Roles? Does this mean that I've been male more often than not? Is this why I have a tendency toward "cool" thinking and not being a giving person? I do not have love to express ... I am cold and analytical. (Everyone expresses from False Personality, which cannot love. Edgar feels he does not have love to give. If you are a real true being in Essence, then you can love.) I feel the male is more aggressive than the female. (Roles in the soul are masculine and feminine, not the soul.)

Sue: Is my son a Warrior? I want to confirm that.

Yes, he is. The child is a Fifth Level Old Soul.

Edgar: What are a few outstanding Scholars in my Fragment [Entity]?

The dominant thread that is Edgar was an astronomer named Tycho Brayhe.³⁵⁰ Is this accomplishment enough?

Richard added that he [Brayhe] made the preliminary triangulations on calculating the size of stars and planets.

³⁴⁸ Cheryl is a Seventh Level Young Priest.

³⁴⁹ The point of this statement is that people in higher grades should not arrogantly look down on people in lower grades.

³⁵⁰ From Wikipedia: Tycho Brahe (December 14, 1546 – October 24, 1601), born Tyge Ottesen Brahe, was a Danish nobleman known for his accurate and comprehensive astronomical and planetary observations. Coming from Scania, then part of Denmark, now part of modern-day Sweden, Tycho was well known in his lifetime as an astronomer and alchemist.

Cheryl: How many Fragments are united in me?

Cheryl's Entity consisted of five hundred Priests, four hundred Sages and one hundred Kings.³⁵¹

Richard: How many Fragments are united in me?

In you, there are now one hundred and thirty five Fragments.

Dick: Am I correct in assuming in my Role, I have lived 5,000 previous lives? (One hundred fifty Fragments, each Fifth Level Old Soul = 4,800 lives.)

This is not completely valid. The dominant Fragment, in other words, the thread that is still drawn to the Physical Plane, remembers only those lives that pertained to it exclusively. It only has indirect access to the integrated Fragments [of its Entity].

Dick: Do Phyllis, Gene and I represent all the Artisan Fragments?

There are five others.

Dick: Does the dominant Fragment have indirect access to my previous lives?

The integrated Fragments of your Entity, which are a part of the low Astral body, have a tremendous pull on you. It is almost as though they are calling you home. You are right though, Dick, it will be curtains for those who integrate. The others will continue as long as they are earthbound by Karmic Ribbons and have incomplete Monads.

Dick: Who will be the dominant Fragment between Phyllis, Gene and me?

This will depend on the evolution. Right now, it would appear that Gene has a few more incomplete [Monads]. The Fragments you hold in common with Gene and Phyllis are the same. These Fragments did not fall by the wayside. They experienced all of life.

Dick: You mean my 150 Fragments are the same as Phyllis's and Gene's?

That is valid.

Dick: How can I have the same Fragments as Gene and Phyllis?

The strength comes from those Fragments that have already integrated and are no longer subjected to Karma. You are a part of this Entity, not separate from it, but there is now a partition between you and those Fragments available, so to speak. It is up to you whether [or not] you can draw upon the conglomerate knowledge. You must first be able to perceive that a large part of your time is now being spent off the Physical Plane, and this time grows longer as more and more of the original Entity becomes integrated. The pull is almost irresistible now. More than half of the time allotted [to] sleep you now spend on the Astral Plane; Phyllis, too.

Dick: Are 150 Fragments incarnate in me on this Physical Plane?

No. There are more than one hundred Fragments integrated [on the Astral Plane]. It really amounts to the same thing. Dick, stop thinking of the Astral Plane as 'up there'; it is 'down there' — reach out and touch it.

Dick: Is my incarnate soul a single Fragment?

In your physical body, there is a single dominant thread, but you must understand that you are no longer separated from your integrated Fragments; they are very much a part of you. When the Entity first fragments and all of it is on the Physical Plane, there is wide separation, then there is progressive integration. All of the Fragments still incarnate have the pull exerted on them by their Astral Fragments. There is no "real" separation, merely a physical barrier that is easily scaled.

Dick: 150 Fragments are on the Astral Plane then. (The body is a container working on its Karma.) Gene, Phyllis and I are sharing the 150 Astral Fragments.

That is valid.

Dick: Who would be the dominant Fragment if Gene, Phyllis and I are united?

It will be a Fragment that has not experienced all of life.

Dick: That spoils my concept. Then the Schlitz beer ads are correct: one time around. This destroys my concept of the continuation of that consciousness of which I am aware. After that, I would be united with my Entity and would no longer be conscious of self as I now know it.

³⁵¹ These quantities or Roles within her Entity are approximate, none of them being multiples of seven. Later channeling, published in the 'Michael Math' chapter of *More Messages from Michael* (1986), goes into detail about the structure of Entities, based on seven and its multiples.

That is invalid. The whole is the sum of the parts. We have no dominant Fragments. We are an Entity-integrated whole. There is no sense of loss, wistfulness, poignancy or what have you. The loss is perceived only on the Physical Plane. Now we are whole. Before, we were split apart and therefore had less than total. There is still evolution in store for us. Although we apprehend this, we still do not see it as it will be when this occurs. Right now, you feel that the loss of the individuality will be felt as pain. This is not true. The individuality is painful, not the integration [which is joyful, the positive pole of the Monad].

Dick: Could it [an incarnate soul unaware of its Entity] be analogous to a cell of my fingernail not knowing what the rest of the body is doing? All of the cells don't know what is going on?

Identification and labeling is part of False Personality. You have heard this from the man Robert [Burton].

Dick: There wouldn't be a "you" to perceive it. There would be no point in having a ranch, no point in setting up a treatment center in order to get closer to Essence.

Sarah: If you don't do those things, you may keep coming back until you do. The closer you get to Essence, the farther you are from the wolf [False Personality].

Richard: On the Physical Plane, there is "life" and a picture of it, and it all hinges on False Personality. Is there a word to describe what happens on higher planes, since "life" is not a description?

You do not "live" organically [on the higher planes], if that is what you mean. Organicity belongs on the Physical Plane. We [Michael Entity] do "live" though — we just don't have a physical body; we have a causal body. You are talking to all of us all of the time.

Dick: I can't get a physical picture. It is like when "I'm talking to Michael, the cells of my fingernails are not being a part of it. Is that a valid analogy?

Not completely. The analogy would be that we are the fingernail cells for the Causal Plane.

Richard: I asked him [Michael] how he could give their undivided attention to what I'm saying and being aware of what they are saying. He said, yes, he could do that and at the same time, talk to a hundred others.

Dick: It sounds like individuality is a crutch and not a good thing.

Richard: That is one reason communal living is good. You become a working unit and communicate on a mind-to-mind level.

[Following this session is a handwritten list of the planes on the back of the copy of the transcript. It can be seen bleeding through on the last page of the session.]³⁵²

Tao	
Buddhaic	Perpetual communication with Tao
Mental / Akashic	Mental body — Infinite Soul
Causal	High Causal Body — Transcendental Soul Michael
Astral	
Physical	

29 November 1973 — Thursday

Present: Sarah and Richard, Alice and Dick, Ellis, Evelyn and Jack, Billie and Ray, Susan and Gene, Shirley, [Betty].

Richard: Is anyone with us tonight?

Yes, we are.

Richard: Any general statements for us?

We would prefer to let the evening progress normally and comment from time to time.

Gene: I am confused about which souls inhabit what planes after the physical level. I would like more information about this

³⁵² Editor comment: Later channeling by those not associated with the OMG or Yarbro presented the seven planes somewhat differently, namely: Physical, Astral, Causal, Akashic, Mental, Messianic, and Buddhaic, with Tao beyond the planes.

There are, of course, seven planes in all, each with seven levels. Beyond the Astral Plane is the Causal plane with seven levels ... three low, one mid Causal plane level upon which we reside, and three higher levels upon which reside the high Causal bodies — the Transcendental Souls contiguous with this plane, and the Mental Plane is the Akashic plane, which is a photographic record of all history. Some very high Adepts have access to this plane. On the Mental Plane resides the Infinite Soul [on the high levels], and the low and mid-Mental bodies. Beyond this is the Buddhic Plane, and upon this level are all of those souls who have achieved physical communion with the Tao. Beyond this, of course, [is] the Tao.

Gene: Is the Theosophical teaching accurate, e.g., what Annie Besant³⁵³ wrote?

Some of it is, some of it isn't. The lady [Theosophist] Alice Bailey³⁵⁴ wrote some inspired material.

Evelyn: After death, do we go to the Astral Plane?

Since the soul, between lives, is without a suitable physical vehicle, it must reside on the low Astral Plane, since that is the lowest level where a body of the organic sort is not required.

Evelyn: How do you go from one level to another?

The Karma is just different, that is all.

Dick: My perception of Betty³⁵⁵ is Venusian, Emotional Center, Mid-Cycle Old Priest.

She is a Priest, Lunar-Venusian, a First Level Old Soul.

Dick: My perception is that sex and sexual relationships are the major impediment on this plane to staying on the path. If we are going to have a medical clinic and grow, it is essential to deal with this problem.

Your perception, of course, is completely valid. This is the reason why most Adepts eventually refrain from entering into such relationships. Some, but only relatively few, have been able to continue to engage in a physical sexual relationship while evolving spiritually. The reason for this should be fairly obvious when you stop and realize that sexuality of the physical sort pertains to the Physical Plane. This does not exist on the other planes; it is supplanted by more open communication. Persons who are hostile and aggressive enough to inflict pain or death upon other persons are always found to be sexually uptight in some way. Sexually satiated persons are normally passive, but this is only true when the mind accepts the sexual act in the same frame as the body does. As long as there is conflict in the mind [about the meaning of sex], there is not complete satisfaction, and aggression results.

Dick: Can Michael give us information that would help us cease sexual activity?

That is drastic for most persons. We would hope that you would strive more for passive non-identification.

Dick: Please explain "passive non-identification".

Soleal's advice is colored by his own personal bias, but still good. We doubt that this is an impossible goal for most. Basically, it would mean satisfying those needs that are strictly physical with a minimum of fuss and bother. The greatest energy loss is not in the sex act itself but in the fantasy that surrounds [it]. The calories you burn are really insignificant.

Ellis: I have difficulty in understanding the development of the soul. We grow up with conflicts and images of self. I cannot let go with other people or myself.

The object is not so much to give up self, as it is to find self. You are encased in so many layers of facade, that you cannot even perceive the source of your desires, let alone control their emanations. The final level of spiritual evolution on the Physical Plane pertains, of course, to the absolute control of the desire, not just the [control of] acting out. This is a very gradual process, the first step of which is to recognize that there are conflicts [between layers of self], which you have done.

³⁵³ From ><http://www.crossroad.to/Quotes/occult/theosophy.htm><: Annie Besant: ... "Her decision in favor of Socialism came about through a close relationship with George Bernard Shaw, a struggling young Irish author living in London and a leading light of the Fabian Society. In 1889, she was asked to write a review... on *The Secret Doctrine*, a book by H.P. Blavatsky. After reading it, she sought an interview with its author, meeting Blavatsky in Paris. In this way, she was converted to Theosophy.... When Blavatsky died in 1891, Annie was left as one of the leading figures in Theosophy....

³⁵⁴ From Wikipedia: Alice Ann Bailey (June 16, 1880 – December 15, 1949), known as Alice A. Bailey or AAB, was an influential writer and theosophist in what she termed "Ageless Wisdom." This included occult teachings, "esoteric" psychology and healing, astrological and other philosophic and religious themes. Alice Bailey moved to the United States in 1907, where she spent most of her life as a writer and teacher.

³⁵⁵ Betty was an early active member of Robert's group. She quit that group and attended many OMG sessions, including this one; see further on.

Alice: Is Robert Monroe's program valuable?

To achieve out-of-the-body experience, some of you could follow the man Robert Monroe's method. Others would find it difficult and terrifying. It is a fairly certain way. This man Robert is interested in finding others to do group work with him on the Astral Plane. We approve of this as good. Soledad does this also.

Shirley: Who should do it?

We believe that Richard, Dick, and Gene would profit the most from this experience. Shirley, Billie, Alice, Sarah and Phyllis would enjoy it. Ellis is skeptical. Ray would find it interesting. Without preparation, Evelyn might find the experience frightening; with study, she would benefit.

Sue: What about the rest of us?

Sue has an unresolved conflict now about a previous experience. The others would not be frightened.

Ray: Was the O.B.E. [out-of-body experience] I had real?

That was real.

Jack: What happened to my former wife who died? Is she happy?

Happiness is not so difficult once the conflicts associated with the Physical Plane are resolved. Most souls between lives are, relatively speaking, content. The Younger Souls are more attached to the Physical Plane and have a greater urge to reincarnate. This gives rise sometimes to bad choices, or a sort of restlessness. Specifically, the soul about whom you inquire is a Young Soul, not yet engaged in the review of the Karmic threads yet.

Evelyn: About three years ago, my sister-in-law's personality changed. It troubles her and she would like some help to understand this.

We have discussed this lady at length. Her primary difficulty should be resolved if she would trust the intuition. The change that occurred is nothing more serious than a late manifestation [of the Fourth Internal Monad]. She feels now very insecure. She was very secure in her old role, where everything was clearly defined. Now the edges are blurred. She does not like this, but it is, of course, preferable and is the initial opening of the door. Warriors find the [spiritual] "path" especially steep and rocky. All her old relationships were taken for granted. For the first time in her life, she was faced with the challenge of creating new relationships out of totally new material and with a new game with different rules.

Susan: Comment on the value of her present work done at the A.R.E.³⁵⁶ clinic, especially their views of dream interpretation.

Some of the work being done there is extremely valuable. We are not impressed with what appears to be a doctrinal bias, but aside from that, yes.

Gene: [Do you mean] religious bias?

Not specifically religious, more judgmental, but this pertains to the scientific method of research. The dream work is perhaps now their most valuable study.

Phyllis: When I climb into bed, I can get into a dream where I left off the night before!

This is possible for all of you. That is why dream work is so valuable. Phyllis's dreams are very organized and she is now able to continue the same dream. All of you can with practice. First, you must be aware of the symbolism in your dreams and why you are dreaming.

Shirley: How can hypnosis be used?

It can be used sometimes to effectively unblock those memories that your False Personality would prefer not to look at. Marijuana and other drugs of this type produce a similar result, but are sometimes obscured by interference as they propel you to the Astral level, and sometimes there is confusion there, especially with the stronger drugs such as mescaline (so) that you are not certain what is memory and what is new experience in another dimension.

Alice: Is hypnosis more reliable in differentiating between new experiences and forgotten ones?

Usually, as there is no movement between planes except in exceptionally deep trances.

Betty: In my reading, a Master (Rama Krishna) touched his pupils on the forehead and told them they would be more aware.

Ritual is sometimes extremely valuable. It only works for those who believe in its power. Actual transference of energy between Adepts only occurs when both are telepaths.

Betty: Will there be anyone in our group with that power?

³⁵⁶ A.R.E. is Edgar Cayce's Association for Research and Enlightenment. See >www.edgarcayce.org/< for more.

There are Adepts who can do this. Soleal is one. There are Adepts on your planet who can do this with practice.

Ray: Who are they?

In this group, there are many who can, one who will.³⁵⁷

Ray: Who specifically?

This knowledge alone has in the past served to propel persons from the path into a dependency morass of False Personality. Self-styled gurus are legion.

*Billie: I would like to know Michael's opinion of bioenergetics.*³⁵⁸

We, on the whole, approve of this in the hands of a spiritually-evolved therapist.

Billie: Is Dr. Palmer in that category?

Mediocre, but all right; there are others.

Billie: Because of the soul level?

Yes; also his own conflicts. You could learn this discipline yourselves and practice. The man Dr. Stanley is good.

Sue: Silent question.

Sue, the choice is yours. You can either choose to plunge [or not]. The risk is not as great as you might think.

Ray: Wants Michael's comments on a previous Entity encounter with Nealie.

By "Entity," we assume you mean "Fragment." There have been past encounters, yes.

Ray: Can you give me one?

You were together when you were David Hume [the philosopher].

Ray: What effect do our previous lives have on this one?

Both good and bad, of course. What you achieved previously is not emphasized this time. What you lacked then is now emphasized. Those traits or characteristics that are in Essence for you are the same from life to life. That is why you and David Hume have much in common

Ray: Are we affected in our daily living?

All of it.

Ray: Do we feel the same way in our present life as in our previous ones?

Only that which is in Essence. You do not drag your False Personality around between lives.

Ray: Some of the same concepts I have now would be the same as those of David Hume?

That is valid.

Gene: I am treating a cancer patient with hypnosis. Can Michael give me advice to what else I can do?

You can help her to find the source of her resentments. Most cancer victims have a pervasive sense of shame over inconsequential happenings. This is truly one of the most self-destructive processes we know of. More of these unfortunate people have a sense of no accomplishment or a sense of being directed by others. The cancer is often the only escape. Many of these people give an outward appearance of success, some even tranquility. The target organ is often the seat of the conflict. This is especially true with the reproductive organs.

Gene: Could I work with energies to help her?

We would hope that you would try. We feel that you have much promise in this area.

Gene: If she understands the source of her resentment, could she be cured?

[Yes, she could] if she chooses to give up the resentment.

Gene: Is she conscious of the resentment?

No.

Betty: Is there someone else who could do a better job?

The trust level between therapist and patient must be extremely high. In other words, she must have a belief in his ability to do this.

Gene: Are there two primary cancers or one?

There is only one primary target organ, the colon.

³⁵⁷ If becoming and Adept ever happened to any OMG member, I do not know about it.

³⁵⁸ From Wikipedia: Bioenergetics is the subject of a field of biochemistry that concerns energy flow through living systems.

Shirley: What does she associate pain with?

Most persons who have been fortunate enough not to have had much pain are terribly afraid of it. It is more of the same old fear of the unknown. All of your literature is resplendent with gruesome accounts of the agonies associated with this disease. We are not surprised that it is feared.

Gene: What is her Soul Age and Role?

This is a Mature Soul, Mid-Cycle. She is a Warrior.

Dick: Billie — Saturn, some Mercurial, Moving Centered? Ray — mainly Mercurial, Intellectually Centered?

The male [Ray] is mostly Mercurial. The rest is valid.

Billie: In the 18th century, Michael had me as a pirate and mother of a famous artist.

No, this is in error. The century on the pirate was the early nineteenth century. We believe we said the eighteen hundreds. You were a Mature Soul.

Billie: Was that my last [most recent past] life?

No, the pirate was in between. There was no acceleration. Étienne Delacroix lived only thirty-four years.

Alice: Was I ever anything exciting or was I always a dumb farmer?

You never tilled the soil. Yes, you have had several exciting lives: as secretary to an emperor [and] as the favorite wife of a Near Eastern ruler.

Ray: What is the Role of the Egyptian general who is part of my Entity and living now?

He is like you, a Mature Sage.

Dick: Billie does not seem like an Artisan.

This is not an error. She is an Artisan. The life of a pirate is one choice that can result in an appreciation of many facets of life, otherwise unobservable. At one time or another, you all choose her life roles.

Ray: What are the total number of Fragments in the General?

The Egyptian General has access to the same number of united Fragments [as you do]. This man is seeking in his own way ... has done some reading, made a pilgrimage to an old temple recently for unknown reasons. He was puzzled when he got there ... had a powerful experience of déjà vu.

There are eighty-nine of these un-united Sage Fragments, of which you and the general are two. Each of you has access to the united Fragments of your original Entity, which is now a part of the low Astral body. Error ... eighty-eight.

Comment later ...

Psychic energy is the energy generated by the Essence. It is naturally a more refined energy than that generated by the internal Centers of Emotion, Intellect, and Instinctive and Moving functions.³⁵⁹ This energy is independent of the others [of the Centers]. Susan has much of this available.

13 December 1973 — Thursday

Location: Walnut Creek, California

Present: Phyllis, Eugene (new), Terry (new), Alice, Arthur, Sue, Billie and Ray, Evelyn and Jack, Cheryl, Carolyn, Edgar, Sarah, Ellis.

Ray acted as organizer of the evening.

Ray: Is anyone here with us tonight?

We are here with you tonight.

Evelyn: My sister-in-law, Esther, has had a Personality change and would like help from Michael in adjusting to her present state of mind. Does Michael have any advice as to how she can handle this?

We think that the lady Esther would benefit by finally allotting a portion of her day to herself. She can use this for quiet contemplation or more vigorous activity, as she wishes. Right now, the specific mode does not matter; it is the self-knowledge that matters; she is not well acquainted with herself. Later, those modalities such as

³⁵⁹ Previous comments by OMG members showed that they combined Instinctive and Moving functions in one Center, the same as Gurdjieff, but this answer might indicate that the Michaels were moving them toward the understanding that Instinctive Center and Moving Center were separate.

meditation will help, but for now, Esther needs to start thinking in terms of self. She must learn to recognize her own goals apart from the goals of her friends and family. This will be hard for her.

Ellis: My wife works with a lady who has a son with high blood pressure on one side of his body and low pressure on the other. Could Michael give us some advice to help? It's sort of been thought he has some type of obstruction, maybe aortic.

The obstruction is not aortic but is serious. It is congenital. Yes, he could be helped. Perhaps the man Norman Shumway³⁶⁰ could help.

Billie: What about my children, Jim and John? I would like to know their soul level and Role.

John and James are both Mature Souls. The youngest is the oldest at Sixth Level. John is a Warrior, James is a Scholar.

Billie: Could there be a transmission error there? It seems backwards to me....

This may be an error; the younger boy [John] is the Scholar..

Billie: And what is Jim's soul level?

Fourth Level.

Edgar: I would like to ask how long the strike at work is going to last.

That depends on the Baby Soul who is chairing the negotiations.

Alice: I would like to ask about two men, Thomas Szasz,³⁶¹ who seems to me like an Older level Scholar, and Claudio Naranjo,³⁶² who seems like a Mature Soul. Also, I would like to know if Scholars or Older, higher ranking souls, articulate better or can get people's attention better.

The man Thomas is a Young Sage. All Sages are articulate, some more than others. The man Claudio is an Old Scholar. Scholars sometimes have difficulty expressing themselves in an erudite fashion. The knowledge is there but there is a misconnection between cerebrum and vocal cords.

Alice: I would like to know if, when we "experience life", it is necessary to incarnate into each Body Type, each Center (Moving, Emotional and Intellectual) and Role. And then, if we don't learn something do we have to go over the same thing again?

Carolyn: Could we include astrological influence in that too?

Alice: Well, anything that matters, that counts, yeah....

This is essentially valid. It is possible to experience all of life from one Body Type, but the experience is richer if the change is made. Most souls do choose different dates of birth. That gives the necessary change in planetary influence. It is necessary that life be experienced both as male and female in the different settings. This is the most important factor and the one that brings the Monads together. Centering is important also, and most late Cycle Old Souls choose Emotionally Centered bodies, as this is the Center easiest to work with.

Jack: I would like to know how long the Ouija board has been used and what other forms of communication can be used.

We communicate in many ways with many people. We have not been in a physical body for almost fifteen hundred years.

Jack: Okay, and how long has the Ouija been used and what other means of communication are possible?

We have communicated this way [Ouija board] for approximately one hundred years.³⁶³ We communicate directly with all those students who have mastered the skill of Astral [Plane] travel. We are willing to use hypnosis for induction of trances, but trans-mediums who can go into trances spontaneously are easier to work with. There are different kinds of mediums.

³⁶⁰ Per Wikipedia, Dr. Norman Shumway was a prominent Stanford University cardiologist (born 1923, died 2006).

³⁶¹ From Wikipedia: Thomas Stephen Szasz (born April 15, 1920) is a psychiatrist and academic. ... His books *The Myth of Mental Illness* (1960) and *The Manufacture of Madness: A Comparative Study of the Inquisition and the Mental Health Movement* (1970) set out some of the arguments with which he is most associated. His views on special treatment follow from classical liberal roots, which are based on the principles that each person has the right to bodily and mental self-ownership and the right to be free from violence from others, although he criticized the "Free World" as well as the communist states for their use of psychiatry and "drogophobia." He believes that suicide, the practice of medicine, use and sale of drugs and sexual relations should be private, contractual and outside of state jurisdiction.

³⁶² From Wikipedia: Claudio Naranjo (born November 24, 1932 in Valparaíso, Chile) is a Chilean psychiatrist who is considered a pioneer in integrating psychotherapy and the spiritual traditions. He is one of the three successors named by Fritz Perls (founder of Gestalt Therapy), and a developer of the Enneagram of Personality and founder of the Seekers After Truth Institute.

³⁶³ One hundred years before then is 1873, about the time of the founding of Theosophy, which has more in common with the Michaelian teachings than the Gurdjieff teaching does. According to ><https://en.wikipedia.org/wiki/Ouija><, the modern version of the alphabet board surfaced in the Spiritualist movement of the 1880s in America.

Billie: Can Michael tell us where other groups are located and are working with them? Would it be worthwhile to contact other groups in contact with Michael?

Ellis: They won't give that to you. I don't think they will because it isn't necessary.

Ellis is right; we won't. Actually, yours is the only organized group void of sufficient bias for us to transmit to. There are other students, either in very small groups of two or three individuals, or single souls in search. We absolutely refuse to give advice to the lovelorn. The lady Abigail³⁶⁴ does that admirably.

Terry: Can Michael tell me why I have the feeling I have been in Spain or in Moorish civilizations?

Because you have. The road you remember was a road connecting Toledo with Madrid during the latter part of the first century.

Terry: Now that's interesting! I do remember a road, and buildings and things. Can you tell me any more?

The road was a good one, built by Roman engineers. Part of it is still passable today.

Eugene: Could Michael give me my soul level and Role?

This man is a Second Level Old Soul, a Sage. Of interest is the fact that he has always enjoyed the out-of-doors in all previous lives. He has been an ornithologist, a fur trapper, and a missionary.

Phyllis: Arthur needs to know his soul level and Role, and I would like to know my son Elgin's soul level and Role.

This boy [Elgin] is a Mature Soul, Fourth Level, Artisan.

Arthur: Could I have my soul level and Role?

This man Arthur is a Mature Sage, Seventh Level.

Carolyn: What is so impressive about Sages? Why are there ooh's and aah's every time we find out someone is a Sage? I'd like some more information about Sages, and how to identify them.

You yourselves decided that Sages are impressive. We did not say that.

In a way, you are right, since they usually manage to call attention to themselves during the course of a meeting. The male Sages have a tendency to have a rather regal bearing, somewhat like a King. The lady Phyllis Diller is a Young Sage — most comedians are.

Carolyn: What are the soul levels and Roles of my sons Tracy and Jarred?

The oldest boy is a Mature Scholar; the youngest a Baby Sage.

Carolyn: Is there some type of automatic conflict between Artisans and Sages? Do they not relate well?

Most of the time they do [relate well].

Carolyn: Then why is there a conflict between the youngest boy, a young [Baby Soul] Sage, and me (Older Soul Artisan)?

The soul level [Age] is in conflict. This is a very bad combination.

Ray: Is Eugene part of my Fragmented Entity?

No.

Ray: I've been reading a lot of David Hume's writings and I can't seem to understand some parts of it. What I want to know is, if Hume is part of my Fragment, then why can't I understand something I wrote before?

The semantics are throwing you off. You recognize many similar thoughts. You must remember the age in which you were living then. Startling concepts were introduced cautiously and with much reservation, sometimes cloaked in obscurity, so that they would not be recognized for what they were by hostile souls. England was an absolute monarchy then.

We all decided to take a break ...

Cheryl: Was it Michael I was getting on the typewriter last night?

The Entity with whom you were communicating was a high Astral body.

Cheryl: Oh, then who was it?

These entities are called by different names. The only reason you call us Michael is that we informed you that one of our Fragments was named Michael. Gregarious Eutyclus or Marcus would have done as well; also Naomi, Benjamin or any other of the several thousand names this Entity has been known by in the past.

Alice: Oh, well, isn't all of the knowledge the same?

No, Alice, the knowledge is not all the same. There are some "blithe" spirits on the Astral Plane who will waste your entire evening if you will allow it.

³⁶⁴ Abigail Van Buren, author of the advice column "Dear Abby."

Cheryl: I would like to know if I've ever been a priest in life. (Her Role is Priest.)

Yes, you were [in] the Benedictine.³⁶⁵ This was a long time ago. More recently, you were at the hospice of Saint Bernard.³⁶⁶

Cheryl: What information can Michael give me about previous lives as a philosophy teacher?

You taught in the best [schools]. There were two schools prominent at the time: the Pythagorean³⁶⁷ and the Aristotelian.³⁶⁸ You were associated with the former, which was another occupation in Essence for you, as the Pythagorean school is concerned with the health of the soul. The city was Thebes.

Cheryl: Can I ask what my name was?

Theodorus Epiphanos.

Evelyn: Could I ask for the soul level and Role of a friend of mine Janet C and find out about her previous lives?

This lady is a Third Level Young Soul, a Scholar. She has been a teacher and she has been a dairy farmer in Holland. She was one of the originators of the Guernsey cattle. They were later transported to Britain.

Sue: I've been having a lot more insights lately and psychic experiences, and I'd like to know the cause.

You are making some progress.

Sue: I just finished reading a book about Christ's time and was identified with the period of time and him, and with St. Luke's mother. Was I around at that time?

You were around. The reason the identification is so strong is because you lived in Antioch. The déjà vu is for the city, not the lady, except you were also an expatriate. We really hate to say this, but [you were] a Greek.

Arthur: I would like to ask if I should continue living in my present dichotomy, or change my life style and pattern?

If you do not make a change sooner or later, you will make the transition [physical death] with the split intact. However, this is not necessarily Wrong Work. You lead an interesting life, Arthur.³⁶⁹ You have not been with us before, but know now that all choices must ultimately be made by you. We would say that you should be governed in this matter by intuition rather than logic.

Billie: I would like to know the soul level and Role of my brother, Collin. Also, I would like to know the reason for our conflicts during teen and adult years.

The conflict has little to do with the Roles. This man is bound to you both by Karma and by the fact that you are Fragments of the same Entity. This has given the so-called "twin soul" phenomenon. You would feel this lack. This man is now unable to give. He has in the past. The problem has always been one of non-reciprocal emotion between these two Fragments. This has caused them to be born again and again within the same family, which is exceedingly rare. This relationship can only change with insight on his part, and we doubt it [will happen]. This play may have to be repeated another time, for the desire will remain unfulfilled again.

Billie: What is Collin's soul level and Role?

This man, like you, is an Artisan out of Essence. He is a Sixth Level Mature Soul.

Phyllis: Have Terry and I lived together before? Do we share any Fragments?

You are not Fragments of the same Entity, but Terry has been with you all before. This is why you are all attracted to each other.

Ray: Have we all lived together before?

³⁶⁵ From Wikipedia: The Order of Saint Benedict is a Roman Catholic religious order of independent monastic communities that observe the Rule of St. Benedict. Within the order, each individual community (which may be a monastery, a priory or abbey) maintains its own autonomy, while the organization as a whole exists to represent their mutual interests. ... The largest number of Benedictines are Roman Catholics, but there are also some within the Anglican Communion and occasionally within other Christian denominations as well, for example, within the Lutheran Church.

³⁶⁶ From Wikipedia: The Great St Bernard Hospice is a hospice or hostel for travelers in Switzerland, at 2469m altitude at the Great St Bernard Pass in the Pennine Alps. The frontier with Italy is only a few hundred metres to the south. The first hospice or monastery was the 9th century one at Bourg-Saint-Pierre mentioned for the first time around 812 – 820 AD.

³⁶⁷ From Wikipedia: Pythagoreanism was the system of esoteric and metaphysical beliefs held by Pythagoras and his followers, the Pythagoreans, who were considerably influenced by mathematics. Pythagoreanism originated in the 5th century BC and greatly influenced Platonism. Later revivals of Pythagorean doctrines led to what is now called Neopythagoreanism.]

³⁶⁸ From Wikipedia: The Aristotelian school dates from around 335 BC when Aristotle began teaching in the Lyceum. It was an informal institution whose members conducted philosophical and scientific inquiries.

³⁶⁹ Arthur was 60 years old at the time of this meeting.

That attraction is sometimes not positive, but is there nevertheless. It keeps you coming back again and again.

Phyllis: Where were we all together before and when?

Richard, Dick, Sue, Susan, Sarah, Alice, Phyllis, Carolyn, Ellis, young Rick, Kathryn and Dorothy were together in Babylonia; then Billie and Ray joined up in Rome. Evelyn was also alive at that time. Some of you were in Syria-Palestine and some in Rome. Terry was with you for the first time in Portugal, as was Elgin. Cheryl and Mary were first with you in Rome, Gene in Rome and in Syria-Palestine with the others. Most of you were in France at the last of the eighteenth century, except for Ray, who was across the channel, and Billie.

Edgar: I would like to know what happened to the Mayans, and if there was an Atlantis what happened to the civilization?

Like all other great civilizations, the Mayans became complacent in their superiority and allowed themselves to be conquered by [Spanish conquistador] barbarians who did not appreciate their philosophy or their astronomy, but did like their gold. Yes, Edgar, there was an Atlantis. Natural disasters destroyed both the Atlantic and Pacific [Lemurian?] civilizations, fifty and thirty thousand years ago, respectively.

Edgar: What happened to Atlantis?

Volcanic eruptions and tidal [tsunami] waves.

Jack: I was told I was the Mayor of Orleans at the time of Joan of Arc. Did I have anything to do with her trial and execution?

Oh, yes, you were very much involved, even if you were only a town official. You followed her career with great interest and when inquiries were made by the interrogators, you supplied them all of the information concerning her earlier years. You felt that she had been scandalous in her behavior, and attributed it to her being a peasant and of rough stock.

Ellis: I have been reluctant to get involved in the extra-consciousness out-of-body experience phenomenon. Is this from fear?

It is merely the same old fear of the unknown. For one thing, Ellis, you are not too sure that you even believe in Astral projection. You do not need this experience. It would be interesting and also exhilarating, but we repeat: it is not imperative that you do this.

Terry: I would like to know more about the roads to Madrid and what fire has to do with my past lives ...

Fire came later, at the time that most of you were living in Spain and Portugal. This was a common punishment for espousing unpopular religious beliefs. Your sister was among the victims of the Inquisition.

The meeting ended at this point and Carolyn worked the Ouija board, for Sarah to ask questions. Cheryl, Sue, Alice, Sarah, and Carolyn were still present.

Sarah: I had a very vivid dream a week or so ago, in which this young man, who was very serious looking, not handsome, but clear-appearing male, spoke to me and said "Don't believe what history said about me." I would like to know if my impression of who this was is correct, and also if history is right. (Her impression was that the man was Julius Germanicus Gaicus.³⁷⁰)

This is the proper name for the Fragment at that time. The "dream" you had was not a dream. Had anyone seen you at the time of the vision, your eyes were open. You should experience this more often now that you recognize it for what it is. Good Work is in the making. There are several other souls who are attempting to communicate with you in order to impart their stories to you. You will be quite busy with all of this writing. Do not attempt to validate too much of the information. It cannot be researched, because history has not always been accurate, as you have seen. Not until later will the truth be known. You will be receiving much information from spirit guides. They will help you communicate the message you wish to give others. There may be some difficulty with publication at first, and then controls will begin and things will roll along. You should hear regarding your other book. This will be Good Work also. The message from the publisher will be good. Positive vibrations are exuding from you now and should continue. Therefore, your immediate future is extremely enhancing. You can do only right for the next six months.

³⁷⁰ Roman military General who fought in Germany; in line of succession to become Emperor; lived 15 BC to 19 AD; died under mysterious circumstances at age 33.

Sarah: Did Livia³⁷¹ poison all of the people that historians claim? I just can't accept all of that about this little old lady for some reason.

No, the historians are reaching a long way on that one. There was another female who did poison three. The others were coincidental because of other Karmic influences. One died of coronary occlusion and two died of cholera. These were believed to be poisoning. Autopsies were not performed because of political management and influences to condemn the lady in question.

14 December 1973 — Friday

Present: Carolyn, Howard, Sarah and Richard.

We are here with you tonight.

Can you comment on homosexuality?

This is not a high-energy session. It was good to observe your state last night. There will be more energy during the next few months.

Richard: Why is this? Because of the planets or what?

Correct. The planets favor our mediums during this time. This was explained somewhat to Sarah last night. This time period should prove fruitful. It will become clear during this time where this teaching will develop. There will come a time soon, Richard, when you will know that the purchase of the farm will no longer be false.

You are accomplishing much Good Work. This will continue. All members of the group should feel the energy. By the way, the comet³⁷² has an effect upon all in the group. During this time, it will become clearer to those in the group whether they are meant to continue, and decisions will be made and will further the group's energy level.

This time is good for more small group meetings. With four souls present, it will become easier to counsel each of you individually. It has come to the point that your entities will require personalized information. Also, in smaller groups, there can be greater control of subject jumping. A whole evening can be spent on one subject without covering everything. We are seeing much growth in the entities in our group, and also see the need for smaller meetings like tonight, for further advancement at an accelerated rate.

Sarah: How can I remember my dreams?

We believe the suggestions by Sterno [?] would assist you in this. Before sleeping, relax, clear the mind and suggest over and over that you will have a dream and will remember it. It may be easier at first to work on encouraging yourself to dream and once this is accomplished, begin on memory as a two-step exercise. Also, a log directly beside your bedside can assist. If when you do have a remembered dream, you can write it down and include your impressions for comparison later.

Robert Monroe's book³⁷³ also has good suggestions at the end of the book.

Question about homosexuality.

This unfortunate syndrome is almost always culturally induced. Most of the time it is a form of rebellion, either by an Emotionally Centered male, usually either an Artisan or a Sage, or an Intellectually Centered female, usually either a Scholar or a Priest. This [American] culture frustrates the inclinations of both — or we should say, all — of these Roles, and the squelching is done in childhood. The job is usually quite thorough. One other form of mixed gender conflicts arise with the children of the above who do not have a clear-cut picture of the "roles" that society expects them to play. They go out into the world unequipped to play the proper role, and [so they] play it by ear. Sometimes, this results in the gender conflict. Ideally, one should be able to express love

³⁷¹ Livia Drusilla was wife of Augustus, first Emperor of ancient Rome. Some Roman royals died mysteriously and sometimes she got the blame. From ><http://www.roman-emperors.org/livia.htm><: Livia, as history most often knows her (Drusilla or Livia Drusilla, later Julia Augusta and finally Diva Augusta) was the wife of Augustus for over fifty years, from 38 BC until his death in AD 14, an astonishingly long time in view of life expectancy in ancient Rome. ... All the Julio-Claudian emperors were her direct descendants: Tiberius was her son; Gaius (Caligula), her great-grandson; Claudius, her grandson; Nero, her great-great-grandson.... The perception that Livia was ambitious for her son made it possible for her to be accused of complicity in Augustus' death. The rumor developed that she had smeared poison on figs still on a tree and then guided him to pick one of these for himself while she selected untainted ones. ><http://www.roman-emperors.org/livia.htm> – N_16_<

³⁷² The Comet Kohoutek, was then approaching the sun inside the Earth's orbit.

³⁷³ *Journeys Out of the Body* by Robert Monroe.

for others regardless of the genital assignment without fear of castigation. This is quite an upward step in the evolution of Creatures of Reason. Don't expect it to happen in this lifetime.³⁷⁴

Question about John R.

The man John is neither a King nor a Scholar. This man is an enigma to you because he is like the man WilliamW: doesn't appear to have it together well. This is another Old Warrior, Second Level.

A competent surgeon could have saved the life of Nero Claudius Drusus.³⁷⁵ Does this give you some clues as to the man William's task in this life? He has been waiting for over two thousand years to play out this role.³⁷⁶ [Figuring out how to avoid that type of slow, painful death.] It has been now two thousand years since that man [Drusus] was born. The role was known [to William even] then.

Do we all have a [Life-]Task like that?

By all means. Some are not quite that exciting this time around. This lifetime is almost the antithesis of that one. Recall that we have already discussed parallel time planes. This one is now parallel to that period in Rome.

Question about procrastination.

This is usually the major part of Friction for Saturnine individuals and also with all but Priests, Slaves, Warriors, and Kings. They cannot procrastinate, as it goes against their Essence more than other Roles. Scholars, Sages and Artisans do not hesitate to put off things indefinitely, in hopes that some miraculous solution will suddenly appear all by itself, and then this Saturnine creature can just sit back and wait for the [gear] wheels of the gods to grind.

[Carolyn: question missing.]

First, Carolyn, you must determine that proposed actions are really necessary. If there is more than momentary hesitation, then the decision has been made by False Personality and can probably be discarded.

We must again emphasize that [spontaneity] is the expression of Essence. When you hesitate, ask yourself where the source of the desire is. We do not ask that you even contemplate filling your time with useless labors. If you are procrastinating more than usual on a task, then it is probably a useless task, and will be accomplished through False Personality and expend much valuable energy.

re: Cleopatra.

This remarkable lady was a Young King. She did have some interesting Karma to work out, but she had singularly unexciting lives until this one. This King is now alive again. This Fragment is still at war, this time as [Israeli military leader] Moshe Dyan [1915-1981]; Fifth Level Mature.

Don't have any expectations and you will be pleasantly surprised.

16 December 1973 — Sunday

Location: Montclair, California [residential district in the Oakland hills, the Chambers home]

Present: Alice and Dick, Cheryl, Sarah and Richard.

We are here with you tonight.

Is there a general comment tonight?

No specific comment. Let us begin with the questions.

Cheryl: Where does the conflict between [my sister] Kathryn and me originate?

This conflict is only in part Karmic. It mostly stems from the race for power between two strong, exalted Roled [Young Priest and Old King] souls who live under the same roof. Someone must emerge victorious, and in this case, both are determined, very strong souls. The struggle for supremacy has been the hallmark of the

³⁷⁴ In America, the general cultural acceptance of homosexuality, this "upward step in the evolution of Creatures of Reason", happened rather suddenly a few decades later with the federal legalization of gay marriage. Contrary to the prophecy, it happened within the lifetime of some members of the OMG. Sarah Chambers became a gay rights activist a decade after this session, in the early days of the AIDS epidemic, but she was not one of those who lived to see the legalization.

³⁷⁵ Nero Claudius Drusus was a Roman politician and military commander, who lived from 38 – 09 BC. He died after lingering for a month after falling from a horse.

³⁷⁶ Per Gene and Violet Trout ~ April 2011: WilliamW developed many medical protocols. Gene remembered this session and verified that he was a Warrior — called him a "medical Warrior" — he was from a famous South Carolina family; he was a "True Southern Gentleman."

relationship. So far, both understand that the power can be theirs. Kathryn, at a deeper level, knows that she is to lead. Cheryl, also.

Alice [their mother]: Does that mean that "Cheryl knows that Kathryn will lead?"

Cheryl [the Priest] will lead in the spiritual sense. [Their father] Dick is correct in saying that this is an ancient struggle. Compare the struggle between the chief [King] and the medicine man [Priest].

Cheryl: Can it be resolved in this life?

There have been historical instances of resolution. The way is not easy and in many others resulted in even more strained relations initially, but it can be resolved by recognizing the source of the conflict and capitalizing on some of the positive factors as a bridge across the deep water. The struggle between [Prime Minister Benjamin] Disraeli and [Queen] Victoria [of England] was resolved in this manner.

Dick: Was there a prior conflict?

Yes, there was. This time it was in Essence [life role matched Role]. Kathryn was a general and Cheryl a priest. Cheryl was bishop of Cologne. This was during the French Revolution.

Cheryl: I would like to know the S & R [Soul Age and Role] and Body Type of my friend, Val. I would say, Old Soul Priest, and she seems Venutian and Saturn at the same time.

This lady is an Old Priest. She is Saturnine. She is not very neat, but this has to do with her level [Soul Age] more than anything else. We see no Venutian influence.

Cheryl: How about an old boyfriend, Charlie? I would guess he is a Baby Soul, Mercury and I cannot tell what his Role is.

This is a Fifth Level Baby Soul Warrior, a Mercury-Venusian, Emotionally Centered.

Cheryl: Tonia? Probably Mature level as she tried to commit suicide last week. She has freckles and red hair, so I would say a Martian.

This Emotionally Centered lady is a strange combination of Martian and Venutian influences. She is a Mid-Cycle [Fourth Level] Mature Slave.

Angelo (her husband) — this Baby Scholar has no effective defense against the lady's demands. He retreats. She has no desire to dominate. We think that it is a poor combination. Neither is free to manifest normally.

If both are primarily in Essence, then two with the same Role are most compatible and there is much cooperation. Many do well if the Exalted [Cardinal] Roles are mated with their counterparts in the Ordinal Roles. Scholars do badly as a general rule in the interpersonal relationships, but sometimes are fairly tranquil with Priests and Warriors.

Cheryl: I would like the S & R [Soul Age and Role] of my boss. She is probably a Baby Soul, Martian ... (she is chubby and neat).

This is a Third Level Baby Soul, a Martian Sage.

Cheryl: My friend, Julia?

This is a Young Mercurial Warrior, Emotionally Centered.

Cheryl: Another friend, Dianna: is she a Jovial Slave, Mature level?

This lady is a Fourth Level Mature Soul. Jovial Artisan.

Cheryl: Could her mother be a Slave and she takes after her?

No, but a Mid-Cycle [Fourth Level] Mature Soul living with a Baby Soul. This is perhaps the very worst combination we can think of.

Alice: Could it be that the soul level information I have on my mother and father are reversed? It was said my father was a Baby Soul. He had so many problems, and my mother didn't seem to have any.

He did not recognize them as problems.

We reiterate: the levels are reversed for the parents of Richard and Alice.³⁷⁷ Not all Mature Souls have insoluble emotional problems, just as not all men over forty have coronary artery disease.

Dick: Cheryl communicated with a high astral body the other night on the typewriter. Could Michael communicate through her?

We will communicate with Cheryl. There are other teachers who like to communicate.

³⁷⁷ Soul Ages were originally given on October 6, 1973 – Richard's and Alice's parents together.

Richard: On December 17th at 2:00 PM, will a new Messiah be born? (That was the time Betty Bethards³⁷⁸ said there would be one born.)

We think that November the 17th 1973 is the date. We do not wish to transmit the name at this time. This date corresponds to the date or rather, the day of the month, that Jesus was born.

Richard: Was Jesus a Scorpio?³⁷⁹

No.

Richard: What astrological sign was he born under?³⁸⁰

Pisces was the Sun sign, Gemini the Moon, Leo the ascendant.

Alice: Was I born in the AM or PM (6:10)?

You were born in the early morning.

Alice: I would like to ask about a friend, Caroline. She might be Mercurial, but she also seems Lunar, but she is not shy. I cannot figure her out. She is probably a Mature level as she is somewhat troubled.

This Caroline is a Solar-Lunar, a Mid-Cycle [Fourth Level] Mature Warrior.

Alice: I had a strange "I"³⁸¹ that appeared a couple of times the night we had our last meeting. Everyone left except Sue and Carolyn. I had been working at the hospital because of the hospital strike and it seemed that they were trying to keep me up so that I would be so tired that I could not go into the hospital in the morning. I know intellectually that this is not so. Is there anything there in past Karma for me with either of them, as the feeling was strong. I know I was also very tired from working at the hospital the past week.

There is no negative Karma for you. This was a fantasy trip, Alice. Carolyn was very high on the marijuana and wound up like a top. The only resentment that she had was due to the fact that she could not use the office equipment and wished to do this. Neither has much emotional ties with labor unions.

Dick: When people act and look like a Warrior and then are not one, how can this be? Carolyn seems like a Warrior to me and so does my daughter, Victoria. Yet, they are both supposed to be Artisans.

Neither of these young women has manifested [their true Role]. Both are still smarting from unsatisfactory emotional entanglements. With Carolyn, the most important thing in her life right now is to establish a long-term relationship with a male. When this has been resolved, there will be some relaxation. With Carolyn, there is a drive to come out from under the influence of the Young Priest who is her father, Virgil. With Victoria, there is a Mercurial drive to establish an independent career and justify her existence to herself. In Victoria, there is considerable guilt of earlier waste of potential.

Alice: I would like to ask if my lips were sworn to secrecy in past lives or what is the reason I find myself with pursed lips when I wake up in the middle of the night. My lips are sometimes tightened and I have to tell myself to relax them. Is there anything from past lives here?

That is valid. It is an unconscious gesture on your part, sealing your lips against possible disclosure. You dream a great deal about this, Alice, and the pursed lips are tension manifestation of the dreams.

Alice: Was I sworn to secrecy?

In the dreams, yes. Sometimes in waking, there are flashes of memories when you overheard state secrets, not only in that life but while painting a mural in the palace of London. The mural is no longer there. It was early in the ninth century.

Alice: I would like to ask about [my son] Craig' ear. His eardrum ruptured last August and he is still bothered by constant ringing. I took him to a second doctor to make sure everything was healing right and it apparently is OK. Why the ringing all the time?

The ringing is now more habit than organic. Yes, it will resolve. At first, it was traumatic.

Alice: I would like to ask about [my daughter] Kathryn's finger. She called her dad and was afraid because it was paralyzed — she had played her guitar so much.

Her finger is strained. It will take time to heal. She will aggravate it more. The only thing that will happen is that it will be sore.

³⁷⁸ Betty Bethards was a psychic, mystic, lecturer and author known as "The Common Sense Guru" who lived in Petaluma, CA (San Francisco Bay area), born 1934, died 2002. See her Inner Light Foundation ><http://www.innerlight.org/><for more information.

³⁷⁹ On November 17, the Sun is in Scorpio.

³⁸⁰ Richard Chambers was an astrologer, hence this interest in this information about the birth of Jesus. Sarah McCord Polhemus met him at an astrology meeting in the previous year or two.

³⁸¹ In Gurdjieff terminology, "I" is an expression of False Personality.

Dick: Why do we choose the Roles that we do? Why do we not all choose to be Kings? I feel I am off the path. I have missed a couple of weeks [of our meetings] because I am on call [at the hospital]. I have this emotional difficulty. With the teaching, I should have been able to handle it. The teaching should have made a difference.

This should serve to show you those areas that need the most concentration. Notice we said concentration. The Ouija board would be the best for you now. That applies to both Richard and Dick — both have identical conflicts but are expressing them differently.

Dick: How can we help others if we can't help ourselves? I would like to ask about spiritual materialism — that is, using the powers of the teaching to draw attention to myself. That is, using the teaching for ego gratification to get a bevy of females following me, like Robert [Burton]. There is a conflict developing here.

Haven't you discovered yet that all things that are ego-gratifying have an element of delicious clandestine guilt attached? The ego seeks intrigue and adventure; the Essence does not. This is why the man Robert could play it straight. He had permission to have a female following and there was no guilt. There was also no ego-satisfaction. This is why he could not be seduced — seduction was not a suitable reward to him.³⁸² We feel that this culture is amiss in not giving permission. Sometimes you must go and ask for it. The permission is symbolic, but sometimes in this culture, it must almost be literal. If marijuana was on sale at all corner stores, few would smoke it — at any rate, no more than smoke it now and a few would quit.

Dick: Is there such a thing as spiritual materialism ³⁸³ and is it bad?

This concept is valid, and, of course, we have not said that it is Bad Work to gain [financially] from the Teaching. The only Bad Work is when you use the gains to feed inadequate parts of False Personality. This, of course, builds up a tremendous deficit and you slide backwards. If you can make this not matter so much emotionally, you can turn it into positive spiritual material gain and benefit the ladies, and still have the pleasant feeling but without the guilt.

Richard: I would appreciate a comment on my sharing my insights with people who do not seem to care or understand what I am saying. It seems I am at a higher level. Is this my ego dragging me down to a lower level?

The words never fall on completely deaf ears. Some level picks up on it. You must, however, be prepared for overt rejection in the verbal form. You must learn not to allow this to throw you from the path. There are bound to be repercussions. You people are decidedly abnormal, if you really want the truth, and you must get used to this. If you wish to be normal, you are pursuing the wrong path.

Dick: I have to look in people's eyes to tell the soul level. There is a nurse, Clara, whom I get a visual impression from and cannot explain it.

You are seeing this lady's soul well. This lady has much untapped psychic energy and would be frightened by overt attempts at telepathic communication, but cannot avoid transmitting.

We have discussed Souls [Ages] and Roles. Next, we discuss "Goals," but not tonight. We are speaking of life Goals, not those goals that immediately facilitate the upward climb.

Dick: It seems we have lost our aim with the ranch.

You must first be convinced that this expedient will in truth facilitate the achievement of the goal, then you will act without hesitation. The Essence always knows and acts with or without the cooperation of False Personality.

Richard: The last ten years, I've felt I was headed somewhere but I did not know where or what.

Dick: I am in my head [Intellectual Center] at [my job in] the hospital, in Moving Center playing golf, Sexual Center in sex, but my Emotional Center is always "playing background music." The Emotional Center seems to pull in the opposite direction [of all these others].

This [Emotional Center background music] is the sensation that accompanies the beginning of the moving toward harmony and Balance. This sensation, however unpleasant it may seem, heralds being able to bring all Centers into play during all activity, so that the situation can be [Intellectually] assessed, [Emotionally] felt, and [Moving] acted upon. Not in everyone it does, but in you, the Emotional Center has come in for the strongest

³⁸² It became known much later that Robert was homosexual. That is a better explanation of his inseducability. In fact, he was fond of seducing young boys who became a part of his cult.

³⁸³ Making money off of spiritual teachings has been suspect at least since Jesus supposedly said "You cannot serve God and money." — Matthew 6:24 and Luke 16:13. The challenge, of course, is to serve Essence rather than serve money, whether you have money or do not have money. The challenge, of course, is to serve Essence or propagate the Logos rather than serve money, whether you have money or do not have money as a result. "Money corrupts" every bit as much as "power corrupts", perhaps because money affords power, as well as *vice versa*. The two are commonly connected in morality tales about the dangers of both.

barrage of work. You must be able to see intellectually, feel emotionally and act with Moving Center almost instantly in order to be working out of Essence through intuition.

Dick: In the Gurdjieff school, we were always supposed to remain neutral and not go up and down. What you wish to separate from are all the peaks and valleys of the False Personality. The Essence seeks ecstasy. ...

Dick: Is there mental illness on Soleal's planet?

There was a time in their history that the incidence of mental illness was about the same as it is on your world, but with very different results. Remember that yours is a Moving Centered, masculine world. Soleal's planet is an Intellectually Centered, feminine world.

Dick: Is there a "myth of mental illness"?³⁸⁴ The mentally ill seek out a method of getting what they want. Psychotics get what they want.

Those on Soleal's planet take a great deal of time fitting individuals with Essence Roles. In childhood, they test so extensively that there is little chance for error, then there is little dissatisfaction. They have an educational system that provides for extensive observation of the children during all waking hours.

Dick: With the seven Roles, there are three leadership Roles [Sage, Priest, King].

All of the masters of the communes [on Soleal's world] are Sixth and Seventh Level Old Kings. By the natural evolution, there are no Infant Souls on that world (Soleal's), and there are only seventy thousand Baby Souls.

Richard: I have not been able to contact Perisot. I have only contacted him once. Can I reach him again?

Your timing is poor. Their day is much longer, while Soleal's is a little shorter.

Richard: What time is best to contact Peridot?³⁸⁵

Early in the morning would be best now.

Alice: Like two AM?

No. We were thinking of eight or nine in the morning. He is an Adept. He is a student of mine. That, interestingly enough, is a densely populated, Emotionally Centered, masculine world. They are volatile, explosive and kind all at the same time.

Richard: Is Soleal still going to visit?

He intends to come. He is now winding up some problem areas. He fights with Maya, also.

Will any ladies come with Soleal?

One of their ladies undoubtedly will come, since it takes about fifty to operate the ship and they have as many females in the space service as they do males.

Will they visit Earth?

No. The ship would orbit. They would like to survey the planet, Mars, for mining operations and their crew would be doing this. All of them would have to land at one time or another. They can land their landing vehicle anywhere you wish them to. A nice flat field is desirable. They are generally quite passive. They do not have the violent orientation that your young people do. If we are right, they will all be between twenty and thirty years old. They do drink and they do smoke marijuana and it is doubtful that this will change.

Dick: I read an article in a medical journal that the homogenization of milk may be responsible for the high coronary artery disease incidence. The homogenization of the fat particles allows them to get into the blood stream undigested. Is this a fact?

Yes. Why do you drink milk?

20 December 1973 — Thursday

Location: Oakland, California

Present: Susan, Gene, Sarah and Richard, Alice and Dick and Cheryl, Ellis, Edgar, Beverly, Eugene, Mallory, Carolyn.

Ellis – Chairman of the evening ...

Edgar: There was an impression that the soul is entrapped in this physical body. I disagree with that answer and my opinion was expressed regarding this. There is one Infinite Soul and we are each manifestations of the same soul and I fail to see how the Infinite Soul can be trapped in a finite body.

³⁸⁴ Tomas Szasz, a psychologist mentioned by Alice in the previous session, thought mental illness was bogus.

³⁸⁵ These are the only two references to this being, spelled Perisot in one place, Peridot in the next.

All souls or Fragments, as we choose to call them for now, are of course, a part of the universal creative force, which we call the Tao. However, when this Fragmentation occurs and the physical Cycle begins, this Fragment is remote from the Tao and remote from what we call the Infinite Soul. We think that we have a problem with semantics here. Let us use an analogy and perhaps this will become crystal clear. Imagine the Atlantic Ocean as the whole. Imagine filling ten test tubes, then sealing them so that they are both watertight and air tight; then imagine dropping them back into the ocean. They are a part of the whole, yes, but unless some outside force liberates them, they are remote from the source and trapped in an effective prison. This same way the soul is trapped in the body. The body is very limited in what it can do. You [Edgar, in a wheelchair] should understand this really better than the others. The soul in its true spiritual state has no limitations or handicaps.

Edgar: What is my purpose?

We have told you that a major part of Karma for you this time revolves around searching for truth, in spite of great physical handicap.³⁸⁶ This is the major part of Karma. There is more. You had to be relatively free of emotional entanglements also, to be free to study. The study is now beginning to reap the necessary reward. This can be a lonely choice, but all souls make it occasionally.

Phyllis: I would like to know about moving 3,000 miles away from here, with a new job. I am going soon to look and I should get over some of my negative feelings. I am confused about how to do this work with my emotions, how to best see things as they really are.

We view this with some trepidation only for the obvious reason that you will be trading a positive power area for a very negative one. This is probably what you are feeling now, even though you cannot see this at all levels. If you can continue to search there and feel fulfilled spiritually, then it will not be Bad Work. It will be extremely difficult in that existential climate, although some have sought there successfully. They are spiritual recluses though during the last years. The climate there encourages ones to be as rational as possible. This will be a switch from this one. The negativity comes from knowing this on a deeper level that very much wants to seek. That amount of formality will be distressing to you and this influence will surprise you. In spite of your background, you have managed to become very "Californianized." It will be hard.

Phyllis: Should I not bother to go and look?

The look would be valuable for you. Then, it would be truly your choice and not ours.³⁸⁷

Ellis: Byron lives next door to a two-story house that has a story about it — that it is haunted. Could we have a comment? The occupants are afraid ...

These spirits are completely harmless. Often Baby and some Young Souls are quite attracted to the Physical Plane, particularly if they die young or violently. They manage to project strong feelings from the Astral Plane, enough sometimes to animate the etheric matter available. They borrow the energy from anyone available. If they are truly bothering your friends, we will take them away. This does dissipate of its own accord.

Gene: I have several questions here from someone else, Denise Mink. Denise felt moved to move to the East Coast [but did not], and now because of what has happened to her, she feels like they should have moved.

We do not feel that the move would have altered the course of Denise's disease. It already reached the state where she, or rather that body, had decided. Psychically, Denise would benefit, not by the experience, only by searching. She believes that she would. She would have to work with someone there just as she would have had to do in the beginning. It is important that she stay in contact with Gene now. Gene can help her to reevaluate her belief system. There is no reason why she should not go East. There is literally nothing to lose.

Gene: Denise feels she will live for several decades, even though she has had this surgery and knows she has cancer, she felt as though she would live for a long time yet. True?

Denise can live if she continues to evolve in the way she has started, yes. Gene, you can help her now by helping her to reassess her life goals and more importantly, her frustrations and the message that her early death would convey. This lady is more than ready to accept spiritual counseling.

Gene: She wants to know if there is residual cancer. Does she?

³⁸⁶ Edgar was a Scholar, confined to a wheelchair. Apparently, some souls choose a challenge that makes their pursuit of a goal more difficult, and that makes their achievement of the goal more sweet. A major fulfillment of the Scholar Role is to have a favorite subject to study in any given lifetime. His handicap had its advantages and disadvantages. On the one hand, he did not have to work for a living and support a family, giving him time to study. On the other hand, it is no fun to be handicapped.

³⁸⁷ Forty years later Phyllis was still living in the same house that she was living in at the time of the OMG.

Yes, she does. This is not now aggressive and we think that Denise has more of a chance to counteract this at this point than at the onset. This lady does not recognize in herself the sadness that she has. You must get to her sadness and also to her resentment over unfulfilled expectations. She will talk to you, and she has the aptitude to acquire the necessary insights.

Gene: One more question for Denise: She has always had a red nose and she would like to know why.

Engorged capillaries, allergic.

Gene: Now, I have several questions of my own, about books I've seen. I would like to know if they are valid and if it would benefit me to read them. The first one is Oahspe.³⁸⁸

We are not aware of this work. Is it a compendium of a sort?

Gene: What about the Urantia Book?³⁸⁹

We are aware of this. There is some validity herein.

Gene: What about the Book of Truth³⁹⁰ — Osiris? Were the writings given to the author by a literal "god"?

That part, of course, is absurd, but information is mostly good. The god "Osiris" is just another name for that which is unnamable and unutterable. The ancient Egyptian civilization was psychically far advanced. The Egyptians knew exactly how to appeal to the masses. They did this successfully for longer than any other civilization. Amenhotep³⁹¹ was a manifestation of the Transcendental Soul.

Gene: How about a five-book set of work by Thomas Spalding?³⁹²

We are not aware of any Adepts who have chosen to remain on the Physical Plane beyond the allotted span. However, many Adepts do still have Karmic Ribbons that bring them back for another go, and the man of whom you speak is, or has been, in contact with several of these. Their recall is spectacular, and they do not spend as long on the Astral interval as do other souls. This accounts for the Tibetan theory of the forty days between lives. Some Adepts do this [unnatural longevity]. Bodies die; the organic constituents break down eventually, regardless of the skill of the Adept. It is wiser to change the body. Yes, read this book. They are interesting.

There was a discussion here about Thomas Spalding. Gene explained that the books were written from information supposedly received by Spalding from Adepts.

Gene: How about Alice Bailey's³⁹³ works? Annie Besant's³⁹⁴ Comment of three// . .

We recommend the lady [Alice] Bailey. She reached a high level of spiritual growth. We will be happy to correct any misconceptions.

There was a discussion here about Alice Bailey's writings and one point made was that she had a racial problem in her writings.

Gene: I would like to verify a story told to me by Hollis, about a space ship and information from these people, with something like 45 billion souls on the ship, who will act as missionaries.

Wow, this figure is astounding. This would virtually devastate most worlds we know of population-wise, especially if they were all Adepts.

³⁸⁸ From Wikipedia: *Oahspe: A New Bible* is a book published in 1882 purporting to contain "new revelations" from ... "the Embassadors of the angel hosts of heaven prepared and revealed unto man in the name of Jehovih..." It was written by an American dentist, John Ballou Newbrough (1828–1891), who reported it to have been produced by automatic writing, making it one of a number of 19th century neo-revelationist works attributed to that practice. Adherents of the revelation expounded in *Oahspe* are referred to as "Faithists."

³⁸⁹ The *Urantia Book* is a channeled book, first published in 1955, now in the public domain, available on the Internet.

³⁹⁰ *The Book of Truth* or *The Voice of Osiris* is another channeled teaching, written in 1925 but not published until 1956.

³⁹¹ From Wikipedia: Probably referencing Akhenaten, known before the fifth year of his reign as Amenhotep IV, who was a Pharaoh of the Eighteenth dynasty of Egypt. He ruled for 17 years and died about 1336 BC–1334 BC. Akhenaten is especially noted for abandoning traditional Egyptian polytheism and introducing worship centered on the Aten, which is sometimes described as monotheistic or henotheistic. An early inscription likens him to the sun as compared to stars, and later official language avoids calling the Aten a god, giving the solar deity a status above mere gods. Akhenaten's wife was Nefertiti and his son was Tutankhamun ("King Tut"). Their tombs were discovered in 1907 at the Valley of the Kings, Egypt.

³⁹² *The Life and Teachings of the Masters of the Far East* by Thomas Spaulding was published from 1924 to 1953.

³⁹³ Alice Bailey (1880–1949) was a spiritual and occult writer / teacher, who was heavily influenced by Helena Blavatsky, founder of Theosophy.]

³⁹⁴ Annie Besant (1847–1933) was another prominent Theosophist.

It is true, you will be visited probably within the coming year and this visit will have a profound effect. We have advised you of the possibility of this contact. The missionary aspect is hazy. The exchange will be good for both.

Susan: I wrote a letter to my parents recently, thanking them for their support and help while I was working on a goal, and my mother wrote back and said she knew all the time that I would do this, because when I was born I had a "veil" over my face, and the midwife predicted great things for me. I would like to know how valid these superstitions are, and if "omens" mean anything.

The superstition concerning the psychic power of those born with a "caul"³⁹⁵ is a very ancient one, having its roots in Babylonia. The place of superstition in the scheme of things is sometimes valid, in that it allows powerfully psychically energetic souls to exercise their powers without disrupting their already formed dogmatic belief systems. The lady in question was one of those. She used a convenient superstition to explain the tremendous amount of psychic energy she felt.

Omens are different. The omens very often are given to you as Shock, just as precognitive experiences [are]. The omens or signs are often Astral, and the one to whom they are addressed are the only ones who see them. There are others, such as darkening skies, etc., that are seen by many, and the collective mind flashes on the insight that was communicated.

Cheryl: Could you give us the "Goal" (next Overleaf) or one Goal? Is there one Goal for one Role?

Not necessarily, Cheryl. The Goals are chosen with the idea of completing a specific Monad.

Cheryl: Is there a different Goal in each life?

Yes, usually you do [choose a different Goal]. There are seven and you must necessarily repeat them, but how you repeat them in conjunction with the Center of Gravity and the Body Type determines the success you have.

Cheryl: Could you give me mine?

Obviously, one of them is Growth. This is the antithesis of another [Retardation]. There is a stable neutral Goal,³⁹⁶ just as there is stable neutral observant Role [Scholar].

Cheryl: Was it Tomas on the typewriter?

The name "Tomas" will suffice, yes.

Are the Entities, or Fragments, of Dick, Cheryl, Lorraine and Dick's mother [Mary] part of the same [Entity]?

It is correct that Lorraine and Cheryl are Fragments of the same Entity. Mary is not; she is a much older soul. Cheryl was first born onto the Physical Plane to Mary. At the time, Mary was a Young Soul.

Gene: Does that make Susan a part of the same Entity?

No.

There was a discussion here about previous information tying in several people into the same Entity.

We do not see Lorraine as an Old Soul. Lorraine has a great deal of psychic energy, but is a Fourth Level Young Soul; examine her lifestyle.³⁹⁷

Question lost ... It was a question about Tomas.

This Entity [Tomas] is attempting to work out of Karma on the Astral Plane. This is an opinion [of his].

Is the entity of Tomas a Young Soul?

This Fragment, in the last physical interval, accelerated because of psychic growth. If he chooses to remain on the Astral Plane for several more of your centuries, growth may be such that he will be reincarnated as a First Level Old Soul. He has an advantage over you. He is not encumbered by the physical vehicle and has access to much information, but is also challenged by Maya.

Richard: Is "False Personality" and "Maya" the same?

He [Tomas] is challenged by the glamour of the diversified belief systems, and is only able to differentiate because of higher teachers [than him] who are available. We do not prevent the dissemination of valid information from the Astral Plane [where Tomas was], but this is monitored carefully, and attempts are made to invalidate false data. Sometimes this is not possible, primarily because of the rigid belief systems of the medium involved. This is why we always attempt to work with Older [Soul] mediums. Their convictions tend to float more easily, and it is possible to sneak past their bias.

Eugene: I would like to know the soul level and Role of my son, Orin.

³⁹⁵ A "caul" is a birth membrane, looking like a veil, still intact over the face at birth.

³⁹⁶ The neutral Goal — originally called Stagnation — is now sometimes called Relaxation or Flow or Equilibrium.

³⁹⁷ This is the last mention of Lorraine. It is likely that she dropped out after realizing that she did not fit in with the group.

This little boy is a Young Priest. You have no Karmic Ribbons with him. You were chosen because of longevity and other desirable genetic traits. The little boy, of course, does need the normal interchange between father and son.

In the case of Priest, this is quite important, as they tend to [word(s) missing] too much of a burden. Particularly in this Cycle, desertion by you at this time in his life³⁹⁸ could cause him to become a real crusader in the future.

Could we have more on Roles?

We would prefer not to confuse the interchange tonight with cursory mention of Roles, until they can be defined at length. This student should have access to previous material.

Phyllis: I would like to know about the manifestation at age 35 — the breakthrough that occurs then.

What we have said is that the Role in Essence manifests at approximately this age. Yes, some break through much earlier, particularly if they go their own way early in life. Loners break through far more easily than those attached to large “close” families: these take much longer.

Yes, Dick, if you do not manifest at this stage it is unlikely that you will later. However, we know of a few souls who have not. Having your Role manifest and searching for enlightenment are quite different. Baby Warriors do not search [spiritually] but they do manifest [their Role]. There is no magic age for beginning to search [spiritually] — we are now working with an octogenarian [in his eighties] who has just begun.

Dick: Robert told me I would not become conscious in this lifetime.

We tried to place Byron as to Body Type, etc. Dick thought he was a Mars-Jupiter, late Cycle Mature Warrior.

Byron: May I have my soul level and Role?

This is a Fifth Level Mature King who has been having difficulties accepting subordinate roles. Mars and Jupiter do come into play here.³⁹⁹

Byron: I was in an airplane with ten other guys and we were hit, with seven of us surviving. Why did three of the men not get out? Why did I survive?⁴⁰⁰

It was part of Karma for them to die this way. You should have survived, and would have even if your [para]chute had not opened.

Edgar: In regards to my last my purpose for being and Karma, and searching for truth — but I feel I have failed.

The discouragement is a good sign. Those who are complacent about their status are no longer searching. There is no place for complacency in this search. The rewards are the doors that are opening to you now, Edgar. We recognize the frustration. This always accompanies a plateau stage. This will dissipate as you go on to the next flight. It is like a landing on an infinite staircase.

Edgar: I have a lack of energy after work and have seen some television programs on pyramidology. Is this valid or humbug?

Oh, yes, it is valid. Don't you see the parallels in this teaching?

Edgar: My mother claims from time to time [that] she feels a spirit — feels a weight. Is this imagination on her part, or real?

We are not certain. It is entirely possible that she is feeling the presence of Astral entities. We will follow up on this. If they are annoying her, we will take them away.

Following this, we had a general meeting and began a general fund to help in paying the costs of typing minutes, Xeroxing material, etc. We discussed the initiation of a manual to help new students understand the material. We then asked for a comment from Michael.

This was Good Work. The way in which it was done, of course, says a great deal about the makeup of the group. Already the charisma has had its effect. Amazing. The group now has more exalted souls than originally. These people bring dynamicism and cause certain things to happen merely by their dynamicism.

³⁹⁸ Eugene and his wife divorced a few months before this session, in September 1973. Orin, born in July 1971, was a little more than 2 years old at their divorce, about 2 ½ years old at this session in December 1973.

³⁹⁹ It is my understanding that Mars is the Body Type that correlates with the Warrior Role, and Jupiter is the Body Type that correlates with the King Role. A lifetime is probably more efficient and effective, as well as comfortable, if Role and Body Type are compatible.

⁴⁰⁰ Byron was one of those who survived when their gunship was shot down over An Loc [Vietnam] in 1972. He was awarded an Airman's Medal for heroism and a Purple Heart. Byron retired from the Air force in 1973.

25 December 1973 — Tuesday

Present: Sarah and Richard, Alice and Dick, Edgar, MaryAlice [daughter of Alice and Dick].

We are here with you tonight.

Our wish for you on this most ancient of all surviving festivals is joy.

MaryAlice: I would like to ask about a friend's Role and Body Type. I think he is a Priest and a Jovial type but I have no idea what his soul level is.

This young man is a Jovial, Young Priest.

MaryAlice: [What about] Jim V? I would say he was Mercurial and a Young Sage.

This James is mostly under the influence of Mercury, but some Venusian. This is a Second Cycle [Level] Young Scholar, Moving-Centered.

Alice: I would like to ask about MaryAlice's Body Type. She seems Lunar and also Mercurial, and how can this be?

This is a Lunar-Mercurial, Moving-Centered.

MaryAlice: [What about] Pauline? Is she a Martian Warrior, Moving, Mature?

This Young Warrior is mostly under the influence of Mars, but we see some Jovial tendency. This lady is Intellectually Centered — hard to detect in Young Warriors.

Dick: What is Robert's Body Type. I know he is Saturn. Does he have Solar influence, also?

This man Robert is Solar-Saturnine, yes.

Dick: He seems dynamic and a strong archetype.

Usually, the [Saturnian] procrastination so marked is absent in those under Solar influence. They are nevertheless sluggish and usually inclined to be more slender than their primary type would suggest, excluding those under Mercurial-Solar influence who are genetically robust.

Dick: Is Nixon a Warrior? Is he Mars-Jupiter?

No. This man Richard [Nixon] is a Baby Scholar. Timorousness is one of his greatest faults. He is scarcely brave in any sense of the word. This man is mostly Jovial, some Martian.

Dick: I would like to know about a doctor, Dr. Harville. He moves slowly but accomplishes so much. He jogs miles every day and is very fit, writes books, acts in plays and is one of the most imaginative doctors I know. He is also attending law school and is coaching his children to be Olympic stars. He seems like a Lunar, Intellectually Centered Scholar. What is the source of his drive and is what he is doing good? Did his children choose him for a father for a special reason?

This man is a Mid-Cycle [Fourth Level] Mature Soul. He is Intellectually Centered. The drive comes from his Role, which is that of Sage. When we discuss the Goals, this will be clearer. He is Venusian-Lunar. He achieves now vicariously through his children, a great deal of the self-expression denied to him in his own youth from early training and False Personality. One of the children chose the mother. This child will be an accomplished Artisan.

Dick: What is [my son] Craig's Role in Essence? It is not academic learning and he does not use his hands much. He does love the out-of-doors.

This boy is an Artisan, nevertheless. He is at sea right now, primarily because of the adolescent hormonal storm and not from lack of talent. He is also surrounded by dominant family members who outdistance him.⁴⁰¹

Edgar: Why was I not good in math? I don't seem to have the ability to grasp astronomy as I'd wish. I received good grades in algebra and trigonometry but could never apply it to anything practical.

Because you resist it, just as many of you do. Mathematics is the least obscure of all concepts and the one that is the most universally resisted. The understanding of mathematics is perhaps the easiest of tasks any of you will ever have, but it is never initially apprehended in this way. For one thing, it is presented to you as difficult. This alone accounts for many failures.

Dick: Can we ever have Renald back as a medium?

This man is an excellent trans-medium, but he has much fear. If you can counteract the fear, we are willing.

Edgar: Could you explain the Sermon on the Mount. I do not understand it. All my life I've been asking people. (Richard suggested that frequently we ask people who are more lost than we are. We read at this point from Matthew 5:1-12 concerning the "beatitudes" ... Blessed are the meek ... merciful ... peacemakers ... they that mourn ... hunger after righteousness ... the poor in spirit, etc.)

⁴⁰¹ His older sisters had stronger personalities. Craig became an accomplished artist in his adult life.

Substitute for the word blessed, the word fortunate. The emphasis here is on simplicity. By meek, we don't speak of cowardice, but rather an inwardness of purpose. Those poor in spirit refer to those who recognize within themselves the lack of spiritual guidance and seek this. This passage is warning against complacency that heralds the downfall of, [and] the degradation of, humanity. The barbarians can be used symbolically here as the materialistic existentialists who deny other dimensions beyond the Physical Plane and devote themselves to the pursuit of Maya. They are indeed unfortunate, in that they incur much adverse Karma.

One must keep in mind the audience to which the man Jesus spoke and the scribes who wrote the account, before passing judgment on the words. These people believed in a very literal, very personal God who monitored every move they made and was for the most part, stern and disapproving.

Greek thought had much influence on the man Jesus, particularly Epicurus, but it would have been impossible for him to espouse the words of this pagan philosopher from the porticoes of the temple.

Then, when the Infinite Soul manifested, the Logos was brought to bear in the language of the times, transcribed by a Roman tax collector [Matthew] and an Emotionally Centered Greek physician (Luke).

Epicurus⁴⁰² had a most profound influence on all of the philosophy of the time, surpassing that of the Stoic, Zeno.⁴⁰³ This philosophy was made to order for the Sadducees, who also appealed to this young man's sensitive nature. The Epicurean thought pattern is what you all are striving to accomplish.

We discussed how Jesus taught that the children of light were to have no sex and that if you want to grow in this way, there would be no sex. Someone suggested this might refer to a level above our physical one and that the soul is sexless. Someone said ... the Bible said there are no marriages in heaven.

Edgar then asked if Jesus really did work miracles or if that was imagination.

This man was an occult Master. The miracles are there for those who wish to become Masters. Mass hypnosis was not beyond the grasp of ordinary priests, let alone one who has mastered all of the mysteries. Even most Adepts can perform feats that could be considered miracles by those who were looking on. Many of the stories surrounding the birth of the man Jesus were concocted long after his death to satisfy those who felt that the ancient prophecies should be fulfilled.

Edgar: Was Jesus really conceived without sex?

Of course not.

Dick: What was his Body Type? It has been said he was a Martial and that his body was perfect.

No. This man was a Mercurial Saturn.

Richard: Does the "Occult Brotherhood" still exist, and can Sarah contact it? Are we better off to read the Bible or just listen to Michael concerning the new Messiah [Infinite Soul] coming?

Yes. The Brotherhood cannot die out; it is far too widespread and the Brothers are too careful. This is the most ancient school.

The Bible can be read as literature [rather than as divinely inspired].

Edgar: Could we have some information on the Rosicrucians?

Some of the Rosicrucians are *bona fide* Brothers; some are not. In the neophyte program, there is no screening; the winnowing comes later. The heaviest concentration is now in India rather than the Mid-East, where it formerly was.

Alice: Are the Brothers chosen because of their psychological health and strength?

Usually, they are "chosen" through telepathic communication. This should tell you where they are on the [spiritual] path.

⁴⁰² From Wikipedia: Epicurus (341 BC – 270 BC) was an ancient Greek philosopher as well as the founder of the school of philosophy called Epicureanism. For Epicurus, the purpose of philosophy was to attain the happy, tranquil life, characterized by *ataraxia* — peace and freedom from fear — and *aponia* — the absence of pain — and by living a self-sufficient life surrounded by friends. He taught that pleasure and pain are the measures of what is good and evil; death is the end of both body and soul and should therefore not be feared; the gods do not reward or punish humans; the universe is infinite and eternal; and events in the world are ultimately based on the motions and interactions of atoms moving in empty space.

⁴⁰³ From Wikipedia: Zeno of Citium (c. 334 BC – c. 262 BC) was a Greek language philosopher of Phoenician origin from Citium (Greek: Κίτιον). Zeno was the founder of the Stoic school of philosophy, which he taught in Athens from about 300 BC. Based on the moral ideas of the Cynics, Stoicism laid great emphasis on goodness and peace of mind gained from living a life of virtue in accordance with nature. It proved very successful, and flourished as the dominant philosophy from the Hellenistic period through to the Roman era.

Dick: Could we have the Goals tonight or is that the next Overleaf?

Yes, this is the next Overleaf. And yes, you may hear the information tonight.

They [Goals] determine the success with which the Role is manifested. They do not concern False Personality, but do determine how you move through life. Goals determine how successfully the Roles are played.

Dick: If there is one Goal per Role, it wouldn't work. There has to be a finite variety among men (and women and children.)

There are three Exalted [Cardinal] Goals. They are: Dominance, Acceptance, Growth. There is an intermediate, Neutral Goal, which for the time being we can call Stagnation. There are three Ordinal Goals, which are the antitheses of the Exalted Goals. They are: Submission, Rejection, Retardation. Most attorneys and politicians are those who have chosen the Neutral Goal — lawmaking is a Stagnation Goal. One of the better examples in history is one you were discussing earlier, Alexander the Great: a Young male King, Dominant. He could not fail.

Edgar: What is the meaning of Dominance and Acceptance?

We think that the one Goal for one Role controversy probably arose over the similarity of some of these Goals to the [Role] archetypes. For instance, when one thinks of a King, one thinks of Power and Dominance. When one thinks of a Priest, one thinks of Acceptance⁴⁰⁴. And the Sage, with his expansive outlook and natural ebullience, makes one think of Growth⁴⁰⁵. The introspective Scholar is often thought Stagnant. The dejected and rejected Slave⁴⁰⁶ presents a graphic illustration. Of course, this is not true, for there are Kings now living with Rejection as their Goal, just as there are Dominant Slaves.

Are these Goals a changeable thing in one's lifetime?

These Goals may be altered. However, the insight rarely comes. This is why psychotherapy sometimes works.

Are these Goals chosen for Karmic reasons?

Usually, they are, yes.

Do they change from lifetime to lifetime?

Yes, they do.

Dick: Is my Goal Growth?

Most of you have Growth as a Goal. This is what makes Cheryl such a fine seeker. Richard has Acceptance as a Goal, which accounts for much maneuvering on his part. Alice and [her son] Craig have Submission as Goals. Kathryn and Rick are [chronologically] young [both are Old Souls]. They have chosen Exalted Goals: Kathryn – Growth and Rick – Acceptance.

Edgar: Is mine spiritual Growth?

Yes.

Is Robert Burton's Dominance?

Yes.

Is Barbara Kline's Dominance?

By all means. Dorothy, too.

Edgar: How do we change Goals?

You must first decide that they need changing. We would think that you would be willing to pursue this one to the end.

Dick: Is Dr Isaac's Goal Dominance?

Yes. This man is a powerhouse.

Is Terry's Goal Submission?

Betty is dominant, but her Goal is Acceptance. MaryAlice's is Acceptance. Victoria's is Dominance. Kady, Dominance. Kinsley (Slave) has a Neutral Goal [Stagnation]. Donovan's [from Robert's group] Goal is Growth. Lester is a troubled Mature Soul with a Dominant Goal.

Edgar asked about his mother feeling the presence of spirits on her bed. He was told last session that 'they' [Michael] would stop the spirits if they were annoying her. Edgar felt that is why she fell and broke her arm, out of being frightened by a spirit.

⁴⁰⁴ Actually, one should think of Growth because Growth and Priest are both Cardinal Inspiration.

⁴⁰⁵ Actually, one should think of Acceptance because Acceptance and Sage are both Cardinal Expression.

⁴⁰⁶ Actually, one should think of Retardation because Retardation and Slave are both Ordinal Inspiration.

She is aware of Astral vehicles. If they are annoying her, we will take them away. However, she should realize that they cannot injure her.

Dick: I would like to ask again about my patient who is a King. Is her Goal Rejection? (She is divorced and eking out an existence as a postal worker, supporting [her] children.)

Actually, more so Retardation, both right. This is the way that the Monads go together. Retardation brings little success either in health or in wealth.

Dick: Then, in the case of my patient (who is a King), is it improper for me to try to help her?

She needs to recognize it for something that she chose [before incarnation]. Only then can she alter it.

Dick: Would the Monad then be completed and okay for her to change?

Only if she can acknowledge her Karmic Ribbons. Don't worry, Dick, you will be unable to prematurely alter anyone's goals.⁴⁰⁷

Edgar: Have I had the same Goal in past lives?

You have been all seven.

Alice: Did I know Charles Dodgson (Lewis Carroll) in a past life?

You did not know him personally, but he has written before. Always he was satirical. This man was a homosexual this past life. This did influence his writings somewhat, as it did in the past.

Edgar: Was I Napoleon in my past life?

You were not Napoleon. You were a teacher in Vienna, a teacher of poetry and literature.

Dick: Is Delbert's Goal Dominance?

No. This Young Warrior has Acceptance as his goal. Most physicians like this do.

Dick: Dr. Wallace — is his Goal Acceptance?

Yes.

Dick: What about Dr. Rodney — is his Goal Dominance?

Yes.

Dick: Is Dr. Baldwin's Goal Dominance?

No, this man has classic Rejection.

Dr. Parker's⁴⁰⁸ Goal is Submission.

Armando⁴⁰⁹ is a Mercury-Saturn, Artisan, Fifth Level Young Soul, Neutral Goal [Stagnation].

Richard: Our friend, Hailey, is she a Baby Soul? No psychotherapy ever worked for her. This seems to reaffirm that her Goal is Rejection.

This Baby Priest has Rejection as her Goal, yes.

Alice: Could you add something to help understand the Submission Goal?

This Goal demands that you not assert yourself and that you constantly take a back seat, deferring to the opinions of those around you.

Dick: I would like to verify if my feelings about a friend, Frank Lind, are correct. I would describe him as a "big womanizer." He is probably Mercury-Saturn, powerful. He was European downhill ski champion one year.

This is a Mercury-Saturn, Moving Centered, Dominant, Fourth Level Young Sage.

Richard: Is Sarah Chamber's Role Dominance or Growth?

Sarah's Goal appeals to her less than it did ten years ago, but it is still Dominance.

What is Gene's Goal?

Gene, too, has some second thoughts and is moving toward Growth from Dominance.

⁴⁰⁷ This might or might not refer to a life goal or an Overleaf Goal. The context in this session was about the Goals. Elsewhere in the OMG, it was said that a person could change their Overleaves. A careful reading of this passage indicates that this can only happen if the Monad (or the Karma), for which that Overleaf was chosen, has been completed. It stands to reason then that complementary Overleaves can be chosen in different lifetimes but in similar situations to give the soul the experience of both poles of the Monad.

⁴⁰⁸ Dr. Parker was a Third Level Old Soul. At his retirement, one of his colleagues described him as being an outstanding physician — honest, devoted, compassionate, sincere and calm. Others described him as "Mr. Wonderful."

⁴⁰⁹ Armando was an early member of Robert's group.

Edgar: Who explained the Sermon on the Mount to Joel Goldsmith?

The insights were his own.

Sarah: Is Ron Colliver's⁴¹⁰ Goal one of Rejection?

This Young Scholar has chosen Rejection as a Goal, yes. He rejects [Dr.] Bernard (Horn) as heartily as Bernard rejects him.

[Knowledge of] These Goals will aid you greatly in your studies. They fit some of the other 'pieces' together. The [picture] 'puzzle' [of Overleaves] is now half complete.⁴¹¹

Alice: Will it go slower?

That depends upon you. You can alter this Goal any time you wish.

Sarah: I would like to ask about Gaius Julius Germanicus Caesar. Was he a Young Artisan with a Dominant Goal? Was that one of the things wrong with him? He did such a lousy job and many bad things happened to him — he was assassinated at the age of 29.

This unhappy young man was a Mid-Cycle [Fourth Level] Mature Artisan with Dominance as a Goal. This young man was imaginative and vividly talented. He had savage wit, and knew that the empire was a sham and a mockery of the most sacrosanct institutions. He was not cruel until his bout with Myeloencephalitis⁴¹² — then his powers of assimilation snapped. He also lost his last anchor at the time his grandmother, who could have held his head above water, died.

Sarah: Was Nero Claudius really Augustus's son? Augustus denied that Claudius was his son and couldn't stand Tiberius. Augustus had blue eyes; the boy had green. Augustus was short and Nero was tall.

Yes, he was (the son) and they both knew it but never spoke of it. With his dying breath, Caesar Augustus acknowledged this son, but there was no one there to hear but his wife who already knew it.

27 December 1973 — Thursday

Location: Walnut Creek, California

Present: Mallory, Susan and Gene, Alice and Dick, Cheryl, Ellis, Byron, Edgar, Sarah, Phyllis, Eugene, Norma. [Sue also asked questions.]

Dick: Is the next Overleaf "Attitudes"?

Essentially, but we would prefer not to plunge into that at this time. We feel that time is necessary for assimilation [of the Goals, revealed in the previous session].

Norma: Is the automatic writing I got the same as what Michael is giving here?

Most automatic writing emanates from within the individual. The process relaxes the Personality in such a way that the knowledge can flow more freely. In answer to your question, we can only say that sometimes, it would be equally valid. Time would tell how much and how often.

Norma: Where does the information come from in changing from one level to another? Is it from a different rate of vibration?

We understand what you are referring to. Not exactly. The lessons learned do bring about a certain refinement. However, the level refers primarily to aging and experiential data.

Phyllis: I would like to ask the SR&G⁴¹³ of my middle son [Mott].

This boy is a Fifth Level Mature Soul, a Priest. He has Acceptance as his Goal.

Phyllis: Could we check the Soul [Age] and Role of [my son] Elliott? Mature is good for Mott, but Elliott seems like the oldest soul I ever knew.

⁴¹⁰ Ron was a neighbor of Alice and Dick.

⁴¹¹ Of the seven Overleaf categories, Age/Level, Role, and Goal had been revealed by the Michaels up to this point, with Centers/Body Types inherited from the Gurdjieff teaching. Yet to be revealed are Attitude, Chief Feature, and Mode, which happened at approximately monthly intervals thereafter. The metaphor of the Overleaf System as a 'picture puzzle' is seen to be appropriate when you properly arrange the 7x7 array of personality traits in a matrix or grid.

⁴¹² From ><http://www.medterms.com/script/main/art.asp?articlekey=8050><: Myeloencephalitis is an inflammation of the spinal cord and brain. One type most commonly occurs after an acute viral infection, such as measles (rubeloa).

⁴¹³ SR&G or SRG is an acronym for "Soul, Role, Goal" It later came to be used as a shortcut way to get all Overleaves for a person.

This child [Elliott] is quite secure within his present framework. Not all Mature Souls are troubled. Some are quite creative within a nurturing environment, with avoidance of stress and hostility in the family members. This child picks up quite well on all negative vibrations, but does not act upon them.

Gene: We have assumed our understanding of the Centers is the same as Gurdjieff describes. Are they talking of the same things, or is there some modification?

The information [about Centers] perpetuated by Georges Gurdjieff is valid. This concept can be extrapolated quite nicely out to whole worlds, as well as cities and countries.

Gene: [Maurice] Nicoll⁴¹⁴ commented on certain countries being Intellectually Centered.

Norma: I was told once that I was spiritually centered. Is there such a Center?

We think that they probably referred to the fact that Norma's Goal is Growth. Some can pick up on this particular aspect of an individual's Essence without really understanding the implications.

Gene: I would like comments on energies used by various energy Centers.

All of this energy is psychic energy. Imagine a superconductor with many terminals, each representing a different power drain. If one of these users or consumers is utilizing massive amounts of power, there will be a corresponding loss in the other areas, occasionally even short circuits and blown fuses. The power that energizes the psyche is all the same type, or rather, the same grade of electromagnetic radiation. There is no refinement from one Center to the other until the powers of transmutation become yours to utilize; then this energy becomes centralized — channeled, so to speak. When we speak of harmonious Balance, we refer to that state in which this concentration is reached. And this also goes for the release of specific amounts of energy. Emotionally Centered mediums have an easy time with manifestations and also become excellent transport mediums. This medium (Sarah) is not Emotionally Centered and is not in touch with the release mechanism that would enable, or at least enhance, the manifestation. Astral entities can manifest without any assistance. We cannot. We must borrow the energy from one of you and we cannot do this against your will. We wish to remind you that there are two very specific types of reactions: [three-dimensional] implosion and explosion. Also, two specific charges in polarization: [one-dimensional] negative and positive. [Also, two specific valences: (two-dimensional) downward and upward.] A great deal of the energy utilized by the lower Centers [Moving, Emotional, Intellectual] in life situations are implosion reactions with negative charges.⁴¹⁵ Controlled reactions of this type do not ever become as spectacular as their antitheses [the Higher Centers].

Norma: Is our energy self-generated? Are we born with a certain amount of energy and it regenerates?

The body can be thought of as the vehicle or the conductor. The Essence becomes the source of attraction and, as [spiritual] growth occurs, can draw upon an infinite power source. However, the average soul uses a very small, a very finite, amount of the energy available during a given physical interval. Most of you are somewhat sluggish due to cultural inducements, and rarely draw upon much energy.

Susan: Is there a commonality of Soul Level, Role, Goal, in different types of handicapped people such as deaf, blind, mentally retarded, emotionally retarded, those with learning disabilities, etc.? Are they definable as a group?

Sensory deprivations such as deafness and blindness often are Karmic. However, there is much commonality within the emotional disorders. For instance, manic-depressives⁴¹⁶ are always Mature, Emotionally Centered souls. Schizophrenics⁴¹⁷ are Mid-Cycle Mature Souls who have ego disintegration without the corresponding spiritual growth. Hyperactive children normally are Moving Centered Mature Souls with Retardation Goals.

⁴¹⁴ From Wikipedia: Maurice Nicoll was a psychologist, and a student of Gurdjieff and Ouspensky. Several books of his lectures on the Fourth Way were published as the *Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky*.

⁴¹⁵ It might or might not be legitimate for me to insert references to dimensionality there, but it helps me to make sense of it; refer to the chapter "Dimensionality and Axes" for the explanation. The date of this passage is approximately one year before the revelation about the so-called "Axes" of the Overleaf System (Action, Inspiration, Expression, Assimilation); the phrases "implosion and explosion reactions" and "positive and negative charges" seem to foreshadow the meaning of the Cardinal and Ordinal sides of the Expression and Action Axes respectively. Add to those two the "upward and downward valences", and we thereby include the Cardinal and Ordinal sides of the Inspiration Axis. Even as psychic energy is compared to electromagnetic radiation, I correlate the one-dimensional Action Axis to electrical phenomena that manifests as positive and negative ions; I correlate the two-dimensional Inspiration Axis to magnetic phenomena that manifests as North and South polarization; I correlate the three-dimensional Expression Axis to universal gravity ("implosion") and expansion ("explosion").

⁴¹⁶ From Wikipedia: Manic-depressive illness is now called "Bipolar disorder" — known for disruptive mood swings.

⁴¹⁷ From Wikipedia: Schizophrenia is a mental disorder characterized by a breakdown of thought processes and poor emotional responsiveness.

Specific learning disorders, such as agraphia⁴¹⁸ are sometimes Karmic, but this is rare. It normally points to a Mid-Cycle [Fourth Level] Mature Soul who has a Retardation Goal. On the other hand, gross mental retardation is enhanced by bad genes, although this is chosen for growth. The disintegration of the Personality, however false, is not something that the individual can handle without the corresponding liberation of the Essence. Childhood schizophrenia or autism is quite different and should not be compared to the adult psychosis. These children are Infant Souls who have perceived the “not me” as hostile at an extremely early stage, sometimes shortly after birth, or even during actual birth and have subsequently withdrawn. Children who exhibit unwanted hostility and are subject to loud outbursts and antisocial behavior are normally Infant Souls of Exalted Roles with Dominant Goals, who also perceive the “not me” as hostile. Emotional disorders occur for the most part during the Mature Cycle and are related to the soul’s perception of those around it, however erroneous that might be. This causes an enormous buildup in guilt and also hostility. We can give you an excellent example of a relatively frail, Intellectually Centered, young child, a Mid-Cycle [Fourth Level] Mature Scholar, born into a family of achievement-oriented Warriors with dominant Goals. The child reacts time and time again with failure.

Edgar: Can you discuss energy and the concept of the pyramid?

What we just discussed is the pyramidal effect, or the channeling of the energies from the wide dispersion at the base to the narrow flow at the top. The theory behind the pyramid is, of course, symbolic. However, many cannot work without a concrete physical model representing the symbols. This is not Bad Work, necessarily, but you should learn to be a bit more abstract. The literalness of your culture is an obstacle to true spiritual growth. At the time of the building of the great pyramids in Egypt, the [Occult] Brotherhood was almost solely concentrated there. They [the pyramids] represent the outward symbol of the inner strength.

Mallory: I would like to ask what my SR&G is. (The group speculated on her Body Type being probably a Mercury-Saturn, Old Soul Warrior. Ellis came up with a Scholarly Mature Six.)

This lady is a Seventh Level Mature Warrior with Growth as a Goal, which accounts for the “guesses” of Priest.⁴¹⁹ Mallory is Mercurial-Lunar, Moving Centered.

Dick: Could you elucidate on the Lunar part. It is invisible to me.

The coolness in demeanor, lack of volatile response in this particular situation, but the quickness of movement and all other qualities point to Mercurial influence. The typical Mercurial type would react to astonishment in a more verbal fashion and there would be more change of facial expression.

Examine the lady’s facial expression during the remainder of the evening. This is the essential difference. There is less mobility there than one would expect (from a Mercury).

Eugene: I would like to ask my SR&G. They said I was a Second Level Old Soul, Sage before.

This young man is under the influence of Jupiter and Mars, mostly Mars. He has Submission as a Goal.

Sue: I wonder why they called him “young.” (Eugene told us he was 33.)

Phyllis: Have I changed my Goal from Submission to Acceptance?

Phyllis is right about the Acceptance. The manifestation has occurred in this lady and she notices changes in her relationships; but, no, she has not altered her original Goal.

We remember the [Ouija] board as having transmitted the information that Norma has Artisan as her Role. Could we verify this, as Norma does not feel this to be so. Also, could we have the Goal of Ellis? He seems Dominant.

We doubt that we ever transmitted the information that Norma is an Artisan. If this is what appeared on the board, it certainly was in error. Norma is a Warrior.

Ellis is, of course, a dominant Scholar.

Norma: I do not see that at all.

Sue: I do not feel mine is right, either.

Just the fact that both Norma and Sue wish to argue with us about their Roles and Goals, should lend some accuracy to the assignment.

Byron: What is my Goal?

⁴¹⁸ From Wikipedia: Agraphia is the inability and the loss of the ability to write and to spell when writing.

⁴¹⁹ Growth Goal and Priest Role both have Cardinal Inspiration Attributes, as Aspects of the Evolution Process.

Byron's Goal is Acceptance. A Dominant King in your midst would leave no doubt in your minds where the power lay.⁴²⁰

Sue has Growth as her Goal.

Alice: [Norma's husband] Dr Reggie's Goal must be Dominance?

It is Dominance.

Byron: I do not see how one can have these Roles in each lifetime. It does not jive. What have been some of my past lives?

You have been a regimental commander fifteen times, both in the cavalry and in the infantry, from Babylonia to the present. This subordinate role you had in this life was quite unsatisfactory. You were also a provincial governor in Africa during the second century before the Common Era. You were active in the Punic War. As a general, you, Byron, usurped the throne in Sidon earlier in the history of that city-state.

Norma was also present at the sacking of Carthage.

Ellis: Is my soul's movement random or purposeful? From the moment the soul fragments into pieces, then the evolutionary process evolves into ultimate unity and the process is repeated. I see it as by chance and not happening by purpose.

Do you really believe that "chance" brought this group together in Walnut Creek, California? We cannot believe that at all. The searching is solely through Essence, and the False Personality fights this as long as it exists, which may or may not survive to the bitter end. All of you were involved in a specific situation, which has now brought you together in a parallel time frame, which allows you to complete the Monad. For those of you who initially came together in Rome and Syria-Palestine, there is the teaching of Christ, who you all knew of then, for you to hear this time with unplugged ears. One among you heard it loud and clear then, and will become an Adept in this physical interval. Sarah wrote a book during that lifetime and now she is writing it again. Some changes are being made. Others are playing out almost identical life roles as you did then. This will become more apparent as we progress.

Sue: Are any of my Entity Fragments here now?

Yes, you and Eugene are part of the same original Entity.

Sue: I thought so. I had a strong feeling that this was so.

Dick: Is part of Norma's Entity here?

Not yet, but soon.

Edgar: If Scholars who are not Emotionally Centered have trouble with their emotions, how can we overcome that part in us?

First, you must wish this. Most Scholars have little regard for emotional entanglements, unless they happen to be Emotionally Centered. Most Scholars would prefer not to be bothered with the responsibility that goes along with these intrigues. The way you can handle it is to become Balanced and thus come into contact with the Emotional Center and learn to control the output. Right now, there is sporadic high output with little insight — it resembles volcanic eruptions.

Edgar: Sounds right.

Cheryl: I would like to know my Center of Gravity and also what I was doing in the parallel time frame.

Cheryl is at the moment the most nearly Balanced of all, but still primarily Emotionally Centered.

You were employed in the household of the governor of the Syrian Legate, Sulpicius Quirinius.⁴²¹

Norma: Could I have a confirmation on my Centered-ness and Body Type?

Norma is Emotionally Centered. Sue is Moving Centered. Norma is moving toward Balance and is in contact now with her Intellect [intellectual Center]; Sue [is now in contact] with Emotional Center. Norma is mostly Mercurial; some Venusian, not much.

Dick: What were some of Norma's previous lives?

Well, to start, Norma has actually been in combat thirty times. This has been both on the winning and on the losing side. She was a Viking commander and this was a pretty non-combative life for her. Exploration was her motive then. She was with Pizarro⁴²² on his explorations. Also, Norma has been a female only five times. These

⁴²⁰ Byron's Role is King.

⁴²¹ From Wikipedia: Publius Sulpicius Quirinius (c. 51 BC – AD 21) was a Roman aristocrat. After the banishment of the ethnarch Herod Archelaus from the tetrarchy of Judea in AD 6, Quirinius was appointed legate governor of Syria, to which the Roman province of Iudaea, which includes Judea proper, had been added for the purpose of a census.

⁴²² From Wikipedia: Francisco Pizarro (1475 – 1541) was a Spanish explorer who conquered the Incan Empire in 1532 after several previous failed attempts. He founded Lima, the modern capital of Peru.

lives were difficult for her. In one instance, she was executed for sorcery. The sorcery was good. It was the reaction of the people that was bad.

Edgar: If we were together in Rome and we are again now, what is our purpose?

There is indeed a purpose. This Teaching is one of spiritual growth. This Teaching was offered to you before and you rejected it, as many did. Now it is up to you to hear it now or wait another two thousand years. It is essential that you complete this Monad. We do not particularly care how long it takes you. We shall be around [as a teacher] for at least that long.

Edgar: What is so special about every two thousand years?

We are referring to the philosophical climate existing then, which has not existed since, until very recently. This philosophical climate made the conditions right for the manifestations of the Infinite Soul. If you wish some parallels between then and now, we will gladly expound. The Infinite Soul manifests at times such as this when there is much philosophical stagnation, racial and religious strife, and the imminent destruction of that which binds society together. In Rome, as now, lip service was paid to religious tolerance, but there were periodic purges and reinstatement of the state gods. The parallel to this occurred in Nazi Germany. They had political parties where the lines of demarcation had become so blurred that no one knew quite where he stood. Luxury was available on a widespread basis and could be obtained through little effort. The welfare state came into existence. Then cities were crowded, and [yet] the city dwellers were alienated from each other. There was a deterioration of the family and the ratio of disturbed children was compatible with the figure now. The women's liberation movement was causing fear in the men, and they were so worried about their virility that they had little interest in anything else. This brought about many small wars that were fought on the battlegrounds rather than the bedrooms. Does that sound familiar? Walking into a latrine during the first century of this era would not be an unfamiliar experience for any of you. You would be right at home with the graffiti exhorting various solitary sexual pursuits.

Sue: Was my name Fritz when I was that German Chief of Police?

Mannheim Wolff. Yes, he was called "Fritz."

Dick: It seems to me that Ellis' past lives were out of role for a Scholar.

Those were only a few of this man's physical intervals and they were not so far out of Essence as you might believe. Scholars do not usually like to work and will prostitute themselves in various ways for the quick kill in order to leave time for their own solitary pursuits. In her very few female lives, Sarah made an excellent prostitute, completely detached emotionally and all business. Ellis was a very scholarly extortionist.

Dick: Didn't Ellis ever have any good, useful lives?

Oh, many. Ellis has been a librarian over many famous collections, the most notable one being in Athens during the time of Plato.

30 December 1973 — Sunday

Location: Oakland, California

Present: Sarah and Richard, Alice and Dick, Cheryl.

We are here with you tonight.

Take a look at the problems that bring millions of people to the psychiatric couch each year and they all boil down to alienation. The greatest advantage of communal living is the elimination of isolation in an opportunity to grow in an environment that is protective and nurturing. If you are concerned about others taking advantage of you, this simply means that much more work is needed in this area by you. Then you must get to a [psychological] space where no one else can take advantage of you. You can become invulnerable, particularly if you stop taking a lack of enthusiasm on others' part as a personal slight.

Richard has much work to do in the area of being or being able to live one day at a time. How many times have your dire fantasies borne fruit, Richard?

We discussed some of the problems each of us saw in living together ...

This discussion is a definitely positive step and should be carried further. The solution is not a permanent one, but should give you some idea of what communal living is all about. The pressures of the jobs are in the way, but how can we convince you that you have created the circumstances and are now throwing up additional

obstacles? Some of these are valid, but can be solved. Richard has a system of priority (?) assignments that can be converted into something viable only if the priorities can be made more realistic. Not so many "should"s and "have to"s, more wants and needs.

More discussion of how to simplify our lives was held ...

We offer encouragement. The details of the business transactions change from day to day. These details can be worked out in just such a way as you have been discussing. We suggest that you continue to discuss it in the light of liquidation of excess holdings and duplication of energies. For now, this will be an enormous step.

Richard: If Soleal comes, this is the only place with eight-foot doors. Could I have a comment?

Soleal can stoop. He is quite adaptable and we believe that he has already informed you that he was willing to forgo some of his luxuries.

We discussed where the fifty-member crew would sleep and wondered if they were as large as Soleal says he is.

They vary from about six feet seven inches to Soleal's height. He is one of the tallest.

Is there a message for our group for the new year?

We would think that cohesion would be enough a goal to keep you going. There is a very viable structure beginning now with all of you who would be willing to live on a reduced scale in order to free yourselves from Maya. This is what we have endeavored to bring about. Merely the cognizance is a start. The details must be worked out by each of you in a mutually satisfactory manner. Believe it or not, consensus can be reached within this group. Some will take longer than others, but even they will eventually verify.

About Shirley ... she seemed interested but has not been coming.

Shirley would be a good student but much encouragement would be initially necessary. Notice that we said encouragement, not persuasion.

Richard: I would like a comment on the possibility of our selling our present home and jumping right up to Oregon instead of moving somewhere around here.⁴²³

Richard has a valid point or one that should be considered. The choice should not be limited to one small family. This is not progress. This is regression.

Are Goals set at birth? People who were in concentration camps, would they not go into sudden Retardation? If you are one in Submission and suddenly inherit or come by a million dollars, could not this luck raise you to another level, such as Acceptance?

People with Rejection as their Goal set themselves up for misfortune, and would not recognize a great spiritual teacher if one crossed their path. Erotic love is full of Rejection for those who have this as their Goal. They automatically chose an unsuitable object as their love object because they know that they will ultimately be rejected. Fortunes have been left to people with Rejection as their Goal and these fortunes have been quickly mishandled with bad investments and ill-fated ventures, or simply "blown." On the other hand, people with Acceptance as their goal have managed to avoid tortures quite successfully and those with Growth as their Goal grew spiritually in Auschwitz. The only way that a Goal can be altered is by conscious recognition of both the Goal and the desire to alter it with positive change as the result.

Dick: Is this what we would call a "C" [Cosmic] influence group?

We think that we qualify as cosmic influence.⁴²⁴

Dick asked if Yorgos's group⁴²⁵ was a "C" influence group.

We also feel that while many of these splinter groups do perform a valuable service; they really intensify the difference between the mainstream of materialistic society and groups such as the one in which you are now involved; i.e., those groups where the teaching becomes the prime mover.

⁴²³ From interview with the current (as of 2011) owners: The Chambers home, which Richard built himself before he married Sarah, was not sold until the year 2000, two years after Sarah died and two years before Richard died.

⁴²⁴ "Cosmic Influence" is also called "C Influence." From ><http://glossary.cassiopaea.com/glossary.php?id=907><: "C influences" are only found with the Work [the Fourth Way] and can only be received in personal interaction with a conscious being; "C influences" come from the SOURCE, that is, from an esoteric Center located outside of life. "B" influences, in the next Q&A exchange, are the use of life experiences as catalyst for spiritual growth.

⁴²⁵ Yorgos, a former member of Robert's group, created his own group.

Dick: I spent hours with Norma and it is like she cannot see the difference between “C” and “B” groups. She thinks she will be God-conscious soon. She thinks she’s near, through the Agni Yoga.⁴²⁶ Is it because I do not have the guidance when I’m talking with her or what?

No. It is not your lack of guidance. It is your lack of courage of conviction that does not permit you to point out the utter nonsense in the hope for instant “enlightenment”. The path is long and steep. The difference in the teachings is, of course, the fact that this is a living teaching; many of those are not. You have found it difficult to interpret the scriptures of the various religious sects on your world. This is because these are now dead teachings.⁴²⁷

Dick: I see Norma’s Goal as having gone from Dominance to Growth.

That is valid.

Dick: Could we have a comment on [my daughter] Kathryn? She was home briefly for Christmas and we enjoyed having her. When Sarah started working the board, she became very uptight.

Kathryn is faced with a choice between what seems quite attractive to her and what seems secure to her. She equates the teaching she is now in with a safety factor and, of course, there is fear. All of you felt this to a lesser or greater degree when you were thinking of leaving the teaching of Robert [in 1972]. Admitting that will help you understand the turmoil that Kathryn is experiencing.⁴²⁸

Richard: I have a feeling that you should call Kathryn and give her your support.

Kathryn must also learn to be strong enough in her convictions to withstand the “barbs.” Her position now is one of withdrawing from an area of conflict and revolves around her own feelings that she “should” not feel negativity any more, and as soon as she does, she is off the path.

Dick: Should Alice and I stay together?⁴²⁹

That depends upon your interest in resolving the areas of conflict. In other words, the desire to remain together must be worth the challenge of working out the differences. In truth, the relationship is much healthier than many, simply because there is a degree of honesty and some room for reality.

Dick: Was Patton a Warrior, since he thought war was the pinnacle of human achievement?

George Patton was a Second Cycle [Level] Young Warrior in Essence.

Dick: Is John Madden (Oakland Raider)⁴³⁰ a Warrior? Is Don Shula⁴³¹ (Miami Dolphins) a King in Dominance?

The man [Madden] who leads the Oakland football team is a Mid-Cycle [Fourth Level] Mature Warrior.

The man [Shula] who leads the Miami football team is a Third Cycle [Level] Young King.

The two players⁴³² mentioned are both Young Sages. Both are Young [souls], both are driven by the glamour. You would assess this more accurately if you were with them for any length of time.

The man Donald is an incorrigible ham (Shula, the coach).

Richard: What was Vince Lombardi (Green Bay Packers)?

An Intellectually Centered Mid-Cycle [Fourth Level] Mature King.

Was [Larry] Csonka of the Miami Dolphins a King? Was he ever in a [psychotherapy] group?

This is an extremely self-aware young man who feels that he knows where he stands with himself and that that is more important to him than how he stands with others. No, he is not in therapy — he does not need it. He does not doubt himself.

⁴²⁶ From Wikipedia: Agni Yoga is a spiritual teaching transmitted by the artist Nicholas Roerich and his wife Helena Roerich from 1920. The followers of Agni Yoga believe that the teaching was given to the Roerich family and their associates by Master Morya, the guru of H. P. Blavatsky, a founder of the Theosophical Society.

⁴²⁷ This would seem to indicate that ancient paths to enlightenment might not be as effective or efficient or valid as modern methods taught by an authentic and current teacher such as the Michaels (a type “C” influence), who tailored their recommendations to the actual seekers, not to generic seekers. One wonders if some of the messages to the OMG members are entirely appropriate for post-OMG members. I would say that an informed person can use ordinary life experiences (type “B”) as spiritual catalyst. I would also say that ancient spiritual paths are not completely worthless for modern seekers.

⁴²⁸ Kathryn remained with the Robert Burton group until 2003.

⁴²⁹ Alice and Dick did stay together until their deaths. Dick died in 2008 and Alice in 2010. Both died at age 85.

⁴³⁰ John Madden was the head coach for the Oakland Raiders football team from 1969 to 1978.

⁴³¹ Don Shula was the head coach for the Miami Dolphins football team from 1970 to 1995.

⁴³² Editors: The two player’s names were not shown in transcripts.

Is his Goal Dominance?

Yes.

Cheryl: I sat next to a person at a party whom I thought to be a Sage in Submission. He was probably a Young Soul level.

This young man is a Third Level Baby Sage in Submission.

Dick: Sakara reminds me of a Roman gladiator. I would like to verify if she is a Warrior, Mature Soul.

This dominant Warrior is a Seventh Level Mature Soul. She was not a gladiator but a cavalry captain during the early [Roman] empire.

Dick: Do Warriors who incarnate in females sometimes have bodily qualities of men?'

Most chose circumstances that will give strong bodies, natural inclinations such as outdoors activities and the rest. We know of no Dominant lady Warriors who are frail.

Richard: About once a week, I have a strange encounter with someone. People seek me out to confide something to me. Last week, it was a maintenance man, who told me that he was doing statistical research on cancer being caused by a vitamin deficiency. He is sincere in believing that he is doing it for mankind. I would like to know if he is a Mature Soul, and if there is any validity to what he says.

This man is a Fifth Level Mature Slave in a dominant role [Dominance Goal?]. He sees this as a service to mankind, superior to the one he is now performing simply because it rates more newsprint. The job he has is pretty much in Essence for this Moving Centered person. No, lung cancer is not caused by a specific vitamin deficiency — it is merely another form of superior suicide.

Dick: Cheryl and I attempted to type some of the people at the party of eight thousand people. It was not easy.

Soul levels are the most difficult to gauge in crowds. In fact, we would say impossible, since there is a definite crowd behavior that sweeps them along. Roles are easier, especially the Exalted Roles. The Ordinal Roles are more difficult. The Goals should have much more to say than either of the other two [Soul Age and Role] in a crowd situation since they deal with pretty overt behavioral tactics.

Dick: Ordinal Roles in Dominance are hard to tell from dominant Roles in Submission.

Most Ordinal Roles who have dominant [Exalted-Cardinal?] Goals can be backed into a corner by any Exalted Role [Sage, Priest, King] whether or not the Goal is dominant. Even dominant Warriors can be dominated by Accepting or Submitting Kings. There is something pathetic about a King in Retardation. It reminds one of a peacock who has been in a hailstorm.

31 December 1973 — Monday

Location: Oakland, California

Present: Tina, JimB⁴³³, Sarah and Richard, Alice and Dick, Sue, Mallory, Cheryl [Edgar]

We are here with you tonight.

Dick: I would like to ask about a boy named Johnny in high school. At my Hi-Y initiation, he paddled me so savagely. As I look back, I see him as a Baby Warrior. He paddled me with such hatred. I never was aware of any hatred I had for him. I would like a comment.

This John was a Second Level Baby Soul Warrior; that is correct. The hatred was real enough, based on anger and envy. This man is mostly Martial, some Saturn. The Goal is Dominance.

Dick: Another boy from high school I would like to ask about is Vincent Fiordilici. He was about the same size and strength as the other one and had great athletic ability.

Mostly Mercurial, some Venusian, a Warrior, Third Level Young Soul. This man is in Stagnation.

Cheryl: I would like to verify if the physicist I met at a recent party, Morgan, is a Baby Scholar in Submission?

Morgan is a Fifth Level Baby Soul in Rejection. This Scholar is mostly Lunar, some Solar.

Dick: Is CindyEgli (age 23) a King? She seems Lunar but has so many freckles, which is supposed to be a Martial quality.

This is a Fourth Level Young Soul. This young lady is mostly Lunar. She has a genetic predisposition for the freckles. This lady is a King in Acceptance.

(Her mother is loaded with them, too).

JimB: What am I? (The group proceeded to express what they felt.)

This young man is a Mercurial Sage, Sixth Level Young Soul, in Acceptance.

⁴³³ This is the only session that JimB attended.

Congratulations. (To those who were correct in their diagnoses of SR&G.)

Tina: What am I?

This Mature Priest is in Dominance, same as before. This lady is mostly Venusian, some Lunar; Fourth [Level].

Alice: Are Tina and Sarah in the same Entity?

Tina and Sarah are bound together with Karmic Ribbons, not with the Entity. This bond can be equally strong. As a matter of fact, it can be more tenacious.

Edgar: What is the purpose of my searching? I have had this questioning mind since I was a small child.

The seeking, Edgar, comes about without your knowledge or necessarily your consent. The seeking usually starts actively when the transition between Mature and Old Soul take place. Those who seek are afflicted with an uncontrollable restlessness that will not subside until they have searched and found a cadre.

Tina: Of what is my Entity composed?

Tina's Entity was originally composed of five hundred Sages, two hundred Kings and four hundred Priests. Tina has met up with three of her [Entity's] Fragments, one in early childhood and the other two in Europe.

Edgar: Have I met any of mine?

Not yet, but soon. You are searching. There are not too many [incarnate] Fragments left for you, Edgar.

JimB: Of what is my Entity composed?

There are three hundred Fragments of this Entity still extant on the Physical Plane.

Edgar: If I am ten thousand years old and history only goes back six thousand years, where were my previous lives?

In Babylonia, in Syria, in Atlantis; but that is more than ten thousand years ago. You were not very aware then, Edgar. You really came in touch with the occult in Sumeria.⁴³⁴

JimB: Was I ever in Greece? That is the only place in Europe that I have visited and wanted to see.

Yes, you were there during the apex of the Minoan civilization. This is why you have so many memories of the caves.

JimB: What was I doing then?

You were brought from Athens as a bull dancer in the cult of the Minotaurs.

Edgar: Were we technologically up with the Atlantis people?

Technologically, you are about equal now. Philosophically and spiritually, you are nowhere near.

JimB: Was I ever in Egypt?

Yes. You made a pilgrimage there in the early eleventh century from what is now Calcutta.

Tina: Are there any of my former lives that I can read about? I feel this has something to do with my ego.

You have had two very interesting lives, Tina. Ego gratification would be a very natural phenomenon for one on the Physical Plane upon hearing that they were a leading figure in the past. One must realize that out of all of those intervals, accomplishment of this nature must have been yours at least once, especially with the role you chose. In the eighteenth century, you were a young dilettante in France by the name of Jean Jacques Rousseau.⁴³⁵ In the fourteenth century, you were with Theresa T'Avail.⁴³⁶ You and Sarah were together then.

⁴³⁴ Sumer is the earliest known civilization in the historical region of southern Mesopotamia (south-central Iraq), emerging during the Chalcolithic and early Bronze Ages between the sixth and fifth millennium BC. It is one of the first civilizations in the world, along with ancient Egypt, Elam, the Caral-Supe civilization, the Indus Valley Civilization, the Minoan civilization, and ancient China. Living along the valleys of the Tigris and Euphrates rivers, Sumerian farmers grew an abundance of grain and other crops, the surplus from which enabled them to form urban settlements. Proto-writing dates back before 3000 BC. The earliest texts come from the cities of Uruk and Jemdet Nasr, and date to between c. 3500 and c. 3000 BC. [<https://en.wikipedia.org/wiki/Sumer> — retrieved 20 June 2022]

⁴³⁵ From Wikipedia: Jean-Jacques Rousseau (June 28, 1712 – July 2, 1778) was a Genevan philosopher, writer and composer of 18th century Romanticism. His political philosophy influenced the French Revolution as well as the overall development of modern political, sociological and educational thought. He was interred as a national hero in the Panthéon in Paris, in 1794, 16 years after his death.

⁴³⁶ This might refer to Teresa of Avila, who actually lived in the 16th Century. From Wikipedia: Saint Teresa of Ávila, also called Saint Teresa of Jesus, (March 28, 1515 – October 4, 1582) was a prominent Spanish mystic, Roman Catholic saint, Carmelite nun, writer of the Counter Reformation and theologian of contemplative life through mental prayer. She was a reformer of the Carmelite Order and is considered to be, along with John of the Cross, a founder of the Discalced Carmelites. By the way, OMG member Susan thought she was Teresa of Avila in a past lifetime.

Edgar: We are not likely to become Adepts when we are working for the hospital. The satisfaction for the yearning for knowledge is interfered with by having to work.

The thirst for pure data accumulation is almost insatiable in the older Scholar. Yes, your lifestyle is interfering with the Goal of Growth. This [Michael] teaching is not well understood in solitary.

(Edgar has done much studying alone.)

Tina: What can I do? (?)

Make substantial strides toward affecting [effecting?] The Synthesis.⁴³⁷

(Learn what it all means.)

JimB: Do I have any previous lives I could read about?

This Young Sage has also been active all over the world. In Dominance, he was the Arab leader, Saladin.⁴³⁸ (Crusades)

JimB: Was I, by any chance, ever in England?

Is Wales close enough? You were a public school master in Cardiff in the early seventeen hundreds.

Tina: What am I doing in experiencing these different Goals?

This lady is now completing the Monad she began in Syria-Palestine nearly 2,000 years ago when she was in Rejection as a hopelessly dejected soul.

Dick: Do we experience the opposites of each Goal to complete the Monad?

All of you have experienced life from a Retardation Goal. This lady has been in Growth so far five times and will be again. This is not unusual. In many frames, there is little to learn. There are resting years also.

Edgar: Is Michael aware of something I should be asking?

Yes. We are in contact with a great deal of information that will no doubt "blow your mind." Edgar, one of the obstacles for you now is your Impatience. This is one thing that Scholars have in common. The wheels of the gods do not grind fast enough.

Edgar: They tell me I'm impatient after 10,000 years???? (Said later.)

The actual visualization of The Synthesis will only come about when you have all of the physical Overleaves, and only after the teaching has progressed to the point where we are able to communicate with you directly on the high planes. The questions you wish to ask are those concerning the how-to's of this magnificent frolic, and we can only tell you that we are coming to that soon. The seminar in the spring should be a revelation.

Edgar: With the out-of-the-body experience, we can contact them directly on the Astral Plane?

Just listen to us when we talk to you. With Priests, that is easy.

Tina: I hear. What can I do with this?

Propagate the Logos. This isn't trite. We expect this teaching to reach others. We are not just hollering down the rain barrel.

JimB: Was I ever in Egypt?

In the fourth century before the Common Era and again in Alexandria at the turn of the Cycle.

JimB: What did I do?

In the fourth century before the Common Era, you were a granary owner, a purveyor of grains. In this era, you were a teacher at the museum. You taught the children that Shirley tutored when they reached ten years of age. Your name was "Nikelaus."

Did he know her? Were they married? Were they Fragments of the same Entity?

They were both males. Yes, they were Fragments of the same Entity.

Tina: What was I called?

⁴³⁷ When Tina asked the same question a little later in the session, the answer came back, "propagate the Logos," so perhaps this equates with "effecting the synthesis."

⁴³⁸ From ><http://www.historylearningsite.co.uk/Saladin.htm><: Saladin and Richard the Lionheart are two names that tend to dominate the Crusades. Both have gone down in Medieval history as great military leaders though their impact was limited to the Third Crusade. Saladin was a great Muslim leader. ... He united and lead the Muslim world and in 1187, he recaptured Jerusalem for the Muslims after defeating the King of Jerusalem at the Battle of Hattin near the Lake of Galilee. When his soldiers entered the city of Jerusalem, they were not allowed to kill civilians, rob people or damage the city. The more successful Saladin was, the more he was seen by the Muslims as being their natural leader.

We have much more of a feeling for Madelina when we deal with you, but perhaps this is because we knew you as that before.

Tina: When?

This was in what is now Venice in the seventh century.

Did they know each other?

The last Fragment of this Entity that was extant [on the Physical Plane] was a Warrior in Venice at the time. Yes, they knew each other. Madelina was a nun. We were a priest.

Edgar: How can one figure the exact soul level and information about previous lives?

Only by becoming an Adept and having access to the Akashic plane.

JimB: What is in my Entity?

This Entity was originally composed of four hundred Artisans, seven hundred Sages; five hundred and twenty Fragments to go.

Does "acceptance" mean that a person accepts everything around him or does he work to get others to accept him?

Acceptance as a Goal causes the soul involved to go through various machinations in order to find their special niche in life. This also in turn causes them to excuse the faults of others, since they themselves recognize their own imperfections. This is the proverbial "nice guy".

Tina: What is the purpose of learning all these [Overleaf] labels? I dislike labels.

It is only important if you wish to make The Synthesis. We agree, verbal communication is a poor excuse for the sum of communication. However, until one of you break through with telepathy, this will have to do. This study [of the Overleaf System] enables you to have insights to the motivation of certain activities that could conceivably be perceived by you as hostile or undesirable, and prohibit the understanding necessary for Agape to take place. It will also enable you to aid those who seek your counsel.

Edgar: What happens when I am united with my Fragments?

When you finally reunite with all the Fragments, you will no longer be subject to the allurements of the Physical Plane, and for you, Edgar, since you have been in touch with the occult for over ten thousand years, you will know this and you will experience the ecstasy.

At this point in our time, it turned midnight [on New Years Eve]. There was no kissing or screaming, but Richard asked if there was any special message for us for the New Year.

We think that the goals for the coming year would be cohesion, commitment, and commonality of ideation. We wish you well in this; it is within your grasp.

Tina: Have I been Jewish before?

Yes, you have been Jewish. This was in the second century before the Common Era, the third century of the Common Era, the fourteenth century and the early seventeenth hundreds (18th century), first in Spain, then in Germany.

03 January 1974 — Thursday

Location: Walnut Creek, California

Attendees: Gene, Sarah and Richard, Alice and Dick, Cheryl, Nina, Marina, Ellis, Byron, Phyllis, Ray.

Dick: Are there two or three Overleaves left?⁴³⁹ Are Body Types and Centers one [Overleaf]?

There are remaining three Overleaves⁴⁴⁰, the physical makeup [Body Type and Center] counting as one.⁴⁴¹

Dick: In the Goal of Growth, does one review all the other Goals? It seems I'm in and out of all of them.

The Goal of Growth causes the soul to search, sometimes restlessly, for the answers to questions of a philosophical and religious nature almost from the time the first breath is drawn. In the early Cycles, this

⁴³⁹ Dick apparently somehow knew, or at least suspected, that there were seven Overleaf categories, but to make it so (with Age, Role, and Goal already given) he knew that there were two or three others, depending on if Body Type and Center were separate or combined.

⁴⁴⁰ Over the next few months these were revealed as Attitude, Chief Feature, and Mode.

⁴⁴¹ Centers are interconnected to Body Types via the chakras and via the Triune Brain Theory. Centers are also perhaps connected to the Etheric Body, presumably the same as the other Overleaves, but this is uncertain.

sometimes causes grief and guilt, as there is often a split with family members over untenable views held by them. The “review” is a phenomenon that we believe to be universal in the Older Cycles. We see this in all of you, but far more pronounced in those in Growth. This endless searching often produces both Acceptance and Submission; then when the flash [epiphany] comes, the student in Growth often becomes temporarily Dominant in order to spread the word he has received. This is entirely natural.

Gene: [question missing]

Can you now see a correlation between the Chief Feature and the Goal? Vanity and Arrogance are both Chief Features found in Dominant souls.

Dick: I am trying to synthesize the material and have thought of people in each Role and classify them and find: I have a hatred toward dominant Warriors, an attraction to female Kings, but do not care for male Kings in Dominance. I am attracted to Sages, neutral toward Priests and Artisans, and look down on Slaves.

There is a natural affinity for the Ordinal and Exalted Roles: i.e., Sages and Artisans are generally attracted to one another, as are Priests and Slaves, Warriors and Kings. These Roles naturally complement each other and good teamwork can result. The same goes for the Goals. The gender should be negated.

Dick: I would like to ask for a comment on my hatred for dominant Warriors, and anything on The Synthesis for acceptance and fears.

This would represent a major part of Friction for you, Dick, as you see in them all those traits you endeavor to eradicate from your own life. Only by understanding that Warriors in the earlier Cycles are pretty much a victim of their Karmic Ribbons — and will be until they meet with a Teaching — then you can apply the same principle of unconditional acceptance that you must with all others in perceiving The Synthesis. This acceptance is imperative.

Alice: Have I been through all of the Goals in my past lives?

Yes. You all have.

Alice: Are these Goals chosen in any special order?

Not necessarily. It depends largely upon the Karma incurred during the physical interval. For instance, a male Dominant King can be a benign leader and incur no adverse Karma.

Alice: I would like to ask about a friend's dream for her, which she told me about today. She said it was so real and that she felt she had lived at that time. She was an emperor's wife. They had a child and people were coming to kill them. The child tried to escape and immediately disappeared. Her husband tried to tell her that it was impossible to escape. She really wanted to know about the dream since it seemed different than others and was so real in the castles, etc.

This was in part real and in part embellishment. This young lady has many experiences bottled up, screaming to be free, but there is fear of such magnitude that it holds her back. She should be encouraged to let it happen.

This dream will recur with more clarity, but she will no doubt block it.

Alice: Could she do anything to not block it?

Acknowledge that the dream experience can do her no harm. It has already happened to her.

Cheryl: I read Robert Monroe's book, *Journeys Out of the Body* and I found I have had similar experiences. They are scary. I've had those “vibrations” and could not move.

Many travelers do experience these phenomena prior to leaving (the body). If there is fear, then the trip is postponed. Astral travel is something you must desire in order for it to continue, although it is well within the grasp of you all.

Cheryl: It is like they are calling me and I'm afraid to go.

Many are [calling]. You are right in this perception.

Byron: I'd like to ask about the SR&G of my wife, Jeanne.

Jeanne is a Second Level Mature Soul, a Dominant Artisan, Moving-Centered.

Byron: My son (age 18) is an achiever, not athletic, a musician. I'd say he was a Young Soul, Priest and sensitive.

This is indeed a Mid-Cycle [Fourth Level] Young Priest in Growth. This youngster is Emotionally Centered, Mars-Jovial.

Byron: [What about] my daughter Althea (age 13)? She's a big girl, loves football and competition. She's sassy, so I'd say she was Dominant, maybe a King.

This child is a Mars-Jovial, Warrior, Moving-Centered, Second Level Young Soul. The Goal is Acceptance, not Dominance.

Byron: I would like to ask where cravings come from. My wife has it together but every once in awhile, she will eat two whole bags of potato chips then diet the next day to make up for it. What are cravings?

Cravings are solely emotional. Moving Centered individuals give in to food cravings, on the whole, less than Emotionally Centered souls but it is one way that they have to express an emotion that they are afraid of and cannot express through the normal channels. We see this more in those in Rejection Goals, who often become massively obese. Your wife would never carry it that far since she knows that that would make her unacceptable.

There was a discussion here concerning “wanting” having nothing to do with unexpressed emotions. A person has to unravel the conflict he has. A person in the Rejection Goal works toward that rejection. One of those present did not see obesity as the result of a Rejection Goal.

Obesity results from sexual conflicts, the Goal of Rejection, or cultural diet (pasta and spaghetti).

Alice: Can Intellectually Centered people be obese? Are most people who are obese, Emotionally Centered?

They could, but the [light-duty] framework [of Intellectually Centered people] usually only stretches so far and Emotionally Centered souls have more framework to work with. Yes, all joking aside, most obese souls are Emotionally Centered.⁴⁴²

Richard: I had a strong Soleal presence feeling this afternoon and would like a comment.

It is partially valid. You were not sufficiently relaxed to destroy your own bias. You were quite angry this evening. We suggest that you try to discover the source of this anger. The source [cause of an anger] can be deceptive and, of course, this teaching is moving toward the understanding of these hostile emanations.

Nina: What is my SR&G? (We ventured to say she was a Priest in Growth, Young Level.)

No. This young lady is an Artisan in Acceptance, a Jovial Lunar.

Nina: I had a dream and twenty minutes later, it came true. Could I have a comment?

This phenomenon is called precognition. Quite often, it comes in the form of a dream, since that mode is acceptable.

Nina: Did I die a violent death in my most recent past life?

Not in the one immediately prior to this one but in the sixteen hundreds [Fifteenth Century CE]. Yes, you were murdered.

Nina: Stabbed?

You were run through with a broad sword.

* * *

Discussion: We discussed paying Carolyn \$4/hour for typing ... (I wish she would come to the meetings as I am ready for her to type!)

We also discussed the potential commune property we looked at in Grant's Pass, Oregon. With the energy crisis,⁴⁴³ it was suggested that Grant's Pass was too far away for those who were not ready yet to follow the teaching there. An intermediate spot closer was suggested, such as “just out of Vacaville.” The ranch was said to be a long-term goal. It was suggested we rent nearby so that those who could retire and give evolution full time, could and those who wished to work part time, could.

We can toss out a few more suggestions that would lead to communal living. There are two other power spots within this area. Lake Tahoe is one; Big Sur is another. There are resorts and motels for sale and they are seasonal in use [to produce income for you]. There are stables available, also.

Ray: I would like to know in my present life, what Goals I've gone through.

You have lived through all seven Goals. Some more than once. Your present Goal is Dominance. You have been in Dominance all of this life. David (Hume)'s⁴⁴⁴ Goal was Growth.

Ray: What is [my wife] Billie's Goal?

Submission.

Ray: Has the Goal of Dominance not changed?

You are investigating Growth, but are reluctant to give up on the desire to Dominate.

⁴⁴² This answer might be referring to the body type system originated by Dr. William Sheldon: Mesomorphs (muscular), Endomorphs (fatty), and Ectomorphs (skin & bone). These correlate with Moving, Emotionally, and Intellectually Centered individuals respectively. Body Type and Centering are related.

⁴⁴³ There were high gasoline prices and long lines at gas stations at the time due to situations in the Middle East.

⁴⁴⁴ Previously, it was said that Ray was the philosopher David Hume in a past life.

Ray: I have a question about Karma. I have a feeling that Billie and I were together before. Is there some unresolved Karma there?

One is a reversal of Goals. Yes, you have been together before. The Goals were reversed then.

Ray: Did we?????

Yes, there is. We are not going to spell this out for you, though, for it is progressing as it should. The odyssey was part of it.

Ray: Was the trip our family took for two years living in a trailer around the US part of the Karma?

You and Billie took this trip before.

Ray: Could you comment on Karma?

The stress is a part of Karma also.

Marina: I would like to ask my Level of soul and why in my own personal life, I tend to date older men. I am 27 and the men I date are usually 10 years older than that.

We see it as a comfort factor. You do not like competitive males in Dominance. There is a safety factor in that you also know that there will be more dignity in the proceedings of the evening and less of a chance that you will be asked to do something "ridiculous." Of course, we know of some forty-year-olds who misbehave socially with much more alacrity than teenagers.

Ellis: I would like to ask the Goal of Marina's mother, Mandy (Ellis's wife) and about her previous lives. She feels she has used her hands in past lives.

This lady is an Emotionally Centered Mercury-Venusian, Artisan in Acceptance. She has been a gardener before, then in Faye for a very famous man Lorenzo de' Medici (Michaelangelo's patron).⁴⁴⁵

Phyllis: I would like to ask about [husband] Wynn, but my mother's recent illness interferes, so I'd like to ask about her first. She is in the hospital with dizziness and pains in her stomach; she is nauseated. She has never been sick before (73 yrs). I don't know whether to fly East tomorrow. I had intended going East in a week and now feel I perhaps should go tomorrow.

We do not see her as gravely ill. Your presence could conceivably calm her. She is also upset since she does not experience this often. Phyllis does not need any additional comment on this. It would only serve to increase the agitation.

Phyllis: What is Wynn's Role and Goal? Fifth Level, Mature or Young? There was a phenomenon [on] New Year's Eve at the party; he came away with a positive reaction where he did not criticize my friends across the board. I don't want to press it beyond my expectations, but this is the first time he put himself out and made an effort and said what a nice time he had. Was it something I did subliminally by suggesting to him that the New Year would have to be different for us and move in a new direction?

This man is, of course, a Sage. Yes, the Goal chosen was Rejection, but he no longer likes this and is beginning to search for ways out of this. The people he encountered the other evening had nothing to gain from him by acting unreal.

(Because of his position in life, others seek him out to gain fellowships, etc. Sages do have a certain charm and charisma.)

He perceived a depth of realness lacking in veneer. He does not know exactly what it was that he perceived, but he felt comfortable within the framework and would like that feeling to persevere.

Phyllis: He perceived that none of us were 'after him' or threatening him. I suppose it is difficult to relate to someone of public fame.⁴⁴⁶

Sarah: I would like to ask about Carlton as a father figure for me. He's a Saturn-Mars. Scholar or Artisan in Acceptance, or Priest, early Old Soul?

Carlton is a Seventh Level Mature Priest in Acceptance.

There's a calmness there, like pouring oil over troubled waters.⁴⁴⁷

Gene: Things are happening so rapidly. Many changes are occurring. I made a New Year's resolution and kept it one day: that was to get up at 2:00 AM and meditate. Are there any suggestions for improving the meditation?

Interrupting needed sleep to meditate is not evolutionary; it would not work. Early morning would be more effective. You are moving rapidly, Gene. This will even accelerate more in the coming two weeks. Be prepared

⁴⁴⁵ From Wikipedia: Lorenzo de' Medici (January 1, 1449 – April 9, 1492) was an Italian statesman and de facto ruler of the Florentine Republic during the Italian Renaissance. Known as Lorenzo the Magnificent (Lorenzo il Magnifico) by contemporary Florentines, he was a diplomat, politician and patron of scholars, artists and poets. His life coincided with the high point of the early Italian Renaissance; his death marked the end of the Golden Age of Faye. The fragile peace he helped maintain between the various Italian states collapsed with his death. Lorenzo de' Medici is buried in the Medici Chapel in Faye.

⁴⁴⁶ Phyllis's husband, Wynn, was a professor and an expert in his field — writing, speaking and traveling widely.

⁴⁴⁷ This phrase is ancient: >https://wordhistories.net/2017/10/06/oil-on-troubled-waters/<.

for some radical changes within. You are now able to handle some fairly wide leaps. Quiet activity (after meditation, is suggested). If you are going to pursue the broken sleep pattern, you must do it with exercise.

Gene: Is EST⁴⁴⁸ to precipitate these radical changes within me?

That will probably be pretty catalytic.

Gene: I would like to ask more questions on the books about the Masters of the Far East, by Thomas Spaulding, whom I've asked about before. I've read 4 of the 5 volumes now. There is good teaching information there. He said he was talking in person to Jesus and Mohammed and other Old Souls. He went to Asia, Tibet, in the early 1900s or late 1800s, where he was taught to teleport. I would like a comment and also to ask if he really was talking to Jesus and Mohammed as he implied.

The High Mental body [Infinite Soul] spends time with all Adepts. Some see the Infinite Soul in several transcendental forms. This is usually because the perceptions of physically tied Adepts are not keen enough to perceive that much of the Synthesis. They, like some of you, see the reintegration as loss of self and bemoan this. He saw his own perception of the fragmentation of the Infinite Soul.

Gene: I would like to ask about Denise and her recent receiving of the "Holy Spirit," which she received unsolicited and unexpected at the Charismatic Catholic Renewal. I had worked with her on our ideas and since going to the Holy Spirit meetings, [she] has gone for that. How does this fit?

It fits in with her belief system. It still remains to be seen whether she can transform it into a conflict-resolving mechanism.

Gene: She was frustrated because she felt she put aside her artistic talent, which she felt she had as something specific and unique to contribute to humanity and now she is "just a housewife being a glorified taxi driver." There is resentment connected with her frustration over her creativity.

Sarah: Does anyone else have the feeling that Byron was a Middle Eastern leader?

That is valid. He is part of Ray's Entity.

Ray: How many Fragments united within him?

This man [Byron] was a Seleucid king,⁴⁴⁹ Sidonian⁴⁵⁰ pretender and an Ethiopian chieftain.

Ray: How many Fragments does he have united in him?

One hundred.

Dick: In reading Robert Monroe's book, out of the body book [Journeys Out of the Body], his trips were nothing at all like a synthesis. He saw sub-human, fish-like creatures ... nothing like Michael describes. I'd like a comment on that, and also one on what Monroe describes as "sex after death" — that he describes as male and female "zapping" together, not with organs but something else.

Astral matter is extremely flexible; malleable is a better term. You can do with it as you like. As for the ecstatic feelings, that is the goal toward which we work. He would have to call it "sexual" since this is the only explanation available to him.

Richard: Have you ever meditated on Astral material?

There are many troubled souls on the low Astral Plane and contact with them is often disturbing, even to the Adepts who travel there. For instance, most Baby Souls continue to think of themselves as "dead" until they take another body and the Astral form they adopt is often gruesome. Some Old Souls play out a particularly remembered life over and over, complete with costumes and often startle travelers not prepared for medieval splendor.

Dick: Can Michael help us in the Monroe out-of-body experience so that we won't have contact with the peculiar fish-like creatures or whatever?

Yes. [We] can help, but only if your sense of preordained failure can somehow be dissipated.

Dick: Was Fred a Slave or an Artisan in Acceptance?

An Artisan.

⁴⁴⁸ Erhard Seminars Training (EST) lead by Werner Erhard were very popular in the Bay Area at the time.]

⁴⁴⁹ The Seleucid Empire formed in Mesopotamia after the death of Alexander the Great. From Wikipedia: Seleucus established himself in Babylon in 312 BC, used as the foundation date for the Seleucid Empire. He ruled over Babylon and the entire eastern part of Alexander's empire.

⁴⁵⁰ From Wikipedia: Sidon, in Lebanon, has been inhabited since very early in prehistory. The archaeological site of Sidon II shows a lithic assemblage dating to the Acheulean, whilst finds at Sidon III include a Heavy Neolithic assemblage suggested to date just prior to the invention of pottery. It was one of the most important Phoenician cities and may have been the oldest. In the years before Jesus, Sidon had many conquerors: Assyrians, Babylonians, Egyptians, Greeks and finally Romans.

Dick: Is David⁴⁵¹ a Slave in Acceptance?

Yes.

Dick: [What is] Anderson?

Slave in Stagnation.

Dick: [Is] Larisa, a King in Dominance?

No. A Warrior in Dominance, Intellectually Centered, Young Soul.

Dick: John S, was he a Lunar, Sage, Intellectually Centered homosexual, Young in Acceptance?

Valid.

Dick: Is Duggan (the boy who rammed into Edgar's car parked outside our home) Solar-Lunar, Warrior in Dominance?

He is a Fifth Level Baby Soul. All else valid.

Dick: What is there to account for the belligerent streak in myself that manifests upon occasion?

This is not an unusual phenomenon for someone in Growth. You are very impatient about your spirituality and the only time you are belligerent is when someone interrupts your connection or plugs the mundane into the arcane.

Phyllis: Is Erika, (a Mormon), a Baby Soul or Mature Priest or Warrior in Dominance?

This very charming and persuasive Fourth Level Baby Soul is a Dominant Priest in Essence.

Cheryl: I have a feeling that Tina may have been my mother. Is this valid?

Not your mother, but a much older sister.

Cheryl: Are there Karmic Ribbons there?

No adverse. The relationship was good.

Ray: In reading the notes [of the group], I am confused and would like some clarification on Dominant and Submissive Goals.

The Goal of Dominance suggests that the soul involved will tend to try to dominate all life situations. It is much deeper than this, however, and results in frustration if the opportunity does not present itself in the earlier Cycles. This results in wars and other controversies of a serious nature.

The Goals are intimately linked with the Roles, so that a Dominant King needs subjects to rule; the Dominant Sage requires an audience; the Dominant Scholar, a group of students; the Dominant Slave, a willing master. Some of the most flagrant sadomasochistic relationships are engineered by Dominant Mature Slaves.

The Goal of Submission suggests that the soul involved will perform many tasks where no inner desire exists, regardless of how distasteful they may be to the soul. As he sees it, his role in life [is] to submit to the powerful forces pinning him to these circumstances. Forbearance is one of the hallmarks of this Goal. Many will bear their burdens in virtual silence simply because they feel that it is beyond them to change their lot or that the losses they might suffer for their emancipation would not be worth the gain in independence.

Sarah: Is my friend Gaius around? Do I know him?

Yes. Yes.

Sarah: Is Gaius a guy among us?

No.

Sarah: He must be a girl then.

Yes.

10 January 1974 — Thursday

(Prelude to evening meeting. Attendees: Dick and Cheryl, Sarah)

Are there any comments about the group becoming more organized?

We agree that there is a real need now for unification. This type of arrangement always moves slowly, then suddenly takes a forward leap, moving rapidly. You need to recruit some of your more dynamic members to work on this. They are better able to sell the group — and we do not mean to new students [new to the spiritual path], we mean to old students. There are many. There are many who are using the group for needed contacts.

⁴⁵¹ David and his wife Betty were active in Robert's group.

Are we starting a church?

We would agree with that.

Who are the dynamic members?

Ellis certainly presents himself as rather dynamic; Raymond, also.

Should we telephone people to tell them about the meetings?

It is valid as long as there are no stipulations placed upon the participation at this point or any promises made that cannot be kept.

Are ideas enough?

Association with those who are living their ideas is more valuable. You are absolutely right. Many in the group are isolated.

Does what we're doing parallel the Eleusinian⁴⁵² way of doing things?

This can happen only with a high priest who can do the ritual work. This should be an Adept really, but some successful priests were simply Old Priests in Dominance. Rituals solidify groups in many instances.

Was Christ influenced by the Eleusinian mystery religion?

Not particularly, but [he] was heavily influenced by Socrates and Epicurus, as well as the Alexandrian brotherhood,⁴⁵³ which really was a counterpart to the Eleusinian School.

How does Bacchus, the god of wine, fit into Eleusinian mysteries?

It has been said by us before that rituals unify and bring together many who otherwise would not be able to participate. The same goes for festivals. They provide an excellent opportunity to play the fool in a controlled, safe environment, which is necessary for all souls in Ordinal Goals and Roles. Sages and Priests normally need no special invitations to be hams, but the same is not true for many Artisans and Warriors. Many Artisans are essentially nonverbal, except for those few who are like you, Dick, Intellectually Centered. Warriors fear the loss of respect that accompanies the loss of dignity. Timid souls often blossom during festivals. This was known in the ancient times, more so than today. The Bacchanalian cults arose from the celebration of the harvest and were sponsored at first by Attic⁴⁵⁴ vintners. This was so much fun that the cults spread and took on additional significance. There is nothing dull about spiritual growth. The need is to become more joyous and expansive, not more somber and introverted.

Is [Dr.] Dick Lewis⁴⁵⁵ a Warrior or a King?

There is a certain aura of noble tranquility present in Kings that is notably lacking in Warriors. The King commands respect by his presence alone, the Warrior often by force of personality. Warriors are generally much more loud; Kings normally speak softly.

This man has a regal bearing, but it is his dynamic personality that attracts.⁴⁵⁶ The followers of Kings are loyal to a great degree and it does not depend usually on their agreement with the cause. Many who followed Alexander [the Great] to battle did not agree with him, but would have followed him into exile just as willingly. Warriors can only lead as long as their cause is a popular one.

Is Donnie Hale (Hannah's nephew) a Baby Lunar, Priest in Acceptance?

Lunar-Venusian. All else is valid.

Phil Clinton?

This is a Third Level Baby Slave in Rejection. He is a fairly rare combination of Jovial and Mercurial influence.

Would it not be a good idea to have a different name than "Slave" for this Role?

Do you approve of "Servers"?

Is Marcia Wiggonton a Slave in Acceptance? Venusian?

⁴⁵² From Wikipedia: The Eleusinian Mysteries were initiation ceremonies held every year for the cult of Demeter and Persephone based at Eleusis in ancient Greece. Of all the mysteries celebrated in ancient times, these were held to be the ones of greatest importance.

⁴⁵³ The Alexandrian brotherhood were those versed in both traditional Judaism and the Pagan mysteries. From the book *Suns of God* (page 537): the Alexandrian brotherhood became known as the Therapeuts, who in turn created Christianity using the Greek scriptures, which had been translated by their predecessors.

⁴⁵⁴ From "Attica," the district in Greece in which Athens was the principal city.

⁴⁵⁵ Dick Lewis and his wife Nancy, early members of Robert Burton's group, were recruited by Yorgos to join his group.

⁴⁵⁶ Dick Lewis was an Old Soul Warrior in Dominance.

Sixth Level Mature Soul without trouble. This can be a mellow Level. That is valid.

Charlie? (Marcia's alleged hetero-sexual boyfriend.)

Infant Priest in Submission. A Mercury-Saturn.

[Dr.] Wortsman's Goal?

Rejection.

[Dr.] Harvey Cain's Goal?

Growth.

Gerry Schwartz – is he a Sage or an Artisan?

Sages are far more exuberant [than Artisans], even those in Rejection. Sages in Ordinal Goals sometimes are obnoxious. This produces many martyrs, needlessly, particularly with Sages in Submission. This man is in Acceptance; that is valid.

His wife, Niki, is she a Saturnine Priest in Acceptance?

Fifth Level Young Soul. The rest is correct.

Is Donovan's⁴⁵⁷ Goal, Growth?

Yes.

Terry and Dr. Isaac's friends whom I met at their home. Is she a King and he a Baby Warrior?

This lady is a First Level Old King in Growth. The man is a Seventh Level Baby Warrior in Submission, an unhappy combination.

Is Jaquie a Saturn-Mars King in Acceptance, Young?

That is valid.

Is Ramsey a Venusian-Mercurial Artisan in Acceptance?

Valid. Also, a Young Soul.

What is Dr. Hal?

Saturn, Moving Centered Sage in Dominance is valid.

[What is Gerry W?]

Gerry W is a Second Level Mature Warrior in Stagnation. A Mars-Jupiter.

His wife, Charlotte, is she a Young Mercury Sage in Acceptance?

Mercury-Saturn, Third Level Young Sage, in Acceptance. This is the only reason she can tolerate her sister (a Mature Level King).

Could we have a comment on giving information to 'occasional' people, such as Norma,⁴⁵⁸ who seem interested, but not enough to come more than infrequently.

This is not Wrong Work as long as much energy is not expended.

Is Kathylyne a Mercurial Warrior in Dominance, Young and Moving Centered?

This is a Fifth Level Baby Warrior in Dominance. Mercurial influence. Moving Centered.

(End of evening prelude.)

* * *

10 January 1974 — Thursday

Attendees: Edgar, Eugene, Sarah and Richard, Alice and Dick, Byron, JimB (first time), Marina, Billie and Ray, Joan (first time).

Alice: I would like to ask for my friend, Sandi, if the attraction she has for her present boy friend is one of Body Type or from past experiences in another life?

The attraction is Karmic. We would prefer that the Ribbons tie by themselves.

(Instead of telling me, Alice, what the Karmic attraction there is.)

⁴⁵⁷ Donovan was a very early member of Robert's group and helped to build the organization in the beginning.

⁴⁵⁸ Dr. Reggie and wife Nancy, early members of Robert's group, were recruited to the OMG by Yorgos.

Alice: I asked once before if we were ever together in past lives and the answer was "No." Could I ask again as Sarah has had a dream about Sandi and she has never met her in this life, and feels there is something there?

Yes, she has been with you and Sarah. If it was transmitted otherwise, this was much in error.

Alice: Can Michael tell us more about where we were together?

Both in Rome and in twelfth century England.

Can we pull the group together by having more social life?

We are gratified that our message took root this rapidly. Seems that most groups purported to be on the path have much somberness in common. Perhaps this is why the rate of failure is so alarmingly high.

Comment: It seems that Robert has lost more than he has who have stayed with him. There's no talking, you aren't supposed to show emotions and you have to be so careful ...

This teaching should eventually free you from the yoke of collective guilt, then the sober affect will be even more inappropriate. Learn joy now and it will not be such a shock then.

Could you enlarge on that comment?

The culture places the load of guilt right out in front of the child where it must either trip over it or stop short of all understanding. The child eventually shoulders part of this, either willingly or not, and carries it through life, unless it happens to meet with a teaching that shows it that there is no guilt. This culture is guilty, vaguely [and] overtly, about all things that seem light and airy. The emphasis is on work, and then possibly you may go on to another better place where you won't have to work so hard. And, of course, you students realize that this is nonsense. In fact, the load of toil holds you back rather than enhancing your work towards spiritual growth. Several of you have verified this for yourselves.

The emphasis on other-worldliness has become mired in false concepts. We would point out to you the attitudes of the ancient Greek civilization centered in Athens toward sexuality, for instance. Sex was just not a "heavy" subject to them. Consequently, they enjoyed it a whole lot more. They did not analyze. We point out to you that Sophocles⁴⁵⁹ lived during a later period than we are now discussing. By that time, the endless analyses had begun. For instance, in ancient Athens, women and men only felt "cheated upon" if the partner dallied with someone they could not love also; then they felt outraged. It was considered a complement if your husband or wife really loved your best friend in this way.

Edgar: Christ and the Jewish people stopped the Bacchanals⁴⁶⁰ and they had much gluttony.

We would like you to ponder upon that for a while and compare it to the prevalent attitudes today.

What is the SR&G of JimB?

This Saturnine Priest is in Acceptance and is a Sixth Level Mature Soul, Intellectually Centered.

In the new Overleaf of Goals, I hear them as judgmental in that there are three "exalted" Goals and three "subordinate" Goals, and a "neutral" Goal.

This [Monadal Attribute pattern] is true of all of the Overleaves. It [different Goals in different lifetimes] normally gives all souls the opportunity to experience all of life in the Roles, which are stationary [don't change from lifetime to lifetime]. It [Ordinality/Cardinality in Goal] does not have quite the same impact as in the other Overleaves; it simply means that the souls in Ordinal Roles tend to be the doers rather than the sitters and thinkers.

Billie: I feel I'm going from Submissiveness towards Dominance.

Going toward Growth, as we see it.

In Rome, Sarah belonged to Kathryn. Sarah was in Dominance, Kathryn in Submission. It was a beautiful relationship that endured beyond the grave.

Edgar: I see Karma as a vicious circle. If one kills someone in another life, then he has to be killed or persecuted in another life. If I don't pay in the next life, I pay by being killed. How can you stop it?

Once the debt is paid, the circle stops.

If you could be like Christ and turn the other cheek, would that stop the Karma?

That is valid. It is acknowledgment of the Ribbon without the hostile action.

⁴⁵⁹ From Wikipedia: Sophocles (476/7 - 406/5 BC) is one of three ancient Greek tragedians whose plays have survived.

⁴⁶⁰ From Wikipedia: The bacchanalia were wild and mystic festivals of the Greco-Roman god Bacchus (or Dionysus), the wine god. The term has since come to describe any form of drunken revelry.

Richard: You can stop the Karmic Ribbon by forgiving the person for what he's done.

Edgar: I would like Michael's assessment of the SR&G of two people at work. Is one a Venusian Warrior, Young Soul in Acceptance?

You already have in your employ a Fourth Level Young Warrior in Acceptance, a Venusian-Mercurial. You are considering a Mid-Cycle Mature Priest, in Rejection.

Joan: I would like to ask my SR&G.

This lady is an Intellectually Centered Priest in Acceptance, a Seventh Level Mature Soul almost solely under the influence of Saturn.

Joan: How about my husband, Jim?

This man is a Moving Centered Scholar, a tall Mercurial, some Saturn, but not much. He is a Third Level Mature Soul in Growth.

Joan: Have I been with him before? Or anyone in the group here?

Jim has been with you before. With Richard in Germany. With Alice and Sarah in France and with the group in Rome.

Joan: What did I do?

You were a Priest of Mars during the rein of Augustus and Tiberius (36 BC – 37 AD).

Ray: Was I there then?

Epictetus⁴⁶¹ was slightly later than that. You were a suicide in Rome, and reincarnated earlier than otherwise.

Byron: Why is it that when Michael tells us we lived before, it was always in Western Europe? Half the population of the world is in China or Russia. How can this be that our background is predominantly European?

You have all been Black and all have been Oriental.

The reason we emphasize Rome now is because of the parallel time frame and the reasons you are now coming together again to hear a teaching you all heard before.

One of you lived in the time of the manifestation of Lao Tsu; that was Gene.

Richard: I'm the only brick mason I know of who knew his hod carrier.

Byron: From reading the last notes, I see only three reasons for obesity. I can eliminate the cultural diet and I'm not in Rejection, so it must be a sexual conflict?

You are a victim of your cultural dietary extravagance. We see some sex conflict but not enough to put on the pounds.

Richard: I would like to ask about an eleven-year-old girl who is dying of cancer. Is there anything that we can do? What is the reason for her going through this? She is to have her leg amputated on her birthday and her mother is not going to tell her that that is going to happen.

First of all, there is never anything that you can "do" to alter the Karma of others. This is unalterable regardless of the Acceptance role [his Acceptance Goal].

This lady is a Mid-Cycle [Fourth Level] Mature Soul in Rejection. The child suicided at twelve years and eight months before she would have naturally died in her immediate past life. The lady Verlien [her mother] is experiencing extensive denial not to protect the child, particularly more to insulate herself.

Richard: What is the soul level of the child?

The child is a Fourth Level Young Scholar.

Jim: What is JudyB?

This is a Second Level Mature Priest in Growth. Mostly Jovial, some Lunar.

Jim: Could you comment on the Greed Feature I see there — in the [Robert Burton] group?

There is a definite element of this permeating that group. The acquisitiveness does not emanate solely from the man Robert. It emanates much from the Young, Dominant Priests he chooses to surround himself with [Myron and Donovan]. They are merely fattening the royal treasury.

Jim: I see Robert as a 'rip-off.'

We do not think so. The "rip-off" is allowed by the willing subjects.

Is Myron a Priest?

Yes.

⁴⁶¹ Epictetus, a past life of Ray, was a Greek Stoic philosopher who lived AD 55 – AD 135.

Question: We asked about the new seminary student who is living with the Chambers' for three weeks.⁴⁶²

This is a Sixth Level Mature Sage, almost solely Mercurial, in Growth. He is part of Ray's Entity.

Ray: How many Fragments does he have?

The same number you have.

Eugene: How many Fragments are there in Sue's and my Entity?

In that Entity, there were eight hundred Warriors, one hundred fifty Sages and two hundred Kings accumulating.

Eugene: How many Sage Fragments are unified?

Forty-six.

Marina: I'm working with handicapped children. My question is: should I continue my education in that field to pick up specific things?

Definitely. This is in Essence for you.

Marina: Why is it in Essence?

Because of your Role and Goal.

Marina: What are they?

You are a Mature Priest in Submission.

Ray: I would like to thank Michael for referring Mrs. M to me [Ray is a Podiatrist]. She came to me complaining of kidney trouble saying that she was "sent." I asked her who "sent" her and she said I should know, so I didn't pursue it further and I assume Michael sent her. Is the treatment I'm using right for her?

The approach is a good one. You are welcome.

Ray: She's a jovial, obese, lovable 72 year old lady. What is her SR&G?

This lady is a Second Level Old Warrior in Growth. Mostly Jovial, Emotionally Centered. She would be a good student.

The reason: there is nothing wrong with her kidney, but she does feel better because we sensed that you could make her feel better.

(She felt better after Ray's treatment of her feet when she had a kidney complaint.)

She has successfully dealt with her crises, yes. She does feel somewhat isolated and she likes younger people.

Billie: How many lives have Ray and I been thrown together?

In this particular Monad, this is the final inning. The stress is the major part of Karma. This is not to say that your paths will not cross again.

Ray: Is this part of growth?

You are dealing with this admirably. Both of you.

Billie: I have a feeling that LeeC (the seminary student), Sarah and I were together.

Karmic ties in both instances. Alice and Sarah both have been known to you before. LeeC was once your son.

Billie: Was he the son who was an artist?

He was the son of the rabbi. You were with Sarah in the twelfth century; Alice, also.

Billie: Where?

In England and then in Palestine.

Billie: Periodically, I have a strange, cold feeling in the center of my forehead. It is as if someone is blowing cold air on that spot. It is not frightening, and I have felt it with my hands and it is not cold. Is this something from past lives or something psychic or what?

It is your invitation to leave the body.

Edgar: Will I be able to do that?

You are capable.

Joan: Was I a weaver with Richard in Germany?

Richard was a sculptor. You were his parish priest. A Lutheran.

Joan: [Question not given]

⁴⁶² The Chambers home was built on the side of a slope. There was an apartment in the lowest (of three) levels under one side of the home where a wide variety of people stayed over the years.

Yes, but very early in history during the peak of the Minoan civilization.⁴⁶³

Billie: What were Alice and I doing in England, drinking tea or what?

You were preparing to take part in the final Crusade.⁴⁶⁴

Billie: What was our relationship? Were we married, brothers or sisters or what?

Comrades in arms.

Ray: Could Michael suggest a book that would be right for me to read now?

The book that would help the most at this moment would be *The Faith of Epicurus*.⁴⁶⁵

Ray: Who is the author?

The author is not important. It is the instrument [that is] worthwhile — the author was an instrument.

Billie might start reading Kurt Vonnegut.⁴⁶⁶

Billie: Are any of my Entity Fragments within the group yet?

Not yet for Billie and Joan, but soon.

Byron: I am an insomniac and I go through my daily troubles trying to figure out why I can't go to sleep. Is there any comment?

The next time you have a problem with sleeplessness, try getting up and doing some purposeful activity. Don't just lie there and stew. You do not need to sleep every night.

Richard: I would like to ask about 3 temple scenes that came to me in meditation recently.

One was the Great Mosque, Medina. One was a Buddhist monastery in Laos still extant. The other a temple in Alexandria.

Richard: Why?

The mosque was something that Sarah was remembering. The others were Fragments of your own past.

Marina: Will they ever be able to cure people with nerve-loss hearing problem?

This is within the grasp of your medicine.

Alice: Surgically?

Yes.

Billie: My children would like to ask of Michael what they can do that will be in Essence for them?

We cannot tell them what they will do because they have not made the decision yet and it is important that they make it.

The Scholar [Jondalar, Mature Scholar] should teach.

Billie: What is in Essence for the other one? [Jason, Mature Warrior]

In administration, perhaps the law enforcement field from the probation standpoint.

17 January 1974 — Thursday

Location: Vacaville, California

Present: Billie and Ray, Jannelle and Byron, Sarah, Sue, TomM (first time, brother of Sue), Carolyn, Marina, Ellis, Betty. Also present for a while were Jondalar and Jason [sons of Billie and Ray].

There was a discussion of out-of-body meetings, one scheduled for February 28, 1974, at the First Unitarian Church, Franklin & Geary Streets, San Francisco, by Robert Monroe. Another is March 8-9-10, by Robert Monroe, sponsored by Esalen. We had a discussion about polarity and healing, with a weekend meeting planned for February 15 and 16, 1974, at Davis [California].

Ellis was the chairman of the evening.

⁴⁶³ From Wikipedia: The Minoan civilization was a bronze-aged civilization on the island of Crete and came to dominate the shores and islands of the Aegean Sea. The civilization flourished as a maritime power from approximately the 27th century to the 15th century BC.]

⁴⁶⁴ From Wikipedia: The main series of Crusades, primarily against Muslims in the Levant, occurred between 1095 and 1291.

⁴⁶⁵ From Wikipedia: Benjamin Farrington (1891 – 1974) was an Irish scholar and professor of the Classics. He was author of many books, including *The Faith of Epicurus*, published in 1967.

⁴⁶⁶ From Wikipedia: Kurt Vonnegut (1922 – 2007) was an American writer of the 20th century. He wrote such works as *Cat's Cradle* (1963), *Slaughterhouse-Five* (1969) and *Breakfast of Champions* (1973), blending satire, gallows humor and science fiction.

Ray: Does Michael have anything special to say to us tonight before we start asking questions? Is he here with us?

We are here with you tonight.

We wonder if you have all verified to your satisfaction the information concerning your Soul Level, Role and Goal?

A general discussion about these three subjects was held for about fifteen minutes.

Carolyn: Could I ask what my Goal is?

We would prefer that you think about that a moment and attempt to assign yourself.

Various opinions were given, by group members, that Carolyn was Dominance, moving into Acceptance, etc.

The lady originally chose Stagnation as a Goal; does not like this now — is moving toward Growth.

Billie: I would like to know my Body Type.

This lady is mostly under the influence of Venus, some Mercurial.

Billie: What is my soul level and Goal?

You are a First Level Old Soul. Your Goal [is] Acceptance.

Betty: What is my Body Type?

This lady is mostly Venusian, some Lunar.

Betty: What is my Role? (The group tried to guess Betty's type before asking Michael.)

This lady is a Priest.

Jondalar: What is my Body Type and Goal?

This little boy is a Mercury Saturn in Acceptance.

Jondalar: What is my Center? (The group placed him as Emotional.)

That is valid.

Jason: What is my Center, Body Type and Goal? (The group placed him in Moving Center).

This Moving Centered Warrior is in Submission. He is mostly Mercurial, some Saturn.

Discussion here, as Billie felt he wasn't submissive. She asked if he was changing, because he seemed to be changing to her.

This choice will not be made until much later in life. With the exposure he has had to alternatives, he will most likely alter this.

Jason and Ray: We would like to know more about the haunted house (in Vacaville). Is the spirit Emilia?

No. Usually these "hauntings" occur near the site of death. In this case, an auto accident.

Ray: Have the spirits present in the house caused the bad luck that everyone who lives in the house has had?

This is coincidence. There have been many cases, however, where souls have literally scared themselves to death with demons of their own creation.

Ray: Since today is my birthday, does Michael have any special advice or messages?

Felicitations!

Ray: Thanks — anything else?

We feel that you have made some strides in the past year, but the capacity is there for a leap.

TomM: Could I ask what my Body Type, soul level, Role, Goal and Centering are?

This is an Intellectually Centered Venusian Sage in Acceptance, a First Level Old Soul.

Discussion here about Body Types, Roles, Goals, etc. TomM made the statement that he knew exactly where he was going and didn't need to ask Michael.

Notice that sounded very much like an Old Sage.

Carolyn: I would like to ask Michael if I have an ectopic pregnancy.

We cannot answer that question. There is no pregnancy that we are aware of. No soul has chosen this body, but this does not mean that it is not true, as abortions are normally soulless and concerning the Karma of the mother only.

TomM: Could I ask about former lives?

In the immediate past, you were an English teacher in the Oxford University in England, at the beginning of the nineteenth century. At one time, you were chamberlain to the sultan in Moorish Spain. This is as close as you

came to fame, but it is pretty close. You have been mostly a teacher; three times in the Middle East, in Egypt, in Syria and in Saudi Arabia; four times on the European continent. You have also been an actor and a playwright.

(We all noticed that Michael misspelled that.)

Ellis: I would like to ask about the meaning of "synthesis". Byron has a theory about it, and I have the theory that it means putting the knowledge into effect for [spiritual] growth.

Both are valid. You cannot begin to put this [Synthesis] into practice until you fully understand it. The synthesis will allow you to see the entire systems of ideas as one unified idea — the continuous creative force.

Understanding why those around you are like they are [via the Overleaf System] will open you up to Agape and true acceptance. This will allow you to put personal agendas aside and pursue the path toward communion with the high teachers.

We took a break at this point and let Sarah rest.

Carolyn: Why have I had this high feeling lately?

What does this tell you about your Goal? You made a decision to grow.

Sue: Why am I in it? Why are we [telepathically] communicating so much between the two of us (Carolyn and Sue)?

Sue's tremendous psychic energy is having its effect on you.

Carolyn: Does my psychic energy influence it?

That is valid, but she [Sue] is a vortex of energy. This accounts for the high level of psychic or extra-verbal communication. You too have a fairly high level of psychic energy. To activate this, you need the permission of the receiver. Carolyn also needs the assurance that her receiver is willing.

Carolyn: I would like to ask if Vacaville is a high or low power source.

Vacaville is a neutral power source. There are powerful people in the little city who generate stupendous amounts of psychic energy, sporadically. The city of Walnut Creek is also a neutral ground. The city of Oakland is very positive.

Ray: I would like to know about the change from Dominance to Growth. The meditation and growing ...

We feel also that the movement in this direction is quite rapid. The desire certainly is there. This is more than half the battle. Sages in Dominance have a hard row to hoe.

Marina: What have been her Goals in the past [lives]?

This lady has made a magnificent struggle, bringing herself from Rejection to Acceptance.

Marina: Why does my father [Ellis] interrupt people so much?

Ray: Oh, that's his Dominance.

That is valid.

Byron: Would like to know the Roles and Goals of people in his family, so he would know how to handle the relationships: mother, father, mother-in-law, father-in-law. He gave his impressions: (His mother as Mature Warrior in Dominance, father-in-law as Mature Warrior in Dominance, mother-in-law as a Young Slave in Rejection, and his father as an Old Artisan in Acceptance.)

Byron's mother is a Sixth Level Young Warrior in Dominance. Byron's father is a Fourth Level Old Artisan in Submission. Jannelle's father is a Seventh Level Mature Warrior in Dominance. Jannelle's mother is a Second Level Young Priest in Submission.

Billie: Could I ask a silent question?

If we are interpreting this correctly, this is destructive thought, but it can become positive. We are picking up strong patterns of negativity with valiant inner efforts to put a damper on this.

Don't make a hasty decision that you will surely regret, and you know from the past that this is a possibility. You are censoring your thoughts, Billie. There are many decisions made quietly in the inner recesses of the mind without the active consent of the organism.

The answer to your question is positive.

Billie: I would like to ask about my boss.

This is a Moving Centered Artisan, a Mid-Cycle Mature Soul in Submission. Incidentally, this man is miserable.

Sue: I'd like to ask the Soul Level and Role of my mother, and include my father too.

This man [her father] was a Mid-Cycle Mature Soul in Rejection, a Scholar.

She [her mother] is a Seventh Level Baby Priest, in Submission.

Sue: Is my mother's illness psychosomatic or physical?

It is organic.

Billie: I am concerned about my mother's reaction to the news that Ray and I have split. I know my father is going to have to handle her, so I am worried about their reactions.

Their reaction will be much of what you already suspect. Your task is to realize that this is truly your fantasy when you take responsibility for their reaction. You must realize that you can do nothing to stop it, except to capitulate again, and aren't you tired of that?

Billie: Yes. Could I ask my mother's Soul Level and Role, and my father's?

The lady [Billie's mother] is a Sixth Level Young Soul, Emotionally Centered, Mercurial Slave in Acceptance.

He [Billie's father] is a Second Level Old Priest in Submission, Moving Centered Lunar.

Billie: I don't understand my mother's Goal.

The downtrodden attitude she sometimes exhibits is related to Role [Slave] and not her Goal [Acceptance]. Young Slaves represent the epitome of that Role.

Ray: Any comments, suggestions or offerings about what I am planning to do Saturday? (He didn't tell us what it was.)

No specific comment other than the experience will be good for you.

Betty: There is a person I feel a strong attraction to, a magnetism. Why? Will anything come of it?

We are aware of this attraction. It is Karmic and what will come of it is that you will play out the Ribbons.

Betty: Is the other person aware of it?

Yes.

Carolyn: Anything about my weekend plans?

We find no fault with the idea, as long as you are certain that in the event you are pregnant, you will not carry it to term. Tahoe is O.K.

TomM: Any suggestions about occupation or dispensation?

We agree that you are embarking upon a new phase. As far as occupation, you did well in the theater in the past. Why not investigate the peripheral theater arts?

Byron: Does Michael have any closing comments?

Our only comment would be to say that we wish we could communicate through an effective trance medium. It would save much time.

Who?

Carolyn could and Ray could. Sue, maybe.

Carolyn then worked the board so Sarah could ask a question.

Sarah: I would like to know about Sandi (with the green eyes) and how she was connected to the past. Also, about Sandi's dream.

This involves an entire evening of transmission to completely clarify this. The dream will recur. She should keep complete notes. The reason the dream is confused is because she does not remember it in the correct order. You should also have the completed dream within the week.

20 January 1974 — Sunday

Location: Montclair, California

Present: Sarah and Richard, Alice and Dick and Cheryl, Susan and Gene, CindyEgli (first time), Sherry, Sandi, Edgar, Mallory, LeeC, Martin (first time, divinity student), Billie, Phyllis, Cynthia (first time).

Richard asked if there were any comments before we began:

We will save our comments for later.

Cheryl: What is the next Overleaf?

We would prefer not [to start that tonight], especially with so many new people.

Cheryl: Ok. I would like to ask for my brother, Craig, about his knees. They have been hurting him and X-rays are negative of any findings.

He wishes to avoid an unpleasant, for him, activity and knows of no other way.

Alice: Do you mean gym at school?

That is valid.

Alice: Should we write a note for him to be excused from it?

We see no value in pushing him into this activity.

Cheryl: I'd like to ask about a former life concerning Pope Benedict. Was I a pope? There were about 15 Pope Benedicts.

You were a prelate in the order with the founder who has since been canonized by the Roman Church.

Mallory: I'd like to ask about Alex Horn's⁴⁶⁷ soul, R&G.

This most interesting man is a Sixth Level Old Sage in Dominance. He has consummate skill as group leader. He originally came from Emotional Center, is a Martian and Mercurial.

Dick: Robert said that Alex's teacher was Lord Pentland⁴⁶⁸ and that he was a "C" influence teacher. Could we have a comment?

He [Lord Pentland] was a student of Rodney (Collin).⁴⁶⁹ The Englishman (Pentland) did have ["C" = Cosmic] contact, but the psychic energies [of Alex Horn?] were low, and there was much bias.

Mallory: It was hard for me to leave Alex's group and I never understood why, but I had to leave. Is there a comment here for me?

He was not your [true] teacher, and at another level you knew this, and left to search again.

Mallory: Why was he not my teacher?

There was not sufficient polar attraction [chemistry and alchemy between personality and soul].

Alice: Would this have to do with Body Types or what?

This takes into consideration all of the Overleaves.

Mallory: Do Warriors and Scholars conflict?

No. This is one of the greatest affinities.

Dick: I would like to ask for comments about the film, *The Exorcist*. I did not see it, but I have been reading about it in the paper. It seems to be an ugly film and it is attracting many crowds who faint or become ill.

The story is, of course, consummately absurd. As we have told you repeatedly, the demons conjured up on the Physical Plane are of your own creation.

If belief in the exorcist's skill is great enough, the dragons can be slayed in this way. This is an ancient skill, now much abused. Jesus, of course, had this skill even before the manifestation [of the Infinite Soul], but he also realized that the demons were self-inflicted.

Most occult masters willingly exorcised, but they do try to make the afflicted one realize that the demons were created out of etheric material and have no place in the concrete reality of the Physical Plane.

Most "possessions" occur to Baby Souls in Rejection.

Comment: I have heard it said that when Christ was born he was a reincarnation of Zoroaster.

That is valid.

Dick: He said in the Bible that he was Elias [Elijah] reincarnated.

That is also valid. John [the Baptist] and Jesus were both Fragments of the same ancient Entity. At the time of their last physical incarnation, all the Fragments had reunited. This was an Entity composed of [about] five hundred Priests and [about] five hundred Kings.

Dick: Michael told us to study Epicurus, for a reason that Christ was much influenced by him. The problem I have here is that from what I read about Epicurus, he believed the soul and the body were one and inseparable, and there is no reincarnation.

⁴⁶⁷ From various Internet sources: Alex Horn was a student of Gurdjieff's "The Fourth Way" and taught workshops based on that method. Robert was a student of Alex about 1967. Robert departed from Alex's teaching about 18 months later, then founded his own group in 1970. According to https://en.wikipedia.org/wiki/Alex_Horn, Alex turned out to have questionable ethics, so it is understandable that the Michaels would characterize his work as low quality.

⁴⁶⁸ From Wikipedia: Henry John Sinclair, 2nd Baron Pentland. Lord Pentland was known for his work with the teachings of Georges Gurdjieff and became president of the American Gurdjieff Foundation upon its establishment in 1953, retaining the position until his death in 1984.

⁴⁶⁹ From <http://www.geocities.ws/fourthway.geo/daren1.html>: Rodney Collin: Born on April 25, 1909, he was introduced to the Work in 1935 through some lectures given by Dr. Maurice Nicoll. In 1936, he met P. D. Ouspensky and became his pupil in England and the United States until Ouspensky's death in 1947. Rodney Collin's written works include: *The Theory of Celestial Influence — Man, The Universe, and Cosmic Mystery* (his best known work), *The Theory of Eternal Life* and *The Herald of Harmony*. After his death, his correspondence was collected and edited to produce other works, among them *The Mirror of Light* and *The Theory of Conscious Harmony*. Rodney Collin died in 1956.

We said that Jesus was heavily influenced by Epicurus.⁴⁷⁰ He was. Epicurus was not a manifestation [of a Transcendental or Infinite Soul]; he was a Mature Priest. The humanitarian aspects of his philosophy are worth emulating. This, by the way, is typical of Greek thought of that period. Jesus knew about reincarnation through the mystical teachings of the Essenes in the hills around the town in which he was born. As an Old Soul, this man went through all of the confusion and doubts that some of you are now experiencing, the difference being that he was able to sort it out. The Greek philosophers wished to negate the charm of the “other world” so that this world would have more meaning. They, of course, succeeded not at all, but the gentleness of Epicurean thought persisted through the ages primarily because of the separation from the affairs of state, which is valid. This separation must be made before further growth can ensue.

Billie: I would like to ask for comment about a lady who did a psychic reading for me.

Essentially, there was considerable drama there. This lady is a Mature Sage.

Billie: Was it embellished?

She does not embellish as much as she dramatizes; there is a difference.

Billie: Was there something she said that is not correct?

No. We merely suggest that you consider all the information valid within your own more somber reflective nature.

Billie: I wonder what is to be gained by following her advice not to reveal anything she said for 19 days.

It adds to the mystique.

Billie: What is the SR&G of a friend whom I played tennis with this AM?

This is a Fifth Level Young Warrior in Acceptance: Mercury-Saturn, Moving Centered.

Billie: Have I been with him before?

That is valid. He served with you (tennis?) when you were Étienne.⁴⁷¹ He was one of your crew.

Cynthia: What is her SR&G?

This lady is Emotionally Centered. Venusian-Mercury. Second Level Old Sage in Growth.

Cynthia: My husband, Nichols?

This man is, of course, an Intellectually Centered Saturnine Body, some Mercury but not much. He is a Fifth Level Mature Scholar in Growth.

Cynthia: How about my children, Kimberly (8 year old girl) and JohnC (2 years)?

This is a Mid-Cycle Mature Warrior in Growth.

(Kimberly picks up good and bad vibes of people around her.)

JohnC is a Fourth Level Young Priest in Acceptance.

Cynthia: Is there anything I can do to help Kimberly?

Capitalize on the natural affinity between Warriors and Scholars. She should spend the time with the father. The little Priest [her son] will have no problems.

⁴⁷⁰ From Wikipedia: Epicurus (341 BCE – 270 BCE) was an ancient Greek philosopher and the founder of the school of philosophy called Epicureanism. For Epicurus, the purpose of philosophy was to attain the happy, tranquil life, characterized by ataraxia, peace and freedom from fear, and aponia, the absence of pain, and by living a self-sufficient life surrounded by friends. He taught that pleasure and pain are the measures of what is good and evil, that death is the end of the body and the soul and should therefore not be feared, that the gods do not reward or punish humans, that the universe is infinite and eternal, and that events in the world are ultimately based on the motions and interactions of atoms moving in empty space.

⁴⁷¹ From Wikipedia: Saint-Étienne is French for St. Stephen: Acts 6-7 in the Bible describe his trial. He was stoned to death (about 34 – 35 AD) by an infuriated mob encouraged by Saul of Tarsus. Stephen’s final speech was presented as accusing the Jews of persecuting prophets who spoke out against their sins: “Which one of the Prophets did your fathers not persecute and they killed the ones who prophesied the coming of the Just One, of whom now, too, you have become betrayers and murderers.” (Acts 7:52)

I would like to hear something about the teachings of Jesus in relation to divorce. He was always so harsh.⁴⁷² Also, about a black-white couple in our church who are having problems. Is there anything we could hear that would help this couple?

She is an Old Slave in Growth, he is a Mature Warrior in Acceptance. This is a problem; that [combination] is normally not soluble [compatible]. The question of divorce is a tragic one only in your culture, as relatively little thought is given to the suitability of the pair-bonding initially. Assigning all of this to "Providence" is nonsense. We are surprised only that more pair-bonds contracted in this haphazard manner do not dissolve. Jesus was cognizant of this. There was some personal bias here that came out in this man [Jesus], as the marriage between his mother and father was dotted with interference from his mother's family. His father's only recourse was to threaten regularly divorce when he could no longer stand the pressure exerted by an obnoxious brother-in-law. Jesus grew up with this hanging over his head.

Sandi: I'd like to ask the SR&G of my sister, Sherry, and what the ties are between us.

This is a Fifth Level Young Artisan in Growth, a Venusian-Lunar, Emotionally Centered. She was first born to Sandi. This is the tie that most tenuously binds them together. That was during the peak of the Babylonian civilization.

Sandi: I'd like to ask how the three of us were tied together: Sarah, Alice and me. What were our roles and how were we tied?

The ties you had in Rome will become far clearer when you straighten out your dream. Kathryn and Sarah were focal in the life of the man who chose you as his last and most loved wife in an otherwise miserable life. You were one of the bright spots. Alice was also a part of this household.

Sandi: Was my sister, Sherry, with me again in past lives?

Briefly, only. In the fourth century of this era in Morocco.

LeeC: If Jesus' prejudiced ideas of divorce were attributed to his early childhood, how does Michael form their ideas to set down values and judgments of divorce?

The Fragments of this Entity (Michael) at the time they were on the Physical Plane, ran the gamut of opinion culminating in the opinion that acceptance of all other souls in the form of Agape was the greatest truth. This did not occur until the Cycle [of physical lives] was completed.

The interpersonal relationships induced by your culture are superficial and are for the most part to be condemned in Teachings such as this. The students [of such teachings] often grow to the point where the relationships transcend this superficiality and truly become spiritual bonding or psychic union, which is what Jesus was talking about. He attempted to discourage relationships based upon erotic love, especially among those close to him.

It has been said that "people" on the Astral Plane have access to the high Mental Plane. Does Michael have access to the high Mental plane?

Yes. That is valid.

If there were psychic union, there would be no divorce. Is that so?

Psychic union is contracted on other than the Physical Plane, yes.

Does that type of union happen at different Soul Levels?

Yes. This usually does not happen at all until the final life Cycle [Old Soul age], if at all. Spiritual growth can, of course, happen at earlier levels, but your culture thwarts it.

Will it always?

Hopefully not.

Questions: Are there problems when Baby Souls marry Older Souls?

Older Souls have had relatively uncomplicated relationships with Baby Souls, but usually only when the Baby [Soul] is female.

⁴⁷² "But from the beginning of the creation God made them male and female. For this cause shall a man leave his father and mother, and cleave to his wife; And they twain shall be one flesh: so then they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder. And in the house his disciples asked him again of the same matter. And he saith unto them, Whosoever shall put away his wife, and marry another, committeth adultery against her. And if a woman shall put away her husband, and be married to another, she committeth adultery." Mark 10:6-12. Marriage contracts are man-made, and can be man-broken; kindred souls are forever.

We broke for dinner and when we resumed, we discussed the diminishing treasury. It was said that each copy amounts to \$0.05/copy. When I (Alice) do this, they cost \$0.08/copy. \$70 was added to the treasury tonight. Sarah almost has the new books ready — half typed (75 pages so far).⁴⁷³

Alice: Would it be better for a marriage relationship to have the persons in different Centers of Gravity? I understand that my husband and I are both Intellectually Centered. Is this a source of our problems?

Being in the same Center of Gravity usually makes for an easier relationship rather than a more difficult one. Your problems are in the difference in Goals [Growth versus Submission].

Alice: I would like to ask, if there is no such thing as possession by devils, what the devil it was that happened to the family in Daly City where knives were thrown into the wall by no apparent human, pieces of chicken were thrown around, etc., and the Catholic priest "exorcised the demons" away for these people?

This was not a possession; this was a habitation.

Alice: What [is that]?

The etheric vehicles of newly dead.

Alice: Why these particular people? Is it Karmic? Is it an error?

Not necessarily. The error in this case, yes. (The etheric vehicle was) from a motorcycle accident.

Alice: Did these people have any choice?

No. They contributed to the strength of the manifestation through their fear.

Dick: The etheric spirit has no power of its own and I have heard that it borrows energy from people or pets and does freaky things.

Gene: Cremation is supposed to make the etheric vehicle disappear. Michael could remove it. It is only there for a limited time. It is the etheric aura that remains in graveyards of the freshly buried. People have seen skeletons in the graveyard.

Could we have a comment on what the priest did and how he did it?

This priest was able to psychically reunite the etheric Fragment with the Astral vehicle so that it could decompose normally on the Astral Plane. This [deceased person] was a Baby Soul with a strong attachment to the Physical Plane.

Cynthia: This is why it is good to pray for the soul to go in the proper direction when someone dies.

Gene: I assume then that the words the priest said did nothing.

No, they did not, but what he did psychically, did. Had he been silent, he would not have been able to convince the inhabited [haunted] ones that anything had been done and they would have recreated their problem.

Gene: Is the priest aware of what he is doing psychically? Do all priests know how to exorcise?

Not the Jesuits. Please make that distinction. This man is aware.

Edgar: I do not understand Michael when they say that demons and hell are absurd. What do they say about the three temptations of Christ where he said, "Get thee behind me, Satan"? He drove the demons out of many people.

Substitute the word "Maya" for the word "Satan." We did not say that hell, demons and the like were absurd, [we said that they are] merely of your own creation. They are very real to those who must endure them. Where the rub comes is that you need not endure them.

Richard: The devil then can be said to be a product of our False Personality. It's the physical body fighting Essence.

Edgar: It is the carnal mind that keeps one from seeing Jesus.

Dick: Robert Monroe, in his book on the out-of-body experiences, described several monster-like creatures on his neck. These are demons in between lives, Baby Souls who cannot stand the loss of the physical. Why does Christ threaten hellfire and brimstone and casting into outer darkness?⁴⁷⁴ Why does he say there will be much gnashing of teeth (all the money spent on orthodontia, too)?

Jesus did not threaten anyone with violence of his own making. He merely pointed out to them what was in store for them if they continued to pursue the course they were on. One of the groups hit the hardest was the

⁴⁷³ This book is most likely *The Teachings of Michael – Emanations from the Mid-Causal Plane*. This appears in Volume 2 of *Michael Speaks – the Legacy of Sarah Chambers*. It is similar in presentation to semi-annual booklets of her channeling that she published from 1996 to 1998.

⁴⁷⁴ In Christianity, the "exterior darkness" or outer darkness is a place referred to three times in the Gospel of Matthew (8:12, 22:13, and 25:30) into which a person may be "cast out", and where there is "weeping and gnashing of teeth". Generally, the outer darkness is thought to be hell; however, many Christians associate the outer darkness more generally as a place of separation from God or from the metaphorical "wedding banquet" that Jesus is expected to have upon his Second Coming. [>

Pharisees, who had extremely literal and unshakable beliefs in a personal, living god. This was not the easiest group to challenge, but they did understand threats.

The Sadducees, on the other hand, were already skeptical and more willing to give up the personification, but were not willing to go to battle for their beliefs. The Jewish world by that time was split wide open at that time by the opposing factions. The Sadducees liked the Hellenistic influences and liked much about the Roman dominion; besides, they had no desire to rock the boat.

The Pharisees, although certainly not as opposed as the zealots and the Essenes, did resent the mere presence of outsiders in their midst. They felt ritually unclean from the daily contact with uncircumcised heathens and, for them, the presence of so many outsiders was an annoyance, and they resented it. They also considered it a bad influence on women and young children. Roman ladies often accompanied their husbands into battle and to the provinces.

[Question lost.]

At first when this young man [Jesus] began his active rabbinate, that was before the manifestation [of the Infinite Soul]. He experienced many frightening visions of his own creation. The man Lucanus Quirinus [Luke] condensed about ten years [of Jesus' ministry] into three.

How old was Christ when he left his body?

He was born six years before the Common Era. (Christ was born six years before Christ). He died March seventeenth in the thirty-third year of the Common Era. (He was 39.)

Dick: If we aren't supposed to be judgmental, why was it that Christ seemed so judgmental? I realize it is symbolic when he says, "Don't cast pearls before swine." I sort of resent that he judges some people as swine.

Edgar: That is like saying, "Don't give meat to babies" because they are not ready to digest it yet.

The man Jesus was subject to all the human frailties, including judgmental tendencies; the Infinite Soul was not.

Dick: How can we tell what is from Jesus and what is the Logos?

This teaching [from us] should enable you to differentiate.

Alice: Why did he cry? Was it because of what he saw in the future for people?

The Infinite Soul is not bereft of emotion; it was compassion.

Cheryl: Was that Michael who spoke through me the other night?

We spoke to you, yes.

Cheryl: It seems that I am going from the Young Soul to the Mature Level because of a great change in how I perceive people. I see them so much more differently than a while back. Can you comment?

We would prefer that you continually observe your changes and decide for yourself.

Phyllis: Is it a universal desire to be in another's head (as Jane Fonda once said that was what she would like most of all)?

That is the desire of most souls in Growth [Goal].

Dick: I get the feeling that Edgar is hung up in the literal translation of the New Testament. Do you have to drop the literal interpretation?

Edgar: To start the search, it must come from the Bible. It seems you are trusting Michael. My interpretation is not materialistic, it's more spiritual.

As it certainly is not profane, we suppose that one could call this work "sacred". We would prefer "inspired", as much of it came down through centuries of oral tradition. Much of the *Old Testament* is poetry and mystical. This cannot be taken literally. The man John⁴⁷⁵ was a witness of that which he attempted to describe. He was an Emotionally Centered Young Scholar. The man Peter⁴⁷⁶ was functionally illiterate, which was a shame, for he understood more than he could communicate. John was subject to visions.

Comment: Matthew⁴⁷⁷ seemed the most judgmental and bitter.

⁴⁷⁵ John, author of the *Book of Revelation* in the Bible, not the Apostle John.

⁴⁷⁶ From Wikipedia: The recovered *Apocalypse of Peter* or *Revelation of Peter* is an example of a simple, popular early Christian text of the 2nd century; it is an example of Apocalyptic literature with Hellenistic overtones. The text is extant in two incomplete versions of a lost Greek original, one Koine Greek and an Ethiopic version, which diverge considerably.

⁴⁷⁷ From Wikipedia: *The Gospel According to Matthew* (*Gospel of Matthew* or simply *Matthew*) is one of the four canonical gospels, one of the three synoptic gospels and the first book of the *New Testament*. It tells of the life, ministry, death and resurrection of Jesus of Nazareth. The version we have today was written in Koine Greek.

The concept of bitterness in Matthew is valid. He had an ax to grind and, although he tried desperately to purge his bias, it did spill out at times. He was cruelly treated in the country of his birth.

Dick: There is not one grain of faith here in the Bible other than a teaching. I am happy to borrow from Buddhism. There are too many obscure things in the Bible. What I have for myself, I have verified step by step without faith. It seems like Edgar has blind faith in the Bible.

Edgar: Peter could not see spiritually what Jesus was ... this is faith.

Dick: You're showing the same ...

What we call "intuition," Edgar calls "faith."

Richard: I see the Bible as valid with bullshit.

Martin (Divinity student, guest): I would like to hear your definition of "spirituality." (Since no one was ready with an answer, we put it to Michael.)

That which is born of Essence and is devoid of Maya is spiritual.

Martin: What does Michael say about a seminary community? Is it spiritual?

Some [members] of them are. Some have no inkling of anything beyond the Physical Plane, but are drawn to the clergy because it is a nice thing to do.

Martin: I don't mean the school as a whole; I mean the 10-15 people who are living together.

That is what we meant.

Martin: You can't tell me the people aren't spiritual.

LeeC: You feel yourself (us as a group, not Martin, I think.). You have to have a measure of faith to start with. You get yourself on a time line and you need a belief to return to when you are in trouble.

Sarah: Yes. I believe in the physical. The sun will rise every day. I touch. I feel, etc.

Edgar: (He was asked about his intuition.) Intuition is premonition.

That is not intuition either; that is precognition.

Edgar: I'm afraid to go on the Astral Plane because of Satan. I want assurance there's no Satan.

Dick: The Bible is no answer book. Agape is relating to all kinds of people and can't be learned from reading the Bible for me. There are no easy answers without a struggle and you have to search for yourself.

Edgar: I expect something like the "Baptism of the Holy Ghost." How can I reach what I want?

We have suggested to you several ways that should help you find what you seek. Why don't you try at least one or the other?

Dick: You are always asking "how." Michael is giving us the HOW ... the synthesis!

Dick accepts us as his teacher. This is not necessarily the truth for LeeC or Martin.

Susan: I'd like to ask a mundane question first. What is my Goal and Center of Gravity?

Mostly Lunar, some Venusian, Emotionally Centered. Susan has made the transition from Submission to Growth.

Susan: When two or three individuals view one thing, is how each views the thing correct? Or, is one more correct than the other?

Within the Cycles [Soul Ages], there is a vast difference in perception. Each perceives to the limit imposed by the Age of the soul. The Mature Soul often views others in error, from one point of view: that being, that others around him will perceive another soul in quite a different way. There is, of course, an ultimate perception that is the synthesis. This, of course, is "Truth." Older Souls have a tendency to be less harsh in their perceptions and as growth occurs, this gentleness grows, also.

Susan: Would there be a vast difference in their views if one was one Soul Level above the other?

Yes, if one was in Retardation and the other Growth.

Susan: How about if the Goals were Exalted?

Some. It would be difficult for you to detect. It would be far more startling if one was from another culture.

Susan: If the Soul Levels are the same and both are aiming for the truth, (and I believe we all have the truth within us), do the Soul Levels see the truth differently?

Yes. Also, the Roles dictate some difference in approach to the truth.

Why bother then?

Susan: What role did EST have in my transition of Goals [from Submission to Growth]?

We think that, for you, this was a most valuable tool.

Susan: My perceptions as a Priest seem true and right, and Gene thinks his are. Yet, they are totally different to what the truth is. I don't understand.

The approach is very different [between the two of you.] Neither of you is yet ready to express the truth in an absolute sense. Susan intuitively perceives more at this level, but she is not able to apply this, yet. Gene applies more than he intuitively knows at his level.

Susan: I have a graduate student in mind [with] disabilities who is shaken up by a case of a 19-year old boy she has evaluated. He sees lights and aura, and when he looks at a still picture, he sees it as in motion. In all my training, I've never run into anything like this before. Does he possess special psychic powers?

That description is valid. He has phenomenal psychic affinity at his disposal. This is a Sixth Level Old Priest in Retardation.

Susan: Is there anything I could recommend to my graduate student to help the boy?

Not necessarily. (You could) recommend an occult teaching.

Susan: Is there one near where he lives?

If he comes to this one, it must be on his own, but he could start with any teaching in this area. There are many such as the Ouspensky groups, the Chardin⁴⁷⁸ oriented groups and those are probably the best.

Susan: Would Elena [the graduate student] be acceptable to my recommendations?

Fearful.

Susan: Are two books of which I'm thinking, be of value in this case?

The books would be valuable in that they would let him know that there are others who perceive what he perceives. The interpretation of the perception is much in error.

Susan: In the books?

In the books.

Susan: What is the closest occult teaching in this area for him? (San Leandro, California)

This is the closest group.

Gene: Do Body Types have personality traits?

No. (Answered by the group).

Gene: I'd like to ask about a recurring dream. I'm in school all the time and I can't find my books. Finally, I take a test and I'm not prepared. I haven't studied well. Next dream, I am better prepared and I am going to pass the test. One thing, I'm learning to fly. In the sequence of dreams, I float up and fall. Last night, at will, in the dream, I levitated. I was also prepared for the test.

You are now ready for the next step. We see much acceleration occurring. We sense in you a new willingness that has not been there before to let go of the rational and explore new areas.

Gene: What is the next step?

Contact with us on another level.

CindyEgli: I'd like to ask if there are any ideas for what I can do? I want to experience Agape.

You are imminently suited for a leadership role involving your peer group. We think that a stint with some organization such as Vista would put things in perspective for you.

CindyEgli: I did apply and was turned down.

Apply again.

22 January 1974 — Tuesday

Location: The Chambers' home in Oakland, California.

Present: Sarah and Richard, Mallory, Mallory's mother Barbara, Alice and Dick.

Sarah handed out a typed list of "Attitudes" for us to ponder about for the next Overleaf. (They just appeared in the middle of a page she was typing about something else and she had to retype that page.)⁴⁷⁹

⁴⁷⁸ From Wikipedia: Pierre Teilhard de Chardin (May 1, 1881 – April 10, 1955) was a French philosopher and Jesuit priest. Teilhard's primary book, *The Phenomenon of Man*, set forth a sweeping account of the unfolding of the cosmos. He abandoned traditional interpretations of creation in the *Book of Genesis* in favor of a less strict interpretation.

Stoic, Skeptic, Cynic, Pragmatist, Realist, Idealist, Spiritualist.⁴⁸⁰

We talked of the divinity student who was a guest at our last meeting, Martin, and wondered why he could not hear our words and seemed so committed to whatever it is that he's in at theology school. Someone said that one cannot hear the words unless they are from his own guru. Someone else can say the same words, but the person whose guru is not there, won't hear.

We asked for his SR&G after attempting to do it ourselves.

This Sixth Level Young Scholar is Jupiter influenced, mostly Martian, Emotionally Centered in Growth.

Mallory asked about her sister, Lois.

Lois is a Jupiter-Lunar, Third Level Old, Sage in Stagnation, Intellectually Centered, Realist.

Sarah is an Idealist.⁴⁸¹

Is Richard a Stoic?

Yes.

Is Alice a Cynic?

No. Stoic.

Is Dick a Skeptic?

No. A Realist.

Barbara is an Idealist.

Mallory is an Idealist.

Is the Attitude changeable?

That is only fixed in the sense that most have no desire to change. It is alterable.

Are there three exalted Attitudes?

[That is] valid.

Is Richard Nixon a Pragmatist?

Yes.

In the true Stoic, there is detached acceptance of the controlling forces of the universe.

Mallory suggested that what the Attitudes manifested would be different according to the Soul Level.

Barbara: Are there Attitudes in groups such as the Indians?

Yes. Whole nations, as a matter of fact, can [have an Attitude]. This nation [the United States], which is Idealistic, for instance, is now in the process of ousting its Pragmatic ruler [Richard Nixon].⁴⁸²

Is Japan Stoic?

Yes.

The whole of India has a Spiritual[ist] flavor.

Russia tends toward Realism.

France is Pragmatic.

England is Cynical.

Spain is Idealistic.

Germany is Pragmatic.

Italy is Idealistic.

The Scandinavian countries are Cynical, except for Finland, which is Stoic.

⁴⁷⁹ A preview of things to come: when Sarah resumed channeling in late 1995 after a hiatus of more than ten years, it was using her computer keyboard instead of the Ouija board.

⁴⁸⁰ There were handwritten notes under the list of Attitudes on a copy of the transcript that we have. Stoic: Japan, Finland. Skeptic: none given. Cynic: Israel, England, Scandinavia, Scotland. Pragmatist: France, Germany. Realist: Russia, Egypt. Idealist: Italy. Spiritualist: India, Tahitians.

⁴⁸¹ In her later years it was said that Sarah was a Pragmatist.

⁴⁸² From Wikipedia: The Watergate scandal was a political scandal during the 1970s in the United States resulting from the break-in of the Democratic National Committee headquarters at the Watergate office complex in Washington, D.C. on June 17, 1972. Effects of the scandal ultimately led to the resignation of the President of the United States, Richard Nixon, on August 9, 1974, the first and only resignation of any U.S. President. It also resulted in the indictment, trial, conviction and incarceration of several Nixon administration officials.

Scotland is more Cynical than England.

The Tahitian islands are consummately Spiritualistic (fun-loving).

Israel is Cynical — the flavor is that of bitter Cynicism.

Egypt changed radically when Alexander [the Great] came through, from Spiritualism to Realism.

Mallory: I feel that I was with my mother Barbara and sister Lois before, and they express the same feelings. Are there Karmic ties? If so, what are they?

The Karmic bonds are real, but even more so is the bond between Lois and Barbara as they are Fragments of the same original Entity.

Mallory was first born to Lois.

Barbara: I get some different information from Betty Bethards⁴⁸³. What is the reason?

The differences must be attributed to the individual mediums, in ability to reconcile certain bits of information and successful blocking. Your method of confirming and verifying should successfully overcome what little bias exists here.

Mallory: All three of us share a dread of Mexico. Is there anything Karmic there?

Yes. There is a very definite reason for this: you were all with Montezuma.⁴⁸⁴

Mallory: How? Slaughtered by Cortez?⁴⁸⁵

No. All three died violently.

Alice: Together?

No. You will walk the Yucatan Peninsula again, whether you do it in this life is up to you. There are still Ribbons there. Lois has the strongest Karma. She left something behind.

Alice: I wonder what?

Sarah: They won't say.

Barbara: I've been told (Betty Bethards) that I was a Hopi Indian.

That is valid.

Mallory: Are there any ties for me in this group?

Your ties with this group go back to the first century of this era, when you were in Alexandria [Egypt].

Mallory: Will I meet someone from my Entity in the group?

We feel that you will, yes. The important ties binding you all together is that you all heard this story before together and chose not to listen. Some of you heard it more than once.

Mallory: Is it possible for a Warrior⁴⁸⁶ [like me] to do psychotherapy in Essence?

It is usually not possible. We would be astonished if this came from Essence, and there is not much astonishment left to us.⁴⁸⁷

Mallory: If a person is in a Teaching, can he [or she] do it?

A student on the path can work from Essence, no matter what the task.

Mallory: I'd like to ask about a dream I had last night. I was dancing and became dizzy. I have a feeling I could use dancing in my therapy.

That is valid. You could make significant contributions from Essence.

⁴⁸³ You may read about Betty Bethards at ><http://www.bettybethards.com/>< and >www.innerlight.org<. In 1969 she founded the Inner Light Foundation in Petaluma, CA, and she died in 2002.

⁴⁸⁴ From Wikipedia: Moctezuma (c. 1466 – June 1520) also known by a number of variant spellings including Montezuma, Moteuczoma, Motecuhzoma and referred to in full by early Nahuatl texts as Motecuhzoma Xocoyotzin, was the ninth tlatoani or ruler of Tenochtitlan, reigning from 1502 to 1520. The first contact between Indigenous civilizations of Mesoamerica and Europeans took place during his reign, and he was killed during the initial stages of the Spanish conquest of Mexico, when Conquistador Hernán Cortés and his men fought to escape from the Aztec capital Tenochtitlan.

⁴⁸⁵ From Wikipedia: Hernán Cortés de Monroy y Pizarro, 1st Marquis of the Valley of Oaxaca (1485 – December 2, 1547) was a Spanish Conquistador who led an expedition that caused the fall of the Aztec Empire and brought large portions of mainland Mexico under the rule of the King of Castile in the early 16th century. Cortés was part of the generation of Spanish colonizers that began the first phase of the Spanish colonization of the Americas.

⁴⁸⁶ Some years later Mallory was told by a channel that she had Scholar as a secondary influence.

⁴⁸⁷ Despite this comment from the Michaels, Mallory set up a psychotherapy practice in 1978, after college.

Mallory: I'd really never given it much thought before.

Because it brings you pleasure of a sensual sort and you cannot translate this into "work".

Mallory: I would like to know if there is somewhere I could go for this training, and if I could use it to help people.

That is valid. You could conceivably bring this to an entire community that would be receptive to this in the near future. You can learn the Sufi dances and also folk dancing helps some to act out their fantasies. This can be the most valuable for essentially non-verbal, strictured souls.⁴⁸⁸

(I read it back as "structure" ... "They" replied: as in anal.)

Barbara: Does this mention of Alexandria in Egypt have anything to do with the "White Brotherhood"?⁴⁸⁹

By all means. We wish for you the opportunity to propagate the Logos. How you do it should be as comfortable as possible, so that you can devote yourself best to growth and not to struggle.

Mallory: I'd like to ask about my 13-year-old son.

This little Scholar is a Fifth Level Mature Soul; he is Moving Centered, Mercurial-Lunar. He is in Acceptance and an Idealist.

Barbara: I'd like to ask about Lois' daughter, Selvina, with whom I seem to have a great rapport. What is the reason for that rapport?

The reason for the rapport is because this little Scholar is in Acceptance. She is a Fifth Level Young Soul, is Moving Centered, Mercury-Venusian.

Barbara: That seems to contradict what Betty Bethards says. She told me she was an Old Soul and would not have to repeat.

We do not see this child as a final Level Old Soul. We are now in contact with the previous strands and there are twenty-one.

Mallory: Could I have been in Rejection before in this life?

We do not see this.

Mallory: I'd like to ask about Wanda, my sister's youngest child, and also Turner (age 13).

Both children are Mercurial-Venusian. The female [Wanda] is Emotionally Centered. The male [Turner] is Moving Centered. Both are Artisans. The female, Third Level Young; the male, First Level Old. Goals: The female is in Submission, the male in Growth.

Mallory: I would like to ask about a fear of vomiting, which I have had as long as I can remember. Is this fear from a past life?

Yes, the vomiting is reminiscent of a time you died of Diphtheria and could not help from choking. The fear persists in many for the same reason.

(Mallory suggested that many people died in this manner and wouldn't there be many more who had this fear?)

Alice: [Alice's daughter] Victoria had a fear of vomiting. Did she too die of diphtheria in another life?

She was choked.

Alice: What was I in my life just previous to this one?

You have already been told about that, Alice. You lived in Paris. You were engaged in one of the oldest professions. We will not change our story.

(I'm sure they did not tell me that it was my immediate past life and that's the truth as I see it.)

Neither you nor Sarah has had a life between.

Mallory: I'd like to ask about a dream about a person I have known for 11 years. I feel we might be actually in contact. Is he an Old Soul?

You are off on a Cycle. Old Souls are really in the minority on this world. He is a Fourth Level Mature Soul.

The ties you feel emanate from the immediate past life where you were together in Wales.

Mallory: How were we together?

As brothers.

⁴⁸⁸ From Mallory's obituary in 2015 "Small, strong, beautiful, and busy on her feet, Mallory was in continuous motion: hiking, gardening, raking, sweeping, practicing yoga, cooking delicious food for family and friends. Busy off her feet too: knitting, painting, drawing, meditating, reading poetry, writing letters, listening intently, speaking with conviction and eloquence."

⁴⁸⁹ From ><https://holyyorderofmans.org/advanced-activity/history-of-the-white-brotherhood/><: "A few centuries before the birth of Jesus, the White Brotherhood built a college of the higher sciences at Alexandria, similar to the former religious center they built in Heliopolis centuries earlier as one of the largest and best structures for the preservation of the ancient Egyptian records."

Mallory: What does the dream mean?

The dreaming is an attempt to recall. What is wrong with brothers?

Mallory: I don't feel as a brother to him.

You should not. That vantage point was already experienced. You have also been his father and his aunt.

Mallory: I'd like to ask about Ralph, a man I was in Alex Horn's group with 5 years ago and I've know him for 10 [years]. I'm becoming shy about Soul Levels.

Because he perceives that those in the "work" are on to something, does this give you a clue? This man is a Fifth Level Mature Soul in Growth. He is a Skeptic, Emotionally Centered Scholar. He is mostly Lunar, some Mercurial. The conflict is Karmic; they have played this game before. Ralph once left the Jesuit order in order to pursue her [Mallory].

Mallory: Would it be good to be together with him more?⁴⁹⁰

If you wish. You can complete this Monad in this life.

Mallory: I'd like to ask about my father.⁴⁹¹ He was with Gurdjieff at Fontainebleau when he was young and liked Gurdjieff very much. What is his SR&G and any Karmic ties?

This man is a Sixth Level Mature Artisan in Rejection. He is an Idealist. He passed up all of his greatest opportunities. He is mostly Mercurial, Emotionally Centered. No Karmic Ribbons of a pressing sort for either you or your mother.

Mallory: Why then am I hung up on him?

Compassion. Mallory feels compassion. Barbara [Mallory's mother, and her father's ex-wife] is curious. Curiosity can be quite compelling in the analysis of what was the truth. In a deeper relationship, you did not wish to leave this hanging, as there was a feeling of incompleteness and you did not like this, Barbara.

Mallory: I'd like to ask about some people I work with — Loren?

This is an Emotionally Centered Second Level Young Slave in Dominance.

Mallory: I feel he will be famous. He's good.

Mallory: Sheila?

Moving Centered, Mars-Mercury. Fifth Level Young.

Mallory: Alexander?

Would make a good student.

Dick: He would, but Kuni⁴⁹² would not hear of it. She might be a Baby Soul.

He would ultimately have to make a choice. Baby Souls do not hear the words.

Sheila is a Warrior, Moving Centered.

Alice: Is Arthur's [current] wife a Baby Soul?

That is valid.

Barbara: I wonder why any Atlanteans did not escape. I wonder if children can't remember their past lives.

They do. If children were permitted to verbalize all of their recalled Fragments, the result would be staggering to the imagination. In other cultures, the children remember their past lives.

Barbara: I have an affinity to the Minoan art. Was I ever in Crete? Was I a bull dancer?

You were not a dancer. You were a citizen.

Dick: Are there power spots on the East Coast? Is the spiritual center moving to Germany, Switzerland and New Zealand?

We do not see this shift, but see a continuance in the power spots. It is simply that some of the power people have moved.

There are positive power spots on the East Coast, yes. Cape Cod is not one, but Martha's Vineyard is; the Maine coast is another. There are no others.⁴⁹³

⁴⁹⁰ Mallory and Ralph eventually married and had a son together.

⁴⁹¹ Mallory's father was an architect who studied with Frank Lloyd Wright and was greatly influenced by Gurdjieff. He met Gurdjieff when he was studying in France.

⁴⁹² Arthur and Kuni were early members of Robert's group.

⁴⁹³ Other transcript sessions describe power spots in the North Carolynina mountains.

The Argentine is powerful; so is Christ Church in New Zealand and Berne, Switzerland. Naples [in Italy] is a super power spot.

(We added Taos, New Mexico; Grants Pass, Oregon; Renee Daumal's Vortex at Mt. Analogue,⁴⁹⁴ which Michael mentioned before; also Big Sur [California] and Lake Tahoe [California/Nevada border].)

Mallory: I would like to ask about Abraham Lincoln.

He was a Seventh Level Old Sage.

Dick: Did he have cosmic influence?⁴⁹⁵

Yes, he did.

Mallory: If Nixon resigns, will Gerald Ford be president?

We do not see that as a possibility. We can think of no more bitter irony. You would be trading the frying pan for the fire.

Mallory: How about Carl Albert, the Speaker of the House, next in line?

We do feel that if the present leader did resign, there would be an assassination within hours.⁴⁹⁶

24 January 1974 — Thursday

Location: Walnut Creek, California.

Present: Ellis, Sarah, Sue, TomM (Sue's brother), Orlon, Billie and Ray, Patricia, Mallory, Alice and Dick, Victoria. [Shirley asked questions, though not listed as attending.]

We are here with you tonight. We would say a few words on a subject that has not been broached. We feel that you need to know about [it], and perhaps it will give rise to some questions.

When the life cycle is thrown in motion on any given world [inanimate → animate], it is left alone for many centuries to evolve unmolested and undisturbed. When a dominant species finally stabilizes, we begin to monitor this species. When the animal becomes sufficiently domesticated and is taught basic survival techniques, Infant Souls are Cast [into incarnation, not as Fragments]. The dinosaur did not emerge as the dominant species; instead, a carnivore, a mammalian upright ape did. The Infant Souls were not initially Cast [into incarnation] until the dominant creature had evolved into one where the cerebral capacity was sufficient for learning.⁴⁹⁷

Where does intellect enter in?

Intelligence is culturally induced, for the most part. Scholarship is not valued in all cultures, but survival requires intelligence of another sort.

Edgar: Could you clarify if an ape evolved into a more intelligent being?

Both species evolved separately. The Homo Sapiens variety is separate and distinct, say, from the Gorilla Gorilla.

Edgar: We were human to begin with.

⁴⁹⁴ From Wikipedia: *Mount Analogue: A Novel of Symbolically Authentic Non-Euclidean Adventures in Mountain Climbing* is a classic novel by the early 20th century, French, para-surrealist novelist René Daumal. The novel is both bizarre and allegorical, detailing the discovery and ascent of a mountain, the Mount Analogue of the title, which can only be perceived by realising that one has traveled further in traversing it than one would by traveling in a straight line, and can only be viewed from a particular point when the sun's rays hit the earth at a certain angle. "Its summit must be inaccessible, but its base accessible to human beings as nature made them. It must be unique and it must exist geographically. The door to the invisible must be visible." Daumal died before the novel was completed, providing an uncanny one-way quality to the journey. The leader of the expedition - "Father Sogol" is the "Logos" spelled backwards. In other words, the leader of the expedition to climb the mysterious mountain that unites Heaven and Earth is the Logos.

⁴⁹⁵ "Cosmic Influence" is also called "C Influence." From ><http://glossary.cassiopaea.com/glossary.php?id=907><: "C influences" are only found with the Work [the Fourth Way] and can only be received in personal interaction with a conscious being; "C influences" come from the SOURCE, that is, from an esoteric Center located outside of life.

⁴⁹⁶ Gerald Ford did become President after Richard Nixon resigned on August 8, 1974; Gerald Ford was sworn in the next day, and then pardoned Richard Nixon a month later. There was no assassination nor any assassination attempt reported.

⁴⁹⁷ Apparently ensoulment by an individual Fragment is the beginning of the Creature-of-Reason stage of development. The brain of a Creature of No-reason must evolve to a certain quality or it is not suitable to interface with a Fragment soul, which is different from what the Michaels referred to as a "hive" soul: "Physical animals have etheric and Astral vehicles; they have a "hive" soul, as in bees." — 21 August 1973.

There was a prototype Homo Sapiens that none here would recognize, same as with Eohippus.⁴⁹⁸ There was also a prototype Gorilla. Their evolution is also complete.

Of what consequence is this to us now?

We feel that you should have this information. You will be asked.

Edgar: Our soul has been said to have always been in existence. Would this be equivalent to Genesis where we were thrown out of Paradise — into the world?

That is valid.

Edgar: The second chapter of Genesis tells of God making a body out of earth.

This Chapter II explains the emersion [sic; immersion] of the soul in the body of the dominant creature, yes.

Billie: I have a friend who wants me to ask if she is pregnant.

We cannot answer that.

Billie: I have a fear of losing my father either temporarily or through death. Could I ask for a comment?

He is not presently in danger.

Billie: I feel strongly that my friend is not pregnant.

We would prefer to delay this [to] later. We will answer later.

Alice: Like nine months later?⁴⁹⁹

Billie: Was Petra's brother a murder or suicide?

He did not take his own life.

Billie: I understand Michael does not wish to use nicknames. Why, then, does he use mine? Billie is not my real name.

Because you object.

(Billie confided her real name and that she did not like it).

Patricia: I'd like to ask my SR&G.

This Emotionally Centered Lunar-Venusian is a Sixth Level Young Priest, with a Goal of Submission. She is a Pragmatist.

Patricia: Could I ask for information about what a Pragmatist is?

This [Pragmatist] Attitude emphasizes the practical, "real" side of nature, many times to the point of denying the existence of other external forces. In this lady, this is somewhat modified by the spiritual Role [Priest].

Patricia: Who have I been in previous lives?

You have been a member of the clergy nine times. You were also a wine merchant.

Victoria: My mom [Alice] asked why I had a fear of vomiting and was informed that I was choked in a past life. It gave me the creeps and I want to ask if I was married to my ex-husband in a past life or what? Did he choke me? He actually attempted in this life.

No. Arthur⁵⁰⁰ did not choke you [in the past life]. You were not married to him [in that life], but you did shoot him. He was female then; you were, too.

Victoria: Is this a returning Karma?

Yes.

Victoria: Are Karmic ties [with Audrey] completed?

We think so.

Victoria: I didn't die when he choked me in this life.

He did not die, either. You were choked in prison by your friend.

(Who needs enemies with friends like that?)

Victoria: When was that?

This was during the fifteenth century in Spain.

Victoria: Why?

⁴⁹⁸ From Wikipedia: Hyracotherium (also known as Eohippus or The Dawn Horse) is an extinct genus of very small (about 60 cm in length) perissodactyl ungulates that lived in the woodlands of the Northern Hemisphere about 55 – 45 million years ago with the earliest fossil specimen found at the Tsagan Khushu Quarry 1 site, Mongolia.

⁴⁹⁹ Alice was known to have a wicked sense of humor.

⁵⁰⁰ Victoria (a Mature Artisan) and Arthur (a Baby Soul Warrior) were married in 1970 and divorced in 1973.

She did die of the choke.

Victoria: *Do I have to pay a Karmic debt for this?*

No, it was paid. Arthur was not involved in this at all.

Victoria: *Why did I shoot him (who was a “her” then)?*

At first, there were political reasons for the disharmony between you, then you became rivals for the same man and that was when you made your decision.

Ellis: *Going back to the origin of man[kind], I find the source of my trouble is awareness of Self in contrast to intellect, as an individual.*

That is valid. That is where all of the problems are. You are right on that. We have said much about alienation, and one of its causes is this awareness of self as a separate and unique being in a hostile universe. We have also said that the universe is not hostile; it is completely neutral. Man’s separatism is an illusion, part of Maya for the Essence to overcome on the upward climb. You are now beginning to reorganize your perceptions to include the larger whole; all Old Souls do. Your own manifestation has been protracted by your own design. It has taken you a long time to question this and you must still ask many questions, as there is still a hiatus in your knowledge.

(This is not just Ellis as I [Alice] have a big hiatus in my knowledge, too!)

Mallory: *I would like to ask “how” to apply the knowledge to the work I am doing at the [psychiatric] hospital, and if people’s style of dreaming has in it a clue to their soul.*

No, but their ability to recall and describe is. Much of the time spent in “dreaming” is, in reality, time spent on the Astral Plane. The amount of dreaming actually increases as the soul ages, and the ability to recall becomes acute in the Mature and Old Cycles. Most souls who have definitely recurring dreams are Mature and Old Souls. Baby Souls dream mundane dreams, as this is the style of their lives. Young Souls dream exciting and often romantic dreams, [in] which they are often the “dragon slayer.” The Mature Souls often dream dreams of violence and death, and many times their dreams are replete with religious symbolism. Old Souls often dream of incidents from their remote past [past lives].

Are there reasons for not dreaming?

Fatigue is one, but everyone dreams part of the night. Voltaire, we believe, said not. Truths are for all men.⁵⁰¹ This is valid and many effectively block out all unacceptable information acquired during dreaming.

Can imagination be stopped during dreaming?

It is possible to stop imagination during dreaming, yes.

Billie: *I dreamed I poked my sister-in-law in the teeth and that is exactly how I felt.*

Sue: *During meditation, the number 53 comes up frequently and I want to know if there is any significance to this.*

Random numbers often appear in newer meditators.

Sue: *Last night, I had a dream where there was a violent explosion in the town of Alamo.⁵⁰² I ran to a hospital. Was this from past lives?*

It is not a reality. It is symbolic of the fear you have to a certain extent of a possible holocaust.

What is the difference between dreams that are imaginative and those that are “real”?

There is a sensory input in dreams that are recall [of past lives]. The patient will describe smells and tactile sensations as being extremely vivid. Recalls are three-dimensional.

TomM: *I wasn’t going to say anything tonight, but I had a dream last night containing music with guitars, me wanting to shoot someone who was after me and in order to do this, I had to shoot myself through the abdomen to reach him.*

Ellis: *Are you about to make an important decision in your life? I feel dreams are a commentary of your life, of the stresses and strains at the moment. A dream can tell you where you are. We all want to categorize dreams. I’m saying that this can’t be done, as each dream has to be individually analyzed.*

Thomas has a strong sub-conscious fear of death by violence, also many sexual conflicts. This was an honest attempt to resolve both.

TomM: *Is there anything from past lives that harbor this fear?*

The man [TomM] served with the forces of Napoleon and was exposed to death by violence in many other lives. He retains much fear from this.

⁵⁰¹ Voltaire: “There are *truths*, which are not for all men, nor for all times.”

⁵⁰² Alamo is a nearby town about 4 miles from Walnut Creek, CA.

TomM: He wanted to be told his Attitude.

We would prefer you tell us... . This man is a bona fide Idealist.

TomM: Clarification, please?

You perceive the world in terms of its ideal state and base your actions therein. It is not naïveté,⁵⁰³ no.

Is George a Cynic? (I don't know which George they are talking about: Gurdjieff, Washington, Dr. George???)

Sarah: I [an Idealist] expect people to perform a certain way and never can quite see that they do not mean what I hear them to say. I see Idealism as being able to perceive things as they could be and trying to pursue that.

That is valid.

Dick: A Cynic [and a Skeptic] thinks everyone has an ulterior motive.

Ray: The "trip" I took on Saturday was enlightening and I would like to go "through" it again, but I feel I would like to have a trained psychologist for a guide this time.

Why the provision on profession? Some who have not received the proper credentials are much more skilled in this. Often, a trusted friend becomes the best guide. Any member of this group who has taken a similar journey would suffice.

Shirley: I feel I am my own worst enemy and I want Michael's help.

That is valid. We think that you are not helping yourself right now, Shirley. None of the conflicts you are now experiencing are Karmic and the suffering is needless. Accept the guidance of those who would give freely of their time and company, and reconstruct your life around this new superstructure. You will find the meaning you seek. You can alter your goal and change things for yourself in a most positive way by taking what is offered instead of chasing rainbows that have already faded. This advice can be taken to heart by others here also, but you are now dwelling in fantasy and you must take the step that will liberate you from this. If you follow our advice, you cannot fail to change it; it is guaranteed.

Shirley: How can I resolve my guilt feelings?

Just know that you are in no way responsible — you cannot hold yourself [responsible] for the actions of others. However, we do suggest that in the future, you be a bit more open about your own feelings from the beginning.

Shirley: What is the Soul Level of my husband?

This is a Fourth Level Young Scholar whose Goal is Rejection.

Shirley: I feel guilty because of the children and I can't take the step to leave or ask him to. He did leave once and had nowhere to go so I accepted him back.

Shirley: Is it because of my Priest Role that I have trouble accepting the work of other nurses? Why do I expect so much of them and other people? I do not like it when they are careless.

As [a] Priest, you naturally expect others to measure up to your own exalted standards. You are also an Idealist and with [the] Goal of Dominance.

(Transcriber note: What more can you expect than to expect a bunch?)

Shirley: I'd like to ask for any information about the Karma or whatever about the three-year-old boy who shot himself and was brought into the hospital by his grandparents. Why did this happen? Was it a suicide from a past life?

You are right. This was a suicide from twelve years ago.

Shirley: Why such trauma as this?

The trauma is part of Karma for the mother, not the child.

Dick: I'd like to ask about a patient. My computer on SR&G is not working when it comes to her. She is 4'-8" and weights 230 pounds, huge face, in Dominance. She has attendant complications but does not seem to be in Rejection. Why is she so fat? Is she a Slave in Dominance, an Idealist? What is the unusual Body Type?

This lady is a First Level Young Slave in Submission. Her obesity is due to a combination of sexual conflicts and rich food, plus the poor gene pool that made her a dwarf. She is mostly Jovial, some Lunar.

Dick: I asked before about a lady of 26 years of age who had a heart attack. I asked why, since she was so healthy before and you said [that] she was paying a Karmic debt that she had shot someone in the heart. Did she therefore create the problem? Is she selecting to pay back the debt by choosing a Retardation Goal? Can you be in physical retardation as well as mental?

⁵⁰³ It was about a year later that the Negative Pole of the Idealist Attitude was said to be –Abstraction, but –Naivete is often preferred by many students of the Overleaf System, to provide a contrast to the Negative Pole of the complementary Attitude of Skeptic on the Expression Axis, namely –Suspicion.

She can. This has nothing to do with vivacity. That simply means that she is not overly depressed. The retardation can be solely physical and for that reason, genetically inferior stock is selected.

Dick: Could you clarify the Retardation Goal more?

Souls, and in particular, Scholars who are in Acceptance, do not fall prey to this type of atypical disorder. The clue here is the unusual appearance of this disease in one so young.

(Purely physical retardation, any unusual disease appearing in a young person that usually happens to older people.)

Dick: I feel that the cohesion of the group is not strong enough. I don't feel the advice given is enough to hold us together.

There is a definite striving toward cohesion between at least five members⁵⁰⁴ in this group. The advice must now be extracted from the middle of material you have received and spelled out to those who have not joined forces. We feel that you and several others are capable of extracting the essence of this teaching so far, and giving it to the others. If they accept it, then that is good. If not, then you must know that we were not their [true] Teacher. You will receive much help in this from the Sage, Cynthia.⁵⁰⁵

Dick: Our move [some people going to Oregon] seems to be reason for division.

Part of this teaching consists of eliminating the isolation and the duplication of energies. If this is unacceptable, then it is not the teaching for them.

Dick: It takes so much time before they can hear.

We discussed doing weekend things together, such as Asilomar or Tassajara.⁵⁰⁶

Alice: I would like to ask, since being told I was a Stoic and have looked back over my life, about times as a child when my other brothers and sisters were so upset that they could not eat their meals. Is being a Stoic why I could always eat, no matter what upsets were going on around me?

This is, in part, due to the Stoicism, but also to Intellectual Center's stronghold. There was no rational reason why you should not eat. Stoics are not devoid of all feelings; they can merely detach themselves in a fairly lofty manner from the pain involved. Of course, they also detach themselves from much of the pleasure also.

Alice: Would it be possible to have the pleasure without the pain?

No, this is not possible; they are inseparable.

Alice: Will I be able to experience more emotions than I do now?

You have in the past and we are certain that you will in the future. You could in this lifetime. We would say something about therapy at this point. It is within the capabilities of all of you to resolve your life crises and walk the path of spiritual growth. We are attempting to provide for you an environment where this will be more than just possible; it will be a reality. The rejection of this will be a choice that you will make yourself. Realize that. There are those in this group who can guide the others in providing such a growing, nurturing environment, but you must choose. You only have that choice; we cannot make it for you.

Sue: Could we have the Attitude for those who do not know what theirs is?

Sue is a Realist. Billie: Realist. Ellis: Skeptic. TomM: Idealist. The only one in the group with a Spiritual[ist] Attitude is Cheryl.

The Realist perceives the situation at hand in an almost intellectual clarity, and sub-consciously applies all of the alternatives with lightning speed, coming up with a workable solution within an extremely short period of deliberation. The Realist has few expectations of fanciful nature, and, as would be expected, is grounded in reality.

Billie: I'd like a comment on my feeling of going from Submission to Growth.

There is a strong desire in you to do this and the wheels are in motion.

Ray: In the area of Attitudes, the description of Realist does not fit with my idea of what Billie's Attitude is. I have seen fantasies and expectations in Billie.

⁵⁰⁴ My guess is that the five members were founding members of the OMG, namely Sarah and Richard, Alice and Dick, and Gene. Carolyn was there from beginning to end, but there is no indication that she was a committed student.

⁵⁰⁵ Cynthia, who attended for the first time the session before this, did go on to create a large document "The Teachings of Michael: Emanations from the Causal Plane", which extracted the best material from the transcripts.

⁵⁰⁶ Asilomar, started by the YWCA in the 19th century, is a retreat center on the ocean near Pacific Grove, CA (about a 2 hour drive from Walnut Grove, CA). Tassajara is a retreat center with hot springs in the Santa Lucia Mountains (about a 5 hour drive from San Francisco), first used by the Esalen native people for a thousand years or more.

We do not see many fanciful expectations in Billie. We see less in you than before. But, there are some lingering there. Your imagination just a short time ago was the most exciting component of your life.

Mallory: I have a feeling I knew Billie before.

Yes, you knew her in the first century of this era.

Edgar: I'd like verification of my Body Type and Centering.

You are, of course, Intellectually Centered, mostly Saturnine, some Mercury. We see you as Pragmatic.

Edgar: Seems in 1953 and 1960, I did two things that I do not feel right about. I'd like to know whether they are Karmic debts and if they are paid off or was I incurring Karma, or what?

In the former incident, you were paying a debt going back almost eight hundred years. In the later, it was from your immediate past life. Sixth Level Old Souls [such as yourself] do not normally incur heavy Karma. They know better.

Edgar: I would like to return to the comment you made at the beginning of the evening on the origin of the species, Homo Sapiens. We seem to ignore it with our egotistical questions.

We have discussed the problem of personal agendas before. We do understand this drive [to ask egotistical questions] and we do not deplore it; it is just that we have much more time than any of you, and we would be of as much help as possible in the limited time available. Being in a more intimate [communal] situation would also eliminate this problem [because it would minimize egotistical focus]. We will discuss this question of origin [of Homo Sapiens] again soon. It is important that you have some foundation in this before you begin to expound [outside the group].

27 January 1974 — Sunday

Location: Vacaville, California.

Present: Billie and Ray, Ellis, Edgar, Eugene, Shirley, Alice [and Dick], Cheryl, Sarah, Betty, Barbara, Lois, Mallory, Julie.

We are here with you. We would comment that the energy level is good.

Mallory: I'd like to ask for Lois, her husband's SR&G, Body Type and Center. [I think:] Early Mature, Artisan, in Acceptance, Idealist, Emotional Center.

Lunar – Venusian, Fifth Level Young Soul; all else valid.

Mallory: I have a friend who wants me to ask about her dead father's Soul Level, Role and Goal.

We cannot answer that.

Mallory: Why not, Michael?

We are not sure to whom the question pertains.

Mallory: The girl's name is Lula; the father's was Robert.

The man was a Mid-Cycle Mature Artisan in Rejection.

Mallory: I'd like any information that would be helpful about a 6-year-old boy I'm attempting to test in my work. Is the problem physiological or an emotional one? He is epileptic and slow to develop. What is the SR&G of the father and the son, and anything else?

The man is a Fourth Level Young Priest in Acceptance. The child is a Second Level, Mature Warrior, Moving Center, in Retardation. He should be made to understand that the seizure disorder need not be disabling, so should the man. He will accept this from you.

Mallory: What is causing the speech retardation and anger?

There is much hostility in this home. The mother there is a Baby Artisan in Dominance. The child gains comfort only through these machinations. His [Retardation] Goal holds him from achievement, but so does his mother.

Mallory: His father took him away from his mother for a while and he was somewhat better. Should I suggest that they split?

The child would benefit from that, yes.

Alice: I would like a comment on a conflict I see in Dick and myself, that whenever I come up with new directions for myself (Ellis's group, teen-parent thing at EST, electronic music course at the college), he always tries to talk me out of them by saying he doesn't see how they would do any good.

This often happens in long-term relationships. When the soul in Submission decides to alter this Goal, it is quite a shock to those around it and you must be prepared for resistance, sometimes disguised and covert, but sometimes the pot actually boils over. Dick, you should be able to see this in yourself and resist the temptation to pull (her) back. This is an interesting reaction and invariably happens even in situations where one soul has been urging the other to grow. When the growth movement occurs, the resistance is virtually automatic. This creates some fascinating paradoxes, in that sometimes the rate of growth in the one altering seems to accelerate rapidly, leaving the other temporarily behind. Many broken relationships stem from this period of relative acceleration. Many are not willing to ride out the storm and see where the evening-out begins.

We would point out to you at this point that there is a vast difference between spiritual growth and “enlightenment”. We would expect all of you, without exception, to grow from this experience; we would not expect you all to achieve “cosmic consciousness”.

Ray: I would like Michael to comment on his last statement about “cosmic consciousness”.

We see in one student the desire and ability to become an occult Adept in this lifetime.

Barbara: Can the involvement of the occult pull one away from the spiritual?

If you make the mistake of equating the arcane arts with “magic,” yes, we agree.

Alice: I would like to ask for the SR&G of a partner at EST who participated with me in an experiment where we looked into each other’s eyes for an hour without deviating. She seemed to be about where I am and in Acceptance. Her face turned into that of a pig and I could not tell her that.

This lady is a Third Level Old Scholar in Acceptance.

The illusions were your own symbolic way of dealing with an extremely frustrating situation in your life where you feel that you should have to either force others to listen or pay them for their service. This is one of the hallmarks of the Submission Goal and you wish to leave that behind. You made her deliberately grotesque in order to justify taking up her valuable time. We would hope that when you contemplate this sequence, you will realize enough about the mechanics to stop the illusions the next time the setup occurs.

Cheryl: Were there really people from other planets who built or helped build the pyramids and Peruvian “landing strips”? ⁵⁰⁷

There has been much contact between this world and others, both in the past and recently, yes. There have been many instances where the contact has benefited civilization on the rise, mostly by imitation rather than by design.

Cheryl: Why build these big pyramids? What was their function?

The pyramids were designed and built by the Occult Brotherhood, not by visitors from outer space. This had to do with a theory of channeling the life force much in the way that we would depict the reunion of the Fragments of ancient Entities.

Cheryl: Still, how did they do it? Each stone weighs two tons. How could they do it without modern technical machines?

This is no particular strain for a Brother; their powers were great.

Cheryl: Why did they do it?

Initially, the Brotherhood was concerned with the worship of Ra,⁵⁰⁸ or the continuing life force. This gradually transformed itself into the Horus-Osiris⁵⁰⁹ myth of the renewal of the creative force each year. This brought about great changes in the [Egyptian] civilization then under control of the Brotherhood.

Cheryl: Could you comment on the things in Peru that look like landing strips?

⁵⁰⁷ From Wikipedia: The Nazca Lines are a series of ancient geoglyphs located in the Nazca Desert in southern Peru, stretching for more than 50 miles. They were designated a UNESCO World Heritage Site in 1994. Scholars believe the Nazca Lines were created by the Nazca culture between 400 and 650 AD. The hundreds of individual figures range in complexity from simple lines to stylized hummingbirds, spiders, monkeys, fish, sharks, orcas, llamas and lizards.

⁵⁰⁸ From ><http://www.ancient-egypt-online.com/egyptian-god-ra.html><. The sun was first worshipped as Horus, later as Ra. He is associated with the mid-day sun (other deities represent other positions of the sun). The sun was the primary element of life in ancient Egypt and represented: light, warmth, growth.

⁵⁰⁹ From ><http://deoxy.org/gaia/goddess.htm><. Osiris, in Egyptian Religion, legendary ruler of pre-dynastic Egypt and god of the underworld. Osiris symbolized the creative forces of nature and the imperishability of life. Called the great benefactor of humanity, he brought to the people knowledge of agriculture and civilization. In a famous myth, he was slain by his evil brother Set, but his death was avenged by his son Horus. The worship of Osiris, one of the great cults of ancient Egypt, gradually spread throughout the Mediterranean world and, with that of Isis and Horus, was especially vital during the Roman Empire.

The landing strips [Nazca lines] are just that: landing fields. They were constructed during early visits [of beings from other planets].

The large stone figures on Easter Island⁵¹⁰ are monuments to the “star gods.” They brought with them temporary prosperity and big, important magic.

Barbara: What is Davisson’s SR&G? I feel unable to shake a past association. (He is Mallory’s ex-husband and Barbara loves him very much).

What you feel with him are Karmic bonds. They are always with you and not your daughter [Mallory]. This man is a Fifth Level Mature Sage in Rejection.

We would point out at this stage that not all relationships are Karmic. Many simply are physical or erotic, if you will. Some are simply chance encounters by pleasant, compatible souls and others are forced into strange relationships by the Karmic bonds of those around them.

Mallory: Are there Karmic ties between Davisson and my son?

We do not see this.

Barbara: Is there a relationship with Davisson’s present wife, Julianna?

At a deeper level, she does not wish to sever the ties with this man and understands that in order to survive in this, she must go along with the flow of Karma. She is not tied to him in a Karmic sense, but is a Fragment of his Entity.

Mallory: Is Julianna a Mature Artisan in Submission?

Yes. She will accept any relationship rather than none.

Ray: What are the SR&G of Jason’s friend?

This child is a Fifth Level Young Sage in Growth, a Jupiter-Lunar; he is a Realist.

Comment: At this point in our time, approximately 3:17 PM, we concentrated on sending our love to Richard, who chose not to be with us today.

Billie had a silent question.

You could profit from all of this in a very concrete way and we feel that you are aware of the steps you must take. We think, yes.

Billie: Is this a conflict with what the psychic told me and what Michael told me to verify myself?

Yes and remember that we advised you of some exaggeration also. The choice is still yours.

Billie: Is it due to Karmic ties with this person?

That is valid.

Billie: I’m confused.

The confusion is not real. We would call it turmoil, rather than confusing. A snit, if you will.

Betty: Have I ever been anyone famous in past lives?

That depends on your specifications for fame. In the third century of this era, you were the leading priest of Jupiter at Constantinople.

Betty: I would like some reading suggestions.

For you, the autobiography of Mohandas Gandhi would be a start; the works of Plato, also.

Lois: My daughter, Wanda, does not seem to fit the Goal of Submission as Michael stated last time. Please comment

Primarily because she is so young and also has a more dominant child to copy.

⁵¹⁰ From Wikipedia: Moai are monolithic human figures carved from rock on the Chilean Polynesian island of Easter Island between the years 1250 and 1500. Almost all moai have overly large heads three-fifths the size of their bodies. The moai are chiefly the living faces (aringa ora) of deified ancestors (aringa ora ata tepuna). The statues still gazed inland across their clan lands when Europeans first visited the island, but most would be cast down during later conflicts between clans.

Shirley: I would like a comment on the movie, *Chariots of the Gods*.⁵¹¹ And what made the Sahara Desert? Was it an atomic explosion?

No. Those were matter-antimatter explosions, not nuclear. (They were) controlled.

In the chambers, there was an accident in space necessitating a large payload of equipment that was sent into orbit. The ships used were necessarily poorly built because of lack of much technical assistance, but [they] did the job. The hull of the interstellar space ship was damaged. This had to be repaired in space. The rockets used to throw the material into orbit were laboriously constructed out of what was at hand.

Shirley: Silent question.

We wonder if you recognize the almost certain futility in all of this agonizing. The course you must now pursue is the one in which you will grow and that is clear to you in Essence.

Edgar: What civilization was Michael referring to? (?)

Neither. They were from a nearby Solar system. However, the Atlanteans were familiar with matter-antimatter propulsion.

Edgar: How long will it take for our civilization to have reactions of matter-antimatter?

Without help, eons. We would add though, Edgar, that the help is available.

Edgar: Did the Atlanteans have help?

They were more imaginative and far less aggressive. Also, they were not alienated.

Ellis: I do not want to ask any more questions, as I have not done what was suggested. The reason is I have not gotten off my ptuki. (Ptuki in the vernacular is ass.)

That is valid.

Dick: I am coming to a realization of ignorance. Is the "Dark Night of the Soul"⁵¹² similar to what John felt? I am beginning to appreciate the ignorance of previous conditions. I do not want to talk because there is nothing to say. You realize you know nothing.

We would like for you to recall what you just said in its entirety and Photograph the ingratiation.⁵¹³ [However,] We do feel that you are going toward Balance and, yes, the feeling [of knowing nothing] is the same [as Saint John of the Cross felt]. That is the first step. You must plunge all the way down in order to start the climb up. Even Jesus had to do this — even before the Infinite Soul would manifest.

Ellis: This is what we therapists call "creative illness".

The recognition of the ignorance of False Personality is the first step toward liberating the Essence.

Billie: Where is my young friend going (16 year old girl) with her relationship with her 21-year-old boyfriend?

This is an erotic relationship and will go in that direction.

Billie: Should she pursue another?

Only if she wishes more than this?

Billie: What is the SRGA of Julie?

This youngster is mostly Lunar, some Jovial, Emotionally Centered, a Fifth Level Mature Slave in Growth, a Stoic.

Alice: How does Stoic fit with her being Emotionally Centered? Would it tone down the Intellectual Center?

That is valid. It [Stoic Attitude] serves as a mitigating factor [to the Emotional Center] and allows for better contact with [the] Intellectual Center.

⁵¹¹ From Wikipedia: *Chariots of the Gods* is a 1970 West German documentary film directed by Harald Reinl. It is based on Erich von Däniken's book *Chariots of the Gods*, a book that theorizes extraterrestrials impacted early human life. The film was nominated for an Academy Award for Best Documentary Feature. The film was edited and dubbed into English in a 1973 American TV documentary, *In Search of Ancient Astronauts*, narrated by Rod Serling. This version was also shown in many schools in the 1970s.

⁵¹² From Wikipedia: *Dark Night of the Soul* is the title of a poem written by 16th century Spanish poet and Roman Catholic mystic Saint John of the Cross, as well as of a treatise he wrote later, commenting on the poem. Saint John of the Cross was a Carmelite priest. His poem narrates the journey of the soul from its bodily home to its union with God. The journey occurs during the night, which represents the hardships and difficulties the soul meets in detachment from the world and reaching the light of the union with the Creator.

⁵¹³ What I see in Dick's question is false humility, which is often motivated by the desire to not appear arrogant, which desire is often motivated by ingratiation. Dick was the person in the OMG who asked the most questions, so it would be false of him to remain silent on the pretext that he was actually humble. It is true that well into this session he had said nothing until this comment, and he said nothing afterward in this session. Perhaps he was stung by this Photograph.

Edgar: In reading our new workbook on page 82,⁵¹⁴ I have a question about integrating Fragments and them having a pull on you and it being “curtains” for those who integrate. Also, I have a question about Karma: they said the strength comes from those already integrated. Is good and evil the fulfillment of Karma with a promise to return to “paradise” after this fulfillment?

That question was raised in a spirit of wishful poignancy and concerned missing certain aspects of life on the Physical Plane such as sunlight filtering through the trees, etc. However, you are right, Edgar, the good and evil mentioned in that paradise refers to negative [Ordinal, yin] and positive [Cardinal, yang] poles of the Monads. Even after evolution to the Astral Plane, there are many steps yet to take. Return to the Tao is the goal or purpose. Perhaps this is an area [that] we still must grow [into], for we do not see this as an insufficient goal.

Edgar: If I spend half of the time that I spend sleeping on the Astral Plane, why am I not aware of it? How can I achieve awareness of this?

By not blocking the experience. The workshops (Monroe’s out-of-body) should help in that.

Alice: I feel a question I typed from last Sunday’s session was incorrect. The answer was, “No, not the Jesuits.” And I had something about the occult and it does not seem right. The priest who exorcised the Daly City couple was a Jesuit. My question is: Could I have the question for that answer?

The question concerned dogma and not exorcism, for the Jesuits have led the field in occult matters.

Billie: Have I been together with JimB before in past lives? If so, what was the relationship?

Only once, many centuries ago. You were on the seas together as comrades-in-arms.

Billie: Was there Karma involved?

It was not adverse [Karma].

Cheryl: Have Cyndi [the Priest] and I been together in previous lives? I had a peculiar reaction to her.

That is valid. Cheryl was monk in the order in which Cyndi belonged.

Cheryl: Was “she” my father confessor?

Yes.

Billie: Is good Karma repeated and what is to be gained by repeating it?

Many times, to complete a Monad left over.

Billie: What would be an example of good Karma repeated over and over?

Teacher-Pupil is one Monad frequently incomplete for many lives. This must be completed, but is never adverse.

Mallory: Would it have to be with the same person?

Sometimes, not always.

Shirley: There is a strong feeling here that knowledge of my immediate past lives would shed light for me on my present life and what I have to do in this one for Karmic releases.

We feel that, possibly, it would, also. But, we would prefer that you first define your own areas of Bad Work.

Only then will the knowledge be of value. If we simply told you the circumstances, confusion would reign. The specific questions should be at least clear in our own mind before we supply specific answers.

Shirley: Could I ask who I was [in the past life]?

You were a steward in the home of the Duke of Norfolk.

Shirley: When?

In the beginning of the nineteenth century. The Duke was a Young King.

(Shirley had silently wondered this).

Edgar: Please explain my earlier question. Did you understand it?

Yes, we understood. The question is moot now. The problem, Edgar, seems to arise from your reluctance at a deeper level to accept this as a rational goal. We wonder if you have in mind something expressible as a substitute goal. We do not think so. There seems to be an element of wishful dreaming.

⁵¹⁴ From the document “The Teachings of Michael: Emanations from the Causal Plane” compiled by Cynthia. Subject: “Reuniting of Fragments” ~ Question (Nov. 22, 1973): Does the dominant Fragment have indirect access to my previous lives? Michael: The integrated Fragments of your Entity, which are a part of the low astral body, have a tremendous pull on you. It is almost as though they are calling you home. You are right, though, it will be curtains for those who integrate. The others will continue as long as they are earth-bound by Karmic Ribbons and have incompleting Monads.” The full text of the document is included in *Michael Speaks, Volume 2*.

Edgar: Did I interpret it right?

It does correlate (To how he understood the question).

Betty: I would like to know if one chooses his Attitudes?

You choose them and you can alter them. Few choose to do so.

Is Betty a Spiritualist?

Yes.

Is romanticism Idealism?

Not always.

Shirley: Did I do something to my mother in a past life? I feel a Karmic debt.

That is not with your mother. You did not do anything to her. She was the Duchess [of Norfolk, in the life previously mentioned].

Shirley: Did I poison her?

No, you cared for her in her final illness.

Shirley: I am doing that now. Do I keep taking care of her? Why do I feel guilty?

Because that is in Essence for you, Shirley. In each case, you were able to give the gift of higher expression. Once in the remote past, she cared for you when you were orphaned, but this did not require the massive obeisance [you have] performed. This was solely within you. The guilt is something you must shed before you can grow. Further, your [Karmic] debt to this lady is paid ten thousand fold.

Mallory: What is the SRGA of my closest friend, Sandy? We were close when we first met.

This is a Mature Scholar, which resulted in an affinity that began in the sixth century of this era and has continued to date.

Mallory: Could I have more specific information?

This lady is a Mars-Jovial, Emotionally Centered. A Sixth Level Mature Soul, she is an Idealist in Growth.

Shirley: Who is the Dame of Danville?

That is a valid memory. This lady was one you dealt with regularly on the estates in Norfolk.

Shirley: How does this relate to my sister?

They are one and the same.

Shirley: Where did this information come from?

She contacted higher Centers.

Ray: Basically, I see much time spent to end up no place and I see little sinking in of the information.

Edgar: Do I still have Karmic Ribbons to work out?

Yes, you do.

Edgar: Can you give me an idea of what they are and what I have to work on?

You are fulfilling one now with Leticia [his mother].

Edgar: Are there many left?

Not many, Edgar, and none adverse except for the health problem.

Ray: My perception of the [Michael] teaching since reading Carlos Castaneda's books is that it is the experience we are looking for and not the words.

Ellis: I have the same feeling. We have much too many words here, and I think I will come once a month. There is too much "aboutism". We're talking, not living. They told me what to do and I have done nothing. You are not going to find the answer in Oregon.

Sarah: No. I would go because it is cheaper to live there and it is cheaper yet in the rural part. We would not have to work so hard as here and we could spend more time on [spiritual] evolution.

[typed by Alice]

31 January 1974 — Thursday

[Based on the detail of the dialog in this transcription, it is obvious that this session was tape recorded.]

Location: Oakland, California

Present: Barbara, Mallory, Jim, Alice, Sarah and Richard, Ray, Patricia, Ellis, Marina, Phyllis. [Edgar also asked questions]

Are [the] feelings of Ellis [expressed at the end of the last meeting] valid?

Alice: When I typed up Sunday's material, Ray's and Ellis's negativity did not come out as negative. I felt it Sunday at the meeting in their voices, sort of invalidating everything we had said all afternoon.

Mallory: I feel there are quick subject changes and that the subject is not explored enough.⁵¹⁵

We would certainly hope that this teaching would evolve into much more than continuous dialogue. The foundation for this has been given. Even the dialogue with us is excessive. There is not time given over to reflection and searching. Valid insights from students should be accepted. If they are invalid, they will feel wrong and you will know this without confirming this [with us].

Many months ago, we advised some other way of introducing this teaching to potential students without reference to the mode of transmission. This has not been done as yet, and many new students are lost because of this. We would hope that you would spend some time on this. Body movement would be Good Work. Also, meditation, group concentration, and perhaps massage.

What is the value of the group?

Answer: For energy.

Ray: [Question lost.]

In order for this group to achieve the cohesion necessary to provide [spiritual] growth, a level of intimacy and trust far exceeding what you now have must be reached. This cannot be achieved through dialogue. Dialogue is False Personality's defense against Emotional Center.

Ray: This is the first time I feel the group is into something meaningful. The energy feels different. To get in touch with real feelings is frightening and is unattainable to this in a group.

Ellis: We can't reach each other through dialogue or what I call "aboutism." When someone brings up something deeply personal, the group as a whole makes the whole thing personal. I hear the pain, and then we go on to the next person's pain.

Richard: Are there suggestions for improvement? I feel the personal agenda could be handled by each person relating to each other, rather than running to Michael right away.

Ellis: I see a more basic problem here. I want to know what is the purpose of the group. I experience no purpose. There's the inevitable push on without discussing. We have to accept the goddam zombies. Gotta be honest. There has to be no judgment: no right or wrong.

Richard: I see our goal as becoming one. In meditation, I get that the soul evolves into a higher plane and there is a closeness and intimacy.

Edgar: My purpose is to receive the Teaching [that] I heard 2,000 years ago.

Ellis: You cannot receive anything in a vacuum.

Sarah: There's a feeling here that we are drawn together for a specific purpose and that we are to grow as a group from our experiences.

At this point, we meditated for five minutes and discussed afterwards.

Shirley wanted to know if there were those who could meditate. About half raised their hands. She was told that the fastest way for older students was to take a Transcendental Meditation course.

Many of you would profit from the organized training, but be bold and experiment. Meditation should not be agonizing.

Mallory: I feel there is a danger of making a rigid system through those who are heavy into bullshit. I feel each must be able to look at it in front of all the people and experience it.

Shirley: I feel Ray has something to contribute, and the problem is that his ego gets in the way. I'm happy to share and not question.

Ray: I don't want to be put in the position of debating. Just hear what I have to say. You have the choice of agreeing or not, and either way is OK ...

⁵¹⁵ Oh, yeah. So say we all. Mallory was a counseling psychologist in training, being taught to dig deep into a subject.

Ellis: When you don't like a person, you shouldn't have to label it "False Personality."

**** *

Shirley: I'd like to have Michael's interpretation of my feelings toward Ellis.

Ellis: I never go any place and behave other than I feel.

Shirley: Do you feel comfortable with yourself, Ellis?

Ellis: Yes.

Richard: I'd like to change the subject to [telepathic] mind-to-mind communication. It eliminates the physical body. It's frank, unemotional, and direct, with few words.

(I'm having a party Saturday night ... leave your bodies at home and come over!)

Sarah: We must be careful the group does not deteriorate into a therapy group. We have to put our heads together and get into the teaching. (As another member puts it, we must 'get our poop together'.)

Edgar: The thing I'm into is the teaching.

Richard: Personal agendas create a block.

Edgar: These things are valid when we can relate the personal questions to the teachings.

Sarah: Rather than accept the love that is offered, we keep looking for love that fits our specifications.

Ellis: If YOU don't have the specs, whose do you use?

Sarah: By taking what is offered.

Ellis: I reject everyone.

Sarah: When a lady picks out a husband, she is so unaware of the other person that there are many mistakes made. If there were Essence pair-bonding, things would not be so bad.

Shirley: Do you feel you can relate to another person in the group?

Ray: I have an awareness of what I want and I get it. (It was said that he was in Dominance and that would be why he could "do" this.)

Ellis: You can only help a person if they say they want help.

Phyllis: Sometimes, there is the ability to see non-verbal asking for help.

Ellis: If you aren't in touch with your feelings, how can you pick up on others?

We listened to a record that "turns Sarah on" religiously. For ten minutes, we listened. Many became restless after a few minutes.

There were those who thought we were closer, at first, then became separate.

It was asked of Michael for a comment on this group high (not mass hysteria).

We have no comment. We would prefer that you guide yourselves in the manner already started. This is not Wrong Work.

Ray changed his name and said that he felt the projected goal was different each time he came.

Phyllis: I don't have trouble relating, but I do with semantics. I get more from group contact.

Richard: It's my goal to have unconditional acceptance to rise above personal prejudices.

Edgar: I'm here to see what Michael has to teach and will pursue it until they say this isn't it.

Jim: I'd like to have understanding.

Ellis: I'm here because Dick said to come, and I've come and been here ever since.

**** * (means, "yamma-yamma-yamma")

Phyllis: Will I be able to ascertain over the phone from my brother or sister how my mother is doing? She is very ill and I just came back from New Jersey and feel I'm needed here. Will my sister be able to handle the situation?

Phyllis: SRGA of her sister, Bunnie?

This is an Emotionally Centered Mid-Cycle [Fourth Level] Mature Artisan in Growth. She is a Skeptic. We see Phyllis as an Idealist. Her mother is a Sixth Level Young Priest in Acceptance. She is Pragmatic. We see this lady as not gravely ill; seriously, yes. You will be able to ascertain this. Also, we will help.

Barbara: SR&G of two friends: 1) a poet, 2) a painter?

Poet: Second Level Mature Artisan in Acceptance, Intellectually Centered, a soaring Idealist.

The painter: a Fourth Level Young Artisan in Growth, an Idealist.

Marina: I'd like to hear something of my past lives.

You have been a member of the clergy four times, once as a Jesuit. In this (Jesuit) life, you were responsible for translations of the Gospel of Lukanus Quirinius [Luke].

Marina: In the immediate past life, what was I?

You were an Episcopalian priest, the vicar of a parish in southeastern England.

Barbara: Do I have Karmic ties with either of these two friends [poet and painter]?

Yes. When the poet was first born, you were his father. You have been together more recently — in the southeastern part of this country in the eighth century of this era.

Edgar: The last time I was here, you said I had a few Karmic ties left. I'd like to know the number left [and] how many Monads to go.

You must still complete the Teacher-Pupil Monad. You had a Karmic Ribbon with the man Robert [Burton]. He was twice your student. This has been burned. You have been a teacher so many times, Edgar, [that] we could see you almost as the perpetual schoolmaster. Before this life, the man Robert sought you out as a teacher in two very traumatic, for him, lives: Once as a Mid-Cycle [Fourth Level] Mature Soul and again in a later life. Also, you were once an athlete of some renown and lived to be almost one hundred years old. This life is also the other pole of that Monad.⁵¹⁶

Alice: Did Robert [Burton] recognize Edgar? Is there something that he learned from Edgar or is it something Edgar was to have learned from Robert?

Yes, he did. Robert recognized his old teacher and it frightened him badly.

Edgar: Please explore further.

He [Edgar] taught him [Robert] fallibility. This experience and others like it made this man [Robert] a suitable vehicle for higher expression by the high Causal body [Transcendental Soul].

Edgar: In essence, then, there are no Karmic Ribbons left over. How many Monads do I have to go? Will I have to come back another lifetime?

You may not have to experience [another] life if you do it now. That is the experience needed for completing the Monad.

Comment: Now Edgar is a student after disturbing Robert into fallibility.

Ray: I'd like to check out to see if I'm closer to completing Karmic ties with stress and am I dealing with it OK?

When you finally experience respite from the stress, you will have completed this lesson. Right now, you are experiencing a plateau and you are anxious to go on.

Ray: Am [question lost]?

You are working on it.

Shirley: Before the meeting, I flashed on a person in the group who was upset. Is there something I can do or say to help? I feel sympathy.

No. This soul must come to awareness of her own inner conflicts.

Ray: I'd like to ask the SRGA of a person by the name of SH [that] I'm going to see tomorrow.

This is a Fifth Level Young Slave in Stagnation, a Cynic.

(Turns out, he's an income tax investigator!)

Mallory: I told my son about The Synthesis, and am wondering if he is a Spiritualist as he has déjà vu or precognition. It was said he is an Idealist.

No error on this. This child has not been taught to repress these talents.

(He still has access to this knowledge).

Mallory: I had no Karmic ties?

The ties with you go back eleven centuries. This is not adverse and the door is open.

Mallory: What does that mean?

There can be much contact of the non-verbal sort between you and you can teach each other much.

Mallory: [Is there a connection between my son and my boyfriend] Ralph?

Yes. They were Jesuits together.

⁵¹⁶ Mentioned in this answer were two Monads, teacher/pupil and health/sickness. The person asking the above question was in a wheelchair, so you can see why the Michaels referred to his athletic lifetime as the other pole of the health/sickness Monad. In these Monads, "teacher" and "health" are Cardinal, and "pupil" and "sickness" are Ordinal.

Mallory: I'm seeing that child tomorrow. Is there anything that you could say that would help?

We could suggest that this approach be as non-verbal as possible — pictures, perhaps.

Patricia: I'd like to ask about my past lives and any ties I have.

You have lived twice on this continent before this life. Once in what is [now] the Province of Ontario. This was before the white man came. You came again with Pizarro.⁵¹⁷ You have lived in Peru in the height of the Inca civilization. You lived in Greece in the early twelfth century. You have been a medicine man twice. This made you carry with you the memories of the Shaman into your next lives, which was an interesting conflict, as they were both lived in urban areas: once in Tyre [Lebanon]; again in Athens [Greece].

In Athens, you were the son of a prominent vintner. You studied with Solon.⁵¹⁸

Were Patricia and Lois together in Peru? Did they have Karmic ties?

No, but she knew Lois.

Phyllis: Do I have Karmic Ribbons with ____ [name missing]?

No.

Phyllis: Fragments?

No. You are simply friends. It is an Essence attraction.

Barbara: Information that came through Cheryl had something to do with my being with Dick in the French Revolution. Are there Karmic Ribbons?

This Ribbon was burned at that time. You were the revolutionist sympathizer who informed them of the hiding place of the remaining royalists after the queen had been assassinated. This had been done to you previously.

Mallory: Why did Dick have this funny feeling for Barbara?

Memory.

Phyllis: Is it an Essence attraction that I have for Bill S or Fragments or what?

This is an Essence attraction.

03 February 1974 — Sunday

Location: Walnut Creek, California.

Present: Betty, Cynthia and Nichols, Joan and Jim, Sarah and Richard, Alice and Dick, Gene, Shirley, Mallory.

Does Michael have any comments on us having a small executive committee for the purpose of steering?

Yes. We agree that this is becoming more essential now that the group is growing so large. You must also learn to be firm in your resolution once the policies have been established, but leaving room for extenuating circumstances. We agree that a trip to the library can be arranged so as not to interfere with the teaching and that this is not the type of absences that should be encouraged. Incidentally, we once warned you all that your activities would become suspect, and that you would come to be regarded as eccentric. Once you elected to pursue this, you voluntarily placed yourself outside the mainstream, especially in this culture. You must be prepared for the results of this action, which will include more adverse publicity, and breaks in relationships with those who cannot understand, and are frightened of this type of activity.

Should we be secretive about it?

Your insistence on secrecy will depend in the long run on your own desires to wear the cloak of dignity, and we do feel that this is advisable.

Nichols: The need for secrecy won't be that great, as we will know how to handle this.

Soft-pedaling the activity will serve to tone down any sensationalism and the danger of luring in false students with glamour.

Comment: If you want to be dignified, keep your mouth shut when you need to.

Joan: Would Michael tell us if JeanP and Edmund would be good liaison people?

⁵¹⁷ From Wikipedia: Francisco Pizarro González, Marquess (c. 1471 or 1476 – June 26, 1541) was a Spanish conquistador, conqueror of the Incan Empire and founder of Lima, the modern-day capital of the Republic of Peru.

⁵¹⁸ From Wikipedia: Solon (c. 638 BC – 558 BC) was an Athenian statesman, lawmaker and poet. He is remembered particularly for his efforts to legislate against political, economic and moral decline in archaic Athens. His reforms failed in the short term yet he is often credited with having laid the foundations for Athenian democracy.

Not only that, but much of the teaching would be absorbed and put to work in their work (FFR?)

We discussed new people and eliminating them before they came to a meeting.

The exclusion process should never stop short of at least one session with older students. We would advise transmitting the information in a straightforward manner, verbally.

Sarah: One of the first criteria for a new student is whether they can accept that there are planes above the physical.

This should almost be your first question to new students. (Next,) whether or not they are willing to accept the necessary discipline needed to grow spiritually. Also, it would help to know what they expect from such a group experience and their definition of spiritual growth.

Nichols: There could be checkpoints and people would be able to make a decision whether to go on or not.

Dick: They might also need to know that this is an intellectual teaching of discipline.

Mallory: What is meant by "intellectual teaching"?

Answer: To translate what you have learned intellectually as knowledge into what you do [and are] — (Being).⁵¹⁹ It's turning water into wine [as Jesus allegedly did].

This is, of course, our teaching also. The discipline, of course, includes going toward Balance through concentration, meditation, and other conscious[ness]-raising techniques. Also, the understanding and ultimate complete acceptance of all others, leading to the spiritual Agape, which is the doorway to true consciousness.

Dick: In our first teaching, Robert's emphasis was on being more silent. In Gurdjieff's system, it was stated that everything you said was a lie and so we had to be very careful with words.

We agree that much work needs to be done by all of you here present toward eliminating all non-essential dialogue. This, of course, may eventually result in your being acutely uncomfortable when you are not with others in the teaching. This is only one of the myriad reasons for spiritual communities such as we have suggested. Silence comes much more easily to those who are secure in the love of those around them.

Comment: We have to experience the Truth-Lying Monad as part of everything. We should not be afraid to speak up. In order to learn in this area, we need feedback. If you are silent, you never expose yourself. If we were more silent, would this help us in working on False Personality?

That is valid.

Dick: Could you comment on the statement that everything is true, no matter who says it and when they say it?

That is a valid exercise (to say "that is true" for everything that is said, no matter how untrue it feels to you at the time) for exorcising negativity. Yes, that goes without saying to those of you who were initiated by the man Robert. That is valid, of course, for the new students. The same teaching should prevail.

Dick: The same would go for the non expressing of negativity, too, only we have to be careful not to suppress the negativity. We have to be aware of being mad and be careful not to dump it on others by acting mad and not expressing it.

Betty: Some of the nurses make me so mad. How can synthesis help me feeling this way about some of them?

**** [sic] is in Rejection, also is a Cynic. This will take much work for you, Betty, and is there for Friction.

*Shirley: I have the same response to **** [sic]. It is difficult to be neutral.*

This Baby Slave has few alternatives.

Gene: The assumption is that she is aware she's inappropriate. If she is not aware, then she is not acceptable. If she wants Rejection and you do not reject her, that's when you grow.

Only your acceptance of this soul's unenviable life can help her to look at her Goal at all.

Gene: In other words, you must refuse to reject her.

Also, understand that you, Betty, and you, Gene, have been there [in other lifetimes, when you had that goal].

Gene: I'd like comments on a problem of a lady who has elected to have surgery tomorrow and she has told me that she made up her mind seven years ago that the next time she had anesthesia, she would die and she knows that she will never wake up.

It is possible that she will. Realize her conviction as she views the transition as an escape. If you do not wish to serve as a vehicle for euthanasia, we would recommend either postponing this long enough to try to re-establish her life line or canceling it altogether. She is a Mature Soul, Priest in Submission, Skeptic. You may even point out to her gently that she is suiciding at the expense of an exceedingly frail soul (her physician). This lady is perceptive.

Gene: There's a poltergeist in her house. It's not obnoxious but a nuisance.

⁵¹⁹ "Being" is a Gurdjieff term describing where someone is on their spiritual journey, as in their "level of being."

You may tell her that we will take it away.

Dick: That was Edgar on the phone. He had gone to go sailing and his ankles gave away and had to be helped to the car. He wants to ask Michael what it is. I'd say that if it is not hemorrhaging, it is a weakness of the structure to carry all that weight.

Yes. This is a structural stress.

Gene: I need solace concerning one who bled to death from an aneurysm. He was an alcoholic and I resuscitated him.

You made a valiant attempt to alter Karma and failed. It was chosen by this soul to exsanguinate.⁵²⁰

Betty: I would like to ask about the "witch hunt" at work. The nurses are dissatisfied with the MD's treatment of patients. The doctors sometimes won't come in the middle of the night to care for a patient. What is the purpose of their doing this and talking so awful? I can't separate.

This [Michaelian] teaching should enable you to dissociate from this destructive life game. It is played all over.

Gene: The game is, "I'm right and you're wrong."

The game is also: I am so well and you are so sick.

Betty: I remain aloof, but it affects me.

If you do not dissociate, you run the risk of becoming a leading player — and a losing one at that.

Alice: I'd like to ask if there are any Karmic ties I have with Robert. I'll never forget those meetings with him, two of which I did nothing but cry for the entire hour and I do not know why.

You have no Ribbons with Robert, but there are Karmic ties, yes. You were a student of Edgar's, also.

Alice: Were we students of Edgar's at the same time?

Yes. That is valid. There are no Ribbons but many memories.

Gene: I would like to ask what the source and validity of Stanford's book, Spirit Unto the Churches.⁵²¹

The source is cosmic. The validity is good.

Dick: Robert [Burton] did not call his school a religion; it was a school of consciousness. Ours is a teaching, also, and not a religion, isn't it?

The only difficulty in that word [religion] is that it ties into dogma, and that [dogma] is not [true] religion [or religiosity or spirituality]. We wish to teach a joyous religion without dogma, and so decline to label it [a "religion"]. Jesus did not call his teaching Christianity.

Dick: Has the group reached a new octave?

We would discuss this any time you wish.

Dick: Now.

We would speak to you of the wisdom that comes to us from the plane beyond and yet interpenetrating this one. In giving you some direction to your purpose, you have, during the interval between physical lives, chosen to live a life in service to the Word [Logos]. The manner in which you will do this is now becoming increasingly clear to many of you and you are no longer sad to see the complexion of the group changing. It should be clear to you all at this juncture that those who have dropped by the wayside were motivated by other factors, many of them Karmic to mingling briefly and then be on their way. Some parted with sadness for they felt inexplicably bound to you, but could not contain the restless spirit. Now you find yourself at the turning point together with others who are driven by the same chosen purpose. You will find it now easier to plan, for this is the *planning* octave, just as the one just completed was the *investigating* octave. Yes, the vibrations are doubled (as in music) and the experience must be therefore richer and more shocking.⁵²²

Gene: The more intense, the more difficult and the more rewarding.

Cynthia: It should also be a pleasant shock when it all comes together.

More and more, you will find yourselves immersed in the planning stages.

⁵²⁰ Exsanguinate means to bleed out.

⁵²¹ Book: *Spirit Unto the Churches: An understanding of man's existence in the body through knowledge of the glands*, Ray Stanford, 1971. Later revised and released as *Spirit Unto the Churches: An understanding of man's existence in the body through knowledge of the 7 glandular centers* in 1977.

⁵²² The use of the word "shock" in the context of the word "octave" is not unexpected when you know Gurdjieff and his so-called "Law of Seven" as applied to his so-called "Levels of Being". Briefly, the musical scale is an octave of seven steps that repeats. Gurdjieff likens this to stable stages of spiritual growth separated by unstable transformative phases, where advancement from stage to stage was said to be passively experienced as "shocks", and/or actively facilitated by intentional "shocks".

Cynthia: We just got through with planning for the Town Meeting.⁵²³

This is planning of a very different sort, but all the rules are applicable. Since this is a planning stage, this means that decisions will be made and you will be left to start the *implementation* octave with a dedicated core.

[Cynthia:] Is it our task to provide the spiritual base for the Oregon community?

We feel that that would be in many respects the ideal start. We feel that wherever you are, you must have adequate facilities to accommodate transients who seek you. We are interested in centralizing this teaching and eliminating the most distracting duplications that now occur, preventing most of you from serving to the limits of your ability.

Gene: Could I ask what is the force behind the 1,200 acres in Oregon? And has Michael given us sanction for this sort of thing?

A man by the name of Christopher has put the thing together so far. You may meet him if you wish at Nichols and Cynthia's house next Tuesday evening.

Joan: I'd like to ask about the Craigs. Will they be good for our group?

They will not come in until later. It would be too soon for them. (They established another evening that he was a Third Level, Young King, Idealist).

Re: obese lady at Town meeting. Does she have osteoporosis?

Only that which would be expected in this obese menopausal lady.

Lou who moved from Michigan; his SRGA?

This Moving Centered Artisan is a Sixth Level Young Soul in Growth, an Idealist.

Comment: It seems like 80% of the people in the Town Meeting are Idealists or Spiritualists in Growth or Acceptance.

Richard: Is the average soul level late Mature?

Yes.

Re: a Kathy from Chambers' church?⁵²⁴

She is an Intellectually Centered Second Level Mature Artisan, a Pragmatist in Acceptance, Spiritualist.

Shirley: I'd like to ask about friends I have who are going to Oregon.

Both of these young people are Young Souls. He is in Growth; she is in Acceptance. Both are Artisans. He is Stoic.

Is this The Brotherhood? I understand Gurdjieff was conscious but not Collins and that Fulton Sheen is a Transcendental Soul.

Call it the "transcendent brotherhood" if you wish; that describes it.

Gene: Are there many who are alive in the physical today who are in The Brotherhood?

Many are now on the Physical Plane; many watch from other planes.

Cynthia: Are they gathering because of the "new coming"? Is our source [the Michaels] transcendental?

The Transcendental Soul is only such when it manifests on the Physical Plane. Now, we are part of the Mid-Causal body.

06 February 1974 — Wednesday

Full moon.

Present: Ray, Mallory, Cynthia and Nichols, Sarah and Richard, Alice and Dick and Cheryl, Barbara [Mallory's mother], Jim, Shirley, Betty, Phyllis.

We discussed the meeting we had with Cary concerning the Oregon land surrounded by BLM (Bureau of Land Management and is planted forest).

We also ohm'd in a circle and acted out a, "Don't you ever, ever, EVER, EVER let me catch you brushing that dog's teeth with my toothbrush ... "

As the group becomes more and more cohesive, many more sharing experiences may take place without the self-consciousness present in more multi-disciplined gatherings. This will create a unique atmosphere in which growth is almost certain to occur.

⁵²³ Cynthia is referencing the planning for a new intentional community in Oregon. She and her husband later moved there and helped it get started.

⁵²⁴ Montclair Presbyterian Church in Oakland, located a few blocks southeast from where the Chambers family lived.

Ray: I suggest that we start and end the meeting with a circle of chants or something together, as an energy-raising thing.

Ray: SRGA of Ann J? Any Karmic Ribbons?

This young woman is a Moving Centered Third Level Mature Artisan, not in Dominance, but in Growth; an Idealist. No [Karmic] Ribbons, but you have known her in the past several times. You were attracted to each other, but unattainable: the "crowded room syndrome."⁵²⁵

Ray: Tell me more.

Once as David [Hume, the philosopher], you were introduced to a charming young woman from Yorkshire. Again, in earlier life, you were passengers together crossing the sea from the European continent into Egypt.

Dick: I'd like verification of the SRG of Chris Kentfield. I think he's a Sage, not a King and in Growth and an Idealist.

This youngster is confusing to you for several reasons. The most prominent one being the fact that both his father and mother are Young Sages: she in Growth, he in Dominance. This [parental influence and imprinting] has not dissipated. The fact remains that this is an Old King.

Ray: I have never met him but I feel something and want to ask if he is a part of my Fragment [Entity]?

No. This man was Cast from the Tao almost twenty thousand years prior to yours [therefore in a different Cadre], but you know him.

Dick: What is his Goal and is he Emotionally Centered?

This man is a Dominant Spiritualist. That is valid: Emotionally Centered. He should balance out this time.

Dick: Have I known this man before?

Yes. You all have.

Nichols: Have we known him between physical lives? Is Cary part of that?

Yes. He was but you have all known Cary on the Physical Plane.

Was this 2,000 years ago?

For some. For Cynthia, several times since. For the rest, perhaps once each.

Dick: Could I have an approximate date when I was Cast from the Tao?

Approximately fifty thousand years ago, before the cataclysm that destroyed Atlantis.

Ray: My heart speeded up when we were talking about Cary and it has not slowed down. I don't feel like writing (he was writing the questions). I felt something; for several minutes, I felt half out of my body.

Try to go into a very private space and remember the battle.

Ray: I feel consciously holding back.

One life in which you met with Cary is vivid in your mind. He was a Roman General. You were waiting for him in Carthage.

Ray: Did he harm me?

No. But you both tried.

Alice suggested from the EST experiences that Ray, when he was feeling such as this, to close his eyes and take what he sees, senses or feels.

Ray: You mean I could get in a space where I could remember?

That is valid.

Dick: Do you continue to meet new people on the Astral Plane? Does the process go on?

Yes. You have access to all those between lives, some of whom you will never meet on the Physical Plane.

Dick: I'm curious, was it a good growth experience I had in my immediate past life?

A rather self-centered one, but one in which much self-expression resulted. Not much mysticism but much sensitivity.

Dick: Was that as Renoir?⁵²⁶

That is valid.

⁵²⁵ Originated with the song "Some Enchanted Evening" from the 1949 musical, *South Pacific*: "Some enchanted evening, you may see a stranger, you may see a stranger, across a crowded room ... And somehow you know, you know even then, that somehow you'll see her again and again." ...

⁵²⁶ From Wikipedia: Pierre-Auguste Renoir (1841–1919) was a French artist who was a leading painter in the development of the Impressionist style; he was a celebrator of beauty and feminine sensuality.

Mallory: My concern is that Michael said that nobody here is part of my Entity and there are no Karmic ties or Ribbons. Do I belong here? Is there a purpose to my being here in this group?

Not all here have reunited with Fragments [of their Entity]. This Teaching is still young. We understand what you are feeling and we would only counsel that you continue to do what you know to be right.

Nichols: As we communicate with Michael, we'll have a clearer picture of what to do.

Mallory: I know I should be here.

Dick: I suggest that everyone read In Search of the Miraculous by Peter Ouspensky. It gives the sense of a Christian esoteric school. You can't take it for 100%.

Cynthia: I sense a gap in what we're doing.

Barbara: I'd like to ask about a shaky reaction I received when I saw a guru's picture over 20 years ago. I felt he was my guru. His name is Ramana Maharshi.⁵²⁷

We find no real fault with this man's expression. This was a Fifth Level Old Scholar in Growth, a Spiritualist, who accelerated through application of the principles we have laid out here. This man is worth reading, but since he no longer lives, cannot answer any queries you might have, which is one of the problems with all inspired literature.

Barbara: I recognized his picture as if I had known him.

You were with him in past lives, yes. But not as his student. In fact, you were students together.

Barbara: When? Who was our master?

You were students together at the museum at Alexandria. Medical students.

Jim: Since it was said that I was there, too, was I there at the same time?

That is valid.

Mallory: It was said that I, too, was in Alexandria; was I with them?

(You were there) several hundred years prior to that in the time of the Macedonian conquest.

Shirley: I was said to have tutored there; was I there at that time?

(You were) there also. Two of you were sent there to study: Dick and Joan.

Dick: Was it to study medicine?

No.

Dick: What, then?

Astronomy, rhetoric, philosophy.

Dick: I'd like to ask about the life in which I was executed and was unable to communicate. Was this because I had no gift for speech?

You were a deaf mute.

Dick: Was this a Retardation Cycle?

That is valid.

Barbara: I'd like to ask: After the [Atlantean] cataclysm, it was said Infant and Baby Souls were Cast [into incarnation]. Now, if Infant Souls are Cast, if they do not know right from wrong, how can they be taught? Who's to teach them?

Through us.

Questions: Were we at Atlantis?

Most of this group was, yes.

What was the population of Atlantis when it disappeared?

Five million. That was a city-state isolated by choice.

Shirley: What was I in Atlantis?

You experienced five lives there. All as [an] Infant Soul.

Shirley: How long was that?

Almost ten thousand years.⁵²⁸

⁵²⁷ From Wikipedia: Sri Ramana Maharshi (December 30, 1879 – April 14, 1950) was a Hindu spiritual master. He maintained that the purest form of his teachings was the powerful silence, which radiated from his presence and quieted the minds of those attuned to it. He gave verbal teachings only for those who could not understand his silence.

⁵²⁸ My interpretation of this is that Shirley took ten thousand years to experience five lifetimes as an Infant Soul in Atlantis. The alternative interpretation, that these lifetimes happened ten thousand years ago in Atlantis, contradicts the

Comment: If something happened now with a holocaust, we'd be shunted to another planet. Other planets are not subjected to cataclysms and earthquakes. Why are we subjected?

Many learned more quickly to move inland and off the smoking mountains.

Can they tell us if there will be more earthquakes?

We feel certain that there will be many more earthquakes in California, so one is fairly safe in predicting this.

What about Edgar Cayce and his predictions that all of California will fall into the Ocean?

This man, along with many others, is an apocalyptic.

Comment: It has been said that if the atmosphere is lifted, it won't happen.

It won't happen.

Cynthia: It has been said that when the Messiah comes, there will be an upheaval.

The upheaval will be emotional and spiritual. It will be a cataclysm, you may be sure of that, but not physical.

Cynthia: It would seem physical.

Oh, yes, we would agree with that.

Comment: It seems that spiritual upheaval is balanced out by violence. The worse it gets, the better it gets.

There is no more violence today than there has been in the past; just more people, and faster and better and more accurate news coverage. Some of the earlier Cycles [Soul Ages] are normally violent.

Is the prison population mostly Baby Souls? The Mature Cycles commit the crimes of passion (murder, etc.)

Old Souls rarely commit violent crime; they simply do not care that much. Infant Souls almost never commit premeditated crimes; most of their transgressions concern striking back at the hostile environment. Baby Souls often commit group crimes such as the Ku Klux Klan was famous for, and most of their crimes are directed by prejudice. The smart criminals are really Young Souls in the first Cycle. The crimes of passion fall in the later part of this [Young] Cycle and in the Mature Cycle. Old Souls are noted for bad checks.

Barbara: I know a man [named] Keith who is into black magic, and he has to kill something living everyday. He seemed so sweet until I heard that. Could Michael comment on this?

This is a First Level Young Artisan, misdirected, of course. Souls go to this type of endeavor mostly from Glamour, and it appeals to many who strive to stand apart from society, even in an extremely negative way.

Dick: Is introspection a way to spiritual growth? I find if I pursue it, I get depressed and it just repeats and repeats.

Some degree of introspection is, of course, necessary in order to dredge up blocked truths. But you are right, Dick, it is a trap, a very clever one, that False Personality throws out every so often just to keep the alienation going. This is a primary defense mechanism. For Intellectually Centered souls, it is a sure way of keeping them in Intellectual Center.

Dick: Is there a difference between introspection and meditation?

Oh! Yes! There is no comparison. Introspection is often morbid. Meditation should always be joyful and produce a feeling of liberation.

Dick: My introspection is a rumination — analyze, sympathize, 'round and round'.

Comment: With meditation, things are coming in.

Phyllis: I've had jaw trouble for 15 years now and it has been suggested by a friend that Roling might help. Could I have a comment, please?

It might but the fact remains that she is quite dead set against this now.

Cheryl: In my philosophy class, I learned that Theodoras was Theatetus' teacher and I gasped in class when I heard that he was Socrates' teacher. I'm wondering if I knew him when I was Theodoras because it was said that I taught mathematics then.

At this time, the study of mathematics was not divorced from that of philosophy. Look at Pythagoras. That was a valid flash.

Cheryl: Did I know Socrates?

Yes. As a Priest, you have known three of the realized Masters.

Cheryl: Who are the two others?

Zoroaster and Muhammad.

Betty: Have I known Cheryl in a past life?

information, given in the 13 December 1973 session, that Atlantis was destroyed about fifty thousand years ago.

Yes, [in] Constantinople. Also, in Athens and again in Rome.

Phyllis: I'd like to ask the nature of the relation of Johannes Brahms⁵²⁹ and Clara Schumann.

This was, of course, Karmic. This was very strong emotionally, partially negative in quality, not as strong physically; too many complex blocks.

There is a three-way Karmic bond here between the Artisan and his friend, Theodor. All three had been together throughout most of their past lives and this trio is strongly interwoven with many [Karmic] Ribbons.⁵³⁰

Phyllis: Was the Artisan, [Johannes] Brahms?

Yes, and the surgeon, [Theodor] Billroth. They were life long friends.⁵³¹

Phyllis: Could you comment on where Schumann's⁵³² head was in the months prior to his death and the cause of his death?

He died by his own indulgence — drugs and drink — a fatal combination.

Dick: Was he on opium?

That among others.

Nichols: It seems irrelevant at this time to talk of things like that. I'm unhappy because we are not focusing. I feel a resistance, a procrastination to get on with the lofty goals. Where do we go from here?

Richard: I got some automatic writing when I was doing reports for the Assessment District. My hands were frozen as a child, and when the temperature became 40 degrees today, a message came through that there would be an important message tonight.

There are many fears in this group that must be met and dealt with before going on [to communal living]. One [fear] concerns the decision you will be making within the next six months, some to go and some to stay [in the group]. Many will be sad. Many will choose to go on with the security they now believe they have, while others will trust their intuition. Whatever the move, it will be painful, and at one level many fear the newness of the concept, and recognize that [it] is [a] total break with all familiar. This you have learned to dread. Others realize that this will mean drastic changes in the nuclear family and also dread this. Relationships will change as growth occurs. You are now at the crossroads. One way leads to spiritual growth, the other to Maya. All of you are now at the point where you realize that you must make some decision as to whether you intend to pursue this. You are no longer investigating. You know precisely what is being offered. This levity comes in part from anxiety. The silence often brings you face to face with your anxiety.

Nichols: I've had a long history of groups growing and the dynamics of group discussion and sorting out what to do. The key has been getting to the point of making a decision in a loving way and you affirm that it is the right thing to do. If any one wants to back out, that's OK.

Dick: We need a strong teacher for a true school. There is a challenge to internalizing and finding new ways to communicate through experiment.

Cynthia: In the CIF (Creative Initiative Foundation),⁵³³ there's an inward thrust in esoteric schools.

Nichols: There's a limited population that can benefit from this type of school. Some may have too much Karma.

Dick: If you become a realized Master, you can influence thousands. A step toward this is internalization.

How do you start planning for internalizing?

⁵²⁹ From Wikipedia: Johannes Brahms (May 7, 1833 – April 3, 1897) was a German composer and pianist, and one of the leading musicians of the Romantic period. Born in Hamburg, Brahms spent much of his professional life in Vienna, Austria, where he was a leader of the musical scene. In his lifetime, Brahms's popularity and influence were considerable.

⁵³⁰ From Wikipedia: Conflict between the two schools, known as the War of the Romantics, soon embroiled all of musical Europe. In the Brahms camp were his close friends: Clara Schumann, the influential music critic Eduard Hanslick and the leading Viennese surgeon Dr. Christian Albert Theodor Billroth.

⁵³¹ From Wikipedia: Billroth was a talented amateur pianist and violinist. He met Brahms in the 1860s, when the composer was a rising star of the Viennese musical scene. They became close friends and shared musical insights. Brahms frequently sent Billroth his original manuscripts in order to get his opinion before publication and Billroth participated as a musician in trial rehearsals of many of Brahms' chamber works before their first performances. Brahms dedicated his first two string quartets, Opus 51, to Billroth.

⁵³² Assume this is Robert Schumann (1810 – 1856), the German composer and influential music critic, who married Clara Wieck, daughter of his former teacher, in 1840 when she legally came of age at 21 – the same Clara who was mentioned with Brahms. From Wikipedia: For the last two years of his life, after an attempted suicide, Schumann was confined to a mental institution, at his own request.

⁵³³ Creative Initiative Foundation ><http://www.globalcommunity.org/history.shtml>< started in 1971, closed in December 2010.

Answer: They've told us through fasting, meditation, and concentration. You have to be involved in the world. Some people feel good to be with and some rub you the wrong way. You try to understand and that makes it click. You must feel Agape before growth can occur.

It is not easy to become conscious but you get there through a teaching and inter-relating and by using the teaching in our lives. The synthesis gives us the why people are the way they are. The heavy drop-out in the schools is due to the heaviness. We're away from the exploratory now.

Cynthia: I'm missing the discipline ... time limits ... no smoking ... Needs for levity and social activity.

Betty: I feel there is much unnecessary dialog.

The silence often brings you face to face with your anxieties. This was a nervous session.

Mallory: I felt we came into a new place and we began to fill up space like we had to do. No one came prepared for the questions and we just started talking.

The silence often brings you face-to-face with your anxieties. This was a nervous session.

Betty: It doesn't seem like we give enough time to digest what the [Ouija] board has to say.

Barbara: I'm going to a faith healer and I'm not sure of him. Could I have a comment?

We are not either. We would not recommend this particular practitioner. (He has) no special gifts.

Dick: Edgar wanted me to ask what he could do for his knees.

We would recommend that he not put them to the stress. Edgar is somewhat miraculously still on his feet long after most would have given up.

The move to Oregon would be especially beneficial to this student and he resists this.

Ray: Would I be of any help to Barbara?

We think so, yes.

Richard: I have a feeling that Cary misrepresented the amount of money — \$5,000 / a family. It is much too conservative an estimate when escalated over 12 years. I don't think he is realistic enough. I'm afraid if I continue as I am, I can't be honest with people not giving them a full picture.

We feel that you should know that the man Cary will not knowingly misrepresent the financial picture nor will he require others to do so. It is not in him. We feel that if any of you are uncomfortable in your present occupations, it is because they are not in Essence for you and now is the time to make the change.

Shirley: Am I not in an Essence position?

Change the location and you will be.

Dick: It seems as though we may become involved in politics in a new town like that.

If you were much larger and stronger, we would recommend and push private church as the purchase.

However, we do not now feel that the struggle would be beneficial for this group. We felt in the beginning that perhaps you could carry this. We do not feel from the majority of you the willingness to scrape this together from scratch. This is why we have brought you in touch with this alternative.⁵³⁴

Ray: I sold a lucrative practice 5 years ago in order to grow and traveled many places and ended up in the same place. I do not think you can change by moving.

Reply: You did not have a school. You need a school to change.

08 February 1974 — Friday

Minutes to discuss ancillary things.

Present: Susan and Gene, Sarah and Richard, Alice and Dick, Cheryl.

We discussed the possibility of having a minimum fee to cover the cost of duplicating transcripts of the meetings. We also need a name in order to incorporate. There are many advantages to incorporating. When there is \$300 in the treasury, we can incorporate.

We definitely agree that the commitment is necessary, but would see you consider some other than financial for some students. We would see a goods-for-service economy emerging within this group and its extensions. We would have you consider services rendered as an alternative for those who are unable to pay. We agree that this teaching is far from free, but we do not see money necessarily as the price. We would warn you to be extremely cautious in implementing the service angle. For instance, you must make those in Acceptance [in the Negative

⁵³⁴ The alternative being to move to a new town in Oregon versus buying/starting their own commune / school in California.

Pole of –Ingratiation] Photograph themselves in accepting more than they wish from False Personality, or those in Submission submitting to those in Dominance. This would be one way of starting the process of Photographing. We would prefer that you not drop this, as the man Robert [Burton] was wise in this.

Should we send the transcripts out to those who do not participate? Should there be a school within a school for those who come each time?

We would prefer that you assemble the material here given, editorializing if you wish, and present it to all potential students in a palatable form. There are Scholars among you who are up to this task, as well as Artisans aplenty who can contribute the imaginative approach. We could see this as one of your major tasks, and we have advised you this before. We would see the core “school” remains small, as otherwise the commitment will never be strong. Now it is our aim to see you eventually propagate this teaching at large.

Susan: I know a person who is not here who wishes the transcripts.

Dick: What is there that keeps her from coming, then?

Susan: It is personal and when it is cleared up, she will be here.

We would see you exorcise the personal data prior to disseminating any information beyond this core. Other than that, you may publish at will. Peter Ouspensky and Georges Gurdjieff did.

The data concerning internal Centers of Gravity presented by these gentlemen is, of course, valid, as is the information pertaining to the separation of the Earth-bound Personality and the spiritual Essence. Beyond that, we have taken you into another realm ...

Dick: Then the Gurdjieff teachings are not true?

In Search of the Miraculous [Ouspensky’s book] is valuable mostly in that it points to the diligence with which some souls search and one man’s struggle to unite with a teaching.

Photographing is merely a tool to use in separating the Personality from the Essence: that is, [separating the] mechanical from the spiritual behavior.

Susan: He said that the left side of the face is Essence while the right is Personality. Is this so?

We do not agree with this entirely. We would say the dominant side.

Do you mean that the right side is the Essence side and the left side is Personality?

Essentially, it is.

Is Richard mixed dominance (left handed person)?

We see no mixed dominance in Richard. He is a clear-cut example of right hemispheric dominance.

Richard: I’m left handed, but it is painful to write with my left hand.

It was Ouspensky who did not understand neurology, not this Entity.

We need a name for our group.

We would like to see you incorporate but feel that the name be a corporate decision.

Hopefully, the Personality, which produces harshness, will soften as you move toward Balance.

Should the face become more symmetrical [as we move toward Balance]?

It should, yes.

Gene (still pondering): So the right side is Essence?

The left side in you, Gene, is dominant.

Does that mean the information Gurdjieff received [about the relationship of Essence and Personality to brain lateralization] was incorrect?

Filtered. The Dominance is like the Moon. It shines by reflected light.

Comment: For those who miss more than two meetings in a row, we would feel something needs to be done in the way of communicating.

We would agree with this only if some arrangements are made for those such as Edgar.

09 February 1974 — Saturday

Attendees: Cynthia and Nichols, Joan and Jim, Sarah and Richard, Alice and Dick and Cheryl, Barbara, Mallory, Eugene, Orin, Julie, Shirley.

Board members agreed to a minimum payment of \$10/month for transcripts. No limit to the maximum donated. Any excess would be held for incorporating. All agreed to that.

On absenteeism, please let the others know if you are unable to come. Three absences in a row and you've missed too much and our continuity is lost. See older members before making a decision.

New persons must have several meetings with older members before coming before the board. (Ouija, that is.)

It was said that the Wednesday evening meetings be used for [Ouija] board study and the Sunday meetings for social things.

We discussed many things in doing so, compiled a list of questions to be asked later in the evening.

Later that evening: We asked if there was a comment from the [Ouija] board.

We would like to see you proceed with the agenda you have prepared.

Do all sexual encounters create Karmic Ribbons?

Sexual encounters only create Ribbons if other Centers come into play. The most flagrant example, of course, being Emotional Center. The whole of Eros is just one long [Karmic] Ribbon.

Can Karmic Ribbons be cut by changing Attitudes?

Yes, they can, but this only comes about when the soul recognizes both the Ribbon and the Attitude. If a soul in Cynicism realizes this Cynical Attitude and its applications in a life situation, then this can be accomplished.

There was a question regarding sexual encounters being devastating.

We have said this before, yes. Know, though, all of you, that these [sexual Karmic] Ribbons are not among the most devastating.

Comment: If I have an erotic encounter and the other person goes off in a huff, that does not mean that I have created Karma to work off. It does create Karma, though, if there is lying, deceit, or distortion.

What constitutes pair bonds, and how can we achieve this if we are part of a bond that is not "paired"? Also, were such pairs as Daphne and Chloe⁵³⁵, Eloise and Abelard⁵³⁶ parts of the same Entity?

Some were pair bonds.⁵³⁷ Pair bonds are formed in Essence without the consent of the Personality, and endure regardless of the hardships and obstacles placed in their path. Often these are tragic [as in those dramas], yes, but the joy of the Essence overrides the discomfort of the Personality. These bonds are always perfectly matched in Goals, Roles, and Attitudes. There is also physical attraction provided by the Body Type. Sometimes, these are Fragments of the same Entity at the lower levels.

Clarify "perfectly matched." Do you mean having the same Goals and/or the same Attitudes?

Primarily to complement one another, such as the Warrior and the King; the King preferably in Acceptance, the Warrior in Growth or Submission.

Where do soul levels fit into the pair-bondings? Elsewhere, a term called "heart-bonding" was used. What does this signify?

This was a term describing this type of union.

Do Attitudes complement one another in the perfect pair-bonding?

Yes, usually with the combination of Idealist-Realist being among the best, Cynic-Spiritualist among the worst. The Pragmatist can generally exist well with all others, as can the Scholar.

How can we achieve this pair-bond? Can it be attained from where we are?

You can, of course, achieve this by centering, and together reaching a state of Balance in all strata.

Does Centering go into Goals and Attitudes towards Growth and Spiritualism beyond what is listed?

⁵³⁵ From Wikipedia: *Daphnis et Chloé* is a ballet with music by Maurice Ravel. The story concerns the love between the goat-herd Daphnis and the shepherdess Chloé.

⁵³⁶ From Wikipedia: Published in 1717, *Eloisa to Abelard* is a poem by Alexander Pope (1688–1744). It is an Ovidian heroic epistle inspired by the 12th century story of Héloïse's illicit love for, and secret marriage to, her teacher Pierre Abélard, perhaps the most popular teacher and philosopher in Paris and the brutal vengeance her family exacts when they castrate him, even though the lovers had married.

⁵³⁷ The subject of "pair bonds" appears only in this session and two weeks later, on 24 February 1974, and then again in the 15 October 1974 session. Apparently this is another type of "soul mate" relationship, a connection of choice, not a connection of necessity based on Casting complementarities.

Yes, it does.

Is that wherein lies inequality?

Sort of. This equality takes much work.

It was said that Polynesians were in the Spiritualist Attitude. Are most of the people there Old Souls in Stagnation?

Most of them are, yes, whether late Cycle Mature Souls in Growth or Old Souls in Stagnation.

How about skid row bums?

Most of those who eschew life for alcohol are Mid-Cycle Mature Souls in Rejection. However, some very heavy “social drinkers” are Mid-Cycle Young Souls in Dominance.

Are hobos Old Kings in either Stagnation or Retardation?

Most hobos are Old Kings in either Stagnation or Retardation.

What is meant by alpha state? To me it is just a term pertaining to the state of the brain and does not necessarily mean that a person in this state is experiencing Astral travel, but that Astral travel can be had in this state.

It is a convenient way for these scientists to explain something that they do not understand when they perceive a soulless state in a living body. The soul is normally to be found on the Astral Plane at these times.

Does the soul have measurable electric activity as measured in brain waves? Does soul generate an electric pattern?

Sometimes this has been done but no one understood what they were doing. This should tell you something about when a body should be considered “dead.”

In our conventional EEG [electroencephalogram — brain wave reading], it is a flat statement, all or nothing.

That is valid. The body alone produces much electrical activity solely from neuronal circuitry. However, the presence of the soul produces the complex patterns you now see when you look at the encephalogram. The soul, when it leaves only temporarily to project to the Astral Plane, maintains a slender thread⁵³⁸ with the body, and this can be read as alpha waves. The living body produces some intermittent spiking activity all by itself, but when the line is flat, the body has died and the soul has left.

In a meditative state and Astral projection occurs, what changes would be seen on the EKG [electrocardiogram]?

You should see only a rhythmical one: a bradycardia [slow heartbeat].

How about EEG [electroencephalogram]?

Alpha waves predominate.

How about persons in a coma, are they Astral projecting?

Yes, most of the time.

It was said before that Fulton Sheen was a Transcendent soul. Did he decide this in this life or what?

The man Fulton burned all Ribbons and made the transition while on the Physical Plane.

When did he decide to do this?

It was worked through here. It is not possible to choose to do this ahead of time. You must work for this.

What level soul was he and was he intuitive about this choice?

He was a final level Old Soul. He really did not have much [Karma] to burn. What he did, he felt intuitively. You will, too.

Joan: Michael says that I'm in transition, in the Seventh Level Mature Soul to Old Soul. Did I choose this?

You chose a set of tools and a pattern. What the finished product looks like is up to you.

What is involved in fulfilling the soul requirements?

Between lives, you choose patterns.

Is the decision made between lives to be displaced by an Infinite or a Transcendental Soul?

It is chosen during the Astral interval, then reaffirmed on the Physical Plane. This choice is usually based upon past performances and the existence of only one incompleting Monad.

Cynthia: Then Jesus was going over the discussion with the devil those forty days and forty nights. Did this have anything to do with the manifestation [of the Infinite Soul]?

⁵³⁸ In esoteric literature, this “thread” is often referred to as the “silver cord”. It has allegedly been witnessed by many experiencers of the out-of-body state of consciousness. >https://en.wikipedia.org/wiki/Silver_cord<

Part of the fears concerning the knowledge that this was going to take place and a last moment of longing to live out the life (happened then).

Mallory: I picked up a hitchhiker once and had this strong feeling for him. He was only 16 at the time, but I wondered if I have known him from a previous life.

This was a Young King in Dominance, a Skeptic. You had such an encounter with this soul before, yes. (The Karma) it is burned. You picked him up before on a road outside of Athens and took him to Thebes. You picked him up again in Guatemala and took him to Peru. You have not been female many times. You picked up this boy twice, once as a female and again as a young man. Both times, you were male.

Mallory: What was the incomplete that needs completion?

Only the emotional bonds, which were never severed.

Comment: If you have sexual involvement and your emotions are not tied up, then it's broken clean. If you're moaning and groaning, there remain Ribbons.

Dick: Music seems a good way to get into the higher Centers without creating Ribbons [with sex]. Can Michael hear our music? I wonder what they think of Bach.⁵³⁹ Does he [Michael] have many-fold music "up there"?

We like Villa Lobos⁵⁴⁰ and many others of your contemporary composers. We especially like the "Rite of Spring"⁵⁴¹ and feel that this can be used as a conscious[ness] raising tool. We like percussion-heavy compositions.

Yes, some other worlds do have lovely music. Most of the music on Soleal's world is percussion-centered, many strings but none light like the violin. Many other worlds have mostly instruments such as the lyre. The most beautiful sounds we have heard lately were produced electronically. This is not unusual, but your world is not there, yet. Incidentally, the last Fragment ["Michael"] of this Entity preceded Bach by a few centuries.

Dick: Opera seems the highest form of musical expression. I'm wondering if Michael thinks highly of Wagner, Puccini, Ravel?⁵⁴²

Mallory: Have they ever heard The Balinese Monkey Chant?⁵⁴³

Opera is also one of the most ancient forms of musical expression. People sang long before they played instruments. The island saga[s] were originally sung. These operas were later written by reincarnated Fragments of a Viking prince. Yes, we like Wagner. Writing the opera is a gift of higher expression; yes, the Libretto, if you prefer. A Fragment of this Entity once sang opera.

Nichols: Is current rock and what not, an aberration? Is it soul music or what?

It is as valid an expression as any other musical form. One of the things it expresses is transition. You will find transition harmonics at the close of all the Cycles.

Has Gene ever been anyone here's mother before?

Yes, Gene has been the mother of both Richard and Dick.

Barbara: Is the "Superstition Wilderness" in Arizona⁵⁴⁴ a power spot?

It is a power place, an Indian burial ground, consecrated land.

⁵³⁹ From Wikipedia: Johann Sebastian Bach (March 21, 1685 – July 28, 1750) was a German composer, organist, harpsichordist, violist, and violinist whose sacred and secular works for choir, orchestra and solo instruments drew together the strands of the Baroque period and brought it to its ultimate maturity.

⁵⁴⁰ From Wikipedia: Heitor Villa-Lobos (March 5, 1887 – November 17, 1959) was a Brazilian composer, described as "the single most significant creative figure in 20th century Brazilian art music".

⁵⁴¹ From Wikipedia: *The Rite of Spring*, original French title, *Le sacre du printemps*, is a 1913 ballet with music by the Russian composer Igor Stravinsky.

⁵⁴² From Wikipedia: Wilhelm Richard Wagner (May 22, 1813 – February 13, 1883) was a German composer, conductor, theatre director and essayist, primarily known for his operas (or "music dramas," as they were later called). Giacomo Antonio Domenico Michele Secondo Maria Puccini (Italian pronunciation: (December 22, 1858 – November 29, 1924) was an Italian composer whose operas, including *La bohème*, *Tosca*, *Madama Butterfly* and *Turandot*, are among the most frequently performed in the standard repertoire. Joseph-Maurice Ravel (March 7, 1875 – December 28, 1937) was a French composer known especially for his melodies, orchestral and instrumental textures and effects. Much of his piano music, chamber music, vocal music and orchestral music has entered the standard concert repertoire.

⁵⁴³ From Wikipedia: Kecak (alternate spellings: Ketjak and Ketjack) is a form of Balinese dance and music drama, originated in the 1930s Bali and is performed primarily by men, although a few women's kecak groups exist as of 2006. Also known as the Ramayana Monkey Chant, the piece, performed by a circle of 150 or more performers wearing checked cloth around their waists, percussively chanting "cak" and throwing up their arms, depicts a battle from the Ramayana where the monkey-like Vanara helped Prince Rama fight the evil King Ravana. However, Kecak has roots in sanghyang, a trance-inducing exorcism dance.

What is the nature of the power in these places?

Many places, because of their location, are gathering spots for a rather pure form of electromagnetic radiation, which when confined in a body, becomes usable “psychic energy.” This energy remains rooted to the spot simply because the spot itself acts as an ideal super conductor. This takes into consideration things such as height of land above or below sea level, the presence of larger bodies of relatively cold, deep water, the presence of dormant or active volcanoes or large mountains where snow remains all year. The desert also has been an ideal conductor for power sinks.

Dick: What happens to the people who live in low power spots?

The people there being deficient in this, feed upon you, just as the sailor with scurvy⁵⁴⁵ falls upon a lemon.

It's the location, not the people then?

That is valid.

The people who live there draw it from those who go there?

It is mostly Karmic.

Can we stop the drain, the leaching process? Can we recharge our energy some way?

Stopping the discharge would be the best course, yes. You should now be able to feel the leak and simply refuse to allow them to feed upon you.

Does the power spot draw upon us directly, too?

No, it is such a poor conductor, it cannot draw.

Gene: I have a hang-up about not having children. I'd really like to have wife who wanted children.

That has been your choice so far.

Dick: Guess after Friday night, I'll have to move Gurdjieff to the back of the bookshelf.

We hope that you will verify the information we gave out Friday evening. This was an important lesson.

Dick: It confused me ... all the “octaves,” “Photographing” ... and he said only the Centering and soul above the earth-body were valid. Essence side of face is the opposite to that which we learned. The key to consciousness was self-remembering⁵⁴⁶. It was Gurdjieff's theory that you needed this to become conscious. He had a bunch of stuff on higher hydrogens,⁵⁴⁷ which were produced and refined by self-remembering. The whole theory of self-remembering is invalidated by Michael.

The source for the [psychic] energy is the same. The speed that it is burned as fuel is faster when utilized by the Higher Centers.

Clarify this.

The fuel is the same for all Centers; it is the consumer [Center] that is different.

The production of fuel: does it have anything to do with Self-remembering? In order to Balance the Centers, we have to have a larger supply to reach higher Centers.

An analogy would be an old fashioned stove with insufficient insulation, a leaky chimney and an inefficient flue compared to a brand new radar⁵⁴⁸ oven. Moments of pure consciousness do produce contact with Higher Centers, yes.

Is Self-remembering the way to produce psychic energy?

⁵⁴⁴ From Wikipedia: The Superstition Mountains, popularly referred to as “The Superstitions,” are a range of mountains in Arizona located to the east of the Phoenix metropolitan area. They are anchored by Superstition Mountain, a large mountain that is a popular recreation destination for residents of the Phoenix, Arizona area.

⁵⁴⁵ Scurvy is caused by vitamin C deficiency, fruit being hard for sailors to get aboard ship voyages of the past.

⁵⁴⁶ Self-remembering is Gurdjieff's term for being aware of awareness itself and being aware of lack of separation of self from not self.

⁵⁴⁷ Higher hydrogens is a Gurdjieff term. From ><http://www.fourthwaycult.net/glossary.html><: The Fourth Way system tends to view knowledge as matter and therefore different “levels of being” are associated with different physiological states; ie, a person with a higher level of being is considered to have accumulated more higher hydrogens. Hydrogens is a name synonymous with “matter.” Hydrogens come in many varieties, from the “coarse” to the “refined.” Coarse hydrogens are associated with heavy matter and lower negative states of consciousness, whereas refined hydrogens are associated with light matter and higher subtle states of consciousness.

⁵⁴⁸ Radar Range was the product name for the very early microwave ovens introduced by Tappan. The term became a synonym for a microwave — like Xerox became for copying machines. The term died out by the early 1980's.

Not the way, simply the by-product. The Self-remembering must be produced first through those methods we have outlined to you [meditation, concentration, fasting, study]. Then as you go progressively toward Balance, you automatically will have more and more flashes of consciousness, opening the door to higher expression.

Comment: That makes it sound like you generate what you need as you go along. There are checkpoints to tell you where you are.

Gene: I had a flash Friday night as I drove toward San Francisco. I had a feeling of violence as I neared a choice in directions to go there. Two blocks from home, I nearly had a bad accident. Was this feeling I had at the choice of directions a precognitive thing?

That is valid. This was precognitive. Had you taken the more circuitous route, you would have avoided the encounter altogether.

Dick: I would like to have a comment on how I felt after hearing The Most Happy Fella.⁵⁴⁹ I had the feeling that the main character was Christ-like and experiencing Agape. It is a light, not heavy, musical.

You can reach higher emotions through music, and certain recurring themes produce this more rapidly than others.

Joan: When I was in France with Sarah and Alice, what was I doing then?

Joan was in the service of the realm as a chamberlain.⁵⁵⁰ You were in charge of the carriage house.

Joan: Can you tell me about my life in Wales?

You owned four large coal mines. They were located in your ancestral lands. Just at the beginning of the Industrial Revolution, you became one of the wealthy squires in Wales. Pronounce it "Landfel."

Joan: Did I travel much? (I really do not know the question here.)

That is valid. Also, your wealth allowed you certain mobility.

13 February 1974 — Wednesday

Present: Jo Ann and Doug (first time), Gene, Eugene, Sarah and Richard, Alice and Dick, Cheryl, Barbara, Carolyn, Jim, Phyllis, Betty.

We are here with you tonight.

A discussion was held about the SRGA of the new students, Doug and Jo Ann.

Both of these young people are Warriors. The male is a First Level Old Soul; the female, a Fifth Level Young. He is in Growth; he is a Realist. She a Stoic. He is mostly Mercury, some Venusian, Emotionally Centered. She is mostly Saturnine, some Lunar. Very good. (those who participated in describing them).

Gene: My body seems to be changing lately. I would like some verification of this and any comments.

The Essence is more in control now, Gene, and therefore is directing somewhat against the desires of the Personality. This has resulted in a beginning of aversion for certain crutches. More will go as growth progresses.

Gene: I'd like to ask about the source of what Susan has been receiving on the [Ouija] board.

The source is Astral, but much of the workings of the mind filter through. The dragons one conjures up in the times of distress can be frightening. (There is) much truth in this, however, as she can realize her thoughts easily now. This lady has recall of many memories and must make herself distinguish that which she remembers from that which she receives from beyond.

Was Rick a king in previous lives and if so, could we read about them?

Not once but four times. Once only as a hereditary monarch. The other time, he won the title both as a Young Soul and in the Mature Cycle. In Crete, in Greece, in Africa and again in Saudi Arabia. It would be doubtful that these would be extant in the literature, as much legend obscured the truth. He was one of the Ottoman sultans.

(It was asked how many wives he had.)

Over two hundred, counting concubines.

⁵⁴⁹ From Wikipedia: *The Most Happy Fella* is a 1956 musical with a book, music and lyrics by Frank Loesser. The story, about a romance between an older man and younger woman, is based on the play *They Knew What They Wanted* by Sidney Howard. The original Broadway production ran for 14 months and it has enjoyed several revivals, including one staged by the New York City Opera.

⁵⁵⁰ From ><http://freepages.genealogy.rootsweb.ancestry.com/~dav4is/Sources/Occ.C.htm#CHAM><. Chamberlain: 1) The manager of the household of a sovereign or great noble. 2) Originally in charge of the King's bedchamber and wardrobe, he also took charge of all personal staff including personal grooms and lords in waiting. Other duties included organizing ceremonies (including religious ones) and local travels, such as to the theater.

Jim: A brother of our babysitter died yesterday in a motorcycle crash. My wife Joan wants me to ask if there is anything we can do or say to the family.

Some reassurance of the continuity in a detached manner without excessive sympathy would be in order. Many times when the knowledge shines through, the light offers much comfort. Joan knows now beyond the shadow of a doubt that she has lived before.

Doug: I have a fraternal twin. I think he is Young Warrior. I'd like a comment.

We agree. Fourth Level Young Warrior.

Doug: Have we been together as twins before?

Yes.

Doug: Do identical twins have the same soul level?

No.

Barbara: When I woke up, I was saying, "Mary Carmichael was brought to the gallows?"

She did not die this way.

Barbara: What was this then?

A dream and an attempt to recall. Try again.

A question was asked concerning the Kabbalah.

This is the occult component of the Judaic thought. For the most part, it was valid in the beginning and has become somewhat corrupted with time, but there are several Kabbalists who are *bona fide* brothers. We would advise that you not place too much importance on any system of numerology that strives to explain certain purported divine nomenclature.

Could you comment on the art of palmistry?

Some mediums are able to hold the hand of another and thereby transmit Astral information. Others are merely charlatans.

Gene: It has been my feeling that the palm reader, tea leaf reader, crystal ball gazer, etc., all have the same talent in common but use different props. They are all picking up the information psychically.

That is valid. The man Robert being an Old King and rather Arrogant, was able to dispense with the props, which is one reason he is able to attract many diverse students.

Dick: Recently, I have been seeing some of my women patients as men in women's bodies. It is somewhat confusing.

This is the first step toward being able to accept the genderless status of the universe. When you can stop assigning genders, you will have come a long way.

Sarah: I have the feeling that bisexuality is the norm rather than the exception and that our social values are just conditioned that way.

We would accept that, yes, if one is still interested in the physical experience.

Doug: Today, I had an experience that seemed to be a type of meditation. I've never meditated before and would like a comment on my experience today.

You must learn to let go of the images. Just observe them and let go. Any more borders on concentration, and any concrete thoughts on the subject leads to reflection.

Gene: Robert Monroe describes meeting other intelligences during Astral travel. They seem to be overwhelming. Please comment if these were true experiences.

Essentially, except that the man Robert Monroe created the immensity. Also, he finds it still difficult to confront certain Astral realities and prefers to create his own. He is, for the most part, an excellent Astral traveler, but other areas of his search need much work. You will be of help to this man. The help will be reciprocal. The man Robert Monroe senses an experience is in store for him, but does not know the source. This is a Mature Priest, a Spiritualist.

Cheryl: Did I go out of my body the other day?

Yes.

Dick: I have been a priest [as occupation] so many times before, it was said and yet I am an Artisan. Why or how can this be?

The Kings have always picked out the enemy, the Scholars planned the siege and the Warriors then have gone in with the action.

In answer to your question, for many centuries on this planet, the church has been the dominant employer of man.

Eugene: Have I led any interesting lives previously?

Many times. Eugene has been a lawyer twice, a philosopher once and the Archon of Athens.⁵⁵¹

Eugene: Is my Essence trapped in my Moving center?

This is only partially correct. Eugene can learn to express that which flows through him now even from the Moving Center. The reluctance is to verbalize now and this is out of Essence.

Dick: I dreamed about a young girl who could levitate. Another woman explained this process to me and "how" to do it. Was I on the Astral Plane?

You were contacting the Astral vehicles, yes, but you can see the body. The physical sight is not necessary, for this Astral vision suffices, but you must learn to interpret what you see.

Can Robert travel Astrally?

Yes. Still does.

Does he ever visit us?

No, but it is not inconceivable that he may.

Could we invite him to visit us Astrally?

Psychically, yes. Physically, the man still rejects all but his own teaching. The Essence does not.

Is Michael the teacher of Tomas?

Mid Astral entities have access to us, yes. We are here to teach all who wish to learn.

Eugene: Why did I want to leave Yorgos's group?

He was not your [true] teacher.

Why did not Jesus pick Old Souls for his disciples?

The most faithful of his disciples were among those who understood the least. There were Mature and Old Souls both in Rome and in Syria-Palestine, who heard the words, but chose not to understand.

Concerning Sarah being a Scholar and yet having an affinity for Warriors.

There is a natural affinity between the Scholars and the Warriors. This has been always. The Scholars have always mapped out the action and have shown conspicuous valor on all battle fields.

Is there any danger of losing landmarks while traveling Astrally and not being able to find one's body again?

You must learn to interpret what you are seeing and remember that the landmarks are so very different, and that distance as you know it does not exist on that plane. If the body is in central Europe and your Astral vehicle is in contact with another, you may lose track of where to look.

Please clarify what you mean.

Not your body but the body of that soul with which you are in contact. There is, of course, projection in the Astral vehicle that does not entirely leave the Physical Plane. For instance, when Cheryl traveled to her office. But where you were, you must learn new landmarks in order to orient yourself.

Barbara: Could we be incarnated into past lives?

We have provisions for extended reviews of favorite lives during the Astral interval.

No, to your question. That is not how it works. This part of the physical universe is moving steadily along a specific time plane.

Alice: If hypnosis can aid a Moving Centered person to remember past lives, how can an Intellectually Centered person do this?

By meditation, concentration and movement toward Emotional Center.

Alice: Was I with Doug before?

Yes, this Fragment has been with you before; with Sarah, also, and with Cheryl.

Alice: Are there any of his Entity Fragments here?

No. Not yet.

Alice: Where was it that we were together before?

⁵⁵¹ From Wikipedia: The Archon was the chief magistrate in many Greek cities, but in Athens, there was a council of archons, which comprised a form of executive government.

You have known each other several times at the cardinal points, and once in between [cardinal points] with Cheryl. She knew him [Doug] in Athens. Most of the present group has come together several times in its entirety, but the cohesion did not come about.

Alice: What is meant by "cardinal points"?

The beginning, the end, the mid point of all time Cycles are significant. You are all on cardinal planes with reference to the Cycles. You were all alive at the beginning of the new Cycle and the end of the old. Also, at approximately two hundred year intervals, when most of the significant action on this planet has taken place. While you have been on the Physical Plane, you have all been in most of the significant history on your world. There are resting intervals in history, also. The second and third centuries of this era are a good example of this. The "Pax Romana" was no accident.

Were Doug and Sarah with Alexander the Great?

That is valid. Cheryl, also. You will meet with your old commander.

A comment was made that it made someone nervous hearing that.

Why would this astonish you anymore than what has gone before? The process has started for the sorting. We will not make this easy. The three of you learned much of giving during that life, many lessons that you need not learn again. Because of their importance, you will remember them.

Cheryl, as a First Level Young Priest, had shining visions of the world as a personal oyster and learned much about the fallibility of the body and the failure of the Personality from one who was always in Essence.

Could we get much of this material by ourselves?

We think that if the level of concentration was great enough, all three of you can revisit this era in an Astral dream.

Cheryl made a comment about learning lessons.

Cheryl, you have learned a few lessons before. This is why the Teaching comes easily now.

There were men alive at that time who knew the teachings of Socrates were much alive and you were able to pick up the threads quite easily for the relatively unbroken ribbon linking this life to your previous life.

We repeat, we will not make this easy for you, but each of you will now be open to the memories of this, for you, the most important physical interval when all of you were touched by greatness.

Do you mean by Alexander?

And other great minds and men of that time.

Who was Cheryl's commander?

Alexandros [Alexander the Great].

Where does Doug fit in?

You were all close friends, comrades at arms.

Betty: Where was I then?

You were alive at that time and had access to these words, but only after the forces reached Alexandria [Egypt] and Ptolemy I⁵⁵² became king [of Egypt].

Betty: Did I work for him?

Yes and was a scribe. You wrote the words when he wrote his history.

Richard: Was I female then? Is that why I suppressed the memory?

That is an astounding deduction for you, Richard, but nevertheless, valid.

Phyllis: Was I male then?

Unfortunately, Phyllis, you were female at that time. As a male, we have already told you that you were once an accomplished violinist. You also have made your own instruments, some of which are still available. Phyllis was an Italian then. She has been Italian twenty-three of her lives.

⁵⁵² Ptolemy I Soter ("Ptolemy the Savior"; c. 367 BC – January 282 BC) was an Ancient Macedonian general, historian and companion of Alexander the Great of the Kingdom of Macedon in northern Greece who became ruler of Egypt, part of Alexander's former empire. Ptolemy was pharaoh of Ptolemaic Egypt from 305/304 BC to his death. He was the founder of the Ptolemaic dynasty, which ruled Egypt until the death of Cleopatra in 30 BC, turning the country into a Hellenistic kingdom and Alexandria into a center of Greek culture. [https://en.wikipedia.org/wiki/Ptolemy_I_Soter]

Phyllis: Were any of these lives as a male?

Very definitely. You were an architect during the Thirteenth Century and before that in the Sixth Century. You also took part in the voyages of Christopher Columbus and not as a female.

An attempt was made to receive the violin maker's name but Sarah blocked it.

Phyllis: Please comment on the Italian lives. I do have feelings for certain Italian cities.

Your father was a sculptor of some local renown. You had eleven brothers and sisters. Two of your brothers also made musical instruments, also your grandfather.

Phyllis: My father did make small, exquisite statuary for gardens, also many portraits and busts. He especially liked fountains. He gave me a photo of some gardens in Villa Desta. Is this significant? He just happened to like it and bought it.

The connection is far deeper than chance. He recognized it as a place he lived in before.

Phyllis: Have I ever lived in Verona?

That is close, but the wrong city. Faye is the most frequent. You also had a villa in the Herculaneum at the same time that Kathryn did. Yours has been unearthed already. You lived in Capri and Tivoli and also in Northern Italy on a farm at the time of the Sabine wars.

Phyllis: I have a special affinity for a town in Northern Italy. Is this a valid past memory?

Why do you distrust the feeling? Even though we are having difficulty coming through now, we will try again, and your feelings are most valid. We will let you know which are not.

Can Michael name the town?

We would prefer the lady struggle with this herself.

18 February 1974 — Monday

Attendees: Gene, Sarah and Richard, Alice and Dick, Nellie (1st time), Joan and Jim, Cynthia and Nichols, Cheryl, Phyllis, Edgar, Mallory, Barbara.

Richard informed us that he had "talked" with Soleal, and that Soleal was willing to be with the group this evening. (The capital letters are words from Soleal in the transcript.)⁵⁵³

[Soleal:] I have no real revelations to offer, just that I am struck again by the tremendous scattering of energies even in this group, due in the most part to the myriad personal agendas that take Intellectual Center and sometimes Emotional Center out of play [focus on the task at hand] for long periods of time.

The lady who has prepared the paper has hit upon an important truth when she speaks of diverse goals within a tight partnership such as your culture demands within the custom of marriage, or really I should say, divergent [goals]. The goals of the teaching, and thus of the students, must be unified in order to be effective. The teacher [Michael] can only suggest to you the methods if you wish to grow. Right now, the response within the group is almost solely intellectual. There is relatively little emotional commitment to the teaching or to each other, which is really more important. This leads to the haphazardness with which the group goes about its business.

Comment: Everything we do should complement the goal of the group. We tend to take on too many things to do. You don't have to give up everything, but you should pull your life towards the goal.

[Soleal:] I would like to point out to you at this time that many of you are dabblers. You dabble in this and that, tasting all of the fruits, eating of none, and in this light you also dabble in spiritual growth as well. Now, this is all right; there is nothing wrong with this — it incurs little Karma — but on the other hand, it leads nowhere. Also, the concept of Agape requires the actions of a closely-knit group of supportive students in order to come to reality. No one can feel Agape in an ivory tower. It can only be felt when Higher Centers are contacted in the course of close association with others. There is no way to do this alone that I know of. Where the misunderstanding has come about, I think, is where the teacher [Michael] has advised you of the dangers of the cloisters and the stifling atmosphere there that retards growth, and has pointed out to you the relative lack of success among those who choose the solitary path. If you wish, we could prepare for you some examples of what works here [on Soleal's planet].

Comment: The solitary way of the mountain-top yogis, nunneries, monkeries, etc.

⁵⁵³ Editor note: we have added "[Soleal]" in front of Soleal's comments, instead of using capital letters as in the original.

Comment: When the need manifests, the group will come together. In TFR group ("Time for Reality"), there is much trust in each other. We can be honest and open up.

Comment: Gurdjieff was organized and was not haphazard, and Michael says the only thing valid was the Centers and a life beyond the physical ...

[Soleal:] At great risk of developing some real Friction, I offer this, in part my own, in part the teaching, not yet inseparable.

In most of you, I see great fears of invasion of very private worlds. This [is], of course, in great measure due to a lower level of trust and also to guilt. Many of you still are not convinced that your very private lifestyle will be acceptable to the others and you are singularly unwilling to risk finding out. Also, there is a tenacious desire to run from any possible molding of your lives by others. Many of you need to work on this, for this is Personality digging in for a last ditch stand against Essence, which would not permit the molding in the first place. All of you have a set of rigid specifications set by Personality concerning your needs. None of those are valid. Only that which comes from Essence is valid. If you are being completely honest with yourselves and others, the need for privacy and aloneness disappears, and is replaced by the feeling of Agape. This is not easy. The teacher has not said that it is easy, only that it can be obtained. On this world, we are faced daily with the need for continued growth and spend much time solving those kinds of problems that beset you all. The difference being that we know that it is a workable system and feel the necessity to keep it alive. It is sometimes difficult and sometimes disheartening, but in the long run, rewarding beyond words.

Comment: We can't sit and listen without applying the words. We have to learn from what's going on. One wanted to discuss things [among] ourselves [rather] than to listen to Soleal, but when it was said that Soleal's time was limited, unlike Michael's, we wanted to hear more of what he had to say.

[Soleal:] I have a finite amount of time. If you wish, I will share with you some of my thoughts on organization.

I think that one of the problems with the teacher [Michael] and also with me in accepting your outlines for organization would have to be your reliance to such a great extent upon the money that can be poured into your group excluding a number of students who can offer far more than a mere medium of exchange (such as money) and consequently, the teacher has vetoed your plans. This is Bad Work to exclude on this base, and also [it is Bad Work] to dwell at such length upon all of the directions as contingencies that might happen. Do you realize that this is as much a fantasy as the Idealist's dream? I am not an Idealist, but I am certainly willing to run a trial-by-error test on anything that seems to be meaningful in the end. If everyone on your world had waited until all of the loose ends were neatly tucked in, no progress ever would have been made. There is such a thing as obstinate realism.

We have on this world a vast system of very large communes, so do not tell me that they cannot work. All [of our communes] are on a total "goods for service" basis, and all goods are common property, yet we have all of the emotions, the pride, and certainly the pleasures that you desire. You seem to feel that sharing in some way removes your right to feel justified; that is ridiculous.

Some of you are afraid that you will be knocked from your pedestals in a communal system. You are probably right. That will be Good Work, believe me, for it will be the False Personality that will fall. Many times, this is with [a] resounding crash, but it always levels out in the end. The reason this system has not worked on your world has been for the most part due to your tendency to give up at the first sign of opposition and to fall backwards to old, safe patterns.

It takes a tremendous and diligent organization to keep this system going, and one of the prerequisites, which is indispensable, is an orderly mind that can detach from the mundane and focus on the long range goals, whatever they may be.

In our system, the good of many is valued over the good of the individual, and I will admit that you have good, sound cultural mores and a right virtue of your training to regard this as scary. But however frightening it may sound at the outset, the good of the many eventually serves the needs of the individual. The system, in order to work at all, of course, requires, above all, patience and the belief that your individual needs — and notice I did not say "wants" — will be served. The expectation of instant gratification of all wants is consummately absurd and belongs in childhood.

Whenever absolute rigidity is introduced into a system, it fails. What the teacher would like to see you work on is a flexible but orderly system designed to serve the needs of the entire group, but pliable enough to bend a little when the needs of one are totally disregarded.

Even we do not totally disregard a cry for help as long as it is valid. We have many discussions on problem solving and our Mature Souls are as much at sea as yours. It is just that we are all pulling together rather than against each other. We have a focus for our energies.

We have the time to pursue this type of endeavor without the threat of outside interference. It is all right here to lock yourselves away from the others and there is no condemnation, but some effort is made to discover the cause of that antisocial need and where needed, help is given.

The most prominent cause of suicide on your planet is your respect of the privacy of others. Nothing helps like person-to-person contact. We are a continuous society — you are not. We do not shut down either intellectually or emotionally when night falls.

Your level of trust is so low that you must be very selective in those in whom you may confide. That is not the case here. This makes a very great difference. Your history records that your greatest leaders were in constant danger of assassination and their access to the people was consequently severely limited. Mine would be, too, I'm afraid.

There is, on this world, a basic contract of trust, which places all major responsibility and decision-making into the hands of a select few. This, of course, points to a very high level of trust on this world, for we have no weapons. These so-called leaders can be called to task by any one at any time that their decision-making apparatus appears to fail.

Those of us with whom leadership is in Essence are carefully trained. There is nothing haphazard about it. I began training for my present position when I was ten years old. I am now thirty years old. Much time is wasted on your world with superfluous training. Why train Artisans in the Priesthood? If they wish to learn this later, fine. Make it available, but do not force knowledge upon those unwilling to learn. You have in you a safety valve that naturally rebels against much of this, but much is still forced upon you. Take a look at your education system. It is appalling to me. You are absolutely right when it comes to training the young and they suffer from this.

Comment: With help, Susan could diagnose children and point them in the right direction.

[Soleal:] Children are born knowing their Roles. Your society does its best to blot this knowledge. One only has to observe a group of very young children at play to observe the Roles. Don't say that this only applies to our children because they are not human. Children are children whether they are mammalian [like humans] or saurian [like Soleal's people].

Comment: I would not want a professional to tell my children what they should do.

How does Soleal's world find the Essence?

[Soleal:] Many comments come to mind, but first, may I point out that while the level of formal education in your group is not high when compared to that which is available, the level of knowledge is quite astounding. Does this tell you anything at all about the individual's drive to obtain whatever knowledge becomes desirable? In our system, we do make available instruction in all of the arts and all of the sciences — nothing more. It is there for the asking. Young children are observed day and night by observers who only serve as guides and offer advice rather than instruction. Real instruction does not begin until adolescence, but by then, there is a surprisingly high level of acquired knowledge. Young children are encouraged to observe the acts of the adults and are encouraged also to try their own hand whenever they feel the desire. They are never discouraged verbally from trying anything, for the ultimate decision must still come from them in making the decision. However, they have constant reassurance and help. There is no vicarious achievements on this world, simply because all are encouraged to achieve on their own that which is in Essence.

Comment: There is a rigidity in our society to change direction and to have freedom to experiment. We ought to be able to "turn on a dime," as our old teacher [Robert] used to say.

[Soleal:] I will not be available, but then I really think that I've said too much already. The teacher [Michael] is always with you.

(Supper break.)

Would Jim be a good trance medium?

[Michael resumes:] Jim has now tight control, and would have to learn to relinquish this before it would work. Cheryl would be easier, yes. Cynthia has sufficient energy, but it is true there is difficulty involved in transcending a Plane, and the attentions of the group must be directed toward the manifestation. There is an infinite supply (of energy), which she may draw upon. Tight control would act as inhibition; also the

Acceptance Goal [her Goal]. The only difference is in the amount of bias that must be fought in order for us to manifest with complete control. We would not attempt to manifest through a Baby Soul. We do not see that much bias in you, Cheryl. You are a bit unique right now. You have most of the perceptions of the Mature Soul and all of the potential [even though you are a Young Soul].

Cynthia: I have lots of ego attachment and concern for others. It may be that I like to show off.⁵⁵⁴

Gene: I'd like to ask about something I experienced while driving and seeing beautiful green mountains. I envisioned myself as an Indian in a loin cloth. I even had goose bumps.

You asked for a specific page from the [Akashic] record and we are given this. The life you saw was one during that time period and when this is given, you are exposed to a three-dimensional experience that includes the emotions.

Yes, Gene, you had a life on this continent, but not in this area. Gene, you asked us to show you an excerpt from an epoch and we did. You were Mayan, yes.

Richard: What sort of thing was I seeing in one of my meditations? There were fifteen humans hunting and another group came and threw stones. My only feelings were to save myself and I threw stones back at them.

That was a view of prehistory before souls were Cast [into incarnation]. This was the dominant emerging species from which your race arose.

Gene, you are externalizing something important that is happening to you internally. You are projecting all of those unfamiliar and very scary emotions off on to others.

Gene: I've been an emotional cripple and I'm learning to express my emotions.

Nellie: [What is my] SRGA?

This lady is mostly Saturnine, some Lunar, Intellectually centered. Nellie is a Realist.

Nellie: What is my husband? (We asked her to describe him and in doing so, we came up with a SRGA for him)

We are amazed by your process.

(At arriving at SRG of someone we did not know).

At least some of what we have said has taken root. There is, however, a reluctance on the part of the lady [Nellie] to evaluate. This man [Nellie's husband] is a Third Level, Mature Artisan in Rejection; a Skeptic. This is an Intellectually centered Saturn-Mars.

Comment: Rejection is a powerful Goal.

Nellie: I'd like to know what my mother is. Seems like an Old Sage in Growth.

This lady is a Mid-Cycle Young Sage in Growth; a Spiritualist. This is a Lunar-Venusian, Emotionally Centered.

Dick: Is Gene an Idealist?

Yes.

Is Wendall a devil's advocate about the town?

This is a hard driving second level Young Priest in Stagnation but moving toward Growth. An obstinate Realist. Wheels spinning is the most horrendous energy drain that we know of.

Is that why he doesn't want me to grow?

By all means, he wants company.

Cheryl worked the board with Sarah and this appeared:

Cheryl, we will talk with you any time. Your present method is most effective. Trust it. Talk to us and we will answer.

Are those who are going to Oregon mainly Idealist and in tight control of their feelings?

Many are, but some are in Growth, which gives them the option to go into the Emotional Center.

Must one be in Emotional Center for you to come through?

In order to feel the vibrations and act upon them, one needs Emotional Center to go into Balance.

Will a person be able to change to Growth?

No. It is a different principle altogether. It is simply that the Goal of Growth gives you a better diving board.

⁵⁵⁴ Cynthia was a Second Level Old Sage in Growth and Passion, in the Intellectual Part of Emotional Center, which makes a so-called "motor-mouth". In a case like that, one has a lot of 'chaff' to sort out in order to find the 'wheat'. By the way, "ego" in the sense of self-absorption is typical for all three Cardinal Roles: Sage, Priest, and King.

Comment: Goals and Centering have nothing to do with each other.

Edgar: Could you spend some time with me?

We must spend some time with Edgar soon.

20 February 1974 — Wednesday

Present: Milly (first time), Ray, Javier (first time), Sarah and Richard, Alice, Cheryl, Cynthia and Nichols, Jim, Betty, Gene, Edgar, Mallory.

Jim: I'd like to ask for Joan: Do the various Roles have influence on the manner in which Goals are acted out. For example, does a Priest pursue the Goal of Acceptance in the same way a King in Acceptance would?

There is a marked difference. For instance, Samuel Goldwyn⁵⁵⁵ was a King in Acceptance.

The Priest in Acceptance seeks to provide all those around him with a modicum of spiritual comfort. Most of the time, this comes out as sympathy in the lower Cycles.

The King in Acceptance makes those around him content by providing some form of excitement and a display of leadership that is for the most part "display" in the early Cycles.

Norman Vincent Peale [author of the book, *How to Win Friends and Influence People*] was a Priest in Acceptance.

Jim: Could you capsulize on various Roles and how they approach life?

Yes. Both Artisan and Sage approach life artistically and with much innovation and originality, sometimes whimsically, the Artisan manually and the Sage verbally, the Artisan through instinct and the Sage through innate wisdom.

The Warrior approaches life with vigor, as does the King, both with tremendous vitality — not much analysis but much need to forge ahead.

The King manifests a tremendous need to lead others. The Warrior, while often an excellent leader because of the instinctive drive, can be a solitary fighter for a cause. We almost hate to say that the Warrior faces life combatively, but that is essentially valid.

Both the Priest and the Slave face life in a servile manner, the Slave with a desire to wait upon man, the Priest with the drive to wait upon the gods. Both may manifest this as tireless service to mankind.

Mallory: Can you compare a King in lower Cycles [soul ages] to that of one in a higher Cycle?

The man Samuel Goldwyn was a second level Young King. The Young King is usually "flashy." The Old King regardless of Goal is usually known for altruism and excellence in leadership, often magnanimous and with a readily discernible aura of greatness.

(We asked for examples and the answer came at the end of this transcript.)

Nichols: I would like to ask about a leader friend of mine. He is a Young Sage in Dominance, it was said before, yet I see in him the perceptions of an Old Soul. He does want to change people to his way of thinking.

It can only manifest intellectually at the lower levels [Infant, Baby and Young Souls]. For instance, the man Edmund can "understand" that that is a part of something larger. You can explain it to him and he will accept this information but he will not perceive it.

Nichols: Is this also true of JeanP?

Yes.

Nichols: I would like to ask about Mikel, a key leader in TFR ("Time for Reality"). He demonstrates an ability to accept people where they are and not try to change them.

He still will not perceive, but he will accept your explanation with some reservations as long as he is not existentialistic in his present belief system.⁵⁵⁶ This man is not.

⁵⁵⁵ From Wikipedia: Samuel Goldwyn (c. July 1879 – January 31, 1974) was an American film producer and founding contributor executive of several motion picture studios including Paramount Pictures, Goldwyn Pictures and Samuel Goldwyn Productions. Metro-Goldwyn-Mayer Inc. (MGM) was founded in 1924 when the entertainment entrepreneur Marcus Loew gained control of Metro Pictures, Goldwyn Pictures Corporation and Louis B. Mayer Pictures.

⁵⁵⁶ Existentialism is a belief system that does not concern itself with any alleged supernatural realm: "Existentialism is a form of philosophical inquiry that explores the issue of human existence. Existentialist philosophers explore questions related to the meaning, purpose, and value of human existence. Common concepts in existentialist thought include existential crisis, dread, and anxiety in the face of an absurd world, as well as authenticity, courage, and virtue." [<https://en.wikipedia.org/wiki/Existentialism> — retrieved 05 February 2023]

It was pointed out that in colorblind demonstrations, a word would appear to be different than the one seen by a person who was not colorblind. Somehow, you believe what the scientists say even though you cannot see the same word that others see.

Mallory: Do you go faster in a Goal of Growth? When is the Goal of Growth chosen? Is it because of Karmic reasons that it is chosen?

It can, of course, but is usually not desirable. The Goal of Growth is usually chosen, Mallory, to complete a Monad.

Gene: Do you choose all Goals in a Cycle?

That is usually what happens. Some choose Stagnation and sit out several levels in a Cycle — plateauing-out on life — but this is usually after some particularly stormy sessions.

Nichols: Then would it be ideal in any Goal to switch to Growth in a life?

That is valid, but most never see their goal.

How does the Goal set up before birth?

The soul must review the Karma incurred during the immediate past life and determine where the lessons lie, then set the Goal in that light.

Nichols: Can Karma be carried out for a long time?

You can carry it on from now until eternity. That is up to you.

Nichols: Do you have to work out Karma with the person actually present?

Yes.

Cynthia: I understand that a person need not be present in order to acknowledge Karma.

That is valid, but the acknowledgment must be in [physical] life.

Richard: Does Essence force False Personality to work off Karma?

No. It is merely that the Essence acknowledges the debt. Of course, most Karmic Ribbons are incurred by False Personality. Remember now, all of you, that all of the myriad little interpersonal crises you weather in a given lifetime are not [Karmic] Ribbons.

What makes a Karmic Ribbon?

Deliberate action: positive or negative, of course.

Ray: What is the criteria whether a Ribbon is formed or not?

If you communicated all of your expectations, the other soul understood all the options, and took action on that basis, then a [positive] Ribbon probably exists. Most interpersonal crises revolve around unfulfilled expectations and do not involve Karma of a substantial sort. Neglect of very young children constitutes Karma; breaking engagements does not.

Ray: I would like instances in my personal life.

Later. We wish to clarify this further in a broader sort for everyone's benefit.

Hostile actions such as murder, armed robbery, kidnapping, abandonment, embezzlement of large sums of money, leaving other souls destitute, all incur debts that must be paid. Humanitarian acts, great courage in the face of overwhelming adversity, acts of public altruism, all incur Karma of a positive sort. This can be as simple as a man helping another to start a small business to a millionaire giving his entire fortune to a research organization. Fits of pique do not incur Karma. You can yell and scream yourself blue in the face and not incur Karma. You can have the nastiest temper on the planet and still not incur Karma, unless you hurt someone in your rages. Emotional pain is self-inflicted and incurs no Karma.

Cheryl: Do you need to acknowledge all Karma before you can become conscious?

That is valid. There are also what we will call for the moment "Sequences" that link souls together life after life and are not true Karmic Ribbons. In these Sequences, souls agree to play out certain scenes together, again reversing the Goals and completing Monads. Many of you are in Sequences with other members of this group, but there are no Karmic Ribbons between you.

Nichols: I would like to ask what "acknowledgment" means in Cheryl's comment. Does acknowledgment have to be in life?

Cynthia: It [acknowledgment] is the teachings of Jesus, complete forgiveness, accepting it [forgiveness] even if you do not know what for.

You must somehow [one way or another] petition for this [forgiveness], otherwise, there is no communication.

Cynthia: Can Karma be worked out when the other party to the Ribbon is not around?

It is doubtful that anyone not on the (spiritual) path would be able to do this, Cynthia.

Nichols: If I have a falling out with someone, and can see and can accept the reality and forgive him but he does not accept me, is there Karma still there?

Then the communication has been incomplete and you may still find yourself facing the business end of a shotgun. One needs only to be aware that there is a Ribbon, but for full understanding and acknowledgment, both must know.

Sometimes when I meet someone for the first time, there is a closeness. Is there Karma there?

Sometimes these are sequences; sometimes, positive Karma.

Nichols: Does a person's altruistic acts produce Karmic debts to those involved? Could you comment on W R Hearst?⁵⁵⁷

This man is paying debts incurred in this lifetime. He is paying them right and left.

Nichols: When it is a positive gift, is the recipient in debt?

Sometimes.

Cynthia: It would seem it would have to do with your motivations for giving away, like Albert Schweitzer; seems he's in a good place.

He paid many [Karmic debts].

Comment: Some of the poor people would not accept the food even if given away. I wonder about those who steal food when they are starving?

Stealing food when you are starving is not Karma.

Gene: [Randolph Apperton] Hearst, [Patty Hearst's father], stated he now is a friend of the SLA,⁵⁵⁸ even if they may not consider him a friend.

That is true for this final Cycle [Seventh Level] Young King in Growth.

Mallory: What is Patty Hearst?⁵⁵⁹

This child is a pawn. What does this suggest? ...

This child is a Mid-Cycle Mature Priest in Rejection.

What is [the SRGA of] Hearst's wife?⁵⁶⁰

This Baby Slave is in Submission, a nice mate for the King.

Ray: I would like to know the Role and Goal of his nephew, Bill Hearst.⁵⁶¹ I would say he was a Mature Priest, Intellectually Centered, in Rejection.

This is a troubled soul, but not a Priest. He, too, is a Slave; Mid-Cycle Mature in Submission.

⁵⁵⁷ Editor: this comment may be referring to William Randolph Hearst's son: Randolph Hearst. From Wikipedia: William Randolph Hearst (April 29, 1863 – August 14, 1951) was an American newspaper publisher who built the nation's largest newspaper chain and whose methods profoundly influenced American journalism. Hearst entered the publishing business in 1887, after taking control of *The San Francisco Examiner* from his father. Moving to New York City, he acquired *The New York Journal* and engaged in a bitter circulation war with Joseph Pulitzer's *New York World*, which led to the creation of yellow journalism — sensationalized stories of dubious veracity. Acquiring more newspapers, Hearst created a chain that numbered nearly 30 newspapers in major American cities at its peak. He later expanded to magazines, creating the largest newspaper and magazine business in the world.

⁵⁵⁸ SLA is the Symbionese Liberation Army that kidnapped his daughter, Patty Hearst.

⁵⁵⁹ Patricia Hearst was kidnapped February 4, 1974 in Berkeley, CA – about 2 weeks before this session and only a few miles from where the group regularly met. From Wikipedia: Patricia Campbell Hearst (born February 20, 1954), now known as Patricia Campbell Hearst Shaw, is an American newspaper heiress, socialite, actress, kidnap victim and convicted bank robber. The granddaughter of publishing magnate William Randolph Hearst and great-granddaughter of millionaire George Hearst, she gained notoriety in 1974 when, following her kidnapping by the Symbionese Liberation Army (SLA) in 1974, she ultimately joined her captors in furthering their cause. Apprehended after having taken part in a bank robbery with other SLA members in April 1975, Hearst was imprisoned for almost two years before her sentence was commuted by President Jimmy Carter in 1979. She was later granted a presidential pardon by President Bill Clinton in his last official act before leaving office in January 2001.

⁵⁶⁰ From Wikipedia: the kidnapping ordeal placed an enormous strain on the Hearst marriage, eventually leading to divorce. After their divorce, the first Mrs. Hearst (Patty's mother, Catherine Wood Campbell Hearst), moved to Beverly Hills, CA.

⁵⁶¹ William Randolph Hearst III "Bill," nephew of Randolph A Hearst and 1st cousin of Patty, was president of the William Randolph Hearst Foundation, a philanthropic organization created by his grandfather, William Randolph Hearst, in 1946.

Edgar came in about 9:30 PM in the middle of Mallory's question and told us about the good experience he had had this evening. He had been in great pain all day and could barely walk. In fact, he is in constant pain all of the time. He has been doing transcendental meditation for nigh on to three years and had become rather discouraged that nothing ever seemed to come from it as he expected. He decided to sit down before dinner this evening with his mother and meditate together. Something happened during the meditation that he could not fully appreciate, but was able, after half an hour, to come to his ordinary senses and walk to the dinner table without pain, something he has not been without since he can remember (?). He remembered the words that came through at the last meeting, which were, "We should spend some time with Edgar soon." He felt compelled to come to the Chambers' to share this incredible experience. He walked all the way up those many steps⁵⁶² without pain and was truly grateful. We all meditated together after hearing this.

We only hope that between us, we may make this a permanent thing. It will take work. When you feel the pain, seek the space and we will be there.

Mallory: I am confused about my tearfulness and energy leaks, and wonder where this recent tearfulness in me is coming from.

Comment: If the tears are coming from a positive place, and there is love and communication, they probably are not an energy leak. If they are coming without a pattern, they are probably an energy leak.

Tears are, of course, the outward manifestation of a working Emotional Center. If the tears are shed for no reason – in other words, they are 'crocodile tears' – you can be sure that the soul is Emotionally Centered. Intellectually Centered souls simply do not cry from Intellectual Center no matter how trying the situation might be. In adolescent females on this planet [Earth], the tears are sometimes a learned response and have nothing to do with emotions. This is not to say that unBalanced Emotionally Centered souls cannot cry for [a] good reason; it is simply that this is their most frequent response and sometimes is equivalent to the boy 'crying wolf' so many times that eventually no one answers – the wolves gobbled him up.

So what's up with Mallory?

This Moving Centered Warrior has found her Emotional Center.

How did the healing in Edgar take place?

We have said many times that we offer guidance and support. The work is yours. We can show you the path. You must walk it. We can show you the healing and the healer, but you must be healed.

For the first time, your Essence (Edgar) was free to rise above the body and the pain, and experience freedom. This is synthesis on a higher level.

Edgar: It took me a half an hour to realize that I was all right.

We would remind you all at this point that whatever your pre-conceived fantasy of the appearance of this entity is, that [is] what you will see on the Astral Plane until you clear the blocks.

Can this be the beginning of the curing of Edgar?

The pain, yes.

Milly: I would like to ask my soul Role, and Goal, Body Type, and Center.

This lady is mostly Jovial, some Martial, an Emotionally Centered final [Seventh] Level Mature Priest in Acceptance, a Realist.

Gene: Could we tie her in Entity-wise?

Now that we have explained sequences, try that. Yes, some of you have known her before. She has been in Teachings before.

Milly told us she felt affinities for strange people whom she would chance to sit beside on a bus, for instance. "I feel I've known them a long time. One lady said she was running away. I feel religiously drawn to certain people."

Comment: If you like the devotion you see in a person, then there would be an attraction and Sequences.

Mallory: I am starting meditation again and I would like to have some help on how to proceed. Chanting out loud helps me to get started and a counting method.

Gene: Michael gave me a mantra that is good for me: "I am in all. All is in me."

First, we would like for Mallory to learn to concentrate. A candle will be a good beginning, then she can transfer the flame upward and inward, and then she can maintain the image with her eyes closed; then she will know that she has achieved concentration. Once in this space, the silent chant can be used to clear the mind of all

⁵⁶² The Chambers home was built on a steep hillside; it had 4 levels. To reach it from the narrow street where they parked, people had to climb a flight of narrow, curving concrete stairs outside to get to the front door of the home, which is on the 2nd level, above a small apartment. For Edgar to climb those stairs was a truly amazing feat.

trivia. Moving Centered souls have great difficulty with meditation and usually must preface it with some definite exercise in concentration just to take the Moving Center out of gear.

John Muir was an Old King in Acceptance.

Where did the last statement come from?

That was in answer to an earlier question that Sarah blocked very nicely.

Mallory: Would a silent mantra help?

It can or you can use the one you have now except that this does produce some Friction with you and that needs to be resolved. "Never changing, ever flowing, eternally the Tao" works for some.

Mallory: Does the location have any effect upon meditation? That is, can one accomplish it better in certain areas?

Yes. It is difficult to meditate in Vallejo. It is just a bit better in Napa.

Mallory: Should there be a time limit?

We would recommend trying this for not less than twenty minutes. For you, Mallory, preferably longer.

Alice: Twice a day?

That is valid.

Alice: I would like to know the SRGA of a person I met at our local college. She was reading The Seth Material⁵⁶³ and I asked her how she liked it. She told me she had not gotten into it far enough to tell but she liked it so far. She added that a friend of hers was getting material from a Ouija board. I told her a bit about our group and she seemed interested.

This is a Fourth Level Young Artisan in Growth, a Spiritualist. She is quite literally interested in almost everything. She is a dabbler.

Mallory: I would be interested if Michael could comment on a child my sister described seeing. She said to the mother that the child was wise — a year old baby.

This little one is a final Level Old Sage. The mother is not a Baby Soul. Old Souls do not choose Baby Souls for parents. She is a Sixth Level Mature Artisan.

Jim: Are the majority of retired military people in Rejection?

No. Most retired military officers are in Dominance. Many others are in Stagnation.

Someone asked about Alexander the Great — if he had reincarnated in our time.

The Fragment that was Alexanderos is now a First Level Old King in Acceptance.

24 February 1974 — Saturday

Present: Cynthia and Nichols, Joan and Jim, Sarah and Richard, Alice and Dick, Cheryl, Gene, Betty, Milly, Mallory, Barbara.

Cynthia: I would like to ask about a neighbor.

This lady is a deeply troubled Mid-Cycle [Fourth Level] Mature Artisan in Rejection; but what do you hope to achieve with her?

Cynthia: The neighbors feel threatened and it is frightening to see a person crumble in front of you. It sounds heartless to say that she will have to work it out herself. Is she with the proper therapist for her?

No, she is not.

Cynthia: Would it help to know her Center?

She is an Emotionally Centered Mars-Jovial.

Cynthia: Is she psychotic?

Mildly, yes. Mostly neurotic. Much ambivalence concerning her motherhood role.

Most souls in Rejection deny all internal causation and only fixate on the external evils.

⁵⁶³ From Wikipedia: *The Seth Material* is a collection of metaphysical texts given by the American psychic Jane Roberts, captured by her husband Rob from late 1963 until Jane's death in 1984. The words came from a discarnate entity called Seth, who took control of Jane's body and spoke through her. The material is regarded as one of the cornerstones of New Age philosophy and the most influential channeled text of the post-World War II "New Age" movement, other than *A Course in Miracles*. Professor of psychology Jon Klimo writes in his book, *Channeling*, that the Seth books were instrumental in bringing the idea of channeling to a broad public audience.

Gene: They say, "The devil made me do it. I didn't!" I know a lady who has been "sanctified by receiving the Holy Spirit." Her son is selling dope and her husband is a policeman. She thinks the devil is walking this earth and is making her do things.

This lady is a Second Level Baby Slave in Rejection.

Gene: I have been reading *From Prison to Praise* by Carothers.⁵⁶⁴ He is a part of the Charismatic Movement now. Before that, he was a son-of-a-gun. He is "healing" people now and says that God is telling him what to say. I was wondering if he has a "Michael-[like]" source for his healings.

Most of the time, those souls who write and live this fashion do have contact, at least with Astral teachers. Since this is a little-understood phenomenon, they call it a "God," or "Jesus." Yes. There is simply no knowledge within to allow them to accept another source; the vocabulary is not there. Many Mature Souls such as this man are wide open to transmitting. They are broad-band receivers and they cannot then assimilate and rationally 'separate the wheat from the chaff'.⁵⁶⁵ This man is a powerhouse of psychic energy that he beams about indiscriminately. What a healer he could be if this were channeled in some usable form.

Gene: Nikos Kazantzakis, the author of *The Last Temptations of Christ* was also a broad-beam receiver.

Nichols: I would like to ask of each one their current feelings, and how they relate [and] to what extent, of getting involved in the Oregon property.

Sarah: I don't care for planning long distance. There are enough dragons to slay to keep one from getting up there.

Richard: I do not think the time schedule Cary has laid out is realistic.

Sarah: I am interested in an extended family and if it means buying our own property, fine.

Gene: I do not feel like making a commitment now. Perhaps in another year ...

Dick: I just received depressing news from our financial advisor. Our investments are worth nothing. I cannot see myself earning a living by commuting to Eugene [Oregon] without a car.

Nichols: I would like to see more people at the planning sessions to make decisions. One cannot just go to the Town when he is ready. He must become involved before and know the people he will be living with and have no expectations.

Cynthia: I would like to ask where do you want the group to go in the Town?

Alice: Not a monastery; not a sanctuary; not an escape — to be in Essence.

Sarah: I feel a lack of enthusiasm.

Gene: It is important that we say what we feel as individuals, not what we think the group ought to feel. For me, the group is great and I will do it as long as it's good growth for me. Other [people's] agendas do not have to mesh [with mine].

Sarah: I want to be part of an environment that is growing spiritually.

Nichols: Your involvement now is by running the Ouija board for others. I see your big interest as your book and your need for resources would be met better in Berkeley.

Gene: With a split, you may see an Adept blossoming. Who knows? (Only the Shadow?⁵⁶⁶) Sarah, you do not need the Ouija board to communicate (with me or anyone else).

Jim: I am anxious to go there and may be able to have property near there as a base. I want to help build the rental units.⁵⁶⁷

Sarah: I am seeking a way of life within the group, not to become more effective in the milieu.

There is a way, you know, that this teaching can serve the needs of all who seek, and you have it within the original nucleus to perform this service. Those who have the need for intensified personal searches can arrange for this. Those who are not certain of their level of commitment may find that the general session is adequate for them. The smaller sessions are most valuable for the more committed students and definitely should be reserved for that purpose. There is some merriment derived in the general session merely by pursuing some of the less dedicated students' personal agendas and this will benefit all. We still see the tendency in all of you to expect of the others, and to be disappointed when the anticipated reaction does not come about. This cannot be avoided unless much intensive work is done. We could do this with you and we are always available for this. There is a need for some diversification here now with all of the parts contributing toward a greater whole in the end. We have not suggested that the nucleus of this teaching expand to the point where needs are no

⁵⁶⁴ From Amazon.com book listing: *Prison to Praise* by Merlin R. Carothers: "Many people list this as the most unusual book they have ever read. millions say it changed their lives and introduced them to the solution to their problems. This is not a book about a prison with bars, but about a prison of circumstances and how to be set free!"

⁵⁶⁵ This phrase is a metaphor from a farming practice. Its meaning is that what is low quality or useless should be removed from what is high quality or useful. It became a popular aphorism because it was mentioned in the Bible (Matt. 3:12).

⁵⁶⁶ Refer to >https://en.wikipedia.org/wiki/The_Shadow< for the story about the phrase "only the shadow knows".

⁵⁶⁷ Jim was a construction worker/contractor who lived a few blocks from the Chambers's home..

longer being served. We are concerned only that you share the knowledge once it has been assimilated and verified. We have a method by which all of you can choose to achieve a modicum of growth on a spiritual plane. Many of you can even use it as a springboard toward becoming an Adept. This is entirely up to you. We will find many vehicles through which we can teach the Logos — this does not present us with a problem. We answer all calls for this teaching.

What is the method?

We have been transmitting this to you, but many have not heard. This teaching has implicit within it the method of which we speak.

Nichols: The method is to live the teaching in an attitude of love.

Individual verification of the given material is perhaps the most vital precept upon which this teaching is based, for this process alone opens the door to expanded perception, which is, of course, necessary in order to experience Agape and thus grow spiritually.

Dick: I saw the movie, Here Comes Everybody, an Esalen film by Will Schutz⁵⁶⁸ and Betty Fuller. I had the perception that they were Slaves. Betty perhaps an Old Soul and Will a Mature one.

The perceptions are essentially valid. Both are Slaves. Both are Spiritualists. The lady is in Growth, the man in Acceptance. The lady is a Seventh Level Mature Soul; the man is Sixth [Mature].

Dick: I'd like to know if unblocking the emotions as is seen in the Esalen film is a healthy thing. It looks good.

We do not see the necessity for this action within the group, but perhaps an outlet needs to be provided elsewhere. In this, we will not mediate, as this is within the realm of life crises and does not pertain to spiritual growth. This is not to say that these matters do not have to be dealt with. They most certainly do — long before you can even talk about growth — spiritual growth. For the dedicated student and for the Adept requires detachment from the mundane and trivial matters, which are such immoderate energy drains. How can you possibly grow if you are immersed in all this Maya?

Dick: The Town meeting for planning sounds like super Maya to me. It is making Maya what it ought to be.

Cynthia: It is a planning process and one of growth involving the people.

Gene: The meetings are where it is just talk and I want "To be."

Cynthia: The Town Planning requires a constant dialogue. You have to earn a place in the Town. One without a sense of community cannot just walk into it. So, there's a need for planning.

Many of those who are in the founding group for this land venture are in search of the Golden Fleece.⁵⁶⁹ This does not hang in Oregon [any] more than [it does] in Troy. Of course, they will carry their mixed bag of problems with them. The advantage in a closed community of that sort is the opportunity to live the teaching in a supportive atmosphere and, by example, spill over on to those around you. This is not to say that you will be heard by any of them. Probably not many of them will respond, but those who do, will contribute, and will in turn aid in your own personal growth process by providing the Photographs. We see only one advantage in this proposed community and that is the environmental one. We suggested it as a means to an end, where you could, through group effort, free hours of time for individual growth. Perhaps you need not involve yourselves at all with those who are in the awareness movement. We would point out to you that this is a valid starting point for those with ambiguous feelings and the need for an elusive "something better". Many accidentally find this "something better" by going through the awareness processes, and others go on to a spiritual growth process such as the one we would see you involve yourselves [in]. Many of you came to this because of the Friction in your lives, seeking a method of handling this and still staying above ground emotionally, and toward this end, some of you have made much progress. The man Gene continues to struggle with this and is now able to see his progress beginning to speed up. The man Jim wishes to do this also, but sees the necessity to change the environment. Similar insights have come to others, but they have chosen to discount these as irrational, mainly because the changes would be immediately painful, and immediate pain is more scary than projected pleasures are worth.

⁵⁶⁸ *San Francisco Chronicle*: William Schutz was co-founder of the Human Potential Movement and former resident of the Esalen Institute (1967–1975). From >http://miff.com.au/60_years_of_miff/film_archive?movieid=18341<: His book *Here Comes Everybody* was about an encounter group at Esalen; the book was released in 1971, followed by the 1972 movie.

⁵⁶⁹ According to >https://en.wikipedia.org/wiki/Golden_Fleece< the meaning of this Greek legend or myth is arguable. My interpretation of the Michaels' allusion to it is that a 'search to find the golden fleece' is a metaphor for any unrealistic utopian fantasy quest, the point being that a commune is not a place where idealistic dreamers will be satisfied.

Joan: Asked a question about jobs in Essence for her.

Working with young people in an unstructured environment would be much more in Essence than the structured environment of the conventional classroom.

Cynthia: Is False Personality something the soul chooses for growth?

Yes, of course. That is valid. Why else vary the locale and choose the families that you do?

Barbara: Do I have the right idea of equating False Personality with Jung's [concept of the] persona?⁵⁷⁰

Dick: False Personality is all that culturally-induced trash.

Someone helpful: It serves a useful purpose and also Buffers⁵⁷¹ the Essence.

False Personality is only a part of this. The total False Personality includes, of course, all of the "shoulds" that you learned in childhood, the various machinations you go through as a result of your Goals and those reactions that are solely the result of the Tape Loops provided by the Attitude.

Mallory: More on machinations, please.

Growth is a rocky Goal, and causes the soul to go through some elaborate and complicated machinations, which mask all of the other Goals. Many times, the soul in Growth is forced to play out all of the agonies of the other Goals in order to grow, such as the Rejection [Goal]-Dominance [Goal] seen often in many members of this group who are in Growth. Depression and elation usually manifests often in this Goal. There is sometimes the need to submit, i.e., to put oneself in the hands of the guru [Submission Goal]. There are also many times the need to feel accepted, to have the [Acceptance] Goal verified by society, to check out with life, the sanity of the soul's purpose. This often makes the soul who is still in False Personality go through a set of well-defined patterns. You can now begin to Photograph these patterns in one another. There is the definite game-playing aspect to this that, on a lower level, is worked out in awareness groups. Sometimes, it is easier to observe the various machinations by observing awareness groups at work. Perhaps this film (Here Comes Everybody) would be valuable for all of you to see.

[Dick:] Does erotic love ever play a part in the soul's growth?

Erotic "love" is a rationalization of False Personality, all owing for perpetuation of the species [Estrus]. Just look around you, Richard, and see how complicated this most natural instinctive function has become. The only reason that your culture has not built up a similar ritual complete with rules around defecation is that you do it [defecation] all alone. As soon as you come together with another Personality, you begin to rationalize all functions and behaviors.

In pair bonds,⁵⁷² is there more apt to be erotic love?

We speak of pair bonds in Essence and this leads to a feeling of Agape. Usually, however, these very fortunate souls are sexually compatible simply because they are so open, and they place so little emphasis on method and more emphasis on the quality of the relationship.

Is sex so important in pair bonds?

Sexuality is usually not a problem in pair bonds, since all other factors are compatible. We feel the sensuality can often be a door to extra perceptive experiences. Sensuality can be enjoyed outside of the mating urge.

How about the other side as in India with so much spirituality?

It is more apparent than real. This method that is total austerity seldom qualifies the senses enough to complete any of the Monads, and the soul must reincarnate again in order to experience what it missed while it was sitting in its hair cloth.

Nichols: Is there any relation between super Maya, Goals, and Roles?

Of course, souls in the various Goals will create specific sets of obstacles and barriers — in other words, Maya — and the older the soul, the more exalted the Maya becomes, and finally, it even comes around to masquerading as spiritual growth — the most super refined Maya of all. When you have learned to differentiate between this and the genuine article, you will have arrived at the point where you can no longer slip back into old, safe

⁵⁷⁰ "The persona (or mask) is the outward face we present to the world. It conceals our real self and Jung describes it as the 'conformity' archetype. This is the public face or role a person presents to others as someone different to who we really are (like an actor)." [<https://www.simplypsychology.org/carl-jung.html>] — retrieved 27 August 2021]

⁵⁷¹ "Buffering" is a Gurdjieff term for denying, repressing, and compartmentalizing "shocks" that would "awaken" the "sleeping" Personality.

⁵⁷² The subject of "pair bonds" appears only in this session and 09 February 2024.

patterns and, therefore, must go forward. The awareness groups are, of course, super Maya groups of Mature Souls, the political action groups of the Young, and splinter religious quackery groups of the Babies. It all comes back to the lack of inner purpose and the knowledge of the trapped Essence. Many Young and Mature Souls actively practice witchcraft and black magic in answer to the increased perceptions that they encounter in themselves but are unwilling to investigate at a deeper level. Many Old Souls dabble in Orientalia for the same reason.

Mallory: I would like to ask about a person I feel is an Old Soul with much bad Karma, an Artisan or a Sage, and I wonder about all the bad things that have been happening to her.

This lady is a Mid-Cycle [Fourth Level] Mature Sage in Retardation, a Skeptic. She sounds good. This is usually the way with Sages.

Something was said about using Ritalin for Mature Souls in Retardation and what happens in adolescence when the Ritalin is no longer used. (Hyperactive children they were speaking about.)

They generally go on to other forms of neuro-psychosis at this time.

How about adults in the Retardation Goal? And those who are psychotic?

Diphenylhydantoin⁵⁷³ could be used, also.

The drug would mask the Retardation then would it not?

It does modify, but not permanently, but the holiday created by the drug allows you to suggest this alteration of the soul.

27 February 1974 — Wednesday

Present: Narra, Cynthia, Joan and Jim, Sarah and Richard, Alice and Dick and Cheryl, Phyllis, Gene, Mallory.

We are here with you.

Cheryl: Does the next Overleaf have to do with outlooks?

That is close⁵⁷⁴, but was not the one we would give next. We would tell you tonight that there are primarily seven negative outlooks, or what you have been calling "Chief Features."⁵⁷⁵ All variations are merely permutations of these.

First, we would say that when all [seven] of the Overleaves have been given, we intend to take personalities from the pages of history and compare.⁵⁷⁶ This is one of the reasons that many of you have felt the drive to take up the study of history at this late date.

Dick: I feel that history is a deviation from the search for consciousness in the here and now. People from the past are dead, so I cannot feel them. They seem hypothetical.

Cheryl: May we have the next Overleaves?

These Chief Features can be stated as: Impatience, Arrogance, Greed, Stubbornness (which includes tenacity), Self-deprecation, Martyrdom, Self-destruction.

Cynthia: Half are outwards and half are inwards.⁵⁷⁷

Alice: Can these be changed in our lifetime? Can you get rid of them?

You must grow to extinguish this.

Comment: In other words, we must go through our Chief Features to arrive at Agape.⁵⁷⁸

You must grow to the point where this [Chief Feature] is no longer a barrier to Agape.

⁵⁷³ Diphenylhydantoin: Phenytoin, an anti-convulsant drug with the trade name "Dilantin" used to treat epilepsy.

⁵⁷⁴ The correct name turned out to be "Attitudes".

⁵⁷⁵ The name "Chief Feature" comes from the Gurdjieff teaching, which many in the group were familiar with. Some subsequent MT students have preferred to change the name to "Obstacles" or "Dragons" or "Shadows".

⁵⁷⁶ So far as we know, this did not happen during the OMG, but there is an entire chapter in *Messages from Michael* dedicated to this little side project. Presumably Yarbro took a hint from this passage and had a special session with Chambers.

⁵⁷⁷ What Cheryl called "outward" and "inward" officially go by other names in the MT: Ordinal and Cardinal, respectively.

⁵⁷⁸ By 'through' I suspect the comment was about confronting the Chief Feature directly; don't deny that it exists or ignore it or try to get around it; that is known as 'spiritual bypassing'. To acknowledge the Chief Feature honestly is called 'shadow work' in Jungian psychoanalysis.

The perceptions of the Transcendental Soul can be used as a guide for “consciousness”, at least, subjectively so. Objective consciousness⁵⁷⁹ can be compared to [correlate with] the perceptions of the Infinite Soul.

Dick: Things in Personality are keeping me from my Essence. Anything subjective can be called personal agenda and needs to be worked with.

By personal agendas, we refer to the irrelevant thoughts flitting through the mind and preventing a focus upon the Teaching: the projections into the business world and the movie you saw three years ago; an unpaid bill — these are the items to which we refer.

Dick: I must bring the teaching to my job, as Michael is not going to bring me a suitcase full of money in order to meet my bills.

You cannot even hope to become subjectively conscious until you have mastered this fine art of concentration.

Must one work out the Monads with his own Fragments [of his Entity]?

No, you can work them out with any other Fragment. There are specific Monads that must be completed at each Level before the perceptions change.

Richard: Are there 120 Monads? That's what I got in meditation.

No, many more.

Richard: Is there a specific number?

Yes. The number is a finite one.

Dick: Why not wait until you are on the Astral level to study it objectively? Why study while on the subjective, life level? If you are dispassionate, you are in no position to do anything.

Gene: You are not creating Karmic Ribbons this way.

Dick: Why start while you're here?

Many souls choose this as a method of accelerating.

Alice: We have to experience living while on the Physical Plane, don't we?

That is valid. During the Astral [Plane] interval [between incarnations], the study is retrospective and unchangeable. Here [on the Physical Plane] you have the opportunity to change right up until the last breath is drawn [at the time of death].

Dick: The concept smacks of Christian forgiveness of sins. It has the same flavor.

There must be a perception behind the words. However, the words have been muttered many times in meaningless context because they were literally ‘blowing in the wind’ and addressed to forces completely detached and unable to even answer. In order to have this concept [of forgiveness] made valid, the situation must be apprehended, and the plea addressed to the correct source.

Dick: According to Gurdjieff, only with a conscious teacher can one “do” anything. Most people plea when anything goes drastically wrong, “God help me!” At EST, we learned that only “I” am responsible for the mess “I’m” in. We have to look inward and not put the blame on something outside ourselves.

That is, of course, valid. Without a teacher, you can do nothing. You are blind and deaf; “asleep.”

Gene: Could Michael comment on “man cannot do,” as in John.⁵⁸⁰

Gene, this is true. You cannot do this on your own. The entire planet would if this were possible.

Gene: When we look inward, we have our teacher there.

Dick: Most people, when they look inward, do not find the spot.

That is true, Dick, but if you are in contact with a teacher, this can be directed.

Dick: Things I cannot deal with are subconscious — say a guilt feeling. I have no idea where its source is. The thing that triggers the guilt feeling does not seem bad. Ordinarily, morality is B.S. In all cases, the guilt emotions are from lower Centers, as the higher Centers are not operating.

Anger is another reaction that is self-programmed by Personality as a barrier.

Gene: The body throws up a shield to keep Essence from coming through. First, we have to start by seeing our Chief Feature.

We discussed phobias such as fears of staircases, cats, heights, and wondered if they could be carryovers from past lives. Someone added that we should not resist evil, that we should face the fear and experience it out. The little evils are barriers to experiencing life. Someone asked about leaving a marriage.

⁵⁷⁹ The concepts of “subjective and objective consciousness” came from the Gurdjieff teaching.

⁵⁸⁰ The Gospel of John in the Christian Bible, where Jesus said, “I can do nothing of myself, but the Father in me doeth it.”

That depends on the initial contract and the method by which it is broken. Remember that we gave abandonment as a source of Karma.

Most computer programmers study hard to learn their trade. It takes you many years to program the bio-computer thoroughly.

Gene: What function does Chief Feature have and what role does it play?

We would say [it plays] an enormous part. Often, it alone prevents the soul from operating out of the Role in Essence.⁵⁸¹

Gene: How does it come to be in our lives? Do we choose it?

It is chosen, yes, as is everything.

Gene: It was said my Chief Feature was Vanity. Is this so?

Vanity is a part [the Negative Pole] of Arrogance. We agree with that. Self-pity is a part [the Negative Pole] of Self-deprecation.

Dick: Is that my Chief Feature as was said by Robert?

We see in you a great deal of Impatience.

Dick: Is that typical of those in Growth?

Yes.

Phyllis: What is my Chief Feature? (Martyrdom was suggested by group members.)

We agree with that.

Is there a sub-feature?

Self-effacement (part of Martyrdom).

What is Cheryl's Chief Feature?

Self-deprecation.

Is her sub-Feature self-effacement — taking a back seat, lacking in self-confidence?

Cheryl has a tendency to fade away in crowds. Also, [she] has many negative reactions to rather ambivalent statements about Young Souls. What does this suggest?

Comment: Non-existence (self-effacement).

There are many remnants in Cheryl, but she is close to extinguishment [of the Chief Feature]. That is valid.

Alice: Are all Overleaves in Essence?

No. [They are all] in Personality.

Alice: Are they chosen on the basis of Karma?

First of all, the locale, the socioeconomic status, the parents you chose — all are formative in programming the bio-computer. These Overleaves are chosen by the soul to be acted out in life, independent — most of the time — of the wishes of the Essence. The soul chose them to complete the specific [Life-]Task. The soul desires simplicity and freedom, making a split [distinction] between soul and Essence.

We don't take the Personality with us when we die. Do we leave it here?

That is correct. The soul on the Astral Plane is devoid of False Personality.

Dick: Why do we choose such things as Rejection, Self-destruction, and so forth and so on?

The soul — sans body — tends to forget the intensity of the experience and the pain. This is your objective: detached review, Dick. We would suggest to you all that you begin to think of goals in terms of landings on the infinite staircase and that you fixate, if you must, on an intermediate goal rather than the "ultimate goal." We [Michael] are not in sight of that one yet.

Dick: Gurdjieff said that the only way to consciousness was through the Moving Center. When Ouspensky was nearing his death, he had premonitions of it [his death] and revisited old places. And, he advised everyone to abandon the [Gurdjieff] system and start a new system based on what you want. Are there any comments?

The man Georges [Gurdjieff] was accurate in assessing the needs of most students. Yes, this [Moving Centered approach] can be a way toward Balance. The man Peter [Ouspensky] glimpsed the truth in the need for a living

⁵⁸¹ In my understanding of the structure of the Overleaf System, Chief Feature and Role are on the Inspiration Axis, with CF being on the Ordinal or negative side and Role being on the Cardinal or positive side. That structure explains this statement about the CF blocking the manifestation of the Role.

teacher who can render the teaching dynamic. He saw change in the attitudes and the “wants” of his students. This was an Intellectually Centered teacher with mostly Emotionally Centered students. The man Georges was Moving Centered in the beginning and had mostly Intellectually Centered disciples. This helped him to verify the need for Balance. He and Peter both had a tendency to deprecate Emotional Center, and the man Peter went even further and refused to acknowledge the very real need to grow to the point where sexuality can be expressed through the Sexual Center [rather than the Moving Center]. This was due, for the most part, to guilty inhibitions. The man Georges did not have this handicap, but did not give Emotional Center quite the status it deserved. Balance is just that — a Balance of all Centers. But, yes, most of you are suffering from physical inertia [weak Moving Center].

Dick: Can people be Trapped in sub groups of Centers, as symbolized in the deck of cards,⁵⁸² illustrated by Harold?⁵⁸³

This is valid. Alice is Trapped in the Emotional Part of Intellectual Center. Cheryl was in touch with the Moving Part of Emotional Center; is now moving toward Balance; needs to contact the Emotional Part of Emotional Center. The Emotional and Intellectual Parts of Intellectual Center; also the Moving Part of Moving Center. The tennis helps in this; also the reading. We have other books for Cheryl when she finishes the one she has now.

Narra: Is my Chief Feature Self-deprecation?

That is valid. The Erhard Sensitivity Training (EST seminar) helped enormously.

Joan: Are false humility and false modesty features of Arrogance?

That is valid. Pride also [is a part of Arrogance].

Is it combined with Self-effacement in Joan?

We do not see this. Joan is quite self-confident but her Acceptance Goal demands that she masks this.

Alice: I'd like to know if my Self-deprecation is part of my Chief Feature? Have I made any changes?

We still see Alice acting out in Self-deprecation.

Alice: Is there a “sub Feature” in me?

None marked.

Jim: Is mine Impatience?

We already informed you [of] this.

Dick: Is Kathryn's Arrogance (false modesty)?

Yes.

Dick: Is Kathryn a Realist?

Yes.

Richard: Where am I Trapped?

You are Trapped in the Emotional Part of Moving Center. Both Jim and Sarah are Trapped in the Intellectual Part of Moving Center.

Dick: Is Phyllis in the Intellectual Part of Intellectual Center?

Moving Part of Intellectual Center.

Joan: Where am I Trapped?

Emotional Part of Intellectual Center.

Narra is with Phyllis: Emotional Part of Intellectual [Center].

Dick: Where am I Trapped?

Emotional Part of Intellectual Center.

Dick: Is [Sarah's daughter] Dorothy [in the] Emotional Part of Intellectual Center?

Dick is correct.

[Gene:] What good is knowing this information?

⁵⁸² Refer to the cartoons of the Deck of Cards drawn by Harold Wirk in *Michael Speaks, Volume 2*.

⁵⁸³ Harold Wirk is a professional cartoonist who drew cartoons of the Centers as images in a deck of cards using Clubs for Instinctive Center, Diamonds for Intellectual Center, Hearts for Emotional Center and Spades for Moving Center, with the parts of each Center shown as the cards: Jack, Queen, King and Ace). He also drew examples of the Body Types and cartoons of some members of Robert's group, which are available in *Michael Speaks, Volume 2*.

It should give you some idea of where the work is. Gene is now in contact with the Moving Center and Emotional Parts of Intellectual Center, the Moving and Intellectual Parts of Emotional Center, and the Intellectual Part of Moving Center.

Narra: Would EST help a Mid-Cycle Young Sage in Growth?

It cannot harm her. The danger in this Cycle is always the one of misguided enthusiasm and aggressive proselytizing.

Joan: It was said that astrology would be valid if we knew the time of our conception. Why?

Because of the conjunction of the heavenly bodies and also the sunspot activity at the time of birth. (At Joan's conception,) the constellation, Leo, was ascending; the Moon was in Pisces.

Phyllis: I have noticed that some people are the same no matter who they are with and others change to meet different situations. Could Michael comment?

Yes, we will comment.

The closer the soul comes to Essence in life, the less he will change to meet the situation. The False Personality is like a chameleon. The Goal will, to a great extent, determine the face you present in unpleasant situations. Gloominess is one of these faces.

Phyllis: Should you then change to please others?

We did not say this, but why should you change to please others?

Comment: That is what is called "inner considering" — when you are wondering what the other person is thinking of you for saying what you did or whatever.

Narra: Is my son, Mitchell, in Dominance and a Young Soul?

This is a Fifth Level Young Warrior; not in Rejection, in Growth. This child is still being bombarded by the adolescent hormonal storm. This makes it difficult for you to read him. He is trTpped in the Intellectual Part of Moving Center.

Narra: What is the SRGA of my 12 year-old son, John?

The child is a Sixth Level Young Sage in Acceptance.

Narra: What is Carroll (15 year old son)?

This child is a Fifth Level Mature Scholar in Submission, mostly Saturn, some Lunar.

Alice: What level and role is Sidney?

This is a Young Sage in Dominance, and Idealist.

Alice: What is Ron?

This is a Fifth Level Young Warrior in Growth.

Alice: Is Landan a young Priest?

This is a Third Level Young Priest in Dominance.

03 March 1974 — Sunday

Present: Mallory, Barbara, Edgar, Joan and Jim, Cynthia and Nichols, Alice and Dick, Cheryl, Sarah and Richard, Milly, Betty, Narra.

We are here with you.

Mallory: I'd like to ask about my Chief Feature and [in] which Center I am entrapped. I feel I fluctuate between Moving Part of Emotional [Center] to the Emotional Part of Moving [Center].

The lady Mallory is right about the entrapment. Yes, this can fluctuate.

Most adolescents go through a stage of being entrapped in the Emotional Part of their Center.

We see more Impatience in this lady [Mallory] than Self-deprecation and we see more in the Intellectual Arrogance in Barbara [Mallory's mother] — also a generalized haughtiness.

In Edgar, we see an almost dogged persistence, which is definitely a part of Stubbornness.

Barbara: I would like to ask about the Essene Gospel of Peace.⁵⁸⁴ Manuscripts contemporary with Jesus are said to have strict prescriptions on diet and bathing, including a long tube. I would like some comment on this, if there is anything there that might help us along the way.

The Essene prescriptions for healthy living were among the pioneers of food fads. They were good enough for the time when they were given. We would not recommend the dietary restrictions nor the rather brutal methods of cleansing the body, which normally cleanses itself satisfactorily, provided that it was healthy. The man Jesus was not a member of the sect. The man John⁵⁸⁵ was. The man Jesus came in contact with them in the late teens and early twenties, and thought them to be relatively austere, and not for most people. Some of their doctrines he accepted as good. This is valid. Some would still be Good Work for serious students. Exposure to periodic heavy manual labor and an extremely strong feeling of community was the hallmark of the Essene settlements. All of them took their turn in the fields and in the house, freeing them for serious study. They ate only enough to keep the body healthy, never to the point of satiation. They wore little constricting clothing. They were personally clean, although they carried this into a ritual form; the idea was good. They also felt that the good was its own reward, drawing from the Hellenes.⁵⁸⁶

Barbara: I have been told before that I was an Essene. Is this so?

That is valid: two hundred years before the Common Era [200 BCE].

Mallory: What is the work necessary for me to becoming unTrapped in Essence?

The work for you, Mallory, includes moving. Your dance is an excellent place to start, preceded by your period of meditation, with the thought of preparation for the dance. We see emotional involvement. The way through to Intellectual Center is, of course, the rendering of this type of input neutral. The inability to accept input in a detached fashion separates you from the Intellectual Part of this Center, and thus there is a barrier to Intellectual Center. The love of the movement, or more accurately, the exhilaration you feel when moving, creates a barrier to Moving Part of Moving Center. All students must discover their area of enTrapment and work from there, emulating the energy Center toward which they are moving. Students Trapped in the Emotional Part of Intellectual Center rationalize all technical material well, but romanticize all other input, trying to find that completely personal slant. There is "love" of literature and words in these souls. They are normally exceedingly verbose in tutorial positions, not so much in others. These souls find the romance of the Logos so alluring that this enTrapment is among the most difficult to scale. Most souls Trapped in the Moving Part of Intellectual Center are veritable whirlwinds of intellectual activity. They spend the entire [incarnation] interval collecting facts, sometimes in a random fashion and sometimes to negligible results. On the other hand, many inventors, such as the man Thomas Edison were trapped here [and his results were not negligible].

Dick: Are some intellectual Scholars Trapped in the Intellectual Part of Intellectual Center?

It is possible to be Trapped here, Dick, and yes, you are right. Many of the theoretical scientists are indeed immured [trapped/confined] in the Intellectual Part of Intellectual Center. This is a route to Higher Centers when there is Balance.

Sarah: Is John Lilly one who is trapped in Intellectual Part of Intellectual Center?

Everyone (?) agreed — at least all those who said, "Uh huh."

Nichols: I missed the discussion Wednesday. Could someone explain that?

Comment: One in the Intellectual Part of Intellectual Center looks on things dispassionately, without emotional attachment.

The name Edward Teller⁵⁸⁷ came up and so we wondered if he were entrapped there. Sarah thought he was in Emotional Part of Intellectual Center.

⁵⁸⁴ The *Essene Gospel of Peace* was published in 1973. It is described as "The original Hebrew and Aramaic texts translated and edited by Edmond Bordeaux Szekely."

⁵⁸⁵ From an article "Who were the Essenes? Was John the Baptist an Essene?" ><http://www.gotquestions.org/Essenes.html><: "... was John the Baptist an Essene? While it is possible, it cannot be explicitly proven either biblically or historically."

⁵⁸⁶ From Wikipedia: The classic period of the Greek civilization covers a time spanning from the early 5th century BC to the death of Alexander the Great in 323 BC. The Hellenistic civilization was the next part of the Greek civilization, starting about the time of Alexander's death, lasting to the conquest of Egypt by Rome in 30 BC. From ><http://www.neoskosmos.com/news/en/plato-saw-murdoch-coming?page=show><: The moral of Plato's *Myth of Gyges* is that ultimately behaving badly is bad for one's own self-interest. Being good is its own reward precisely because it pays to think and act ethically.

⁵⁸⁷ From Wikipedia: Edward Teller (January 15, 1908 – September 9, 2003) was a Hungarian-born American theoretical physicist, known colloquially as "the father of the hydrogen bomb," even though he did not care for the title.

The man Edward is almost hopelessly Trapped in the Emotional Part of Moving Center.

Nichols: Where am I?

Nichols is one who fluctuates wildly between Moving and Intellectual Parts of Intellectual Center. In some respects, this gives him an easier task; in others, a harder one, since emotions are often difficult to contact.

Richard: It is like fingernails on a blackboard to force myself to do certain things. I avoid doing them. It is probably easier for Nichols to do certain things.

It is easier, as Richard points out, because he [Nichols] does have a way through to both the Moving Center and eventually to Higher Centers.

What is Balance of Centers?

Comment: Access to all Centers at will when required — that is, all Centers doing their correct work, not wrong working, such as growing ulcers and causing hypertension, etc.

Dick: Is Agape a function of the spirit and not the body?

It is of the Essence, yes.

Dick: I need outside help in order to experience this.

That is the advantage of being in a Teaching. Yes, there is virtually no way of achieving this on your own. A school is necessary.

Dick: I am not a meditator. Nonetheless, I feel Michael is in contact with my spirit even though I am not aware of this. Is this so?

We have great hopes that this coming experience will bring you the direct accesses for which you long. Yes. We are with you always now, and it will be greatly facilitated by learning to relax the body and the Personality so that we can speak to you. Most of you students have the most difficulty with relaxation. Today is an excellent time to Photograph this, as the little ones⁵⁸⁸ create the distraction, and all the Moving Centers go into action.

Dick: Will getting the Moving Center into action help with this?

That is valid and we feel a positive step. The relaxation will also come far more easily to the tired body. There is also a drive in many students to involve themselves heavily in what they consider “useful” activity. Sometimes this can be used as a good guide to where the work is.

Comment: In other words, take a look at the activities one uses just to fill the hours.

For instance, many who are trapped in the Intellectual Part of Intellectual Center must involve themselves only in intellectually stimulating and rewarding experiences. Many trapped in Moving Center are constantly “doing things” and consider all else rather frivolous. Souls trapped in Emotional Center find it difficult to sit through an evening of “head stuff” or they also dislike the modern dancing where there is little body contact and much wild gyrations.

Could we have something on the Moving Part of Emotional Center?

The “love of action.” These souls make ideal spectators and will yell themselves hoarse at all spectator events. They rarely participate, but will drive hundreds of miles to spend a weekend at a ski lodge. The romance of movement prevails here with little active participation.

It has been said that the Intellectual Part of Emotional Center is the seat of the magnetic center⁵⁸⁹ for Teachings. Is this so?

That is valid. It also produces the top historians and social scientists, most writers and journalists, many war correspondents, anthropologists and archaeologists. In this Part [Intellectual Part of Emotional Center], the intellect is romanticized.

Cynthia: Am I in the Intellectual Part of Emotional Center?

That is valid.

Dick: I would like to ask about Eugene. He leads a simple, healthy life in Essence. He uses his Moving Center and enjoys what he does.

This man now has access to the sum of the Moving Center. He needs only to pursue his present line of internal questioning to come into Balance.

Dick: Would this be good for me, to reach the Moving Part of Emotional Center?

⁵⁸⁸ Attendees of this session — Joan and Jim, Sarah and Richard, Alice and Dick — are known to have had children of an age that they might be scurrying about in the house.

⁵⁸⁹ The “magnetic center” is a Gurdjieff term for that within yourself that draws you to the spiritual path.

Yes, that would be a good start for you. This is, of course, the “cosmic” romanticized. The route to subjective consciousness is more easily attainable through the Emotional Center. The route to full objective consciousness⁵⁹⁰ is not normally achieved by those on the Physical Plane. That is normally a phenomenon of the Transcendental Soul. (Like Bishop [Fulton] Sheen, [Mohandas] Gandhi, [Jesus] Christ).

Dick: I think [Peter] Ouspensky was said not to be subjectively conscious. Was he Trapped in the Intellectual Center?

He was not subjectively conscious. He was Trapped in Intellectual Center; that is valid. This was a Fifth Level Old Sage who was a good student.

Dick: What was meant by him saying, “Abandon the system and start a School [based] on your ‘wants’?”

Many confuse wants and needs. This is what was meant here. Needs were implied while wants were verbalized.

Mallory: [Georges] Gurdjieff was said to be Moving Centered and his students Intellectual [Centered], while [Peter] Ouspensky was Intellectual [Centered] and his students were mostly Emotionally Centered. Is there a good combination for teacher-student relations?

It is common [for teachers and students to have different Centering]. It is neither good nor bad. It is simply that the students sense something in the teacher that they cannot reach [when the Centering is different].

Dick: Does False Personality come into play for people who have cancer?

Souls who choose the Goal of Retardation as a means of burning Karma deliberately choose parents with known genetic faults. For instance, not all women over forty produce retarded children, as with several members of this group and yet, some do. They choose parents who have poor circulatory systems and hereditary disorders that are harbingers of early death.

Souls in Rejection, however, many times choose super genetic heritages only to destroy their bodies during the physical interval.

Mallory: Are children more Balanced than adults and does the entrapment take place in adolescence?

The specific Center is chosen prior to the interval [incarnation], but the entrapment takes place during childhood, usually during adolescence, when the child is the most vulnerable, (due to) cultural imprinting.

Mallory: Can this happen earlier than adolescence?

Yes, and later.

Mallory: Why are some children imprinted less than others?

Children in Exalted Roles [Sage, Priest, King] and dominant Goals [Acceptance, Growth, Dominance] are not easily imprinted.

Sarah: I can verify that by the Sage who lives at our home [her Old Soul Sage daughter, Dorothy].

Dick: Waking sleep⁵⁹¹ results from being entrapped [in a Center]

Yes. The Cave (Plato)⁵⁹² was analogous to this entrapment.

(You see shadows of what is going on and imagine things from what you think is real.)

Edgar: Is there any technique I can use to detach myself from Maya?

We have given those to you. They are again: meditation, concentration, fasting, and study.

Edgar: What do I need to get in touch with? Which Center am I Trapped in? (Some said Intellectual, but Edgar thought Emotional.)

We agree with that [Emotional Center]. Edgar needs to get in touch with the detached plateau of the Intellectual Part and the action-laden Moving Part.

Edgar: What I meant was that I think the thing tying me down is mental laziness. I can't stick to it (meditation). What technique can I do that is not a chore for me?

⁵⁹⁰ In the Gurdjieff teaching, “subjective consciousness” was the penultimate Level of Being and equated with the Higher Emotional Center; “objective consciousness” was the ultimate Level of Being, and equated with the Higher Intellectual Center. This Gurdjieff Sequence has been superseded by the Natural Sequence in subsequent thinking: Higher Moving and Higher Intellectual have been switched.

⁵⁹¹ “Waking sleep” is a Gurdjieff term for those not on the spiritual path.

⁵⁹² Plato imagines a group of people who have lived chained in a cave all of their lives, facing a blank wall, with a fire burning behind them that makes shadows. The people watch shadows projected on the wall by things passing in front of the cave entrance and begin to ascribe forms to these shadows. According to Plato, the shadows are as close as the prisoners get to seeing reality. He then explains how the philosopher is like a prisoner who is freed from the cave and comes to understand that the shadows on the wall are not constitutive of reality at all, as he can perceive the true form of reality rather than the mere shadows seen by the prisoners. Several videos explaining Plato’s “Allegory of the Cave” can be found on the Internet.

The mental inertia is not uncommon to souls stuck in this spot. They usually suffer from this. The technique does not matter nearly so much as the diligence with which you apply it and the value you assign it on your priorities.

Edgar: In other words: try, try and try again.

That is valid.

Mallory: I'd like to ask about the Thane Walker (sp) School in Shasta [CA].⁵⁹³ It was said he studied with Gurdjieff. It consists of listening to tapes.

This is a Sixth Level Mature Sage who was in a Gurdjieff-oriented teaching.

Edgar: Will I get an opening in the Monroe workshop?

We cannot predict this. [We] only can say that three are now considering canceling since they received their programs.

Betty: What part of Emotional Center am I Trapped [in]? Can you fluctuate? I have spurts of energy and other times, am reticent.

There is, of course, disharmony (of Centers), but the soul who is not a seeker ordinarily does not recognize this and blames the discomfort on externals.

Betty: What Center am I Trapped [in]?

The Emotional Part of Emotional Center. If she wishes Balance, she must reach Intellectual and Moving Centers.

How much does the Attitude determine where one is Trapped?

Very much. Most of the imprinting of early childhood is very effectively converted into Tape Loops.

Richard: Is bias [the same as] Tape Loops?

A major part of it, yes. Some [biases] are, of course, original [not imprinted].

Comment: When there is bias through the Ouija board, there is distorted information due to thought patterns of the one operating the board.

The bias is most easily defined as the absolute limit of the individual's belief system.

Richard: Some have a stronger rubber band than others and can stretch more.

Also, the rubber can stretch more easily in one direction than the other.

Alice: If I am in the Emotional Part of Intellectual Center, can a book be recommended for me to read to reach for Balance?

We would not necessarily recommend a dry technical tome for you, Alice. In fact, we would recommend joyous literature, also the works of the better naturalists.

Joan: Would this be for me, also, since I am supposed to be in the same Center as Alice?

Yes. It would.

What is meant by "Trapped in Essence"?

You allow it [the Part of Center in which you are Trapped] to govern all reactions to all situations.

How do you get in touch with Emotional Center if you are not there?

First, you must become solidly Balanced so that there is no backsliding. This normally does not come about until commitment is made and affirmed.

Comment: If you are Emotionally Centered and going to Balance, you have to be able to use Intellectual Center and Moving Center in the right way. You continue until you have access to all lower Centers.

Until you have sufficiently detached yourself from the mundane [lower Centers] and can come to the higher Centers.

Narra: What Center is my son, Mitchell in?

This boy is now in the Emotional Part of Moving Center.

Mallory: Is yoga good for my Moving Center?

No. This can only be used as a prelude or postlude to meditation if it is to be of value. We mean movement, not isometrics.

Mallory: How about Tai Chi?

⁵⁹³ From ><http://www.qm21.com/school.html><: Jesus said: "No one comes to me who isn't drawn by the Father." Gurdjieff said: "... any human being I happen to observe covers only those whom destiny has brought under my scrutiny." Thane Walker taught that "Cosmic Intention is always drawing you toward the Reality which we call God." Derek Lamar said "It is not me but rather something Higher within yourself which you hear through me."

There again, that is not movement in the Center of which we speak. This does not detract from its value.

Barbara: Would Tai Chi be good for me?

We think so.

Mallory: Could I read something to go towards detachment from Emotional Center?

The reason we suggested the works of Plato to the lady Betty is because it is such a splendid exercise for this.

Richard: Gandhi said you should express yourself in the least number of words without embellishment.

We see much value in periods of silence. They are unsurpassed door openers. Right now, however, you are not together enough to dispense with the dialogue, so we have not suggested it. If you will work doggedly for a weekend together, we will probably suggest it. An interesting exercise as a preliminary would be to attempt to complete the sex act in silence.

Comment: Is that without moaning and groaning?

Silence is silence.

Narra: If I am a Sage, why am I not more verbal?⁵⁹⁴

You repress it. The desire is there.

Comment: Narra's Goal was said to be Acceptance. Could we verify that?

We will stick to that. You see the Chief Feature. [Narra's is Self-deprecation]

Dick: Some people, I see their Goal. Some, I see their Role. Some, Chief Feature. Some feature of the Overleaves comes through as the strongest thing and I have trouble with the soul Level.

Betty: What is my Chief Feature: Stubbornness? The spirituality may cover Arrogance.

We still see some Stubbornness, but it is valid that Betty has almost extinguished this.

Betty: Is [my daughter] Lisa Moving Centered? Is this why I have trouble with her?

Oh, yes, there are some true mismatches. This is not one of them. She will calm some this summer.

Dick: In Narra, I sense some stress not explained by the Overleaves.

That is true. The key lies with her. Now she knows where these barriers are.

Dick: I, too, have a sense of stress and lack of ease. Is this Wrong Work of Centers?

That is true, Dick. When you learn to truly relax, you will experience more frequent intervals of tranquility and then you will begin to actively seek this.

Dick: What wrong Centers am I using?

Intellectualizing, mostly.

Dick: When one is tranquil, is the Essence in control?

The Essence is tranquil, yes.

Dick: Agape love sputters for only 15 seconds and it does not happen often. Is this moving toward a #4 person?⁵⁹⁵

We agree. It is a difficult place to be, but definitely rewarding.

Dick: In the tranquil period, are Centers Balanced?

Usually the soul experiences a moment of Balance, yes. Also, during meditation.

Richard: Does the soul transfer this to the body?

Essentially. The body is not as threatened by other aspects of spiritual growth, just as the sea urchin is not threatened by a calm sea.

Questions: Does the body fight meditation?

Sometimes, yes. Moving Centered bodies fight it tooth and nail; Intellectually Centered bodies less, but still forceful.

Mallory: Is it easier sitting up straight rather than relaxed?

Comment: You do not wish to fall asleep and there is a danger when prone.

⁵⁹⁴ Narra was later said to be in the Repression Mode.

⁵⁹⁵ A #4 person is considered to be Balanced in Gurdjieff's teaching.]

Dick: How does the Adept, occult master correlate to the #4, #5 and #6⁵⁹⁶ man of Gurdjieff?

They are not precisely the same, although the Adept is usually crystallized number four. The occult Master has use of Higher Centers at will. It merely means that this soul is in Balance with no danger of backsliding.

Alice: Is it necessary to have a personal mantra?⁵⁹⁷

No, it is not. The one we have given works for many.

Alice: I would like to ask if there is any Karma between me and a certain man. Every time I am near him, there is embarrassed silence and I cannot figure it out.

No Karma. It is his guilt and inhibitions.

Alice: What is the SRGA of Paul L? Mature Soul in Stagnation, an Artisan, Saturn?

This man is an Idealist, Third Level Mature Artisan in Submission, mostly Saturnine. No Karma [with him], just a sequence.

Dick: Patty felt fear of BA's violence. Is her fear valid? He seems benign to me.

He entertained fantasies of this [violence], yes, and she perceived it. In this male, it was pure fantasy.

Sarah: Is [Tina's husband] Reymund's Chief Feature Self-destruction?

Dick: And, is Patty's [Chief Feature] Self-destruction?

Both have Martyrdom.

Is this BA's Chief Feature, also?

[Yes,] also.

Dick: Where is Albert?

In Growth, an Idealist, Arrogant, Emotional Part of Moving Center.

Narra: Where is [her son] John?

Emotionally Centered now, with the Intellectual Part beginning to predominate.

Where are Jim and Joan's children?

The little one [Shaylee, age 5] is not imprinted, so is free flowing. The older girls [April age 13 and Belinda, age 9] are fairly solidly in the Emotional Parts.

Jim: [What about] a colleague, Cara?

Cara is a Fourth Level Mature Artisan in Stagnation. This [Goal of Stagnation] often obscures the Role.

Dick: I feel a sense of loss with [daughter] Kathryn. It reminds me of Matthew, when there was a knock at the door and Jesus said, "Thy family are without," and he said, "You are my family." I feel she has left us and there is a great sadness. I resent this from Robert's group.

We understand the resentment. Incidentally, [in] this particular instance, we see the advice⁵⁹⁸ as Bad Work. In many cases, however, there is much need in the students to separate from demanding physical relatives. The man Robert must learn to differentiate.

Dick: Did Robert find out about the transcripts?

It was suggested to Kathryn that she not hear this [Michael's Teaching] any more.⁵⁹⁹

Dick: There are those who left "life" [to join Robert's group] without paying some large debts and it appeared that Robert encouraged this.

We would not encourage this. Of course not.

Dick: Robert's group is also a "C" [cosmic] influence group. How can this be?

⁵⁹⁶ Repeat from October 1973 footnote: From the Gurdjieff system, the 'Man numbers' are described here: ><http://www.polymath-systems.com/phenomen/gurdj/gideas.html><. To summarize: Man #1: the moving and instinctive centers predominate; Man #2: dominated by the emotional center; Man #3: the intellectual center takes the lead. Man #1, man #2 and man #3 all stand on the same level of being and all are equally mechanical. Man #4: has acquired a permanent center of gravity, consisting of his understanding and his valuation of the Work and is considered "Balanced;" Man #5: has attained unity in himself; Man #6 has objective consciousness, powers beyond the powers of man number five and a *mental body*; Man #7 possesses a *causal body*. Another good resource is ><http://www.enneagraminstitute.com><.

⁵⁹⁷ In Transcendental Meditation, the guru gives each individual a special unique "mantra" to repeat during meditation.

⁵⁹⁸ Robert advised Kathryn to separate from her family.

⁵⁹⁹ Kathryn left the Fellowship of Friends about forty years later.

The conflict will be resolved when this man experiences the manifestation of the Transcendental Soul. He is right in saying that internal consideration is the last to go and this is a phenomenon of this.

Dick: Internal consideration⁶⁰⁰ is the only single thing that operates continuously.

This insight is essentially valid. Those in Dominance do the least internal considering; those in Acceptance, [do] the most. Those in Growth fluctuate depending on the environment.

How about those in [the Goal of] Rejection?

[They do] inner considering of a very negative sort. There is some, of course, but you are right: not much. [There is] very little, also, in [the Goal of] Retardation.

Jim: Was Kamella, [Saint] Joanna?⁶⁰¹

Do you think so?

Jim: Yes.

Why do you doubt the perception?

06 March 1974 — Wednesday

Present: Milly, Cynthia, Ray, Patricia, Barbara, Alice and Dick, Cheryl, Mallory, Gene, Eugene, Sarah and Richard, Lula (first time).

We are here with you tonight.

Ray: Please make opening comments and tell me my Chief Feature, which I think is Impatience.

We have no quarrel with Ray's deduction.

Ray: Could we have some general comments on Impatience?

The Chief Feature of Impatience override's pleasure — often by driving the soul [person] to rush rather than to just be with the situation. The proverb "haste makes waste" was first uttered by someone observing a soul in Impatience. You burn calories in haste.

Sarah: I observed Impatience in a gas line⁶⁰² today.

We would say that the queues are very good for [working on] this in spite of the inconvenience. They do allow one to Photograph oneself in Chief Feature. This is one way. Relaxation forced, of course, is another.

Ray: I'd like a comment from Michael on how best to learn or deal with Impatience.

The best way to counteract the Chief Feature of Impatience is to deliberately expose yourself to exasperating situations, and then Photograph the feelings around the Impatience. Usually, you will find that the reaction is habit rather than emotion and amounts to a Tape Loop.

Gene: I would like a comment of the Edgar Cayce treatment I've been giving a patient who had lactation problems while nursing her baby. The castor oil packs on her chest seemed to help her in other areas also: dry skin, smelly perspiration, dizziness. She tried it on her abdomen and it did not work.

This lady, of course, equates the heart with the seat of emotions and at a deeper level realizes that her baffling syndrome is the result of anxieties revolving around her role; the suppressed lactation, also.

Gene: I'd like to know the SRG of this patient.

This is a Mid-Cycle Young Priest in Acceptance. Domestic crises and ambivalence over stereotypical roles.

Gene: You mean the motherhood role?

Yes; also wife.

Gene: Did the packs help?

⁶⁰⁰ "Inner consideration" is a Gurdjieff term for caring too much about what other people think of oneself, rather than acting out of integrity with the real self.

⁶⁰¹ From Wikipedia: Saint Joanna was one of the women associated with the ministry of Jesus of Nazareth, often considered to be one of the disciples. In the Bible, she is one of the women recorded in the Gospel of Luke as accompanying Jesus and the twelve disciples: "Mary, called Magdalene, ... and Joanna the wife of Herod's steward Chuza, and Susanna and many others, who provided for them out of their resources" (Luke 8:2-3).

⁶⁰² From Wikipedia: The 1973 oil crisis (or "energy crisis") started in October 1973 and lasted well into 1974. During this time, there was gasoline rationing across the United States due to Middle East turmoil. To get gasoline, people had to get into long lines at the gas stations who had available gasoline to sell. Between January 1973 and December 1974, the U.S. stock market lost more than 45% of its value.

Yes, they did, but only when they were applied to the area of conflict.

Dick: I have trouble with this because I'm a Realist. I think it only works for Idealists.

Betty: Is it possible to speak to someone other than Soleal or Michael to get a different slant?

Comment: Michael's Entity is made up of a 1,000 Fragments, each of whom are experienced. Also, Susan is working the [Ouija] board with one on the Causal plane.

There are many mid-Causal teachers, yes. You could communicate with them. The information will be the same. It will be as we perceived it to be.

Cynthia: Is Michael's Entity working on growth?

That is valid. We chose this.

Alice: Is it like our choices? Could you have chosen something else?

Yes. There are options.

Gene: Will Michael's Entity join with other Entities as we do here with Fragments?

Yes. On the high Causal plane, there will be progressive reunion, then again on the Mental Plane.

Gene: I would like a comment on my approach to cancer patients as to their responsibility of causing and controlling their disease. I have been selling hard that they chose it and that through meditation, they can alter its course and cure it.

They are the best hope pills we know of. You will have some success, but prepare yourself for failure with those who cannot look at their conflicts. These will not get better. Of course, others will. Your best successes will be with Young and Mature Souls.

Cheryl: If the patient is in Rejection or Retardation, would this approach fail?

Baby Souls cannot see conflicts within themselves. Souls in Rejection and Retardation can alter this if the approach is good and the incentive is there. Many middle age and elderly souls [people] simply wish to die because they find their life situation boring or otherwise intolerable, and they do not have the courage or drive to change the situation, nor the inclination to suicide. When Freud wrote his psychology, he was using observations made mostly of Baby Souls.

Dick: Could Michael comment on the negative sides of Centers? Is there a negative side to each Center?⁶⁰³

This is, of course, valid. Think of the hysterical enTrapment in Emotional Center. The man Adolph [Hitler] was Trapped in the Moving Part of Emotional Center. All of the psycho-neuroses are directly related to the negative half of the Centering: that which leads souls [people] to live above and outside the law of the land, all of the violence directed against other creatures. These combined with the [Negative Poles of] other Overleaves produce this. You can take two souls [people] with the same Overleaves except for Centering and quite drastic differences will occur in the lifestyle. This is why we feel that some comparison of historical souls will prove to be a valuable experience, even though they are no longer extant. The man Adolph [Hitler] and the younger Scipio Africanus⁶⁰⁴ had virtually the same Overleaves save for Centering. It is interesting that they differed only in the man Adolph's penchant for genocide.

Dick: Certain Overleaves like Rejection are not compatible with some Centers, say the king of hearts (Emotional Part of Emotional).⁶⁰⁵ I do not see how a person could be there and be in Rejection.

No, but there are some extremely hostile souls enTrapped there. Emotional and hostile, too. The soul here is often the man who kills because "God told me to".

Dick: Is this a major source of conflict in people?

Many times it is.

Dick: They are in Centers not compatible with the [other] Overleaves. Could we have some examples of this?

One example is females who use their sexuality as a weapon; [they] are usually in Rejection and Trapped in the Emotional Part of Emotional Center.

⁶⁰³ Gurdjieff understood that there were positive and negative "sides" or "halves" of each Center; this was the only Overleaf that he knew about. At the end of 1974 or the beginning of 1975, the Michaels revealed names for the Positive and Negative Poles of all of the Overleaves.

⁶⁰⁴ From Wikipedia: Publius Cornelius Scipio Africanus (236–183 BC), also known as Scipio Africanus and Scipio the Elder, was a general in the Second Punic War and statesman of the Roman Republic. He was best known for defeating Hannibal at the final battle of the Second Punic War at Zama, a feat that earned him the agnomen Africanus, the nickname "the Roman Hannibal," as well as recognition as one of the finest commanders in military history.

⁶⁰⁵ King of Hearts is referring to the cartoon deck of cards created by Harold Wirk to depict the Centers. See *Volume 2*.

Would Marilyn Monroe be an example of this?

[No.] The lady Norma Jean⁶⁰⁶ was in Rejection, but in the Intellectual Part of Emotional Center; [she] did not use sex as a weapon; [she] was truly a pitiable soul.

Ray: Is that where my first wife was?

Yes, she was — many are. This is a frequent cause of domestic strife.

Ray: What was the conflict in her Centers?

The Goal of Dominance and the entrapment in the Emotional Part of Emotional Center.

Is that the negative half?

Madame Dubarry⁶⁰⁷ was. Another example: Lucretia Borgia.⁶⁰⁸

[What about] Jacqueline Kennedy?

Correct. The lady Jacqueline is a second level Young Soul, Saturnine, Moving Part of Intellectual [Center], [a] Sage in Dominance almost solely bereft of emotionality.

What was John Kennedy?⁶⁰⁹

This final Level Young King was an Idealist in Acceptance with a Chief Feature of Martyrdom. He was Mercurial mostly, some Saturn.

Did this show up in his daily life?

He was quite a martyr in his home. He deliberately married a woman he could not love.

Dick: I would like to ask about Larisa. Is she a Young King in Arrogance?

This Young King's Pragmatic Attitude modifies the action of the dominant Arrogance.

(Dick related how he had experienced some extra [psychic] sensing in patients.)

We would say at this point that the more positive energy that is pure energy you are able to generate, the more experiences of this type you will have. This is a natural phenomenon as you release more of your encrustation and more of the Essence peeks through. There will be a marked increase in "psychic" phenomena.

Gene: How do you create more pure energy?

Extinguishment of negativity.

Ray: Comment on James N's SRG.

This Second Level Young Scholar in Dominance is a Realist. His Chief Feature is Arrogance, and he is Trapped in the Moving Part of Intellectual Center, mostly Jovial, some Saturn.

Ray: I would like a comment from Michael on my past six weeks' activity, my new experiences with bioenergetics and work with Dr. Palmer. I want an updated evaluation of myself.

You are correct when you say that you are now allowing new experiences to happen. Of course, this is a positive movement. When you limit your experiences, this is fear and it serves as a barrier to growth.

Comment: Being is allowing.

Gene: I would like a comment on the rash on my leg that I have had for fifteen years.

At the risk of sounding platitudinous, we would say, "physician, heal thyself." You seem to do so well with others and here is this bothersome eruption stemming from inner anxieties. This rash can be gone over night almost, with a bit of the same treatment you regularly dispense. The meditation, Gene, is the one step you really need to work on. This would enable you to concentrate on the anxieties that are causing the itching. Your meditation should be used as a prelude to concentration for a while now.

Dick: Fear and guilt prevent one from experiencing new things. Is this due to the negative side of Centers working?

⁶⁰⁶ Norma Jeane Mortenson was the birth name of movie star Marilyn Monroe. Elsewhere, she was said to be a Young Sage.

⁶⁰⁷ From Wikipedia: Madame du Barry (1743 – 1793) was a courtesan and Parisian prostitute, who became the official mistress of King Louis XV of France. She had a large aristocratic clientele that included many of the king's ministers and courtiers. After he died, she was eventually arrested and executed on the guillotine for using her wealth to assist people who had fled the French Revolution.

⁶⁰⁸ From Wikipedia: Lucretia Borgia (1480 – 1519) was used by her family during the Renaissance to marry influential men. She married to three men, had affairs with others and eventually had 7 or 8 known children.

⁶⁰⁹ John Kennedy (1917 – 1963) was the 35th president of the United States, serving from 1961 until his assassination in November 1963. Jacqueline Kennedy (1929 – 1994) was his wife; she later married Aristotle Onassis, another King. Most current channels believe that her role was also King, not Sage as given in the transcript.

Most of them, yes. Notice the differences in souls who are trapped in the Intellectual Parts of Centers. They are relatively guiltless, as those trapped in the Moving Parts are relatively fearless.

Dick: Is there anything that can be said to help us with fear and guilt?

We could give you a *carte blanche* [permission to do whatever you want]. This is relatively true. As example, Voltaire⁶¹⁰ glimpsed this when he said, "All is true. Everything is permitted." This guilt and fear that one feels on the Physical Plane is, for the most part, culturally induced and, therefore, can only be extinguished by an act of will and allowing yourself to have the guilt-producing experience. This guilt stems for the most part in the lingering belief in a system of black and white, evil and good, with a judgmental god dispensing punishment made to the crime. The fear is largely tied up in the unrealistic longevity aspirations of most [people, societies] on the Physical Plane. No one is judging you, Dick; no one is qualified to do this.

Cynthia: Longevity is the goal of the organism. On the Astral interval, you will be your own judge and jury in Essence.

That is the difference. False Personality judges with Maya as its base. The Essence judges realistically.

Dick: Ordinary morality has nothing to do with true morality.

That is valid. When you attach too much importance to this very mundane and temporal morality, you become encrusted in Maya. The only morality that exists in the high plane is that which leads to Agape. That is the unqualified acceptance of all other creatures, both physical and ethereal, as the greater part of self.

Comment: It doesn't seem right. You would have no experience at all.

Yes, you would. You just would have no negativity and isn't that why you are in this Teaching? If you were able to contact higher Centers, this would open up new dimensions of experiences. We have experiences all the time.

Patricia: Is the Karma completed between my husband and me?

The events with this male were the result of a planned sequence and did not involve any Karma. Whether or not it is over, is up to you. At this point, you can string along indefinitely.

Eugene: Am I Emotional or Moving Centered? The [Ouija] board at home said I was in Emotional Center and I see Michael has said I was in Moving Center.

This is your bias, Eugene. This is also due in part to the fact that when you are using the Ouija [board], you go into Emotional Center.

Ray: How close am I to being Balanced?

Work must be done still in the Intellectual Parts of all Centers and in the Moving Part of Moving Center. You need to be able to detach from the romance of even this [Michael] Teaching.

Eugene: I would like to have the date of my father's birth. I came up with May 19, 1887.

The year is valid. The date is the fifteenth.

Eugene: Is Cyrus, my [Ouija] board runner, at least 75% accurate?

The Entity is a mid Astral teacher. The information is good. The work is excellent.

Milly: I'd like to ask if there will be an amputation when my mother has surgery (diabetic with gangrenous toe).

There should be for the amount of structural damage.

Alice: Did the rather large amount of money we loaned [name removed] and which he never made any attempt to pay back, have to do with a Karmic debt? Was it Dick's and mine, or just one of us?

Yes, it did. This was repayment on your part. Both. Extortion.

Alice: Are there other Karmic debt's we owe?

There are three others, not with others of the group. One other has not been paid.

Alice: What was the one that has been paid other than that?

One concerned a house you once owned.

Alice: In another life?

⁶¹⁰ From Wikipedia: François-Marie Arouet (November 12, 1694 – 30 May 30, 1778), better known by the pen name Voltaire, was a French Enlightenment writer, historian and philosopher famous for his wit and for his advocacy of civil liberties, including freedom of religion and free trade. Voltaire was a prolific writer, producing works in almost every literary form including plays, poetry, novels, essays, and historical and scientific works. He was an outspoken supporter of social reform, despite strict censorship laws and harsh penalties for those who broke them. As a satirical polemicist, he frequently made use of his works to criticize intolerance, religious dogma and the French institutions of his day.

In this one. Think about it. Sometimes, the repayment is extremely subtle and involves overextension of earning capacity at the expense of self and the payment is made as painless as it was extracted.

Dick: Was it our [former] house? We did not charge enough?

That is valid.

Alice: Is there still one outstanding?

This is still in the future and can be changed through acknowledgement. It is Good Work for you to be on the alert for this.

Alice: Was I an Essene?

The Essenes were dominant in the area where you both lived, but neither of you was a member of this sect. Alice had daily contact with these souls.

Alice: Was I ever involved in the rituals?

As a child, you were fascinated by them and often snuck away to observe them.

Milly: I have been reading a book by Viktor Frankl⁶¹¹. He uses terms such as Michael does, calls it "logotherapy" in his search for meaning. I'd like a comment.

We find no fault in this man's work. We would recommend it.

Milly: Were we together [in past lives]?

Several times. You have known each other primarily because of the inter-weaving of various Entities.

(She [Cheryl] said in reading a book about Alexander [the Great], she felt she was the boy, Bagoas.)⁶¹²

Cheryl, you have a valid insight in yourself in that long-ago life.

Sarah: I'd like to ask if I was Aristotle or Ptolemy but I need someone else to act as medium. I do not trust my own answers as bias may come through.

Editor's note: I realize that it is almost impossible to do justice to each person's questions. It would help if you could each write your questions on a 3x5 card or equivalent and perhaps number it as to the number of the question as we go along at our board meetings. Thank you. – Alice.

10 March 1974 — Sunday

Present: Alice and Dick, Sarah and Richard, Susan and Gene.

This meeting followed the weekend session with the out-of-the-body workshop given by Robert Monroe.

We are here with you.

Dick: Robert Monroe described meeting a mysterious group of entities on the Astral Plane. They apparently function on the Physical Plane, according to Monroe.

First, a comment on the experiences you just had. This should have told you much about where the work is and where the most enormous needs lie. We would see this perpetuated. The man Robert Monroe is correct, though. The instructions are there.

Comment: Some of us slept through the entire experience.

You heard and perceived even though you interpreted this as sleep.

What about the mysterious entities that he describes in his book?

We see nothing unusual here in this. Mature Priests [such as Monroe] nightly encounter with the Essences of final-Level Old Souls.

Are the Old Souls aware of this consciously?

⁶¹¹ From Wikipedia: Viktor Emil Frankl M.D., Ph.D. (March 26, 1905, Leopoldstadt, Vienna – September 2, 1997, Vienna) was an Austrian neurologist and psychiatrist as well as a Holocaust survivor. His best-selling book, *Man's Search for Meaning* (published under a different title in 1959: *From Death-Camp to Existentialism*, and originally published in 1946 as *trotzdem Ja zum Leben sagen: Ein Psychologe erlebt das Konzentrationslager*), chronicles his experiences as a concentration camp inmate based on his psychotherapeutic method of finding meaning in all forms of existence, even the most sordid ones and thus a reason to continue living. Frankl was one of the key figures in existential therapy and a prominent source of inspiration for humanistic psychologists.

⁶¹² >[https://en.wikipedia.org/wiki/Bagoas_\(courtier\)](https://en.wikipedia.org/wiki/Bagoas_(courtier))<: a dancer, a eunuch, a courtier for Alexander the Great.

Some are. They come by it accidentally. If the Old Soul pursues anything, he normally has some successes. His Essence is restless and curious. He is like having a five year old at a seminar.

Are some of them part of The Brotherhood?

Some of them are brothers, not all.

Robert Monroe is setting up a communication system to enable those who wish to find him while Astral traveling. Could we also set up a special frequency for something like this?

Yes, this is a possibility, more a probability. Some of them (Old Souls) are, of course, linked together on the Physical Plane. Also, most of them are experienced as Astral travelers who do this at will for reasons of growth and reintegration.

Dick asked questions about overcoming resistance to the experience of astral travel.

The body resists this in all of you. With you, it is stronger now, simply because the body is also exhausted. It was getting its needs fulfilled and did not want the fear you were giving it.

Dick: I was not aware of fear.

Only the body fears. The Essence does not fear it.

Yes, Sarah is tired.

(Sarah slept most of the time while the Monroe tapes were playing.)

Dick: Robert Monroe stated that he felt as if he were a doorway or a pumping station for those desiring the astral experience.

He is a door. You have given him some information that fits some of the puzzle together for him. Many things he sees, he is unable to interpret and many more are of his own creation. His nervous remarks about Heaven and Hell should have tipped you off on this.

Is he afraid of Heaven and Hell?

He is not, but he is also not certain what lies behind the curtain he has placed between himself and the high planes. What the man Robert Monroe refers to as "focus ten" is twilight sleep; "focus twelve" is ordinary sleep; "fourteen" and beyond are Astral sleep states and dream states.

Does this technique make it possible to remember?

You do anyway, but your buffers knock out the recall.

How does one eliminate Buffers?

If you encounter a situation that would produce guilt in the body, the body will not allow you to remember, or, at least, not with any pleasure. Guilt is in Personality, yes.

Comment: A statement was made concerning the EST process where a box is constructed mentally and problems are placed in it. (Robert Monroe used a similar technique in his tapes this weekend.)

We would see you all put your problems in the box and leave them there. We would tell you also that you can cleverly construct a trap door in the bottom of the box and can eliminate them altogether.

Dick: I was the only Realist present. It did not help.

That is valid. There is no particular advantage to the endless analysis, but then you know that now.

Please give the SRGA of Dr. Lincoln.

He is one of the Skeptics. This Mid-Cycle Mature Sage is also in Submission, mostly now to the lady Dr. Frederica.

Dick: She must be Mature and Dominant.

Yes. Second level Mature Artisan in Dominance, Idealist. She is not terribly perceptive. Somewhat scatterbrained. Stubbornness as Chief Feature.

Susan: How do you choose another Goal?

You are at will to choose another that will allow you to operate in life, if this is your desire. You cannot operate in life successfully without one. It identifies you as "a real person."

Without Chief Feature, you are what the man Robert refers to as "low profile people" and to others in life, you lack form and substance.

Sarah: Was Dr. Lincoln afraid of me?

Your Dominance scared him to death.

Alice: Why did Robert and Dr. Lincoln clash?

Extremely adverse Karma there. Robert owes him money. Dr. Lincoln owes more than he has given.

Dick: Why does Dr. Lincoln look guilty?

He is. He will probably seek you. He is intrigued. He was a student with Robert before. He stole a great deal of money.

Alice: As I understand it, a "number one experience" has to be associated with pain, not money.

He was executed.

Dick: Did Dr. Lincoln hurt Robert first?

Yes, he did. He beat him senseless in flight.

Dick: Is Robert aware of this past life?

He is aware of the life.

Dick: Could Robert acknowledge and let go?

That is valid.

Richard: Then would Dr. Lincoln have to acknowledge on the Astral Plane?

Yes.

Robert Monroe talked about his Uncle Charlie who visited the weekend session astrally, according to Robert Monroe and verified by a lady in the workshop group.

He is one of the blithe spirits. He will be around for a hundred some more years now and will have a pleasant interval.

Why do we have to be so serious?

The levity is difficult for you all, as you were imprinted with the work ethic early in life. Dick and Richard. Sarah and Susan more so.

Susan: Did I rid myself of my Chief Feature?

We think you will let it go, yes.

[What is the] SRGA for Patty?

Not a Realist, [rather, she is] a Stoic, in Growth, Martyr, Mid-Cycle Mature Artisan, Self-destruction. Self-destruction is normally manifested in a more subtle manner than overt suicide.

(She smokes and coughs, and smokes and coughs.)

Dick: Is suicide common in Martyrs?

Yes.

Dick: Would it help to tell her this?

She would hear, yes, but would scoff.

Alice: Is this like throwing pearls to swine?

No. Personality would have the need to scoff.

Dick: Question about the hostility that Patty pointed out that she saw him.

Your hostility is normally seen in souls who do not relate well to the chosen gender. It usually is called jealousy. The Artisan is more at home in the female body and relates poorly to [being] the male gender. This sometimes makes relationships with women difficult.

Dick: Is it a general principle that female Artisans do not relate well with males?

No. Female Artisans are far more equipped to relate to males than male Artisans are able to relate to females. The same is true of Kings and Scholars who choose female bodies — they hate it. [Elsewhere the same was said of Warriors.]

Dick: Why would a male Artisan choose this?

You must experience life from this vantage point.

Dick: Is there anything a person can do to get around this?

Realize that the stereotyping is culturally induced and that gender is peculiar to the Physical Plane, and put yourself in an Essence state.

Dick: There is a softness in Gene that seems unusual for Saturns.

Which also pertains to the final Overleaf, which we do not intend to give today. He is in a passive Mode [Observation, as it turned out].

Susan: Were Dick and Richard also Gene's mother in past lives?

That [motherhood] is not necessary, only that they be female dominant with him.

Dick: If traumas carry forward from one life to another, then this is an important concept.

That is what we have been trying to tell you.

Dick: Is gender present on the Astral Plane?

It is nonexistent in Essence.

Dick: Robert Monroe talks about sex on the Astral Plane. Could you comment?

This only pertains to Astral travelers still in the body.

Dick: Is there anything resembling sex on the Causal plane?

There is, but it is genderless. The Essence is thoroughly capable of experiencing the ecstasy and frequently does. The Personality cannot because of the pain-pleasure Monad. It is automatic. In your culture, it is imprinted early in life that if you are to experience pleasure, you also must have pain. The entire Entity [Michael] experiences. There are no more Fragments. We are whole.

Alice: Is there any way out of the Pleasure-Pain Monad?

Your guilt build-up produces the pain. When you choose to extinguish the guilt, you will lose the pain at the same time — only then.

13 March 1974 — Wednesday

Present: Cynthia, Milly, Mallory, Barbara, Betty, Sarah and Richard, Alice and Dick and Cheryl, Narra, Shirley (first time), Joan.

We are here with you tonight.

Shirley: I would like to know my soul Level, Role and Goal.

The lady Shirley is a first level Old Warrior in Acceptance. This lady is mostly Martial, some Saturn, in the Moving Part of Intellectual Center, a Realist with much Impatience, which gives her fidgets in this type of situation.

Mallory: I would like to ask the SRG of a friend, Nina, who is in a group I'm in. She is a fragile, Mid-Cycle Mature Soul in Rejection or else a Baby Soul in Submission. Do I owe her something or is it her SRG coming through?

The fragility you sense comes from the Chief Feature of Self-destruction. This is a Mid-Cycle Mature Artisan in Submission, mostly Lunar, some Venusian. The Centering is valid.

(She said the Intellectual Part of Emotional Center).

Mallory: I would like more information on Chief Feature and how it differs from Goal. Self-destruction is more subtle than Martyrdom.

She [her friend] will allow this (Self-destruction). Many drink to excess, many take drugs, but most are more subtle and merely flagellate themselves with an emotional bullwhip. This is natural to them; all is pain, nothing is pleasure; there are so many no's in their lives that they are almost paralyzed.

Mallory: How does one distinguish between Self-destruction and Rejection?

Cheryl and Dick said they could tell by the look in their eyes.

Barbara: I have had the experience of not recognizing someone for a whole year who had the Feature of Self-destruction.

The soul in Rejection does not seem to fit into the mold no matter what the activity. In discussions, they will often turn a relatively mild topic into royal imbroglia before you can blink your eyes. The soul in Rejection is not necessarily passive — that depends upon other Overleaves — but is usually argumentative in most situations. The soul with a Chief Feature of Self-destruction usually is passive. They are introspective to a fault; [then] will look for an opening in the conversation and turn it to their inner pain and suffering. This pain is always so close to the surface that it fairly spills over every time you look at them. This is not true with the Goal of Rejection.

Comment: This person will twist a conversation completely to interject her personal data, yet there is so much distance there.

Souls in Rejection often remind one of the people who is always in the right place a day late. If the emphasis is on punctuality, the soul in Rejection will inevitably be hours late. The reverse of this is also true. If one is

offended by crude humor, the soul in Rejection will inevitably trot out the most rank bathroom jokes in the book. If there is emphasis on this type of humor, the soul in Rejection will set himself above this.

Betty: *Who else is not punctual?*

Comment: *We agreed that one other might be a sub-feature of Stubbornness to be late often.*

Cynthia: *I would like to ask about JimT in our church group. His Chief Feature seems to be Self-destruction.*

Yes.

Cynthia: *His wife is afraid he is going to "flip out" on her. He loses jobs frequently.*

Jim T has the Chief Feature of Arrogance, along with his haughtiness that perceives the smallest slight, real or imagined. Much depends upon his maintaining his image of being a "man." This is not unusual.

The lady [his wife] is a Warrior and a Martyr.

Cynthia: *He said he couldn't possibly be in Acceptance: he would have to be in Growth. She seems more stable when she is with others.*

Narra: *I would like to ask the Chief Feature of one of my sons.*

We agree with Arrogance.

Narra: *What is in Essence for him?*

Sarah: *Being a detective, police administrator, auto racing ...*⁶¹³

Mallory: *Was Don Juan [of the Carlos Castaneda books] a Moving Centered Sage?*

That is valid.

Mallory: *Why did he say one had to be a "warrior" to be a "man of knowledge"?*

Semantics.

Was Gandhi a King?

Mohandas was a King.

Dick: *I noticed a profound difference in Susan on Sunday. There was a feeling of acceptance and warmth. She told us she had reached a "primary" source through automatic writing. It is a new concept to me, working back through past lives to the #1.*

That was a completely valid insight on the lady Susan's, part. Primary experience⁶¹⁴ is often centuries in the past. The secondary and tertiary experiences must be your guide, and hard work is all that will work to surface the primary pain.

Richard: *I must have something very deep. Michael won't tell me what my primary source is.*

Alice: *Me, too.*

Dick: *I am wondering if anyone or any entity is in contact with Rocky (a person who died last Friday.) Is it in the nature of things for Michael to meet him?*

Richard: *I feel Michael has contacted him.*

No one is now in contact with this shocked soul. There will be a period of adjustment and then perhaps, we will grab this one ourselves. The choices made by this Mid-Cycle Mature Soul were awful.

Do some souls bite off more than they can chew? That is, take on too many negative Goals or Chief Features, etc.?

Barbara: *My mother suicided. Was this so of her? Did she make too many unwise choices?*

This is, as far as we know, the only set of circumstances that drive the soul to seek this way to freedom.

Comment: *By accepting him, we scared him. We left it open to come back any time. He wanted to be rejected instead.*

Comment: *We are imprinted that we are our brother's keepers and feel bad when a person in Rejection or Retardation seems to lose out in life. They came for that purpose — to learn something. You cry because of the guilt you have because you "should have done something for them". Photograph your own "goodness" and remember, they are not here to be happy.*

Joan: *Have Shirley and myself been together in past lives?*

You have known each other many times.

⁶¹³ Earlier, it was said that her son Mitchell is a Young Soul Warrior.

⁶¹⁴ From ><http://positivefeeling.org/seth-primary-and-secondary-experience/><: Seth: Let us call primary experience that which exists immediately in sense terms in your moment of time — the contact of body with environment. ... The secondary kind of experience is largely symbolic. This should be clear. Reading about a war in the middle of a quiet sunny afternoon is not the same thing as being in the war, however vivid the description. [From the book: *The Nature of the Psyche* by Seth/Jane Roberts and Robert Butts.

Joan: When was the most recent?

In the immediate past.

Joan: That must have been when I ran the carriage house. What was she?

This lady was frequently a guest.

Joan: Was this in a castle, a ruling family?

We would say so, yes.

Shirley: I'd like to ask Glenn's SRGA (husband).

This man is a Third Level Young Sage in Growth. He appears Dominant beside the lady's Acceptance role [Goal]. This is not unusual. He is an Idealist with a Chief Feature of Impatience.

Joan: Were we together in the third crusade? Were we with King Richard [the Lionhearted]?

That is valid, but we prefer that you pursue this [on your own].

Dick: I'd like a comment on the weekend we experienced with Robert Monroe's out-of-the-body workshop. We all slept so much of the time. We were told the results may not show for a month. I do feel different and realize my biological system was thrown off its circadian rhythm and attribute my feeling peculiar to that. Were we on the Astral Plane at all?

Please allow us to allay your fears to rest. You all received what you requested. The phenomena will continue to occur throughout the coming weeks and you will up the wild potential. All of you "heard" the tapes just like the man Robert Monroe said you did.

You and several others in that room encountered this Entity [Michael]. For them, it was unexpected and accidental. For you, it was purposeful.

The man Robert Monroe knows us now, but does not know how to interpret what he knows.

It is interesting to note that the dreams all concern some primary fantasy fears, such as Alice's dreams of pursuit with intent to [do] violence to her and Sarah's dreams of food being destroyed before her eyes.

Richard: I refuse to accept an image of Michael. I know they are not on the Physical Plane, so I only get eyes.

This is your acceptable image, yes.

Do the Astral entities have access to Causal [plane] travel?

[The] same process pertains.

Milly: I would like to ask more on souls in Rejection. One of the teenagers I work with suicided on Friday. I was not working that day and I felt badly when I heard about him. I felt there may have been something I could have done to help him.

Everyone said they felt some of this compassion.

The soul in Rejection who suddenly finds himself on the road to success will often develop prematurely crippling disorders that baffle even the medical profession. Then the soul can throw up his hands and say, "Well, what more can I do? I have this awful disease."

No. You are dead right. There is absolutely nothing that you can do.

(Michael told us to underscore "you").

The soul must see the goal himself and desire to change it.

The man Charles Dietrich has one approach that works (Synanon Man).⁶¹⁵ It seems cruel, but there is nothing fragile about these souls. They are tough nuts to crack.

Narra: [The teenager's?] Chief Feature?

We see more Stubbornness than anything else — a bulldog tenacity.

Barbara: I would like to know the SRGA of Ernest Hemingway. He seems like a Mature Sage in Growth.

Mid-Cycle Mature Sage in Self-destruction is not that overt. This man's Chief Feature was Martyrdom; has a Goal of Growth, which gives rise to the meteoric rise followed by the awesome decline.

Do we have any obligation to help our fellow man?

You have no obligation to help anyone.

⁶¹⁵ From Wikipedia: The Synanon organization, initially a drug rehabilitation program, was founded by Charles E. "Chuck" Dederich, Sr., (1913–1997) in 1958, in Santa Maxine, California. By the early 1960s, Synanon had also become an alternative community, attracting people with its emphasis on living a self-examined life, as aided by group truth-telling sessions that came to be known as the "Synanon Game." Synanon ultimately became the Church of Synanon in the 1970s and disbanded permanently in 1989.

What if we could have helped someone and we did not? Is not there Karma incurred here?

That is a debt of another sort and can be almost likened to any automatic reflex in so far as most Fragments on the Physical Plane are aware.

Do we as a group have any obligation to our fellow man?

No. You have a desire to hear now some information that you rejected at another time. Also, you have Agreed to perform a task for yourselves to burn Karma.

Comment: I don't feel any great debt.

Comment: Sometimes, I have the desire to go back with my nice polite, phony friends who ask advice and then do not take it.

Richard: I would like to ask if Dick has the same Overleaves as Luke⁶¹⁶ [of the Gospel of Luke in the Christian Bible]. He may be stronger in the book than he was in life.

There was some similarity. This [Luke] was a Fourth Level Old Artisan in Growth. The main difference was the Chief Feature of Arrogance and the Idealism.

Dick: He was more gutsy, Luke was.

Regarding Keptic, a physician (?) in somebody's book.

This man studied at the museum. Of course, he was touched by the brotherhood. He was aware, but not an initiate.

17 March 1974 — Sunday

Present: Shirley, Edgar, Alice and Dick and Cheryl, Sarah, Joan, Carolyn.

Dick: On death: As far as I'm concerned, the only thing that thinks and lives, goes with death, and I cannot imagine anything going beyond death. You either die slowly with age or illness or rapidly in an accident. When you're eaten by a hungry crocodile, you actually become that crocodile.

Of course, the Personality dreads the discontinuity of physical life, for when the organism dies, yes, that [Personality] dies also, but more of that which is essentially "you" survives beyond the grave. This you will understand more fully when you progress. The layers will gradually peel away to give you a glimpse of that which lives eternally and does not depend upon the organism for expression. Many facets of your life now are coming from that, in Essence. The task is to recognize them and capitalize on them rather than the negative aspects of the Personality. The Personality is judgmental and argumentative. The Personality bases its actions on the cultural mores in which it moves. The soul or Essence does none of these and feels the freedom. Perception is purposely blurred by the Personality, for it could not survive if the Essence took command. But the Essence perceives on its own and the lessons learned by the soul are sometimes quite different than what you would suspect by recounting your "conscious" experience. As Dick, the soul sees beyond the brain barriers set up by the organism in order to cushion the Shocks. In other words, the reward would not seem great enough for the organism to continue with the absurdity. You have begun to peel the layers away, and so we would say that you, Dick, are perceiving far more than you give yourself credit for. The pain the body endures while being munched upon by a crocodile is seconds only compared to the Cycle of the soul.

Dick: The soul is another guy who calls himself "Dick." If I am asleep and Michael talks to me, I do not hear him.

The Personality has an extremely limited capacity for experiencing positivity. Whenever you experience unsolicited pleasure, you are experiencing it from Essence. This is why the extinguishment of negativity is so vital to spiritual growth. If you have not guessed this yet, the Personality is the Negative Pole of a Monad [and Essence is the Positive Pole].

Dick: Going through life without love is ridiculous, yet this is what most people do. Love only interferes with survival.

Also, it interferes with the Personality's task, which is survival.

The thought process is good, but the semantics bother us. For when we speak of an Entity, which has been many more than just Dick. The "machine," if you will, is Dick this time, at least. The soul of that Fragment is not the true Dick, but [is] the true Essence of the Fragment that is now Dick.

Edgar: The soul is more than Dick alone. Is it more an angel or what?

⁶¹⁶ From Wikipedia: "The New Testament mentions Luke briefly a few times, and the Epistle to the Colossians [Col 4:14] refers to him as a physician (from Greek for 'one who heals'); thus he is thought to have been both a physician and a disciple of Paul." Dick was also a physician, but a late Level Mature Soul, a Realist in Impatience.

Not with any creative process, but yes, with a greater spiritual existence than is trapped in the body.

Could you clarify this?

It is just a matter of pure semantics. The true Dick is “merely that which you see before you.” In other words, the Personality living in that body. This true Dick is separate and apart now, but does not have to be. But to say that is the true Dick does not do this Essence justice, for it [the soul] has also been the true Pierre, the true Jackie, the true Martin, the true Amelia and many others.

Edgar: Is the soul within the body? If the soul is a mirror, then it's outside.

“Outside” is a relative term and is only applicable on the Physical Plane. The soul experiences in more than three dimensions, therefore, is outside partially of the three-dimensional physical space. We would prefer that you think of this [soul] in terms of enveloping [the physical body] rather than outside of [it].

Dick: I have this “other guy” theory of the soul ...

That is valid. You brought to this interval a wealth of experience and knowledge that is yours to tap at will. The tapping is up to you, but it is yours if you wish it.

Jim: Is this intuitive knowledge or scientific knowledge or both?

Both.

Dick: I discovered in the OOB [out-of-the-body] weekend [with Robert Monroe] that I was asleep. If Michael talked to me, I do not remember.

Edgar: I had a twilight dream when I was half awake and half asleep. I actually heard someone taking a bath in a pail of water in my living room saying, “This disease — I just can’t get rid of it.” Then he shuffled down the hall dragging his feet, muttering, “I can’t get rid of it.” I actually asked him, “What’s the matter with you?” and I woke up and realized I recognized him as me.

That which you call “twilight” is, of course, the threshold to Astral projection. Of course, it was you, the Essence of you. The Personality still wishes to compare affliction to evil and thus the washing away that you perceive is splendidly symbolic. Given your religious training, ironically, this could work.

Does the Essence see?

The Personality, often when perceiving the Essence, sees it as evil. This should come as no surprise to you. The Essence is not bound down by any cultural moral code and its perception of the good is quite different. Often, the Personality reels in repugnance from the soul.

Edgar: Religious training ... this could work ... what does he [Michael] mean?

Dick: If you had a choice, Edgar, between physical and religious healing, what would you choose?

Yes, you are quite right, Dick. Some structural defects are unrepairable, but the spiritual healing is far more lasting than the temporary physical one. The affliction that this man has can be made far more livable than in the past and the destruction halted at this point in the man Edgar. The feelings of self-pity are gradually fading into the background, allowing the maximum healing to proceed.

Edgar: I suppose it is ego that wants to be healed physically. If we could learn how Michael operates, we could make a big jump. What good was it for Lazarus to be raised from the dead unless he learned what was behind all this? Why bother?

Carolyn: I had a perception about my recent shoulder injury. I had a feeling I was going to fall. Was this a true impression or did I influence myself to fall? I have never done anything like that before.

We would think that this was truly precognitive.

Inordinate fear of failure is a part of Arrogance, timorousness [is] a part of Self-deprecation. We see none of this in Carolyn, but we see much Stubbornness. She is an Idealist. The lady is relying more now on her intuitive knowledge though and that is good.

Edgar: Why did I choose this disease?

(Editor’s note: Please write your questions on 3x5 cards if accuracy is wanted.)

We discussed this before, but for your information, you did not choose the specific disorder, just the genetic propensity. It was necessary that you seek the teaching in spite of great physical disability to complete a Monad.

Edgar: Which Monad?

The one left hanging over for two thousand years. The man Edgar was a strong man then; physical strength, yes. The Health-Sickness (Monad) as a seeker would be more accurate.

Edgar: We are supposed to experience the Rich-Poor Monad, the Health-Sickness Monad, the Love-Hate Monad, the Positive-Negative Monad, etc. When you die, you get out of this into paradise. When we're here, we are dead to the spirit.

The death, of course, is symbolic and refers to the completion of the *raison d'être* (reason to be).⁶¹⁷

Edgar: How? How? How can this solve the reason to be?

If the Personality can take leave long enough to consider the task of the soul, then this will be clear. The task on the Physical Plane is to experience "all of life". Many Monads are not completed for many centuries. Others must be completed before the soul can perceive at a higher Level of Being. The Monads are the only reason to be that we know of.

Edgar: Is that what kicked us out [from] "up there"? We were not in contact with our Essence?

There is within you an Essence that is a special fragrance. That is your true soul. You, Edgar, would perceive this Entity as evil if you were to encounter us in a physical manifestation or even on the Astral Plane.

How about others' perceptions?

The Priests would not. Many of the others would.

We keep telling you that the desires of the soul are the antithesis of the desire of the organism. Liberation is one of these; unencumbrance is another; pleasure is the greatest. We would seem quite hedonistic to most of you.

Carolyn: I would like to ask about a feeling I had after going to church for the first time in a long time. I felt like I was hit over the head. My heart was squeezed. The minister was looking at me. I can't remember what he said.

Religious rituals are excellent for releasing trapped emotions.

Carolyn: I would like a comment of the fall I had and the flashes while falling. I heard a voice say, "Relax," just before an eighty-five foot drop.

If the lady Carolyn had not felt the precognitive flash and heeded it, she would have been killed. In that second, she chose another alternative. It is valid that once a particular mode of death has been experienced by a Fragment, that mode holds no special fear for the Fragment. Near escapes often erase fear. Both Cheryl and Sarah had much combat with large animals in the past.

Carolyn: The first person to reach me after my fall asked me if I was OK and it was like I was zapped with energy. Was this Michael? It gave me energy enough to walk back 3 miles.

An Entity warned you, yes.

Carolyn: How about the "zap" of energy?

The experience brought this soul a moment of clarity and you were able to draw upon this.

Carolyn: Anytime someone is in an accident, does it help to have someone touch you like that and ask you how you are?

[Yes,] If the comfort is not automatic out of sympathy through the Personality.

(Carolyn took over the board for Sarah to ask.)

Sarah: I would like to ask about this guy I know who denies all psychic phenomena, yet he is the most psychic person I know. He has psychic experiences all of the time. I would say that he is a Mature Soul, Scholar, Skeptic, with a Chief Feature of Arrogance. He's a Mercury-Venusian and in Emotional Part of Intellectual Center.

This is essentially valid. Second level Mature. You have been misled in the Arrogance. This male is trying to control his life and will not presently admit the presence of outside influences because then he would not be in control. That explains his Skepticism.

He has trouble with his wife. She said she would leave him. Is this Stubborn Dominance?

That is valid.

Sarah: Is Dr. Margaret a Warrior?

This entity is a Third Level Young Soul. She is mostly Mercurial with Venusian influence. There is strong Dominance in this Sage. This again is Stubbornness. She is, of course, an Idealist.

(Board back to Sarah.)

Carolyn: [Question missing.]

The lady Carolyn is an Idealist. You are still a second level Old Soul. When the transition occurs, you will be the first to know.

⁶¹⁷ French for "reason for being" and "justification for existence."

Shirley: I would like to ask about my husband's sister. She is giving him trouble. She is working on her seventh husband. She is probably a troubled soul — trouble follows her everywhere she goes. She is difficult and hard to get along with. She deserted her second family. She used to be quite beautiful.

First of all, this is a Cynic in Greed, a Baby Soul King in Rejection (Third Level Baby Soul).

Shirley: I would like to ask about my 90-year-old father⁶¹⁸ who is living with us. He fathered nine children, talks much, slender. He tortures me. He's senile. I would like to know if there is anything I can do to cope with the irritation.

This is a Fourth Level Baby Soul, mostly Lunar, some Jovial. This man is a Stoic, Chief Feature of Impatience. He is in Acceptance.

Shirley: I would like to ask about my mother. She had a congenital heart condition and had nine children. She was a living miracle. I would say she was a Warrior in Acceptance.

This lady was a Fourth Level Young Warrior in Acceptance. She was mostly Mercurial, some Saturnine, with a Chief Feature of Martyrdom. This lady was a Pragmatist.

Jim: I would like to ask about flying saucers and a book I've read about them. Are these creatures from Soleal's planet?

From other worlds; Soleal's world has not been into exploration as much as others. They are interested not only because of the Astral contact.

Jim: The book says that people have come upon 3-3½ foot [tall] men with luminous uniforms, packs on their chests with hoses connecting, outside the space craft doing repair work on the space craft. What about the heat that was felt?

Most interstellar spacecraft are well protected and all of the landing craft are magnetically shielded from within. This is impenetrable and does produce some heat. The effect would be felt by one venturing too close, until the vehicle was decommissioned [turned off].

Jim: Will Soleal come within four months?

Yes. Perhaps July or August. Some creatures have difficulty breathing on your planet because of differences in atmospheric constituents. Not so with Soleal's people. They will not experience any difficulty at sea level.

Jim: Are other planet people using the moon as a base station, as a stopping off point, as I read about astronaut Edgar Mitchell⁶¹⁹ seeing footprints up there? During the moon series, the government repressed the photographs that showed objects on the moon including dome shapes and a Maltese cross.

It has been used for observations. Some are fascinated by your strife, but most are interested in Mars.

Why Mars? Mining?

That is valid. They are more ecology-minded than you are. There is oil, yes.

19 March 1974 — Tuesday

Present: Dick and Alice, Sarah and Richard [private session]

Dick: I believe that personal agendas are important to learn about our own internal world. Tomas wanted to get on with the Teaching and forget personal agendas. I've fought against therapy and encounter groups. We function well enough as we are, but we cannot go on to spiritual growth. Ordinary therapy deals with personality alone, and the processes are usually formulated by Mature Souls for Young Souls. Is there an ultimate therapy where we can know ourselves ??????

We are here with you.

Yes. We would agree with that, indeed. There is a form of ultimate therapy — a clearing house for the Essence where the final cobwebs can be swept away and the clarity can shine through. Yes, also the crutch of the Personality, the one most frequently employed in situations where the Essence might come crashing through, is a most effective barrier.

Dick: Alcohol brought out some political feelings, which allowed me to Photograph them.

That is valid. We find no fault with this as long as you permit the Photograph. We find the expressed intolerance quite a bit stronger than the level of actual intolerance. Yes, this represents a secondary experience based on first-hand experience with despotic leadership in the distant past.

Dick: What was that?

⁶¹⁸ Their father and mother had 9 children, including Shirley (who married Glenn) and Louise (who married Allyn). Allyn's brother **Hank**, married Shirley & Louise's sister, **Nicole**. Glenn's sister married the father of Allyn & **Hank**.

⁶¹⁹ From Wikipedia: Astronaut Edgar Mitchell walked on the moon as part of the Apollo 14 mission in 1971, the third to land on the moon. He had a mystical experience on the way back to earth. In 1973, he founded the Institute of Noetic Sciences, which researches consciousness and psychic events.

Several times, once when you were executed during the Spanish Inquisition. Most of this now stems from that experience where you were persecuted for your beliefs in freedom from the church. At another time, you were in the direct service of the most exacting of the Christian emperors and experienced all of his edicts on individual thought, though much of which you disagreed [with]. You did not die then, at least, not violently, but the years under Justinian took their toll.

Dick: Is there a method I could use in order to experience out these political feelings that are no longer appropriate? Just simply hearing this does not do anything for me.

It is not as effective (as experiencing). The data must be processed and experienced emotionally. We feel that there are two approaches that you could now try, one with concentration under marijuana, the other would be regression through hypnosis. The person inducing the trance can always give over the questioning to someone more skilled.

Dick: Is there an interface between Personality and Essence? While I developed the "other guy" theory, I got that Michael made a distinction between Essence and soul.

We did not mean to imply a distinction.

Dick: Maybe there's not "another guy". Maybe there's one observer that is stuck in observing Personality. Is the observer the "I" that watches Essence but is stuck in Personality.

Essence can usually be referred to as the silent observer, yes. Unfortunately, for most on the Physical Plane it remains silent forever, never being given a chance to express itself. The Goals have the most effect on this lack of expression on the lower levels while Chief Feature exerts a powerful influence at the higher levels.

Dick: Essence is usually positive. In Robert [Burton]'s teaching, we were told to act positive even though we may have felt negative, and some day we would become this positive person that we wished to be. Where in this puzzle lies the truth?

We have not asked that you not explore your negative feelings. As a matter of fact, we would agree that this exploration is absolutely imperative before you can go on with the Work. Pretending is in Personality. We, however, do not feel that the hostility should be encouraged to a degree where it would be inappropriate to the situation. In all instances, there should be an orderly process for exploring the hostility. This will consist of acknowledging that the hostility exists, hunting for the source — which will always be found within — reviewing the cause, considering the alternatives, then and only then encountering the object of the hostility. This process often acts as a cooling off time and allows for a more palatable solution in the end with considerable reduction of the negativity.

Alice: What is the reason for my political apathy?

It is due to the extremely heavy involvement in the past, leading to the present apathy. Same with Sarah and Cheryl.

Alice: Could you give some examples in my past lives?

Alice once acted as a special courier during the Third Crusade.⁶²⁰ She has been involved with the provincial administration of the empire and with the Medici in Italy, with the provincial government in France and with the foreign legions for Spain.

Alice: Is there political interest after this Monad is complete?⁶²¹

Usually there is little interest, yes.

Alice: Is mine complete? And, Cheryl's?

The same applies. Cheryl has had much involvement, but must experience this as a Mature Soul because of the difference in the levels of perceptions and will show interest again of a different sort.

Alice: She's hoping to skip the Mature level.⁶²²

She is well on the way to that transition point now. The desire is tempered with fear stemming from her knowledge of the emotional turmoil of the Mature Cycle. She will, we think, overcome this.

⁶²⁰ From Wikipedia: The Third Crusade (1189 – 1192), also known as the Kings' Crusade, was an attempt by European leaders to reconquer the Holy Land from Saladin. It was largely successful, capturing Acre, Jaffa, and reversing most of Saladin's conquests, but failed to capture Jerusalem, which was the emotional and spiritual fixation of the Crusade.

⁶²¹ The Cardinal Pole of the political Monad is involvement in it. The Ordinal Pole is antipathy toward it. The Neutral Pole is indifference toward politics.

⁶²² Cheryl is a Young Soul.

Dick: As I understand it, to complete the sex Monad, all erotic impulses must be satisfied in order to become an Adept. I read in books about men on the make who are thinking of sex all the time. I'm not in THAT space, but my Personality is so complicated I know I will never work it out. Am I repressing something? There are times when I have strong urges.

You have, we know, a deeply repressed desire for eroticism without guilt. This will follow you into your next life if you do not experience it this time.

Dick: I have a feeling the source of guilt has never been uncovered.

Most males in primarily feminine Roles [Slave, Artisan, Priest] experience this to a degree or become homosexual in order to expiate the guilt. Some manage to work through this quite successfully.

Dick: How can this be accomplished?

Simply by acknowledging that there is no guilt to be attached in either case [hetero or homo].

Dick: What is the source of the guilt?

The inner sense of almost feminine expression making it difficult to experience eroticism with a member of the preferred [same] sex with it seeming almost introverted [inverted?]. Most homosexual liaisons are formed by males in feminine Roles [Slave, Artisan, Priest] or by females in masculine Roles [Warrior, Scholar, King]. For this reason, it [homo-eroticism] seems more naturally [natural?] to them, and it is, or rather would be, with less guilt. This creates a tragic paradox as you can see since the culture condemns this [homo-erotic] practice without discovering the underlying cause. This [Role gendering] is, by the way, not the only cause of sexual inversion [homo-eroticism], but is the leading one.

Dick: You're here [incarnated] as a male to experience being a male ...

It can be experienced even with the guilt. The choices can be made to alleviate the guilt somewhat. For instance, the Exalted [Cardinal] Goals [Acceptance, Growth, Dominance] [and Attitudes, and Modes] mitigate this [guilt] somewhat. You see, you do not have nearly the problem that some male Artisans do with this even as Old Souls [who are typically less susceptible to cultural programming and its guilt]. The Realist [Attitude] has fewer organic symptoms of this guilt than do, for instance, the Skeptics and the Idealists.

Dick: How can I experience out the eroticism without guilt?

Getting rid of this is deceptively simple, but seldom effective until there has been some verification on your part that this teaching is what it purports to be. We [the teacher] can tell you [the student] that you have *carte blanche* [permission to do whatever you want], but you must believe this first [or you will still feel guilt].

Dick: If it weren't for sex, I could make the transition to the next soul level, but it is beyond human capacity. It's so strong.

Sexuality is interesting and, in itself, presents many contradictions and paradoxes. For instance, most female Kings [A masculine Role] spend a lifetime searching for the ultimate sexual experience, most of the time feeling a sharp post-orgasmic sadness due to the unfulfilled expectations. Male Priests [a feminine Role] and some female Priests must attach great emotional significance to the sexual act or feel somehow cheated. It must "mean" something to them. Most female Sages [a masculine Role] must be the initiators or they are often unsatisfied by even the most virile male; often, the dissatisfaction manifests in bitchiness.

We discussed wild animals and wondered if they had some feelings besides instinct.

Wild animals have no personality at all. Some domestic animals, through training, do develop the rudiments of what might be called personality. All acts of the animal kingdom except for [hu]man are the result of the hive soul or group Essence.

Dick: With the [help of the] teaching, I could work through hostile impulses, but not sexuality. I cannot see this happening. It's an insoluble problem. It's difficult to have [unapproved] experiences in this culture. It is time-consuming and secretive.

Sarah: Changing partners will not give you the experience.

Dick: I do not understand.

Richard: If you put too much expectation on sex, you will not get anything out of it. It's like putting a fifty pound weight out on it. Go in without expectations.

Sarah: Eroticism is a solitary experience and independent of the other person.

Alice: If I am tired and would rather have slept, we have sex and you [Dick] ask me, "How it was" for me when you have enjoyed it and if I tell the truth for me that it was OK instead of great, you go down with that. Why can't you simply enjoy it without having to have it be great for me every time?

By eroticism, we speak of the total abandonment of the body to sensual experience and, yes, this is a solitary experience.

Alice: You do not even like massage and I love it.

This you have not done. We have suggested massage before and for good reason. You are not the only one bound up in this. Most Adepts are extremely sensual in their personal lives. This may come as a surprise to you but it runs pretty true to form.

Dick: I hear the teaching and hear the hostility. It's unchangeable sexually — that's where I am. The program is so programmed. It cuts me out of making the skip to Transcendental Soul. Agape is impossible in people with sex problems. It is impossible in people with emotional hang-ups of any sort, whether it be sex or fear of cats or [fear of] the dark.

It is difficult to achieve Agape if you place the blame for your "hang ups" on others. The Agape can be present, though, in the face of inner conflicts as long as the source [of the conflicts] is realized. The man, Jesus, before the manifestation, is an example. Also, Gandhi. Both had what you would consider insoluble sexual conflicts, but both recognized the source as themselves.

Dick: With other areas, I've seen a direction to work in and I do not feel a direction for solving the sexual situation.

Richard: You have expectations.

Dick: There is intra-personal sexual repression here with sexual desires, all within me and I see no resolution. The way a person feels about himself sexually spills over to how he feels about himself in everything he does. I do not give advice about sex because I do not feel right about myself. There's a guilt factor about feeling erotic about females. There are women attracted to me, but I shut out the sensitivity and say, "I'm not attractive," and then feel depressed. Where is the guilt coming from if not a primary source? Maybe I should try homosexuality.

That is one solution which many have chosen. The only difficulty is your ability to make this choice without attaching any blame either to you or to others. It is something like saying, "Well, I cannot climb this mountain, but it is still a lovely, snow-covered summit and it is not the mountain's fault that I do not have the skill to scale its height."

Dick: It's a critical issue [for me]. There is not much point in [me] pursuing a teaching.

Depending on the way the choice is made [hetero or homo], it will sometimes affect a solution. It did in the soul of the man, Mohandas [Gandhi].

Dick: I wonder if it's possible to choose not to tackle the problem.

Richard: I find I'm being too critical of myself too much in the past and in the future. Other things don't make that much difference. The present is what does make the difference. When I started meditation, I expected something. I discovered it was better when I had no expectations.

Sarah: Sex was designed for propagation [of the species] and does not have the meaning we expect it to have. It just is not there for us to experience.

Dick: All thoughts, all ideas spring from a meaningful sexual relationship. If that's not right, you don't have anything.

20 March 1974 — Wednesday

Present: Mallory, Phyllis, Mary (first [and only] time), Arthur, Sarah and Richard, Alice and Dick and Cheryl, Shirley, Gene, Milly, Narra, Lee (first time), Joan, Betty.

What is the SRGA of Cathy — a Young Soul, Mercury, in Acceptance, an Idealist?

This Sixth Level Young Artisan is a Spiritualist, not an Idealist — all else valid — in Arrogance, with a sub Feature of Vanity.

The group attempted Mary's SRGA: late Level Mature or early [Level] Old Soul in Acceptance, a Realist, an Artisan in Dominance or Growth, Mars-Venus; some said Jupiter, some said Jupiter-Lunar, and one said Jupiter with some Mars.

The lady Mary is a Sixth Level Mature Priest in Dominance with a Chief Feature of Impatience. This lady is mostly Jovial, some Martial, a Realist, in the Intellectual Part of Emotional Center.

Mary: Knowing this has what significance to the group?

Comments: It helps explain behavior. We are more able to accept or allow unconditionally anyone with whom we come in contact. It is helping us work towards Agape.

Mary: I read the group's book and would suggest a glossary would be most helpful, with definitions of such words as Maya, Monad, Logos, and Karma.

We would propose an exercise in psychic Photography for all of you as follows: begin to Photograph yourselves reacting to suggestions of change with the statement, "I cannot", then realize that this is not true. Sometimes, the truth will be that you do not at the present moment possess the required skills or knowledge, but more

often than not, the truth will be, "I do not want to." This is vital, and a positive step on the path. You can help by Photographing each other in this. Also, all of you are guilty of using this as an excuse many times a day to shift the blame, and this accomplishes that nicely. You present then the picture of a student at the mercy of the cosmos, which is, of course, absurd.

Personality sets up many barriers along the [spiritual] path. This is merely one of them, and chipping away at this will only result in the uncovering of many more similar guises. The goal of the organism [Personality and the physical body] is, of course, survival. Sexuality is made more difficult by culturally imposed barriers and artificial conditions. This is another barrier. Denial of the pleasures of eating, sleeping, and just biding your time on a pleasant, sunny day are more. The Personality can come up with many efforts to rationalize why these pleasures should not be experienced: they are not good for you; they cost too much; they waste too much time; they are not useful; they are evil, *et cetera*.

Alice: Are you sure that's Michael?

We are most interested in the fact that some of you feel that this data is somehow different. We would ask that you examine your feelings around this. We sense pressing questions in the minds of many and are merely endeavoring to pave the way to more open expression.

Phyllis: It seems there has been progress made in that we are not jumping subjects around so much.

There has been some improvement, yes, but we [still] see much scattering in the aims of the various souls involved in this. We would still see [that] some more cohesion and mutual purpose should arise; then that should eliminate the scattering.

Gene: I see a purpose evolving in Susan's group.⁶²³ It has a therapeutic format and takes an upset and the accumulated information. It takes into account Karmic Ribbons from past lives and how this has affected us and others. I would like to hear some feedback on how we are doing.

These specific conflicts are best hashed out in the small groups or preferably alone, using either the techniques presented to the lady Susan or the alternatives suggested to Richard and Dick.

Comment: An attempt was made to explain primary, secondary, and tertiary upsets and how one must go back to the original upset. Those who have been through EST understand this, but were having difficulty explaining it to the rest.

The body does not like pain, obviously, and will erect as swift a barrier as possible between its receptors and the pain. It is sometimes by fainting, sometimes by more subtle denial.

Mallory: Is our interest to deal with pain?

That is valid, as this is the only way that the Essence can experience pain — that is, vicariously. We [Michael] have nothing analogous to physical pain.

Gene: If you experience out the pain, then you do not have all sorts of (psychological) crap to go through. Instead, you are ready for new experiences if you have experienced the pain at the time it happened.

Mallory: It sounds like the only way would be to cultivate a way to leave the body.

Gene: You would be running away.

Arthur: I see a parallel to Roling. The theory behind that is that Roling unlocks the structures of muscles and the tightness caused by emotions and feelings when physical pain has been inflicted.

Mallory: Would you treat the trapped part [of Centering] first? Could treatments be recommended for specific Centers? For example, could I be Rolfed and then go to hypnosis?

This combination could be extremely affective as it would "kill two birds with one stone."

Mallory: Is the order important?

We would treat the Trap in your case. We say this specifically in your case because of the difficulty one would have with trance inductions with the need to release so much stored up anxieties. This would not always run true. Most of the time, we would treat the Center first.

Shirley: What Center am I in? (The group came up with Intellectual Part of Moving Center.)

We have no quarrel with that.

Shirley: I would like to ask about my husband, Glenn ... his Center?

The man Glenn is now trapped in the Emotional Part of Intellectual Center.

⁶²³ Susan was going in her own direction even before divorcing Gene. Her work is documented in her books and on her website: ><https://www.showanotherway.org/><

Milly: Do I have any Karmic Ribbons or ties with my mother that may cause me to have negative feelings there?

No, this is not Karma. It is simply a case of some of the Overleaves repelling each other. This is not an unusual phenomenon. This lady is very different from you.

Milly: I'll agree to that. She is Dominant and into religion. She is ill — cardiac arrest, lung collapsed, toe amputated, diabetic.

This Fifth Level Baby Warrior is in Dominance, with a Chief Feature of Arrogance. She is a Spiritualist, trapped in the Moving Part of Emotional Center, mostly Jovial, some Martial.

Sarah: What is the SRGA of Billy Graham?⁶²⁴ I would say Fifth Level Young Sage in Dominance and Arrogance. He's either a Spiritualist or an Idealist.

This man is a Third Level Young Sage in Dominance, yes, with a Chief Feature of Arrogance, but a Spiritualist, and yes, trapped in the Emotional Part of Moving Center, a Solar-Mars.

Dick: Solar makes it a prototype body with much energy.

Mary: I would like to ask Reuben's level and so forth (her husband).

This is a second level Mature Sage in Submission, a Pragmatist with a Chief Feature of Self-deprecation.

Mary: Could Michael comment on the emotional triangle of Reuben, Arthur and me? What is going on?

Some testing, of course, as you already know, but there is also a genuine element of searching out someone who can fill in the emotional gaps.

The man [Reuben] being a Pragmatist in Submission is not as emotionally active as you would like; certainly is not a firebrand. This is not unusual.

The way it is handled ultimately is the important point. This could be a growth process for all three.

Dick: What is Arthur's Goal and Chief Feature? (Phyllis and Dick came up with Idealist in Acceptance and Chief Feature of Impatience, Jovial-Lunar, trapped in the Intellectual Part of Intellectual and Emotional Part of Intellectual.)

We agree with Dick and Phyllis except for the Body Type, which is mostly Jovial, some Mars.

Phyllis: Could you pursue this as to what it means for Arthur to deal with the discomforts?

Primarily, this means to him that there is excessive subjective rationalization most of the time since the man Arthur spends most of the time in the Emotional Part of the Center, then there are periods of intense detached rationalization.

Arthur: I would like to hear a comment on Mary's and my relationship.

At the present time, we find no fault with this.

Arthur: I would like to ask about a lady.

This lady is in Dominance with a Chief Feature of Greed. This lady is a Spiritualist, which mitigates this some.

(We established that the Greed was not material greed).

We see much power playing here and a jockeying for control. Also, much denial. A man here sees serious physical illness, which is probable. Most like this do eventually somatize (convert psychological illness to physical illness).

She is a Baby Slave.

Alice: How does this Greed differ from Dominance?

Substantially, we would say. There is in the Dominant soul a desire to lead or command respect. In the Greedy, there is the desire to accumulate or acquire whatever the greatest need dictates, the motto being, "More, please."

Sarah: Is Tina in Greed?

We see that, yes.

Joan: Do I have any Karmic things with Gene, Narra or Jim?

You have no adverse Karmic Ribbons with the others here now, but many interwoven sequences, yes.

⁶²⁴ From Wikipedia: Reverend and Evangelist, William Franklin "Billy" Graham, Jr. (born November 7, 1918 – still alive at age 94 in December 2012) is an American evangelical Christian evangelist. As of April 25, 2010, when he met with Barack Obama, Graham has spent personal time with twelve United States Presidents dating back to Harry S. Truman and is number seven on Gallup's list of admired people for the 20th century. He is a Southern Baptist who rose to celebrity status as his sermons were broadcast on radio and television.

You have known Gene many times. We have told you of your previous encounters with the lady Narra; also with the lady Karina.

The most recent time for you to have been in a sequence with Gene was during the early part of the thirteenth century in Europe.

Joan: What was my occupation then?

You were also at this time a businessman, a banker.

Gene: What was I?

Dilettante. He was also male then; also French.

Joan: Did I know [husband] Jim then?

You certainly did have dealings. Part of your present financial dilemma stems from that. We will discuss this with you both.

Phyllis: Does Narra have Fragments of her Entity here in the group?

Not at this time.

Betty: Do I have any Fragments here in the group?

Soon.

Jim: Will I meet Gaius soon?

Yes.

Alice: Do [husband] Dick and I have Karmic Ribbons?

Not financial.

Alice: What then?

The financial problems arise mostly out of the scrapes from the differing Overleaves. Mostly the two of you Agreed to play out this Sequence — this to help you complete a Monad when you were barren.⁶²⁵

Alice: Have I been a mother before?

Yes, many times; a father, also.

Alice: It sure didn't seem like it when that first baby came. It took me ten minutes to change the diapers and when I finally got the pins in right, they were wet again.

27 March 1974 — Wednesday

Location: Oakland, California

Present: Louise, Betty, Sarah and Richard, Alice and Dick and Cheryl, Penny (first time), Shirley, Gene.

We are here with you.

Dick: It seems to me that the Causal Plane is divided up into sections, with each section having a specialty, like teaching. Is that correct?

Yes, there are choices that can be made here too. Teaching is one; guidance is another. The guidance groups are, of course, carefully selected, as you well know. Some forms of "therapy" do more harm than good. The lady Susan could become Adept at this.

Susan?

Yes.

Would you give us more on the Teacher-Guide?

The guidance groups require much time and can become intensive, and for that reason, must remain small or they lose their effectiveness. This, of course, is because of the trust level, which is proportional to the level of intimacy in any group.

You must also remember that yours is not the only world upon which high Causal [Transcendental Soul] manifestations are occurring. These then are for many reasons: to effect social and cultural change, to avoid absolute destruction of civilizations, also to give impetus to those societies in which there is philosophical ennui.

In order to teach the Logos, must we get rid of problems, such as cultural problems, before we teach?

⁶²⁵ In this lifetime, they had six children.

We would agree with that. Where major conflicts stand as significant barriers between the students and the Logos, then the student can seek the guidance group. Most of you, though, are in a position where you can begin to look at your own conflicts and, with our help, work through them.

Is the old "Photographing" of another person a good thing to practice?

That is valid. We intend to suggest more areas in need of psychic Photography.

Is it [Photography] as good as a Shock?⁶²⁶

That is also true, and this is why the method used [by Gurdjieff and by Robert] was so effective. We would suggest the same to any student able to receive the voices from the Causal plane.

Cheryl: Can Cheryl be a guide?

You could. We would stress that differentiation here is imperative or the guidance will be worthless. The guide must have access to the Akashic Plane.

What difference does that make?

The answers must be immediate and concise. Astral beings cannot do this.

Gene: Was that Michael I was communicating with this afternoon?

No.

[Was it] guidance other than Michael?

That is valid. The energy is generated by the lady Susan.

Could there be any connection between groups?

At the present time, that would be virtually impossible, but a great change should occur in the man Robert over the next year as he becomes subjectively conscious and prepares to turn over his body to the high Causal body [Transcendental Soul].

Question regarding contacting Robert [Burton] through Astral projection.

His Slaves will still wish to protect him from the outside world, but in the end, the Logos will override all objections. The contact with the man Yorgos would be good, especially for the man Yorgos.

Is Werner Erhard's information from the Causal Plane? Is it true?

That is valid.

What is the SRGA on Werner Erhard?

That is correct.⁶²⁷ Impatience, a Realist in Dominance.

Does he do automatic writing?

Yes. Some of it [EST] just came into his head, but he is given a headache when he tries to improvise.

Why?

There is, of course, an enormous resurgence of interest in the occult in this part of the world. Sometimes, potential students are led gently to the school. Sometimes, it is like a bolt out of the blue or a tap on the head. At any rate, this [occult resurgence] is available all over this country. If you are able to listen to the words, you will find them [wherever you are]. You are here [in the Bay Area, in this group] because you wish to be. This is not facetiousness.⁶²⁸ At a deeper level, you wish to know [that] this [interest in the occult] is not unusual. Given your total picture, it points to curiosity about many things.

Are new students helpful because they bring new questions?

Each new student who approaches this teaching in a serious vein brings new questions that would otherwise go unasked. This is good. The constant ebb and flow of students causes consternation and provides Friction for some students, but these are welcome to our private help any time.

SRGA on Penny (new tonight)? Discussion: Warrior? Lunar-Mercurial? In Acceptance? Vanity?

Carolyn in Intellectual Part of Emotional Center?

The Intellectual Part of Emotional Center for both Carolyn and Penny.

⁶²⁶ "Shock" is a Gurdjieff term, also called a "cosmic wake-up call" by some.

⁶²⁷ Perhaps someone made guesses but they were not recorded.

⁶²⁸ In the May 15, 1974 session, Michael said, "Facetious," but more like "platitudinous." Definition: Facetious: Treating serious issues with deliberately inappropriate humor, flippant. Platitudinous: Dull and tiresome but with pretensions of significance originality.

What is the SRGA on Penny's father, Marcus.

Intellectual Part of Moving Center; a Third Level Mature Sage in Growth; Arrogant; yes, he is an Idealist.

SRGA on Penny's friend Madelyn?

The lady Penny is correct. Seventh Level Mature Slave in Submission, a Spiritualist. Her Chief Feature is Self-deprecation.

Dick asked about a patient with a FUO (Fever of Unknown Origin).

The reason Dick has so many of these troubled souls should be obvious. He is more qualified to offer something to them in another vein when medicine fails. This man is deeply troubled and is asking for help. The fever is the outward manifestation of the emotional conflict.

Penny: [I am] attracted to certain people. Why?

The lady Penny is attracted to these souls because she is a Warrior and they have their "kick me" sign in plain view [Warriors want to defend the disadvantaged]. Have you talked to the man about his feelings on death? He will talk and you will listen. The words are not as important as the opportunity.

(I am not sure about the next question.)

The comment is only that the lady Penny has lived on this world six times. She does not wish to question this now, but later she will. Even children here are interested in tales of other worlds where conditions seem far more exciting. There are flaws in all forms of creation, yes. You have come into contact with some of these. They are always unsuccessful, both physically and mentally, life after life. Perceptions do not sharpen with time. Reasoning remains at a primitive level and response inappropriate. The soul, in effect, forever remains an infant until it is removed from the Physical Plane.

Also, we have another comment.

Do they choose this?

No, it is an error.

Why?

Call it an assembly line error.

What happens?

It is absorbed. Help them to compensate, yes. If compensation is to be achieved, often these Fragments elect to remain on the Astral Plane. We would simply point out to you that the Hindu myths concerning reincarnation in animal form are from dim memories of life on other worlds in the minds of some older Souls. Also, the Greek myths of the metamorphosis of gods into beasts arose from contact with early visitors to your world.

*SRG on ****.*

For shame, all of you. This lady is mostly Mercurial, some Lunar. She is a Third Level Old Scholar in Growth, dominant and Arrogant, yes, but not in Dominance. This lady is an Idealist, Penny. Penny was her old commander.

Louise: [Question missing.]

Yes, you started this life in Acceptance. All of Shirley's siblings did.

Question regarding small groups.

Trust is more easily built in the small groups. You should make an effort to vary the construction of these smaller sessions so that the [building of] trust can go around the circle. Also, this will be valuable in eliminating some of the impatience and negativity over neophytes who ask what seem to be nonessential questions. At some point, we would agree that many of these questions serve merely as ice-breakers. Other souls simply are not profound, but can grow.

Trust, as you have said, implies communication and awareness, and they are inseparable. Trust is solely based upon intuition and cannot be logical. Logic will fail you every time in matters of trust. Also, the person who trusts must be less vulnerable [to Internal Consideration]. Yes, otherwise, he would be torn apart most of the time. Trust contains elements of toughness that comes only with practice, and concerns a lack of Internal Consideration [caring what other people think of you] — a "let the chips fall [where they may]" attitude. Trust is most difficult for souls in Acceptance, Submission, and Rejection.

Why? (This question regarded a ring of Shirley's).

Certain persons have affinities for certain minerals, forms and metals. We do not see any harm in this.

Question regarding astrology.

The relationship [of astrology] primarily pertains to the Body Types and the Centering.⁶²⁹

27 March 1974 — Wednesday

[The relationship of this session to the previous session on the same date is unknown. The previous session provided the names of the attendees and the questioners, but this session did not.]

Present: Sarah, Alice, and others unrecorded.

Question regarding exorcism as described in the journal, Medical Aspects of Human Sexuality, March 1974, page 159.

This behavior is certainly not confined to France, sixteenth through eighteenth centuries. It continues to exist today among those who find it impossible to express their sexuality through mundane channels. It was used extensively by homosexual males since the dawn of time. Also, in a relatively positive and low-key society, all forms of hysteria, including religious fervor and sexual ecstasy, were interpreted as “possession” in an extremely polite society such as the Rome of the republican era⁶³⁰. This was often the case and those who were unfortunate enough to be unduly enthusiastic were declared to be mad and sent away, or in the case of slaves, put out of their misery.

Many forms of exorcism have been tried. The more brutal forms being generally the most successful, as most souls can be shocked out of their psychoses. Many times, this is only temporary, but serves to establish the credibility of the exorcist.

We have told you many times that communication with the higher planes should not be used as a parlor game, and in the light of the questioning one, we would reiterate this advice. There are denizens of the low Astral Planes who are no more admirable in death than they were in life.

If we are supposed to feel oneness with everyone, then do we have to experience life from the seemingly low, crappy type of life? (Drug addicts, murderers, alcoholics etc.)

We would only agree with that in part. None of the members of this immediate [OMG] cadre has ever been involved in that sort of nonsense. It is not a necessary part of life.

Suggesting self-destruction modes to those still on the Physical Plane, many souls have suicided, and, [after death, they] recognize what they have done, will often try to convince their survivors that death is preferable to life. Many times, they succeed with impressionable and sorrowing souls.

It seems that you made a distinction between “Essence” and “soul.” I see between lives, it is a “soul” and “Essence” is only in [physical] life.

We would agree with your thinking. We are guilty of some semantic ambiguity at times, but the fact remains that the Astral being is very different and does deserve some distinction.

There is, more often than not, a period of utter confusion following transition [from Physical Plane to Astral Plane] for those who had no well-thought-out belief system, or those who fluctuated wildly from one [belief] system to another. They will inevitably flit back and forth for sometimes many years, sampling all the fruits of their floating convictions.

Comment: No belief is a belief in nothing. Sartre⁶³¹ was willing to go to jail in order to support his belief in nothing.

Comment: Under grass, it is possible for me to experience sex as both male and female.

These memories are within your grasp and the sooner that you touch them, the sooner you will be able to see some solutions to your conflicts.

Is this for Sarah too?

We would recommend that, yes.

⁶²⁹ In the accounting of seven Overleaf categories, Body Type and Center were counted as one Overleaf category. Centers originated in the Gurdjieff teaching and Body Types originated with Rodney Collin, a student of Ouspensky.

⁶³⁰ The “republican” era was the time in the history of the Roman empire when it was governed as a republic, from about 509 BCE, before Julius Caesar became the first Emperor in 27 BCE. (>https://en.wikipedia.org/wiki/Roman_Republic<)

⁶³¹ From Wikipedia: Jean-Paul Charles Aymard Sartre (21 June 1905 – 15 April 1980) was a French philosopher, playwright, novelist and political activist. He was one of the key figures in the philosophy of existentialism, a way of thinking about human freedom. Sartre was captured by German Nazi troops in 1940, then released in 1941 after spending nine months as a prisoner of war. He refused to accept the award of the Nobel Prize for Literature in 1964. Sartre died in 1980 and his funeral was attended by 50,000 people.

Apparently, sex is all in Maya.

We would disagree with that. The expectations surrounding it are Maya, yes, but the act itself can be a valid expression of energy.

Comment: In the past, men could only rely on other men as their friends.

Is experiencing homosexuality necessary for spiritual growth?

It is not necessary, no, but more frequent than you would like to think. This is the first life in which Sarah has made any attempt to establish enduring relationships with females and this has been regardless of this Fragment's physical gender.

I feel isolated from people. Is it related to sex or Overleaves or what? How can I approach this problem?

We would also point out to you that you have erected many barriers between yourself and possible emotional trauma. You do not allow yourself the luxury of intimacy.

Incidentally, the silence can be a marvelous experience, but there must be agreement and positive communication within the silence. Nothing is quite so destructive as a hostile, angry silence.

Comment: There is not enough to work on here [with that answer].

You are fearful of the projected ramification of an intimate relationship. These fears, of course, are culturally induced, but that is slightly irrelevant when you are struggling with them. Almost all of these fears concern some material considerations, and again are bound up in your ferocious work ethic. Intimate relationships can be expensive, for instance. Intimacy requires time and nurturing. To be intimate, you must trust.

Comment: I've got to get more exercise. There's no time.

Pleasurable activities can often be utilized in establishing intimate relationships.

Is the work ethic a carry-over from a past life?

We would see it as one of the most tenacious barriers you must scale. In some instances, the man Robert [Burton] was right about this. We feel, however, that you should discharge your obligations made in good faith, whether or not the respondents are in the teaching or not. Whoever is beyond this, we see no real obligations. We would see you pursuing some form of relaxation every day, even though this may at first seem like work for you. The relaxation obtained with the marijuana is all right. Just resting is all right, also. The penchant to "do" is part of Friction for the Ordinal Roles.⁶³²

Alice: I rest quite a bit. I don't work enough, it seems.

Only in that you go ahead and rest and then feel guilty about it. The ethic is still there; Sarah, too.

Comment: I'm not relating to people when I'm out there working.

We would see you all give some thought to which of the activities you endlessly perform are, in truth, necessary. We have asked you to do this before, but you did not. This is a valuable exercise and not as futile as some of the others, such as the endless internal agonizing that you now do when you find that you do not have enough hours to stuff in all of your tasks. It is not merely what can you leave undone until tomorrow or until the middle of next week, but what can you honestly leave undone forever?

I would like to ask about Dr. Lincoln. His friend dropped him off here as if he were a child being dropped by a baby sitter.

This man [Dr. Lincoln] is, of course, troubled. [He is] also seeking refuge or sanctuary among those he senses will not press him. He sees your group as a possibility to spend a non-stressful interlude, the same as with the man Robert Monroe.

I am wondering about Phyllis being in the Moving Part of Intellectual Center. That is the formatory Center. It seems she is picking around the periphery of the subject. Could Michael comment on the Centers and how Moving Center is romanticized, and how the cosmic is romanticized?

Again, that [Gurdjieffian] system does not probe deep enough; it scratches the surface. Many times to probe deeply would shatter the system altogether, and many high physical teachers are guilty of this. Yes, your interpretation of the lady Phyllis's entrapment is essentially correct. We will bring the more concise definition to you.

⁶³² The Ordinal Roles are Warrior, Slave/Server, and Artisan. Typically, they are not content to just relax and "be"; they feel they earn their worth by doing things that make a contribution to the greater good, even at their own expense. The Cardinal Roles, Sage, Priest, and King, have more self-worth inherent, are less willing to sacrifice their well being for the greater good, and have a greater natural ability to just be. The balanced approach is to both do and be in moderation and proportion, whatever one's Role.

Comment: I think it is Phyllis's Martyrdom role that keeps me needing her.

The keynote with Intellectual Center is, of course, rationalization. The Intellectual Part, of course, is capable of objective rationalization, the Emotional Part of subjective rationalization and the Moving Part of practical, materialistic rationalization. The person trapped in the Moving Part of Intellectual Center is usually practical to a fault, and whatever fruits are harvested are usually in this vein. Whatever they pursue — whether it be medicine, the law, or housewifery — these souls are prepared through meticulous research for any and all eventuality. They spend much energy in their researches, and not even the simplest task is performed without the ritual of researching them carefully. All of their intellectual endeavors must be immediately or at least clear-cut utilitarian value. On the other hand, the soul [person] trapped in the Intellectual Part of Moving Center “attacks” knowledge with a vigor that is virtually unexcelled; [for that person] knowledge is a mountain to be scaled and conquered.

Sarah: That's how I approach my interests. I attacked astronomy and was absorbed in it.

What are the characteristics of the Moving Part of Emotional Center?

It is movement romanticized. The movement becomes the love object. Most dancers, such as the man Rudolph Nureyev are trapped here.

Are those who sit around and watch trapped here?

Many times this is true — depending on the energy level present. The spectators do draw though from the action on the field. By the same token, some Movers [those with the Moving Center], such as again professional dancers, are trapped in the Emotional Part of Moving Center, where emotion must be expressed through movement.

I would like to ask if our visitor from Paris will be interested in the teaching and about her SRGA.

One point to remember with this young lady is that she is also culturally volatile. This produces some of the effect.

She is mostly Mercurial, some Lunar. She is a Mid-Cycle [Fourth Level] Young Warrior in Acceptance, not Dominance, with vanity [Arrogance], yes. And an Idealist. She would be as enthusiastic about the Teaching as she is about everything, but there is also an ingrained element of fear of magic and [it] would be Good Work to go through this.

03 April 1974 — Wednesday

Present: Gene, Sarah and Richard, Alice and Dick, Shirley and Glenn (first time), Betty, Patricia (second time), Narra, Milly, Cynthia, Mallory, Joan, Cheryl.

Sarah received the seventh [and final] Overleaf, which she shared, and it consists of Modes:

Power, Aggression, Passion, Observation, Caution, Repression and Perseveration⁶³³.

Those who are in Rejection coming from an Aggression Mode can be among the most obnoxious souls of all.

We shared a discussion about a weekend full of Friction.

Friction such as this always forces one to objectively assess one's inner progress in a situation such as this one provided at the end of the week. One is also forced to see the contrast, as the lady Cheryl points out. Then the progress can be seen with far more clarity than if one goes on in the same old rut.

Is there anything Michael can say to help us feel Agape toward this sort of person?

We feel that it is indeed possible for you all to accept this lady in all her glory and yet, we would not recommend that any of you spend too much time in that negative environment. You do not need to be present to feel Agape. This lady creates a vortex of negative energy that is particularly difficult for those souls in Acceptance, which is precisely why certain people instinctively elected not to go to this place.

Richard: I had a dream in which I was struggling with a wild animal.

Dick: I would like to ask the SRG of the house guest, Laurie.

This compassionate Old Slave is acting out of Essence and playing the champion for the underdog since she is in Acceptance, not Growth. She does not do the obvious thing and reject the lady. She is mostly Jovial and in

⁶³³ It was called Perseveration throughout the OMG but Quinn Yarbro had it as Perseverance in MFM and that has been used ever since.

[the] Moving Part of Emotional Center; a Realist, yes, in the Observation Mode, a Third Level Old Soul. This lady is Stubborn.

[not shown]

Cheryl, Alexander [the Great] was in a Passion Mode.

Sarah, Gene, Mallory are in Observation Modes.

Betty, Milly, Richard, Alice, Shirley, Glenn, Cheryl, are in Caution Modes.

Patricia and Cynthia are in Passion Modes.

Narra and Dick are in Repression.

The word "Caution" needs little definition. These Modes are the way in which life and change are approached. People in Caution therefore approach all new situations with considerable forethought, and are not given to spontaneity unless some growth has taken place. Those in Repression may be only mildly repressed and experience little pleasure in their interpersonal relationship, or [they may] be severely repressed and be virtually anhedonic.⁶³⁴

Someone said something about a King in Power not being such a good leader for a group.

We do not agree with that. An Old King in a Power Mode could be a great motivator for a group.

Is it possible to change these Overleaves in this life?

As all the other Overleaves, these are alterable on the way to growth. That is an excellent place to begin, but the Power Mode can be the optimal growth state.

Dick: Is my daughter, Kathryn, in a Power Mode?

Cheryl: I would say it was Repression.

We agree with Cheryl, although she is aware of this and wishes to alter it.

Is [Richard] Nixon in a Power Mode?

This man is in an Aggression Mode.

Shirley: What Mode is the lady Louise in?

Louise is also in a Passion Mode, as is the evangelist.

(Some one asked about [Reverend, Evangelist] Billy Graham.)

Examples of those in Perseveration:

Albert, Dr Leland, Jameson, Jim, Pedro, also the man Aiden.

Perseveration deals with the compulsive repetition of worn out and unsatisfactory patterns and habits. Those in the Power Mode approach life from the top down. The soul in the Passion Mode alternately smolders and glows.

Is Dr. Isaac in Power?

Dick: I would say he was in Observation.

We agree with Dick ... Observation.

Those in the Passion Mode, as Young Souls, often undertake jihad or the holy war.

Gene: Is Cinque, the Simbionese Liberation Army leader, Donald De Freeze⁶³⁵ (an ex-con) in Passion?

This man is a Third Level Young Warrior in Greed, an Idealist in the Passion Mode, yes.

Is his Goal Dominance?

We do not deny.

Could we have comments on the Aggression Mode?

Those in this mode play to win at any odds. The man Adolph [Hitler] was in Aggression.

Is Tina in Aggression?

No, Tina is a Perseverator.

Dick: Is Fraser in Aggression?

⁶³⁴ Anhedonia is an inability to feel pleasure from enjoyable experiences.

⁶³⁵ From Wikipedia: Donald David DeFreeze (November 16, 1943 – May 17, 1974), also known as Cinque Mtume, was the leader of the American guerilla group Symbionese Liberation Army, a group operating in the mid-1970s, under the nom de guerre "Field Martyl Cinque."

Yes.

Could we have some comments on Observation Mode?

The soul in Observation approaches life with a quality of blandness and is not overly surprised by anything.

Cynthia: Is that where [husband] Nichols is?

We do say so, yes.

Cynthia: I am foggy on Monads.

That is where the rub comes in, Cynthia. In order to complete the Monad, you must be “conscious” of the fact that you are, for instance, loved. Many times, you are loved, but do not experience this. Many times, you are a student but you do not always perceive this. There are some Monads that must be completed before the perceptions change and you move from one level to the other.

What is the next step? May I skip to Student-Teacher Monad?

That is valid. One [Monad] that must be complete in the Mature Cycle is the Parent-Child. Few Old Souls are super parents; most are negligent [with their] children.

What’s a super parent?

The overly conscientious parent who manages the life of the child.

Shirley: I was probably a super-over-conscientious parent.

We would disagree with Shirley. She was nice to her children. The Leader quality / Power Monad is clearly of the Young Soul Cycle.

Phyllis: What is my Mode?

We would say Caution.

Mallory: What is my mother’s [Barbara’s] Mode?

Repression.

Narra: Why is a Sage so quiet sometimes? If one is in Repression, how can he change?

One must wish to change and consciously make the choice.

Cheryl: What is the difference between Dominance and Power? I can’t tell.

They are not that similar. Often the Dominant person does not carry over beyond the first focus. In other words, this is not the only soul you would consult for a leadership role. The Dominant soul dominates the immediate situation only.

Cynthia: There is a fuzziness in False Personality and Overleaves. How do you tell the False Personality from the Overleaves?

In the person who is not a student, all Overleaves except for the soul level [Age] manifest through False Personality.

Cynthia: Do you mean a student in this organization?

Or a similar one. This is not the only Causal [Plane] school.

Cynthia: What about False Personality and the problem I have and the fine line. Are Overleaves chosen in Essence?⁶³⁶

We can look and measure our Overleaves.

Cynthia: But what is False Personality to us?

All that is impervious to growth.

Phyllis: What is the Soul Level of my rabbit?

The animal kingdom picks up on the vibrations around it. The domesticated animals have a tendency to imitate the one who renders the major part of nurturing. The hive soul is truly ancient and was here [on Earth] long before individual souls were Cast from the Tao.

Could you explain hive souls? Were they part of one soul that split?

That is valid. Until the dominant species arose, all were part of the group soul. This accounts for the inability of the lower animals to reason independently. They reason to a certain extent in herd schools and packs where the vibrations are stronger and the energy level higher. Whales have individual souls. Most planets on which Creatures of Reason reside have [both] an aquatic and terrestrial [on land] culture.

Gene: If two thousand years ago I had a pet cat, could that etheric part of it be in my current lifetime and recognize me?

⁶³⁶ Previously it had been said that the Overleaves are chosen by the soul for its purposes, not by the Essence.

That happens often.

We discussed whales and someone said they did not think they are Creatures of Reason.

We disagree that the whales are not Creatures of Reason. They simply cannot manipulate their environment to the extent you [humans] can. This is why they are so large; the size gives them a chance [to survive and evolve in spite of the inability to manipulate their environment].

Do we ever incarnate as whales?

No, you would not incarnate as whales.

Phyllis: Why was my rabbit incarnated?

Because it is creatable.

Phyllis: Do animals move out of the physical ultimately?

All life will evolve.

Phyllis: What happens to the rabbit?

It evolves to a higher plane.

There was a question regarding small animals frightening large animals.

Animals have no faculty for judging size.

Do we have a vestigial hive soul? That is, did Homo Sapiens ever participate in a hive soul before the Tao Cast souls out [into incarnation] and are there any animal souls remaining in us?

Deeply buried racial memories only.

Gene: I have a patient who expresses that she feels as a visitor to this earth, that she is confused here and really belongs elsewhere. Another source told me that, yes, her planet from which she came is inhabited by a dominant species similar to a bat.

Sarah: I have had similar feelings and a friend of mine called it "The Lost Princess Syndrome."

The most dominant emotion in those who are here on this world for the first time is confusion; disorientation, if you prefer.

Joan said something about the soul choosing on the Astral Plane ...

We would agree with the lady Joan. (It chooses) without interference of Maya. The Infant Soul is able to make the choices on the Astral Plane, but the quality of those choices is often poor.

Joan: Do some [souls] make choices to work out certain things while on the Astral level?

This is Agreed upon Astrally. This does not appear as difficult as it becomes on the Physical Plane. The Mature Soul is often one who must complete the parent pole. Infant Souls are given to Mature Souls for growth.

Cynthia: Who makes the choice?

The Mature Soul often, who must complete the parent Pole [of the Parent-Child Monad].

Cynthia, your son [JohnC] is ... ⁶³⁷

Do Roles and soul [age] manifest at once or at different times?

Most [Roles manifest] at birth, but the Soul Level usually does not manifest until mid life (35 years) and the Chief Feature is still flexible until normal adolescence. Sometimes Chief Feature operates as a survival mechanism.

Do we decide to meet each other on the Astral Plane?

Oh, yes.

Cynthia: I'd like to ask if there are any gross errors in the work I've been typing?

We will improve your material but there are no gross errors.

Cynthia: Whew!!!

We asked what she was doing and she replied, "Coordinating the material." ⁶³⁸

Gene: Could we know of other lives of Mary (Jesus' mother)?

Yes. This lady is now an Old Priest. She has also had many lives within the confines of the clergy.

⁶³⁷ The rest of the answer not given in transcript. JohnC was previously given as Fourth Level Young Soul Priest on January 20, 1974; he was 2 years old at that time.

⁶³⁸ Cynthia put together the compilation of 1973 sessions into a document called "The Teachings of Michael: Emanations from the Causal Plane." Individual names and personal questions were removed from that compilation.

What was her soul Level at Christ's birth?

Seventh Level Mature Soul.

Did she accelerate during her lifetime?

No.

At this point, we started the game of twenty questions and arrived at that she knew Joan and had met her once, and that she was not part of Joan's Entity but that she was of Richard's.

Sarah became quite emotional and did not wish to answer the pressing question, "Who is it?" Her hands were cold and she was upset emotionally.

At this point, she told us of a book she is reading concerning a prefect in the time of Christ who knew the parents of Jesus and wished to take him away to study with him in Rome.

Cynthia wished to know why Mary was disturbing to Sarah.

There is much difficulty and deeply buried Karmic Ribbons.⁶³⁹

Sarah wished to change the subject and inquired about people in the neighborhood being told there was a malevolent spirit around.

The only malevolence is in the negative energy produced by the many troubled souls on that street.

14 April 1974 — Sunday

[The following Q&A exchanges are so detailed that it is apparent that this session was tape-recorded.]

Present: Sarah and Richard, Alice and Dick and Cheryl.

We had a discussion as to where we were going next and if people were satisfied with the large meetings. We were started out on a planning octave, headed for an implementation octave and it is seemingly petering out. There are no tasks in our group, and people pop in and pop out. There is a loose commitment of people and we cannot plan on anything. When one tries to present the material to new people, they have their own thing and want to teach their thing and think this is Satan's work because it has to do with reincarnation.

To spread the Logos, one [of us] saw the opposition coming from Christians. Christ was crucified because he had a new idea.

Dick: I cannot understand mass psychology when it comes to religion.

Sarah: That is the only way I can reach Emotional Center, through a group high.

Dick: Is Michael ready to turn us over to the technology and science Entity⁶⁴⁰, as Susan is working?

If you wish this, it is available. To assign tasks on an individual basis requires wholehearted commitment on the part of the one assigned. These tasks are not easy and often appear distasteful at first glance. The lady Susan is now emotionally strong enough to share her tremendous wealth of psychic emotional power with those who desire this special help. The methods have been outlined for you now within the confines of this teaching [given to the group], but this teaching is of the sort where the implementation must be self-initiated [by individuals, not by assigned tasks]. In the other teaching [Susan's], individual guidance can be obtained through very lengthy sessions with the [STEM] source — with the focus upon one individual, where in this type of teaching [Michael's], the focus is on the group as a whole and abounds in generalities. It is possible, nevertheless, [for the individual] to grow within this [Michael] teaching, as it is within the teaching of the man Robert [Burton], but it means much culling of the material, and concentration on all the work outlined so far. We do have considerable insight into individual needs, but then, so do you all. You discuss it needlessly and reach the same conclusions using terminology we would not choose, but the meaning is the same. The choice is your strongest barrier to success right now — or to be more explicit, your denial of the fact that the choice rests always with you. We have suggested to you all various methods by which others have achieved spiritual growth. This is all that we are employed to do. If and when you make the choice to follow this path, the protection is there.

⁶³⁹ In the 17 April 1974 session it was said that Mary (mother of Jesus) has reincarnated as Susan in this lifetime. Susan was said to be an Old Priest in this lifetime.

⁶⁴⁰ Let's name that Entity the STEM Entity (Science-Technology-Engineering-Math). Presumably the STEM Entity would consist of mostly Scholars and Artisans, whereas the Michael Entity consisted mostly of Warriors and Kings. Scholar and Artisan Fragments typically are not as sociable as other combinations of Casting and Role, so they are likely to prefer individual learning versus group learning, which is the subject of this answer. (Elsewhere it is said that Scholars are "aloof" and Artisans are "remote".) The Michaels taught from the Scholar (Fourth) level of the Artisan (Third) Plane, so their teaching has some appeal to geeks and nerds of the STEM persuasion, but Scholar/Artisan Michael students need to do "much culling" of the Michaelian teachings if they want to tailor it to their preferences.

Dick: What are they speaking of? Protection from what?

The one who chooses the path toward spiritual growth will be provided for.

Dick: Like moving to Oregon? Not worrying about where the money will come?

The move to Oregon [and form a commune] is only one suggestion. There have been others.

Dick: Like what?

Richard: Separate from the mainstream [in the commune]. The power spots feel good when I'm there, though.

How long has it been since you made a really thorough comparison between your own reactions to disappointments, life crises, etc., with reactions of those not in a Teaching?

Cheryl: I see a change in you, Dad [Dick]. I feel much more love from you.

Dick: How do you go from Repression [Mode]? It is so deeply imbedded in my daily habits... I repress people's names and whether it is a beautiful day... How do you change? Is the Mode of Repression from past lives or from a Number One Experience? You cannot go from one Mode or Goal or Chief Feature by yourself.

Richard: When I was building my fence today I had these fantasies about having trouble with my neighbor, who has threatened me with a knife before. It really tired me out with all the fantasies I had should he come out drunk again and become belligerent.

The man was otherwise occupied. It was really strange. He had no desire to drink today.

Richard: Did Michael have something to do with that?

We did suggest to him that sobriety would pay off today.

Dick: What are we going to do with the group being so loose?

You can use this for Friction⁶⁴¹ or you can successfully eliminate it altogether by going to smaller sessions only.

Dick: I do resent the dreadful trait in Robert's teaching that keeps Kathryn from being friendly with us. When he told people to separate from their families, it was because they were a drain of energy. We are not that bad and it hurts me quite deeply to be separated from her. What Robert is doing is good for Robert. He may be using people so that he can be isolated from ["mainstream"] life people.

This will certainly sound platitudinous, but you can only be used if you allow it. This applies sexually, financially, emotionally, and all other ways.

Dick: I am used by [Kaiser] Permanente [my employer]. The people who are running it are in the Perseveration Mode. Will we be able to receive a way of changing?

You may do the work within this teaching, but in order to do so, you must be able to recall the reasons you chose the offending Overleaf, the same way the lady Susan did, and this means following up on your intuitive drives. Those coming out of the Repression Mode, often do so explosively and with much resentment over all that they have missed. Some of this "shock" therapy⁶⁴² you will see should give you considerable insight into where the work is.

(Could refer to the conferences in Las Vegas we are planning to attend on the "art of medicine" using 50 new diagnostic and therapeutic techniques, including encounter, aggressive, triline, marathon, nude, group, crisis, electric sleep, primal, body image, existential, alpha wave, deprivation, and expectation therapies, and an introduction to Zen and acupuncture.)

The lady Susan is practicing a form of "primal" therapy. She just takes it a step farther.

Cheryl: How can I get out of my Caution Mode?

The only way to alter this is again to understand why you chose it in the first place. To Photograph [excessive] deliberation over mundane decisions and [then] attempt to act rather than to think. We know of no better way than to become disgusted by your own Photographs and thereby be literally forced out of the Overleaf.⁶⁴³

Dick: Are there clues to why Cheryl, Alice, and Richard chose Caution?

Quite often, when the soul chooses the Passion Mode, it is to experience the Monads dealing with interpersonal relationships. This often leads to emotional exhaustion on the Physical Plane. The need is there to not experience this again [so an Ordinal Mode is chosen in another lifetime]. Often, too, the Ribbons are complex

⁶⁴¹ "Friction" is otherwise known as events that 'rub you the wrong way', which indicate your areas of non-Agape.

⁶⁴² "Shock therapy" is a psychiatric treatment where a person's malfunctioning brain is zapped with electricity to "reboot" and "reset" it, to use computer terminology. That is a drastic last resort therapy. However, it is an apt analogy for the severe Shock that is sometimes required to 'reset' some adverse personality traits.

⁶⁴³ The Negative Poles of the Overleaves had not yet been revealed. Many months later it was said that -Phobia was the Negative Pole of the Caution Mode. That applies to a person who thinks too much and is too timid to make decisions. To overcome that with the help of Photography, and get into the Positive Pole of +Deliberation, would be much easier than replacing Caution some other Mode.

enough so that the rather bland Modes are necessary to all those in the sequence with you to complete their own Monads. This is the way it is with Richard, who chose Caution in order to allow three souls the room to move. Dick chose Repression because of the experiences of life [in Passion Mode] as August Pierre (Renoir).

Dick: When I was 37, was I in Passion [Mode]? Was August Pierre (Renoir) in Passion [Mode]?

The man August Pierre was in the Passion Mode, yes. [At age 37,] your Repression [Mode] lifted in the face of contact with Higher Emotional Center, as it always would.

Richard: If I moved out of the Caution Mode, would this deny the other souls mentioned what they had to experience?

No. Two are now dead and the other is (busy) Photographing herself.

Cheryl: Why did I choose Caution? I do not like it as I see it.

Primarily, because you have chosen the Passion or the Power Mode three out of four times in the past [and now you are counterbalancing that].

Comment: She was probably emotionally exhausted.

Dick: If we just go along reincarnating, it is OK, but if we are in this Teaching, we should be changing. It does not seem that Michael is getting us to be conscious or even Number Four people. Life goes on the same old dreary way and it doesn't appear that it will change.

Richard: It sounds as if you are putting yourself down.

Dick: No. That is just the way it is. I need more Passion. It seems that Robert was in a Power Mode, and he was extremely patient. He attracted people by his Level of Being. If one is to be a spreader of the Logos, one has to be a high person, probably in an Exalted [Cardinal] Role. It bugs me to be told to bring new people, then they pop in and out.

Richard: I feel we give the new people too much at one time and it scares them.

Cheryl: They should be talked to before coming.

Dick: Robert never argued with anyone. He would say, "That is correct ..." and then say what he had to say. We are attracting people by what the Ouija board tells them. We must demonstrate our own evolution before we can pass it on. I become impatient when people argue with me and want to teach me "the truth." It is the nonverbal quality that attracts people.

Sarah: Belief is not required.

Dick: Robert had this charisma that makes people want to be with him. What he has is worth emulating. He has total assurance in himself and does not need pats on the back.

Dick: (reminiscing) He had this peculiar way of not laughing out loud, but of covering his widely-opened mouth with his hand when people would say something he thought was funny.

There is an almost awesome sadness in those going toward subjective consciousness.⁶⁴⁴ The man Jesus felt this. The Infinite Soul does not feel the need to express mirth in this fashion. Laughter is a cover up, a nervous habit, so to speak, but is one of the last to go.

Dick: Robert decided that I was not going to become conscious in this life and was not giving me attention. Maybe he was right, and I may as well wait and go through the incarnations.

Sarah: I do not expect to become conscious in this life. If I do, that's OK, but what I would like is to become less uptight in this life.

Cheryl: My aim is to become conscious in this life.

Dick: Michael has never said anything about Gurdjieff's idea of being trapped.

Sarah: What they have said is that if you feel you are a victim of your Overleaves, you are.

Dick: Are Richard's ticks from another life?

Richard: Susan's entity said it would take a whole evening.

Dick: Can't we just have a "yes" or "no" answer to see if they are from this life or another one?

The nervous grimaces arose from adolescent experiences in this life and are directly related to the opposition of the Acceptance Goal and the Chief Feature (Stubbornness).

Richard: When I stayed at Lake Tahoe, they disappeared completely.

Dick: How can I get out of Repression? It is stronger than Agape.

We know of only one effective method to break the thread and that is through a marathon type of experience where there is a total breakdown of the defenses to almost the psychotic point.

Dick: Where can this be obtained?

⁶⁴⁴ "Subjective Consciousness" is the Karma-free transcendence accomplished by an Adept.

You can do it within this group or you can request it from therapists who conduct these experiences, but you must make a contract with yourself at the time that you will stick it out.

Dick: I doubt that it would last more than one day. What do they mean, in this group?

With group agreement, yes.

Dick: I think Robert was able to ignore or separate from the things in himself with which he was not happy and he did not have to experience out the negativity.

The man Robert chose an alternative course and that was to negate the problem areas rather than to try to heal them. This is a valid choice and it does work.

Dick: To spread the Logos as Robert does, you must have a Level of Being to attract people. You must be Integrated⁶⁴⁵ and mysterious.

You almost have to have some type of mystery, yes; we agree with that. Most people do seek a [spiritual] teaching — and this includes organized religion — that introduces some intrigue into their lives. The teaching, thereby, becomes exciting. Many do it with gimmicks; others with what you call charisma. It only works because it provides that special hint of the mysterious realm beyond the five senses to which you as the teacher have access and that they can someday hope to glimpse. We are not opposed to this as long as the teacher does not begin to believe in his own magic.

Dick: To be a person such as Robert or Yogananda seems so far off. Baba Ram Dass had power, too. Can an Artisan [such as myself] teach a King [such as Robert]?

Cheryl: It was said before that I was to lead. Is that in a spiritual way? Kathryn, too?

Both of you could. The choice is yours. Yes, in a spiritual sense and, yes, you are right, Dick. Those in Ordinal Roles would gain more from your teaching, but the majority of mankind is in Ordinal Roles.⁶⁴⁶

Sarah: There seems to be geographic concentrations of Exalted Roles. In Michigan, I observed so many Baby Slaves, it must be a geographic thing.

Dick: Enlightened persons must go into seclusion because I do not see them walking around. Why should that be? There are those who do not see the need for a second Messiah.

The [spiritually] blind refuse to see as the [spiritually] deaf refuse to hear.⁶⁴⁷ This teaching is offered to all, indiscriminately. It is offered over and over, each time you live on the Physical Plane.

Dick: They don't see my point. Do you see my point?

Alice: I wonder if there is any truth to what Robert used to say, that if too many people woke up, there would be another catastrophe such as Atlantis. Robert said the reason for Atlantis being destroyed was that too many people were conscious.

We do not agree with that. It would merely speed up the evolution on this world, but would not affect the stellar evolution.

Dick: Why are we created over and over?

Cheryl: Why are we not created blessed with Agape?

Dick: That's my beef with Michael and his crew ... they are stingy with their grace.

Richard: Maybe, you're not letting it come through.

Sarah: You've been hearing about it every time you've lived and sooner or later, you'll listen.

Dick: I'm saying it is their choice to give us grace.

We can only aid you in developing those senses available to the Essence, beyond those limitations placed upon the physical body. We cannot give you anything against your will.

Dick: Then is there no such thing as grace?

Not that we know of.

Dick: Are there things we could have if we asked?

We can help you to find them within yourselves. You are as well endowed as we are. We just have learned how to tap the resources.

⁶⁴⁵ Integrated Man is the sixth Level of Being, according to Gurdjieff, a very charismatic Level, second only to the Master Level of Being.

⁶⁴⁶ 25% Servers + 22% Artisans + 17% Warriors = 64% Ordinal Roles, according to numbers provided by Yarbro. Scholars are at 14%, leaving 22% for Cardinal Roles.

⁶⁴⁷ This is an allusion to a Biblical phrase that occurs in several places, Old and New Testaments. The point is that not everyone is interested in a spiritual teaching; they see it and hear it, but they refuse it.

Dick: Does Michael meditate?

Something similar, yes.

Question not recorded.

Not usually this overtly, that is correct. Most craftsmen are inspired though by very subtle nudges from those ordinal entities.

Dick: It is unclear to me what I am to do and that is why I keep doing what I do.

Sarah: They suggested you go into solitude for a weekend retreat and you nearly flipped.

Cheryl: Has any female ever made it consciously?

There have been conscious females, yes. But no great teachers have been female. This is not to say it cannot be. It is simply that females have chosen to subordinate themselves in this culture.

Comment: Queen Elizabeth did not subordinate herself to anyone. She was supposed to have been conscious.

Dick then asked each of the others how they set goals for themselves. He also asked if they felt entrapped. In turn, he was asked, to which he replied that he did feel trapped in not being able to emot and not feel passion. He expressed discouragement at not having changed.

The growth is occurring, Dick. You are repressing your observation [of spiritual growth] even.

Dick: What to do is not clear. I'm not a teacher...

Others would live by our example.

Dick: It is still unclear. Do I keep on being a doctor?

Yes. If that is your choice.

The role can be made into a teaching one. You do not have to have an organized school of your own. It is enough to be in one to effectively affect the opportunity for others around you to look at their Overleaves and begin to understand. Evolution on this world has been slow and now is picking up somewhat. Still slow though when compared to, for instance, Soleal's world.

Dick: What do they mean, "choose to negate problems"?

Sarah: By admitting you have an insoluble problem and quit dealing with it. There are insoluble mathematics problems. They can go into infinity and never be solved.

Dick: But human problems are different.

Sarah: If the problem is a Karmic one, you would be growing in other areas and eventually you would solve it.

17 April 1974 — Wednesday

Present: Cynthia and Nichols, Cheryl and Alice and Dick, Sarah and Richard, Gene, Eugene, Shirley, Narra, Joan and Jim, Louise, Clara (1st time), Betty.

I read in previous notes that Karmic Ribbons must be burned. How are Ribbons burned?

Burning Karmic Ribbons consists essentially of collecting or repaying debts incurred in the past. As your Sequential partners do not necessarily reincarnate at the same time always, this process may take centuries. The problem being that you as the debtor will still have subliminal knowledge of the debt whether or not the person to whom it is owed is on the Physical Plane. This will usually result in some barrier to spiritual growth. Sometimes, souls search for entire lifetimes, are restless and insecure, and cannot gain any insight to why they are compelled to search. The payment or collection can consist of a physical remittance such as money, or an emotional one such as nurturing, or even a spiritual bond such as master and pupil. Karmic Ribbons concerning violence are usually settled with violence in the earlier Cycles. Those occurring in the later Cycles are usually settled more pacifically. We would encourage acknowledgment of any of these. The Older Souls are generally not given to commit violent acts.

Is Michael willing to reveal to each of us our Karmic debts?

Yes. These small sessions are workable for this. Most in this group do not have substantial Karma. This is what has freed you to seek the teaching.

I am ambiguous in my perceptions of any Ribbons with members of this group. I take it they are relatively clear, but are there Ribbons existing with others outside the group?

Many of you have had and have successfully burned these Ribbons, then others of you are now in the process of burning the remainder and you are aware of these. Others of you will have to finish what was started in this life in another, as death and distance have intervened.

Is there a relationship between a #1 experience and Karma?

We would agree with that. This is another way of stating what we have said many times. Incidentally, the primary experience can also be emotional.

(Not only a physical accident such as falling off one's triCycle and hurting your little knees).

We reviewed what we understood to be a #1, #2 and #3 experience. (Physical pain may be the #1, since we do not think we can endure it, we cry or go unconscious and produce emotional trauma. Something related directly to the #1 is called a #2 experience. The #3 experience is something unrelated, which by association, reminds us of the #1 experience that we have suppressed, so we have a headache or we vomit or we start eating, etc., ad infinitum.)

Can one burn Ribbons through an experience that involves no person other than yourself?

Karmic Ribbons result from interaction, either with individuals or with the environment.

The man Jacques Cousteau drowned in another life.

Does being in prison burn Karma? (In life, are you paying your debt to society by being in prison?)

Unfortunately, not.

The last Overleaf (Modes) seems so powerful that I'm wondering if it is driven by Karma? Does burning Karma change this Mode?

Especially where the mode of approach [to burning the Karma] is concerned, yes. Without acknowledgment of the [Karmic] debts, there can be no understanding of the drive.

Do we have to know with whom we have Karmic Ribbons?

Some of you persist in old patterns despite the fact that major Overleaves were chosen to burn Ribbons that have been burned. Studying your total [personality] picture should enable you to see where the persistence is coming from: those in particular with Stubbornness and Pride [part of Arrogance] as Chief Features. Also, those with Rejection Goals and Repression Modes.

Is Eugene's Mode, Power?

Not Power but Passion.

Eugene: Am I still predominantly in Submission? I feel I am moving toward Acceptance.

As the dominant flavor, yes, but you are taking a serious look at an alternative. We would see you move toward Growth. Why stop at Acceptance?

Eugene: One has to accept himself before he can grow.

In Mallory's absence, I would like to ask for her about the thesis she is writing. She would like a comment.

We, for the most part, would agree with this thesis. This is predominantly an adolescent, Moving Centered world in a Power Mode. Given this, she is making a valid hypothesis.

I would like a comment on a dream I had, which was one of outpouring water from clouds. There was a 9 year-old girl teaching about the world. Can you comment on this?

Only that the child's appearance in the dream is incidental. It is the information that should be of interest to her. This dream should recur.

Can you comment on the seeming "Holy Spirit" that flowed in the dream?

We wonder if you would accept emotional fervor in lieu of Holy Spirit. Normally, a dream of rushing water comes in the face of a powerful emotional experience. This is one reason that hydrotherapy works.

Gene: It was said through the information that Susan has been receiving that Susan, SharonB and others in that Entity are a part of the re-dispersed Fragments of Mary [the mother of Jesus]. Did they coalesce [reunite], then disperse [re-fragment]?

We cannot answer that question as to the newness or difference of this situation. Our access leads us to believe that the lady in question [Mary] was a Mid-Cycle Mature Priest [at the time of Jesus' life] and that she sustained sufficient emotional trauma during that lifetime to cause a psychic disintegration. However, our access also leads us to believe that the resolution of the disintegration occurred normally on the Astral Plane. We do agree that this Fragment [Mary] and the lady Susan are one and the same, and that there is an element of non-acceptance there [on Susan's part].

Was SharonB part of Mary?

The lady SharonB is or has been under the influence of this particular Fragment for many centuries. She feels the strength of the psychic bonding.

Cynthia: Does the virgin birth have to do with the manifestation of Jesus as the infinite spirit [Infinite Soul]?

We would agree with that. Coming from people who feared Greek mysticism, this was a novel and quite natural embellishment.

Comment: There is a coalescence [reuniting] of finished Fragments [who have completed all their required Monads], and if we "do our work," we can draw on this knowledge.⁶⁴⁸

It was said before that Shirley was with Joan before. Were they related?

You have been acquaintances before and friends, but not ever related by blood or marriage. This accounts for the ease of the present relationship.

Cynthia: Was [my husband] Nichols in a Power Mode this weekend?

He is capable of asserting himself on the strength of his Overleaves now. He was not [in Power Mode].

Sometimes, those in [the] Observation Mode can come through with valid power plays on the strength of their observations, given enough strength in their other Overleaves. Stubbornness can sometimes be a powerful incentive when others wander off the beaten path.

Dick: Could we have an interpretation of the [Jesus] parable about the man carrying a stone and asking for help and having to carry the stone twice as far? I can see a Slave saying, "Yes, I'll carry it," a King saying, "Carry it yourself"; a man in Power would hit him, etc. Could we have a comment on this parable in relation to Roles?

Humility, when coming from an enlightened viewpoint, can enable even a Young King to go the extra mile. Even the Indians of this country [Native Americans] espoused this philosophy before the coming of the white man to this continent and they were, for the most part, Mature Warriors and Artisans with some Mature and Old Priests intermingled. This is a lesson to be learned, as are all of the others.

Yes, Dick, it does take some longer to learn this [humility service] than others. Usually, the Roles of Warriors, Kings, and Sages are among the last to learn this and must go through a life in Acceptance on the Old Cycle before there is even a glimmer of the true meaning of humility. It is only when you can make carrying the rock meaningless that you can carry the rock without hostility. As long as carrying the rock evokes emotion, then it will be difficult for you to carry it in the dispassionate manner that true humility requires.

Gene: I do not feel humble about something that happened at work. A person left at 4:45, leaving two patients that he should have taken care of.

Richard: My "work ethic" gets in my way. My boss was supposed to be there in the afternoon to receive a call, but had gone sailing. I got "revenge" by calling him that evening at 9:00.

Cynthia: That's hard on the Agape.

We would speak of Agape in this context, thanks to Cynthia. Agape sometimes means only not appointing yourself as judge and jury. Agape also always means *forgetting*. Notice that we did not say, "forgive"; this is beyond you and is far too abstract. We said, "forget", and this means quite literally "the end". It does not mean crawling away to lick your wounds and to plan a counter-attack. It means forgetting once and for all. The concept of Agape does not mean [a required] proximity [to the other person]. In practice, it often can be more easily applied when one moves away from the immediate cause of the hostility. The man Robert [Burton] knows this.

Cynthia: I would like to have more on the Moving Center and a description of the Moving Part of Moving Center and the Emotional Part of Moving Center.

We do recall that we covered this, but will reiterate briefly.

The soul that is Moving Centered acts out in life in an action mode. This, of course, means that one Trapped in the Emotional Part of Moving Center will react to a moving situation with some type of physical response, such as dancing with joy, etc. The soul Trapped in the Intellectual Part of Moving Center will often ramble far afield in the search for knowledge. The soul in the Moving Part of Moving Center appears often as a driven soul.

Louise: A psychic told me in treatment that my sex chakra⁶⁴⁹ was clear. What does that mean?

We must answer honestly that we're not sure.

⁶⁴⁸ Refer to the drawing in *Michael Speaks, Volume 2* by Richard Chambers "Typical Soul Evolution" in January 1974 showing the Fragments re-combining within an Entity.

⁶⁴⁹ Even when she was in her 80s when I met her, I detected that she still radiated sexual energy.

Louise: Is Sigmund Freud's theory about the unconscious death urge⁶⁵⁰ correct?

We would explain it in a much more simple context. The Essence, of course, longs to reunite with the Fragments of its original Entity and this cannot be done on the Physical Plane. The body desires survival, and interprets the desires of the Essence as anti-life, or "death." The body, which includes the False Personality, cannot conceive of a reality outside of that which it perceives with its five senses. This gives rise to the theory of the unconscious "death wish," as the Essence is usually so deeply encrusted with barnacles, and death seems to be the only antithesis to life as the body understands it.

Dick: As I see it, the Essence desires liberation from the body. How can these #1 experiences carry over from one life to another when the Essence is not of the body? Tragedies only happen to False Personality, which is not of Essence.

Dick, you now have an important insight to work on. The goal is to leave the body free and clear. No, it does not, as long as these unfulfilled desires and primary unresolved experiences exist. The Essence drags its barnacles around with it between lives and affects the carryover, even though a new Personality is born in the new body.

Betty: I would like some clarification on Solar Body Type as a modifier.

Alice: I'm wondering if Pablo Casals⁶⁵¹ was a Solar-Mercury as he had so much more energy than any of the orchestra members (as I heard one tell me). He was at least 20 years older than any of the members and had more energy than any of them.

This was a Mercury-Saturn in a Passion Mode.

Betty: Can Black people be Solar?

There are many Black people born during periods of intense sunspot activity. The influence is the same (even though one cannot see the fair skin).

Betty: Are there any that we would know?

We would point out that the singer, Nat King Cole, was a Lunar-Solar, Emotionally Centered, in a Passion Mode.

Betty: He was gentle. Are there any pure Solars we would know?

Not close at hand. There are a few. This is a rare occurrence.

Is Mia Farrow a Solar?

Lunar-Solar. This generally produces an exceptionally physically-attractive body.

What about Audrey Hepburn?

Mercury-Solar.

Louise: Is my daughter, Glenna, a Solar?

Lunar-Solar.

Joan: Are the plans made on the Astral Plane?

Of course. You have the option of not planning at all and making hasty, last minute choices, which is precisely what has happened to some souls with whom you are acquainted. Usually, toward the end of the Young Soul Cycle, the choices become better and the soul chooses to review the past with far more thoroughness and attempts to strive toward completion of the Monads. There is also much "just plain living" as there is on the Physical Plane. Just as you, as students, do not pursue the [spiritual] path twenty-four hours a day, so the Astral beings do not either. We have told you all before that there is levity on the Astral Plane and to be aware of this. This should give you some insight into some of the options there.

⁶⁵⁰ From ><http://abundantmichael.com/blog/index.cfm/2009/3/23/What-is-this-Death-Urge-thing-anyway><: Sigmund Freud wrote an essay on the unconscious death urge called "Beyond the Pleasure Principle." ... The Death Urge is similar in concept to the nocebo effect (the negative of the placebo effect — see ><http://skepdic.com/nocebo.html>< for more info). When a doctor or another trusted source tells someone that they will get sick or die, the person will often do exactly that. If that sounds like Witch Doctors curing some one with voodoo, that is because I think it works the same way — the physical body reacts to messages that we believe. The flipside is that if we remove the negative programming, we can be healthier and live longer.

⁶⁵¹ From Wikipedia: Pau Casals i Defilló (December 29, 1876 – October 22, 1973), known during his professional career as Pablo Casals, was a Spanish Catalan cellist and conductor. He is generally regarded as the pre-eminent cellist of the first half of the 20th century and one of the greatest cellists of all time. He made many recordings throughout his career, of solo, chamber and orchestral music, also as conductor, but he is perhaps best remembered for the recordings of the *Bach Cello Suites* he made from 1936 to 1939.]

Louise: My daughter [Denise] is having a baby. Could you tell us what kind it will be? ⁶⁵²

We prefer not.

Eugene: Were Ray and I brothers in past lives?

No. You were related by blood, though. Uncle and nephew.

Eugene: Recently?

No. Many centuries ago, but memory of the Essence does not diminish with the illusion of physical time.

Louise: Were Patricia and I connected in some way before? I had an instant flash when I met her, one of knowing.

One hundred of your years far exceeds the life expectancy of the physical body and, as we said before, the Personality cannot conceive of an abstract beyond its five senses, and so one hundred years is meaningless on this plane.

[This answer seems to be in response to the previous question, not an answer to Louise's question.]

Dick: Humility is not one of the Overleaves, yet it seems to be important. Could we have a comment? Should we be servants to have a sense of humility?

Being humble is in no way similar to the role that a Slave acts out. Being humble can also mean deferring to the more aggressive younger soul. It does not necessarily mean waiting upon humanity. Yes, it is a desirable place to be, as competition is Maya and anti-growth.

Richard: I would like to ask the SRG of a girl I saw working in Napa for an incredibly hostile man. She remained impervious to his verbal assaults.

This is a Sixth Level Old Slave in Acceptance.

24 April 1974 — Wednesday

Location: Walnut Creek, California

[Attendees who asked questions: Gene, Sarah and Richard, Sue, John, Carolyn, Edgar, Jim, Alice and Dick.]

Question from Gene about a passage in [the Book of] Revelations. Does this describe the Overleaves?

The Overleaves as the planes are indeed mentioned in this book. The man Jesus knew about this even before the manifestation [of the Infinite Soul]. The man John [author of Revelations] did not understand, but dreamed about it later in terrifying nightmares, and set these experiences down for posterity. Again, the Logos is couched in ambiguities, as occurs so often when the students transcribe the material without benefit of editorial expertise. This was also an Emotionally Centered culture that believed quite literally in "paragod". In its ambiguity, that passage is aimed in that general direction, yes. That particular passage refers primarily to the philosophic Attitudes.

Question regarding the philosophic attitudes in the Bible.

No; [we mean] those Attitudes in the Overleaves, the predominant philosophical flavor. The others are also mentioned.

The information received by the man Edgar Cayce in his trances was difficult for him to transmit as it was so contrary to his own belief system.⁶⁵³ The more rigid and orthodox the person is, the more ambiguous the transmission will be.

We would answer specific questions concerning that book.

*[What about] Revelations 21?*⁶⁵⁴

This passage, of course, refers to the emergence of the new Cycle. This was known of even then, that the old Cycle would pass away and with it the old institutions and the old rigidity — the stormy sea. The new Cycle, of course, is now being born and the old institutions are dying out. Some are tenacious, but the necessary

⁶⁵² Denise had a girl on April 19, 1974, two days after this session.

⁶⁵³ Per Wikipedia: "Edgar Cayce (March 18, 1877 – January 3, 1945) was an American attributed clairvoyant who claimed to speak from his higher self while in a trance-like state.... During the sessions, Cayce would answer questions on a variety of subjects such as healing, reincarnation, dreams, the afterlife, past lives, nutrition, Atlantis, and future events. Cayce, a devout Christian and Sunday-school teacher, said that his readings came from his subconscious mind exploring the dream realm, where he said all minds were timelessly connected."

⁶⁵⁴ See ><http://www.christiananswers.net/bible/rev21.html>< (King James version), which starts "And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea."

understanding is now present in a large number of souls on this planet now, to usher in this golden age that has been predicted. We see the beginnings. Never before in this world's history has there been such a wide interest in spiritual growth as opposed to [word(s) missing] along without intrinsic meaning and reason. This is a very natural consequence of the world's evolution and farsighted souls could see it then. Each time a Cycle is concluded in the past, there was some retrogression, but each time it has been steadily decreasing. The Dark Ages were much shorter, for instance, than the time between the fall of the Minoan civilization [about 1500 BC] and the rise of Greece [about 600 BC].

Is [Edgar] Cayce correct in his translations?

He is much more succinct than we are.

SRG on [Swami] Muktananda⁶⁵⁵

This is a Sixth Level Young Sage. He will do no harm. He has indeed had a profound experience, and is able to inspire others to follow his chosen path, which while outstanding, is not wrong. He is a Spiritualist, yes, and in Dominance in a Passion Mode. A Young King would not play this role.

What is a Spiritualist?

It enables the soul to look beyond the physical reality for the answers. More than that, it normally compels the soul to search in this fashion [beyond the physical reality]. It also results in a feeling of oneness with the cosmic.

Modes of Edgar, Carolyn, Richard and Jim?

None of these are Perseverators. Edgar and Richard are in the Caution Mode. Jim is in the Observation Mode. Carolyn is in the Passion Mode, much mitigated by other Overleaves, but gradually asserting itself. We would agree with that.

Question: Mode of Sue? Is she in Caution?

The lady Susan is Cautious, yes.

Mode of John?

Yes, he is in Passion.

Edgar: [Question missing.]

There is an important distinction here to be made. It is the feeling that is forgotten, not the lesson.

Carolyn: What is my Centering, is it Emotional or Moving?

Not so. The lady Carolyn is Trapped in the Emotional Part of Moving Center.

Edgar: About physical pain.

Not so much the pain, as the consequences of an action or thought pattern. The pain is purely a physical phenomenon.

What is kundalini? Is it true? High energy?

In a broad sense, this is what you refer to as Sexual Center — the energy therein. It is a liberating force for the Essence.

Edgar: Moses raised the serpent. Jesus said, "If I be lifted up," etc. What is the relationship to kundalini here?

Yes, this [kundalini] is the highest form of movable energy you have at your disposal and therefore, that which you can utilize for each: the emotional states or Higher Emotional Centers, Higher Intellectual Centers, which are synonymous with subjective consciousness [and] objective consciousness respectively. Also, with the same had just described by the yogi [sic]. The lower Centers are fixed and the energy is like a closed system. The higher Centers are capable of ecstasy or bliss; the lower Centers are not. The Sexual Center or the kundalini force can only be breached by bringing the lower Centers into harmonious Balance. In other words, in separating from the Maya or illusions for glamour of the Physical Plane and by giving up your expectations of what a sexual experience should be.

Question regarding sexuality and consciousness. Is it necessary to give up sex or can consciousness be obtained without giving it up?

Some do with great facility. Others choose to experience this cerebrally. Both are valid. Some do. This [cerebral] is the goal of most who choose this in an enlightened vein.

⁶⁵⁵ From Wikipedia: Swami Muktananda (May 16, 1908 – October 2, 1982) is the monastic name of an Indian Hindu guru and disciple of Bhagavan Nityananda. Swami Muktananda was the founder of Siddha Yoga. He wrote a number of books on the subjects of Kundalini Shakti, Vedanta, and Kashmir Shaivism, including an autobiography entitled *The Play of Consciousness*.

Shirley: Question regarding a program on the radio.

In the search for spiritual growth, as in all else, the choice must be made by you. Exploration is time-consuming and if you are able to verify the information given, then it is time well spent.

Question regarding [Swami] Muktananda. Has he had a profound experience?

This man chooses not to deny those visions that come to him during periods of intense concentration and during deep meditation. Therefore, he “feels” that which most of you apprehend intellectually. Consequently, he was able to feel the continuity of the soul and accept this as valid. This is a fairly profound experience.

SRGA on Norma? Discussion: Fifth Level Mature Warrior in Growth, a Pragmatist, Saturnine?

This lady is in a Power Mode, wherein lies her present entanglement. Yes, a Mature Warrior, and yes, in Growth, but a Skeptic. This lady is Impatient.

Chad's SRG? Second Level Baby Slave, in Submission or Rejection, Venusian, Idealistic?

We see no real change except an environmental one that makes him appear more woebegone than he really is. A final Level Baby Priest in Submission; also in Repression Mode. Yes, he is an Idealist.

Lola? Solar, Young, Mercurial, Growth, Intellectually Centered, Moving part, Impatient, in Observation?

The lady Lola is a Fifth Level Young Scholar, in Growth, in the Passion Mode, yes, in the Moving Part of Intellectual Center, a Lunar Mercurial, an Idealist.

Question regarding Ray: his sincerity —

We still see a great deal of Impatience here, but there has been work, and the series of Photographs have been excellent. Body Types do not change; they are fixed at birth. This man is in the Aggressive Mode and knows this, but there has been work here too.

SRG of Barry?

This man Barry is a Fifth Level Old Warrior in Growth, a Spiritualist in a Passion Mode.

01 May 1974 — Wednesday

Location: Oakland, California

Present: Shirley, Gene, Cynthia, Joan and Jim, Sarah and Richard, Cheryl, Carolyn.

SRG of Rene?

This lady is not a Scholar. She is a Fifth Level Young Warrior in the Intellectual Part of Emotional Center, in Growth — a Spiritualist in the Caution Mode. Her Chief Feature is, as we see it, her Stubbornness.

SRG of Paulo?

This gentleman is a Fifth Level also, a Young Priest in Acceptance, and also in the Caution Mode. There is not much of the Chief Feature left in this man, but vestiges of vanity [Arrogance] are still apparent. He is trapped in the Emotional Part of Moving Center, as is the lady with whom he lives.

SRG of Douglas?

This very taciturn Saturnine Scholar will not be moved. He is in Stagnation, a Spiritualist in the Observation Mode, in the Intellectual Part of Moving Center, a Sixth Level Mature Soul.

Gene asked for the SRG on Pat. He guessed her as a late Young Warrior, in Growth, a Realist, Emotional Part of Moving Center, Arrogance and Passion?

Yes, this lady is a Sixth Level Young Warrior, vanity as a sub-feature of Arrogance. All else is valid.

Jim: SRG of Arlen, who works with Jim: Mature Scholar in Dominance, Attitude of Realist, Moving Centered?

This man is a Third Level Mature Artisan. Yes, in Dominance. A Realist in the Caution Mode, trapped in the Intellectual Part of Moving Center.

Carolyn: regarding a dream about her children and ex-husband's wife — requesting verification of interpretation.

Of course, at a deeper level, you fully understand what an emotional turmoil this will cause for one who has attached herself to these children, but more than this, she has begun to regard them as her own.

Yes, we would agree that the dream was an acting out of deeply buried guilt.

Shirley: regarding recurring dreams during childhood and also during the present, a claustrophobic feeling, in a tunnel, etc.

Dreams of being in enclosed spaces are normally indicative of a desire to expand a part of life or change a difficult part of life, usually a part of life that makes one feel trapped in the waking state. The desire to grow often produces this type of dream, especially for one who has only allowed for fairly narrow horizons.

Carolyn: regarding a recurring dream about climbing stairs and a fear of climbing back down.

You have fallen from great heights, same as Sarah.

Cynthia raised a question about the negative half of Centers, because of much confusion in her mind about how people get into the negative half, what the negative half is, etc.

For instance, the Intellectual Part of Emotional Center has produced some sensitive moving contributions to this world, such as those of the poet Stephen Vincent Benet and the man Robert Frost. It has also produced the Germans [Hermann] Goering⁶⁵⁶ and [Otto von] Bismarck.⁶⁵⁷

What puts one in the negative or positive half of a Center?

Usually, the Exalted Modes. The man George Wallace is another — a Baby Priest in the Passion Mode. The Soul Level predicts that he will be on the self-righteous side, coupled with the Passion Mode and the Emotional Centering, one gets a firebrand. The man [Hermann] Goering was in the Aggression Mode, a Second Level Mature Priest with a Chief Feature of Greed.

Do we get stuck in the negative or positive half⁶⁵⁸, or does it fluctuate?

Most are stuck. This is not a growth-producing sequence. Again, for instance, souls Trapped in the Moving Part of Intellectual Center can be rather cold and ruthless, given Neutral Overleaves.

Is this chosen ahead of time?

Much of this is, unfortunately, culturally induced. Scholars in Stagnation can be induced to respond to positive reinforcement.

Does a child choose the culture in which it will be raised (before birth)?

Not so. The child is born with predominant Centering and the chance to go either way. With negative reinforcement, the child will usually become stuck in the negative pole of the Center by late adolescence.

If there is no negative reinforcement, do you get stuck in the positive half of the Centering?

These same Overleaves become positive.

Which is best, negative or positive?

The positive half is a whole lot less violent.

This puts an awful load on parents, doesn't it?

Not so. You do not choose your neighbor and teachers in the public school, nor do you choose the editor of the local newspaper or those who schedule the video.

Do Overleaves affect negative and positive Centering? Is it what goes out rather than what goes in?

Some souls are incapable of violence on the basis of the Soul Levels and other Overleaves, but those who are capable [of violence], generally will [do violence] if given negative reinforcement. Old Sages, Slaves, and Artisans are generally incapable of violence.

Cynthia: No one in the group could be in the negative ...

The lady Cynthia is correct. Souls in the negative part of Centers are unstable.

We asked about Tina and Mary W being in the negative pole.

⁶⁵⁶ From ><http://www.spartacus.schoolnet.co.uk/2WWgoring.htm><: In 1937, Goering officially became Hitler's deputy and legal heir. He obtained a vast income from his various official posts and converted an old Berlin palace into his official residence. Goering also made money from his own newspaper, *Essener National Zeitung* and from stock in the aircraft industry. After the outbreak of the Second World War, Goering was placed in charge of the Luftwaffe and took credit for the quick defeat of France, Netherlands, Belgium and Luxembourg in the summer of 1940. ... After the suicide of Adolf Hitler, Goering surrendered to the U.S. Army in Austria in May 1945 and was found guilty at Nuremberg War Crimes Trial but avoided execution by swallowing potassium cyanide on October 15, 1946.

⁶⁵⁷ From ><http://www.ssa.gov/history/ottob.html><: Germany became the first nation in the world to adopt an old-age social insurance program in 1889, designed by Germany's Chancellor, Otto von Bismarck. The idea was first put forward, at Bismarck's behest, in 1881 by Germany's Emperor, William the First, in a ground-breaking letter to the German Parliament. William wrote: ". . . those who are disabled from work by age and invalidity have a well-grounded claim to care from the state."

⁶⁵⁸ The names of the Positive and Negative Poles of each of the Overleaf traits were revealed late in 1974 or early in 1975. However, the notion of "negative and positive halves" of the "lower" Centers is found in the Gurdjieff teaching.

We agree with that.

Richard: We seem to be getting voluntary information on violence. Is there a statement about this?

Only that violence is culturally induced, yes. It is wholly a part of False Personality. The Essence is pacific. Violence is truly the dark side of the soul. No one comes onto the Physical Plane violently. How violently one completes the Monad is a choice made at the moment of truth.

Are violent deaths Karmic?

Violent death, when it occurs as a single isolated incident, is Karmic, yes.

Plane crashes?

For some on the plane, yes [it is Karmic].

Can it be an accident?

Unfortunately, in large violences, those with Karmic Ribbons do take others with them. In many instances where the killing appears at random, the Ribbon goes back many centuries to a time when the present victim was responsible for mass killings. One of the recent victims in San Francisco⁶⁵⁹ was a Slave trader in the early nineteenth century.

Is that Fong?

No.

Was it the boy who was moving the carpet around in the car?

That is valid.

Cynthia: I had a flash about how simple it is relating Holy Communion with the teaching, into life.

So also is the resurrection [of Jesus]. This is perhaps the most ancient of all symbols. It was represented in the legend of the Phoenix.⁶⁶⁰

Signifying what?

Rebirth.

Do you mean physical rebirth?

Yes, continuity of the life Cycle. The body [of Jesus] died up on the cross.

Did he return physically or was it a legend?

The Infinite Soul had accomplished what it came for when the body died. There was one female student [Mary Magdalene?] and one male student [John?] capable at the time of receiving emanations from the high planes and they remained in contact with the now departed Infinite Soul for all of that life, but there was no manifestation following the physical death.

Why isn't the Gospel of Thomas in the Bible?

It contradicts the church. Sarah buried one copy of that book in the twelfth century. Some stayed buried.

Why didn't Richard (the Lion Hearted) make his wife Queen?

Vanity.

Whose? His?

Yes.

What would that have done?

It would have placed her on equal footing in the eyes of their countrymen.

⁶⁵⁹ From Wikipedia >http://en.wikipedia.org/wiki/Zebra_murders<: The "Zebra" murders were a string of murders that took place in San Francisco, California, from October 1973 to April 1974. During 1973 and 1974, fourteen execution style murders and eight assaults occurred in San Francisco, whose police named the case "Zebra" after the special police radio band they assigned for the investigation. Like the black and white animal of the same name, all twenty-two crimes in the six-month spree involved white victims and black suspects.

⁶⁶⁰ From Wikipedia: The Phoenix is a mythical sacred firebird that can be found in the mythologies of the Arabian, Persians, Greeks, Romans, Egyptians, Chinese, Indian and (according to Sanchuniathon) Phoenicians. A Phoenix has colorful plumage and a tail of gold and scarlet (or purple, blue, and green according to some legends). It has a 500 to 1,000 year life-cycle, near the end of which it builds itself a nest of twigs that then ignites. Both nest and bird burn fiercely and are reduced to ashes from which a new, young phoenix or phoenix egg arises, reborn anew to live again. The new Phoenix is destined to live as long as its old self. It is said that the bird's cry is that of a beautiful song. The Phoenix's ability to be reborn from its own ashes implies that it is immortal.

Cynthia: A friend flushed a diamond ring down the toilet and her janitor found it and brought it back to her. Was that a miracle? Are there miracles?

[Yes.] That was not one of them, though. The only occurrences of this nature are with the aid of the high planes. Yes, [Uri] Geller is one who can [perform miracles].

What is depression? Is it unfulfilled expectations?

Comment on smaller groups — a meditation group.

We find no fault with souls gathering for meditation. This would only be a positive experience if those gathered knew their purpose in being there and wish to grow. You cannot ram growth down anyone. You have some fervor that can be tamed to advantage. We [do not] mean that you must cease to propagate the Logos — far from it. Just work on your possible let-down if one does not accept the teaching. All zeal is counterbalanced by depression.

08 May 1974 — Wednesday

Location: Oakland, California

Present: Gene, Joan and Jim, Narra, Louise, Shirley, Cheryl, Alice and Dick, Cynthia and Nichols, Sarah and Richard, Carolyn, Phyllis.

Regarding Uri Geller and Andrijah Puharich's contact with a being from "Hoova." (From an article in the June, 1974 Psychic Magazine).

The man Yuri has the capabilities to receive many times over. He also has the enthusiasm that at times completely fogs the performance. This galaxy is densely populated enough. Yes, we would say the information being received is for the most part valid. This is not unusual. We would say several others also have this capability. Whenever a teaching begins to take on a strongly moralistic flavor you can begin to doubt its source. The universe is completely amoral and [non]-judgmental. The information being received by the man Yuri is of this latter type.

What does the comment about the populated galaxy mean?

We are not aware of crossovers between this galaxy and others. The intergalactic medium has not been penetrated in this area, not because it is not possible; simply because it is not truly desirable. Contact with Creatures of Reason from other galaxies is, of course, possible on the Astral Plane.

How do they erase the audio tapes? (Apparently, the being from Hoova makes the tapes disappear, according to the article.)

Teleportation is a skill mastered by many Adepts. This is not beyond many on your world. The man Uri [Geller] is able to do this without understanding what it is that he is doing, which accounts for his somewhat erratic performances. He also has enormous reserves of energy available and is relatively unfettered by the usual Maya. In fact, [he] is rather simplistic.

Why does Michael spell Uri Geller's name "Yuri"?

Often, we "spell" as the words sound.

Cynthia: Asked a question about naming the town in Oregon after Indian words. The name picked out was said to be inappropriate because the town could not live up to the name: "I stand here" was the meaning.

Most American Indian tribes did have an orientation word such as this, but it usually meant also "my territory." Each tribe has its own special dialect and there was much inter-tribal misunderstanding over territorial words such as this. If you are searching for an appropriate name for your venture, we would suggest some of the other Indian words meaning "land which was blest" or "promised" to them. Some of these are quite beautiful. Again, the tribes had many words. The Sioux and the Apache tribes were more verbal and this would be a good place to start, to see which one fits.

Question from Dick regarding William J. Bryan,⁶⁶¹ who is an M.D., has a PhD, is an attorney and a minister, who runs a course in hypnotism used in medicine and has an apparently high cure rate with this method of treatment. It was Dick's opinion that he was either a great showman or that he had a great gift. Dr. Bryan was thought to be a Mars-Jupiter, Sage in Dominance, Vanity, Power

⁶⁶¹ From ><http://www.durbinhypnosis.com/bryan.htm><: William Joseph Bryan, Jr., M.D., (died 1977) founded the American Institute of Hypnosis and became its first president, on May 4, 1955. It was founded to be an educational body devoted to promoting all the phases of hypnosis in field of medicine and dentistry. In so doing, the Institute was founded to fill a gap that existed in that area. The Institute had members from the field of medicine, dentistry, psychology, psychiatry, theology and other professional people. Its growth was rapid and become the world's most respected educational institution devoted solely to teaching hypnosis in medicine and dentistry to physicians and dentists all over the world.

Mode, Impatience. Another man there, Walt, Dick thought to be a Slave, intermediate role, who Dick didn't think would be able to use the cures because of his [Neutral] Overleaves. Also, Dick wanted to know if he should take the course (it is quite expensive) and if he could use this method of treatment usefully.

This man has found a system that works, yes. Response to flamboyance of this type is quite high, surprisingly. People are exposed to a personality such as this and find it hard to resist his insistence that they be well. This is the most disarming quality in this man's bag. He is almost completely well, which in this culture is most unusual. He is tremendously healthy. Yes, you are right about the Overleaves, but he is in error on the incarnation.

(Note: Dick made the statement that the man thinks he is William Jennings Bryan reincarnated.)

Psychologically, he is healthy. Yes, we would recommend that one learn this approach — learn it from a positive space — and that would involve working through one's own conflicts. This is the primary reason for so many conventional psychiatric failures. The therapist must be well before he can heal. We would think that it would be useful to you.

Dick discussed a machine Dr. Bryan has that is a photo-machine, like a stroboscope, which puts people into hypnosis quite rapidly. They watch lines like brain waves (which are rapid and they just see a flash) and go under hypnosis and then can be cured rapidly. Is this a valuable machine for the group to use?

We would consider such an experiment as extremely Good Work for this group. Whether or not it is one hundred percent effective will again depend upon you, but this is a quite foolproof method.

Could we adjust the machine to put a person into theta brain waves — it puts people into delta [brain waves] now — and be of more help that way?

Any competent electronics technician could alter a machine to produce this frequency, and yes, for the most part it would produce extraordinary imagery.

What is the point of imagery, a learning process?

That is one, certainly, but this process also opens the door to heightened [past life] memory experience.

Is it helpful to use this [device] as a rule? [Or] a crutch?

Yes, but sooner or later, you may discard this crutch.

Are you more vulnerable under this?

Judging by your definition of vulnerability,⁶⁶² we would say no.

Would hypnosis of the group during meetings be helpful?

We feel that any serious move toward opening this door is Good Work, but steer clear of parlor games.

Can Tomas manifest if the energy is high enough?

Astral beings can materialize if the energy concentration is good.

But Michael can't manifest?

No, we cannot do this. We can inhabit the physical body, but this is an altogether different process.

What could we do with the whole group under hypnosis that we can't do without it?

Theoretically, you could work to the point where you could listen to us without the interference of a medium.

What about group use of marijuana during a meeting? [Would we] learn anything or just have a good time being high?

Several of you would find this valuable, yes. You would conceivably also have a good time.

Jim had some tools stolen from his car. He knows the theory of creating events and wanted to know if he created this because he needed something or would learn something from it.

The physical situation is created by the Attitude,⁶⁶³ yes.

Jim made the statement that if he was paranoid, he would put the tools in the garage every night.

If you wish them to be stolen, you wouldn't.

Comment on psychological reasons or effects of the rip-off.

⁶⁶² Apparently the questioner was concerned about becoming more "vulnerable" to stuff in a bad way while using a hypnosis-induction device. The way the Michaels phrased their answer is one hint that the Michaels sometimes use "vulnerable" in a good way, as "vulnerable to guidance" from Essence, which is something that hypnosis can foster.

⁶⁶³ Jim was a carpenter or craftsman, a man who owned tools. Jim's Attitude was Idealist, which was very trusting of others, especially in the Negative Pole, sometimes referred to as -Naiveté.

The man Jim enjoys being his own boss. Being a carpenter is not so much a problem as being under the constant direction of others. Also, this man works far better as a solitary entity. But, aren't you just a little bit leery about being out all by yourself and don't you spend a great deal of time with this fantasy, only to reject it as impractical?

Regarding hypnotherapy — having a therapy place where some of us would treat troubled people by hypnosis — synthesis while under hypnosis.

Once we realize we can change — how do we know when that is?

Usually, the Mature Soul at that point seeks therapy. Whether this is effective depends upon the skill of the therapist. The same goes for the skill of the teacher in the school such as this.

We believe that it is certainly worth exploring [and] discussing where the others fit in would help; all could make a contribution. Such a move in the right direction could be a tremendous stride toward growth if the space was positive and the manifestation did not involve unrealistic fantasy.

Regarding Cary becoming more materialistic. True? [He] used to be altruistic. Then, what?

We see not so much change in him as we see that he has received much practical realistic advice from some practical realists who know that money is necessary to begin such a venture. And, while the shoestring theory is romantic, it seldom works. We present this with "tongue in cheek". Don't feel that we necessarily condone this type of hardened realism. We feel that the question of whether there has been a change in Cary was answered. In answer to that new question, we have seen similar ventures succeed without the initial funds, but with much fervor.

Should we slow him down?

We would not think it inappropriate.

What is Cary's Mode? (Passion?) Is he Emotionally Centered?

Much Arrogance, and yes, a Power Mode.

Gene: Discussed coming across a new concept in two different places: One, through William Bucke's [book,] Cosmic Consciousness; also in the Book of Auras. And, Edgar Cayce — recent acquisition of men's ability to see certain colors, such as blue, which could not be seen in ancient history.

Color perception, as all other perceptions, is a part of the normal pattern of evolution; that is valid, yes. We would place perception of shades of the primary colors⁶⁶⁴ further back in history, though, and the second colors later. At the time of Pericles,⁶⁶⁵ only vivid shades of green could be perceived as a separate shade.

Sarah: Asked if seeing or perception is an indication of spiritual growth.

That adaptations of the machine [human body] are dictated by the needs of the psycho-spiritual apparatus. This will be difficult for you to verify, Dick, since you are now able to perceive blue. However, the work with hypnosis may expand your perception somewhat.

Dick made the statement that he had considered physical evolution to be finished now or that it was going backwards. Is it?

Definitely the adaptations continue. If you wish to verify this, pit your own stamina against that of some historical characters who walked thousands of miles over mountains and deserts in the normal course of life and grew stronger from the experience.

Regarding adaptation to environmental pollution.

The psycho-spiritual apparatus dictates the adaptations. Therefore, not all will adapt in the same fashion. The Aborigines of Australia are an excellent example (of not adapting in the same fashion).

Narra: Asked a question about a class she took in coloring.⁶⁶⁶ Do Overleaves determine coloring? Or is there a color category that describes the Personality?

Both of these are valid. The auras do change, but usually it is not a permanent change, Narra. Therefore, you would not notice the clashing for long enough to bother your perceptions, but it is valid to say that certain colors do clash with the aura.

[What is the color] of auras of people in the group...

⁶⁶⁴ Primary colors: Red, Blue, Yellow. Secondary colors are combinations of the primary colors: Violet/Purple (combining Blue & Red), Green (combining Blue & Yellow) and Orange (combining Red & Yellow).

⁶⁶⁵ From Wikipedia: Pericles (born about 495 – died 429 BC) was a prominent and influential Greek statesman, orator and general of Athens during the city's Golden Age.

⁶⁶⁶ This might be referring to the Lüscher Color Test: >https://en.wikipedia.org/wiki/Lüscher_color_test<.

Dick — Right now, a bluish-gray.

Alice — More blue than gray.

Cheryl — Bright blue.

Gene — Blue-green.

Phyllis — Bluish-violet.

Carolyn — Also, bluish-green.

Narra — Almost a turquoise.

Shirley — Yellow-orange. Sarah, also.

Richard — Greenish-yellow; more vivid.

Joan — Pinkish-red.

Jim — More green than blue.

No one in the room has an unhealthy aura showing signs of serious physical illness. These tend toward deep grays and dark brown into black.

What are the aura's significance?

You are more at peace in an environment that is aesthetically pleasing to you. With this tool, you can sometimes create such an environment. The auras do make a statement about the orientation of the individual Fragment, yes. Predominantly spiritually-oriented souls tend to show the brightest blues. The vivid colors usually emanate from dynamism.

Yellow?

This in you indicates your drive and comes from dynamism.

Red?

This emanates from the Emotional Center.

Phyllis: Violet?

This in you indicates the drive to feel that which is spiritual within you.

(This was for Phyllis.)

Can it change to another color?

Yes. The reds are emotional colors, yes. Violet suggests work.

Carolyn: I am supposed to be in a Passion Mode and yet I am blue-green?

You do have many modifying Overleaves.

Gray — Repression?

Yes. Gray has. It is not unusual for Intellectually Centered Stoics to show predominant gray. Some are much more predominant than you [Alice]. You are showing much more blue than gray. We simply said that it is not unusual.

Narra, you do have some very bright Overleaves.⁶⁶⁷

Chakras within auras?

This is another perception. That is of the subtle changes in the wavelengths of different energy sources.

Why red in a Spiritualist?

This whole line of questioning should prove most fruitful in allowing you to flash on the great differences. The various combinations of Overleaves modify the soul. The various combinations meld together and produce the total package. The Spiritualist Priest in Growth is, for instance, usually in the bluish deep color range, going toward the reds. This is modified by the Passion Mode and will often deepen the aura to a dark red or even a bluish-red.⁶⁶⁸

Question: Yellow-orange?

⁶⁶⁷ Even though Narra is in Repression Mode.

⁶⁶⁸ The names of the Axes of Action, Inspiration, Expression, and Assimilation were not known during the OMG, but it was known that there is a lineup of corresponding traits through the seven Overleaf categories. In the case here, Priest, Spiritualist, Growth, and Passion were known to reinforce each other in what later came to be known as the Cardinal Inspiration Axis.

Primarily dynamic Overleaves produce vivid, bright colors. Our comment would be that some of you will wish to teach this, of course, but there are others, who, because of their Overleaves, will not be prepared to teach this lifetime. The reality of becoming a teacher does not necessarily always imply a break with former students. Only Personality dictates this.

10 May 1974 — Friday

Location: Walnut Creek, California

Present: Sarah, Alice and Dick and Victoria.

What is Victoria's Mode?

We see Power here. The aura is yellow-green.

Victoria: Should I become a home economics teacher?

We would see you defer judgment until you have learned to design.

Is it a good idea for Sarah and Richard to write a book concerning the Teaching?

The effort would be Good Work. Both of you have the desire to see this in print. Each have different views of what should be said. Consensus may come hard, but is not impossible.

Dick: Is it possible for us to write a book of the caliber of The Theory of Celestial Influence? [Rodney Collin's book]

We see no reason why you should not attempt this, yes. It is possible, and satisfaction would be far greater than with a lesser attempt.

Sarah: I would like to see us referring to Michael as "the teacher" and not saying how the information was received and just let the information stand on its own merits, that is, in the book.

We would prefer this. Yes, sensationalism is to be avoided.

Dick: It seems to me that the man Robert did not like In Search of the Miraculous⁶⁶⁹ as much as The Psychology of Man's Possible Evolution,⁶⁷⁰ but, to me, The Search, has a wider appeal. Should we write the book as a question-and-answer or straight?

The material should lend itself to rephrasing. Certainly, considerable editing is in order.

Sarah: Robert was responsible for my feeling I would search for something else if I ever left his group. I couldn't get past his protectors.

Dick: We can tell in the book how we have received the material intellectually. However, we don't yet have the necessary steps to overcome our Overleaves. We have some keys, such as "experiencing it out", and meditation, fasting, studying, which seem non-directive. If one is in Growth, he cannot see what Acceptance is like for others; and if one is in Acceptance, he cannot see how other people in Growth, for example, react. As a consequence, one has only a dim idea of where one is going if a change of Overleaves is attempted.

Sarah: It may be that when you have had enough of that Overleaf, you may take on a different Overleaf.

Dick: Our material on what to do is not specific. Could Michael recommend ways of changing our Overleaves?

The primary difficulty in altering the Overleaves is in the initial recognition and the constant verification, which must precede the true desire to alter. When this has been accomplished, then the process of anticipation can begin. We can compare it with recognizing that you were about to say the forbidden word and substituting a suitable synonym (the "get, I, very, really and, a lot" exercises⁶⁷¹). This was, of course, a crutch, but hopefully, a temporary one that could be discarded when the process becomes inculcated. Therapeutic processes can speed up the alteration where the pattern is not clear. However, this group can work toward that point where the

⁶⁶⁹ From Wikipedia: *In Search of the Miraculous* by Peter D. Ouspensky (March 4, 1878 – October 2, 1947) published in 1949, was originally titled *Fragments of an Unknown Teaching*. The publisher insisted on changing the title. It was published after his death and has been republished since then. About the book: The author recollects the teachings of an individual to whom he refers only as "G.," known to be G. I. Gurdjieff and the author's relationship with "G.," leading to his break with him. He meets "G." in Saint Petersburg before the Russian Revolution of 1917 and follows him through the Caucasus mountains to Constantinople (present day Istanbul), and then to western Europe.

⁶⁷⁰ From Wikipedia: Shortly after Ouspensky's death in 1947, *The Psychology of Man's Possible Evolution* was published, together with *In Search of the Miraculous*. Transcripts of certain of his lectures were published under the title of *The Fourth Way* in 1957; largely a collection of question and answer sessions, the book details important concepts, both introductory and advanced, for students of these teachings.

⁶⁷¹ Robert had many rules about which words could not be used. Example from ><http://zanymystic.tripod.com/id10.html><: Various exercises were imposed by the Teacher for all, in addition to private "tasks." All were required to follow the "word exercise," which entailed not saying "I." Anyone who said "I" was reminded by a silent hand gesture, sometimes accompanied with a "photograph" of sleep by saying, "You used the word I."

psychic Photography is so finely tuned that the eventual breakthrough can come within the present structure. Many times, the meditation does serve as a precursor of insightful concentration. This is why it is so valuable. We find no fault with crutches so long as they are given up when you are no longer lame.

Dick: The message I get is that there are no keys. The results of all psychotherapy appear temporary. It seems that Michael could come up with something besides Roling or some other type of existing therapy — something with more zock. It seems Michael is always holding something back. Perhaps I want a miracle, but it does seem that it takes something wonderful, which is akin to a miracle, to affect true spiritual growth, and a part of this would be a change in Overleaves.

Sarah: A good teacher keeps students unfulfilled to keep them coming back for another lesson.

Of course, there are (ways). We have spoken to you many times of conscious recall of the dreams and of the time spent on the Astral Plane, but most must go through this process one step at a time. Most cannot jump from that Maya-filled life in which they find themselves into the too rarefied atmosphere of enlightenment. These processes are valid, but they do take time and they do open doors to many more processes that bring you ever closer to the goal. We would Photograph your Impatience now, and that is not necessarily a bad place to start. There is no truly rapid method by which you can throw off the weighted cloak of culture and society; this takes time.

Dick: Will Michael render assistance? Some people seem to have been granted grace.

We have offered the only assistance there is. We cannot change the Overleaves for you; we are not able to interfere to that extent. There has been no interference in these other instances, you may be certain of that. They choose to call the insight by other names, such as “grace”, that is all.

Dick: I don't know why I want to write a book when I cannot even change my own Overleaves.

13 May 1974 — Monday

[This was a private session; Gene provided the transcription to the CMT. This session was not in the stash of transcriptions that was photocopied for OMG members.]

Gene and Sarah

Comment: A patient of mine claimed to be psychic. I showed him a picture of Susan without telling him her name or relationship to me. After looking at it for a while, he spoke.

Sergio Gutzalenko: Has she been hypnotized?

Gene: Yes, a few times by me.

Sergio: She either had a past-hypnotic suggestion or some fixation is on her mind. She is a skeptic. Probably she has a sharp mind. She is trying to look into people's inner selves.

Motivations are her overwhelming concern. She will not achieve what she is looking for. Has a lack of clarity. She is looking sharply, just is blocking off the achievement — not consciously — something dims the achievement in personality.

She is a person who has undergone some pain. This has left a certain trace on her and has given her motivation for looking into people. If she was hurt by people, she is looking to ward off further hurts. She might be looking for her self — her own self in other people's reflections.

I perceive a certain dryness. She tries to achieve too much with her mind. Maybe that is why she cannot achieve understanding of what she searches — too mental. That is the reason for her skepticism. This [is] the tragedy of modern civilization — the mentalism.

Something bothers me here. Is this a young serious girl? (The age was given). Her eyes reflect her age. The face doesn't at all. Is this your wife?

Gene: Anything else or any speculations?

Sergio: These are my general impressions — the most important ones. I wonder why she has been hurt? There are several possibilities. She has acquiesced to what is, so she was hurt in the past. Basically, there is an emotional frustration of some kind. Not one experience — something that went on for some time.

She won't be a super-achiever in her goals. I have a sudden impression of this frail woman with an even face — seamed and composed expression. There is an image of mediocrity. She knows about things but still leads a quiet life ... advising others. People seek her for stability but internally she knows that she hasn't achieved ... and she vegetates to the end of her days.

The above material was read to Sarah and comments were requested from Michael.

Only to say that this alternative was first expressed many days ago and was always a possibility. The only concern now is motivation and this does still seem somewhat ill conceived.

Gene: Susan has asked for a divorce. Why the change?

Basically, [she has] the same inability to take full responsibility [that you have for the way the marriage has been going], but [she has] the additional insight that you also do not take responsibility for her reaction in the anticipated [hoped for positive] direction, and that you will not in the future be willing to shoulder such [responsibility for the way things have been going in a negative direction]. It is conceivable that the lady will continue to listen to “the voice within” and continue to move in a positive direction. But at the moment, the strong Overleaves of piety predominate in Personality. One way to avoid a crisis is to deny that it exists; you know that.

Gene: Am I at fault? What blame should I accept?

It would be wholly inappropriate for you to take blame for another’s reaction to an action that occurred in the past. But, yes, there is a certain amount of vacillation going on here. You would like to continue in a filial relationship with this lady, and now she has expressed the feeling that she put the relationship to rest. The lack of eroticism in the relationship would not be a consideration if both concerned were at the same place spiritually, but there is a strong feeling still within the lady that one male and one female “should” be able to fulfill all of each other’s needs. We do not think this viable, of course, except within the younger levels [Ages] bereft of any psycho-spiritual insight. The lady struggles with this in her head and may come to grips with it, but now cannot go past the cultural barrier.

Gene: Can you give advice whether separation versus divorce?

The legal entanglements of this culture give one little room to move. Our feeling in this is to disregard the more pervasive ones whenever possible — the ones that enmesh you in Maya. In this case, both of you will undoubtedly move in quite different directions. For the lady is now questioning the desirability in pursuing this path further — that is, spiritual rebirth. She was frightened by her increasing feelings of disorientation following the sessions and finds this difficult to cope with and would prefer now to deny many facets of spiritual growth. She is no longer bent on self-destruction, however, which we see as an extremely positive move.

Gene: Susan feels that she was Mary Magdalene, not Joseph’s wife [Mary/Miriam], and that I was Judas.

The man Joseph and the lady Miriam had six children, the eldest of whom was the man Jesus. All of the children were born to them in the normal fashion. The denial [that she was Mary] is made by the lady due in part to the subsequent deification of the lady by the church in search for a new earth-mother goddess. This was certainly not the case. The lady was a reasonably intelligent young woman raised in strict tradition, married to a strongly independent Artisan of somewhat impious ideas. She found it necessary many times in her life to make excuses for him to her disapproving relatives. Then the son who became the Messiah proved to be even more of a rebel. But the lady was a Perseverator and never gave up trying. Thence, her appearance at the final act in this man’s life. The Fragment that was the man Judas is now on the Physical Plane and the lady does have a Ribbon with this Fragment, who incidentally is not male in this life.

Gene, you did witness the death of the man Jesus. You were in the service of the man [Pontius] Pilatus — were subsequently freed by him, and upon his death by suicide, remained in the south of Italy for the remainder of that life, haunted by the memories of that which you had witnessed.

Gene: Is the lady Rita?

No. The lady is presently known to both of you. The relationship is strained but it is not for this Fragment to be the debtor in this life; she is here to pay a debt.

Gene: Please be brutally honest with me about my spiritual emotional growth.

We have given what we consider to be an honest assessment in the past. Gene, much still comes from vanity but, almost always, you realize this as it arises. No, you will never be an Emotionally Centered being, but this is not the goal. To achieve Balance is the goal and it is appropriate, therefore, to gain access to the Emotional Center, which you are now attempting, but not appropriate to become trapped in another Center. There is no advantage to a trade [of Centering], and this is always a danger, especially with Intellectually Centered beings who first gain access to Emotional Center and begin to feel all of those components that were previously denied to them. Sometimes, you do struggle with this and then you do slip. If you do not “feel,” you have a tendency to rationalize the non-feeling, and this results in a leak downwards of energy and agony over progress. That which comes from vanity must, of course, be ultimately extinguished. But we tell you that there are Adepts still coming from vanity. Soleal is one.

15 May 1974 — Wednesday

Present: Sarah and Richard, Alice and Dick and Cheryl, Betty, Gene, Narra, Jim, Shirley, Louise.

About William, who has been told he would die by next fall and he is supposed to be an Old Soul. He seems too bigoted to be a final Level Old Soul. Comment, please?

There was in this Fragment much Karma, many Ribbons dating back many centuries. He chose not to burn [his Karma] until now. There is also so much failure on his part to look at himself until quite recently, primarily due to the very rigid imprinting he received. Also, prejudice is cultural and does not always dissolve in the Old Soul Cycle, although it is usually not manifested aggressively.

Your theory is partially valid in that most of this Entity is not reunited: only eight Fragments remain, all Warriors.

Comment: Three years ago, he decided he would die. In the fall, his three years are up. He has had a change of heart. I would be interested in a comment in light of what was told him.

Of course, now that he has something to “live for,” the prospect of leaving the physical becomes less attractive. It is interesting to note that this Fragment has had much difficulty in the past with romantic love, not always his fault, but nevertheless, it was there. The fact remains that there is fairly relentless arterial deterioration going on here and we doubt any length span remains for him. He has almost accomplished what he came for now.

Comment: We wondered if he would burn the Ribbons he had left, and went on considering that everyone on earth has a goal — a set of things to experience and learn on the Physical Plane. We wondered about the betrayal of Astral Agreements we may have made, and someone asked if Michael would let us know what missions we had decided to accomplish.

We will, yes, but we had hoped that by giving you the Overleaves and Photographing the patterns, the insights would come. Many of you already have some inkling of what you have Agreed to do merely by discussing your Karmic Ribbons and interwoven Sequences. These tasks are not always difficult; many are not even very interesting, but in some way, they enrich the Fragment and lead to the experiencing of all of life.

Is our Essence aware of the things we have to accomplish?

The group answered, yes, and that we needed to be in touch with our Essence.

In regressive hypnosis, people can go back to their birth and beyond that, they go to another life. I don't remember anyone telling about what happens between the lives. (Someone said that Taylor Caldwell⁶⁷² had.)

The strength here lies with the interrogator. Failure to explore this area usually results from non-skillful regression. The physical mind does not always recognize this interval as “life” and is likely to say something like, “it is all confused”⁶⁷³ and the questioner, taking the cue, moves them farther back to a time when confusion lifts and they can again give a lucid, exciting account of life in medieval England or the like.

Dick: Can Michael tell me what I have chosen to accomplish in this life?

On the Astral Plane, you Agreed to experience the frustrations of one seeking love through the Repression Mode, to learn the lesson of sadness, which you had not experienced previously. The true feeling of poignancy of sadness only comes to those in this Mode. Other emotions simply mock this. It is a necessary part of life in order that you experience [its opposite] joy. Also, on the more mundane side, you also Agreed to provide the children for Alice's Monad.

Who do you [make Agree[menst] with on the Astral Plane?

With yourself and the others in your Sequence. For example, the man Jim and the lady Joan Agreed that their paths would cross in this life so they could burn a Ribbon.

Is there a teacher on the Astral Plane?

Yes. A teacher such as this Entity and higher beings are available for the asking.

⁶⁷² From Wikipedia: Janet Miriam Holland Taylor Caldwell (September 7, 1900 – August 30, 1985) was an American novelist and prolific author of popular fiction, also known by the pen names Marcus Holland and Max Reiner, and by her married name of J. Miriam Reback. Around 1970, she became interested in reincarnation after becoming friends with well-known occultist author Jess Stearn, who suggested that the vivid detail in her many historical novels was actually subconscious recollection of previous lives. Supposedly, she agreed to be hypnotized and undergo “past-life regression” to disprove reincarnation. According to Stearn's book, *The Search of a Soul — Taylor Caldwell's Psychic Lives* (1973), Caldwell instead began to recall her own past lives, eleven in all, including one on the “lost continent” of Lemuria.

⁶⁷³ Since 1974, Dr. Michael Newton has written about the time between physical lifetimes in several books — *Journey of Souls* (1994), *Destiny of Souls* (2000), *Life Between Lives* for hypno-therapists (2004), *Memories of the Afterlife* (2009) — and has trained therapists in how to do the regressions.

Narra: Does Dick's answer apply to me also, since I am also in the Repression Mode?

The answer applies, yes. The approach will be different given the variation of your other Overleaves, but we feel that you both have experienced this frustration.

Have we experienced it enough?

That is for you to decide.

Narra: I believe I experience joy.

The sadness usually comes about in the retrospection. Yes, both of you have experienced moments of joy — all do, even those in Self-destruction and Rejection. We would not say, however, that either of you is given to careless abandon.

Do we all have access to the resources on the Astral Plane? The group answered, yes.

Shirley: Is my husband Glenn's eye deterioration a Karmic thing?⁶⁷⁴

Not strictly speaking. However, he did Agree to experience this. You were blind in a former life.

Shirley: How is he experiencing this?

He is experiencing it the reverse of that life now, except you were brothers then. You also could distinguish light from dark then. We do not see him losing light perception.

Shirley: Why would anyone choose this?

Much can be learned from this vantage point. Many Older Souls do choose blindness to come in touch with other senses. Blindness, as considered on the Astral Plane, appears quite different than that experienced directly on the Physical Plane, although the basic concept remains the same, and the lesson is learned. Perceptions and sensations are so different on the Astral Plane. It is necessary that they be, otherwise no Fragment would ever complete the physical Cycle. Most of the time, by the time the Astral Fragment settles down to work, at least twenty five and usually fifty or more, years have gone by since transition, and memories are dim.

Shirley: Would eye surgery help him? (He has glaucoma and the cornea is becoming stiff.)

This adventure will not have a great deal of effect one way or another, but if he wishes, we see no risk to his life.

Shirley: It is a hell of a lot of bother if it won't help.

Dick: When is enough? What decides? In Personality, one could say it was enough ...

This decision cannot be made from Personality with any positive results. The only positive results emanate from the true realization that this has been experienced, but more important, that the soul recognizes a pattern controlled by self. The Essence or soul, as we have said before, does become encrusted with barnacles, and has much to go through to act intuitively. Most of the time, its powers are totally suppressed, and it spends its time slumbering, as you well know. Those moments of crystal clarity come about when it is prodded into wakefulness by some shock.

Dick: Dr. William J. Bryan⁶⁷⁵ said that the sub-conscious was always trying to express itself. Is this the soul trying to break through?

Yes. Once in a while the Essence does try to burst through, and many times the results are quite startling.

Are Repression, Self-destruction, and Rejection part of the Pleasure-Pain Monad?

That is valid and most usually involve physical pain, sometimes violence.

Are these tasks simple to experience? That is, are the tasks simple ones?

Many times, yes, especially in the Older Levels. There is very little effort left for some here.

Cheryl: What have I to accomplish?

Yours is much harder, Cheryl. For one thing, you have Agreed to jump from one Cycle to the other, which involves a major change in your perceptions of the world around you. We think this is progressing rather nicely.

Cheryl: Does that mean a jump from a Young Cycle to an Old Cycle?⁶⁷⁶

We did not say that. There will be a major acceleration though. We are not saying that you could not transcend, Cheryl. We are, however, saying that we doubt that you will. The lady knows how. An entire Cycle would be a monstrous task. We are not saying that it cannot be done, but it is not attempted often and is usually unsuccessful.

⁶⁷⁴ We have a photo of Glenn from about this time: he is wearing eyeglasses with very thick lenses.

⁶⁷⁵ This man was discussed in a previous session — May 8, 1974.

⁶⁷⁶ Cheryl was previously described as a late Level Young Priest, and therefore unusually ambitious to succeed in endeavors.

Cheryl: Could the task be that of a teacher?

Why does this not seem plausible from your present Level? There are certain Sequences and major Monads that are more easily experienced from the Mature Cycle than any of the others. After all, it is during this Cycle that the perceptions of the emotions of those around you are sharper than they will be again.

Joan: Is my debt paid now?

We will tell you all — that when a Ribbon is finally no longer there, you can know this within yourselves.

Louise: Is my health trip Karma burned?

There is no Karma where your health is concerned, but if you look at your Overleaves in the light of the health patterns, some insight should flash. Much of your present questioning involves many Mercurial souls who rush through life. (They are) also exhausted.

Louise: Asked for her Mode and color of aura.

This lady is in a Power Mode⁶⁷⁷ and her aura is bluish-green.

Betty: Is my aura purple?

We do not agree with that. This aura is dark blue bordering on violet.

Betty: What is the significance of that?

This is significant to this lady's innate spiritual consciousness, yet there is still some drive toward the physical glamour.

The lady Cynthia has a bright reddish-orange aura. For this emotionally active lady in the Passion Mode, this is to be expected; this is the inner fire manifesting.

Narra: Husband's aura?

This man's aura is reddish brown (signifying) in him [Robert] some suppression of true desires. Brown usually is indicative of subduing.

Narra: Was he born with that color?

The true color of the aura usually becomes manifest by adolescence.

Narra: Does it have to do with his health?

Yes.

Alice: Why is mine blue-gray?

Many Stoics have this feature. You have far more blue than gray.

What is the importance of knowing chakras?

It would aid you in releasing specific energy. It would be a visual crutch to help you locate the energy pocket.

Is there a source where we could read about colors?

We cannot recommend one source. (We) only can correct your misconceptions as they arise. You will feel the error soon. Most of you are now at the point where you are able to verify the validity of what you are reading, at least to the extent where you bring your questions here when the feeling is wrong.

Joan: [Daughter] Belinda's aura?

This little girl now has an aura that is pinkish-blue.

Joan: Is there anything I can do to imprint this color?

No.

Alice: [Son] Craig's aura?

Greenish-blue now with overtones of gray. This is not unusual in the adolescent male.

Narra: [Son] Mitchell?

Predominantly red with overtones of brown.

Narra: [Son] Carroll?

Mostly blue, some gray.

Aren't you interested in [her other son] John? This sunny little Sage now has a vivid yellow-orange [aura].

Betty: [Daughter] Lisa ... Is she red?

⁶⁷⁷ On April 3, 1974, Louise was said to be in the Passion Mode. Several editors have talked to her and agree with Passion Mode.

Orange-yellow. (Dynamic).

Alice: It has been said that the Goals are a reason for a person being of male or female Essence. Does Body Type have anything to do with masculinity or femininity? And, as in the other [Robert's] teaching, it was said Lunar men tend toward homosexuality and Saturn women likewise. Is there anything to that here in this teaching?

The tendency lies within the Roles [not the Goals]. However, we will point out that female Saturns and male Lunars are quite often irresistibly attracted to homosexually oriented personalities and are often introduced to the "gay life" because of this.

Is there a tendency in some Sages toward homosexuality? I saw one in an art store the other day who appeared to be one. He was clearly a Sage.

This is not unusual, but in this case, the homosexuality arose from the "smother mother" syndrome.

Dick: I thought Michael had said this before, that Sages had a homosexual tendency sometimes.

If we said this, then Sarah was in error. This is unusual. Female Sages have this tendency.

How about recent past life memories?

It is valid that many are motivated by extremely strong memories.

Can parents influence their children in this homosexual direction?

This is rare, but happens sometimes when the man refuses to acknowledge that he had a daughter and not a son. This is usually gender confusion and not true inversion.

Is sex inversion when one in a gender feels he is in the wrong kind of body?

[No, it is] when they assume the sexual role in opposition to the body.

What is the reason for sex inversion?

[It is] resentment for the present choice. In most of these who choose the more radical solution [a sex-change operation], there are all (underscore) passive, soft Overleaves — that is, in the males.

Richard: As I understand it, the aura green has to do with healing. Is there something along that line that I should be pursuing that I am not now doing?

Green does indicate strong drives to serve, yes, and most of those who choose healing and are successful do have this. You have within you the ability, but not the scope or knowledge, but could conceivably attain this. It would be much work, but perhaps far more rewarding than what you are doing now.⁶⁷⁸ You could certainly work miracles in the design of certain electronic crutches.

(Last week we discussed biofeedback machines for inducing a hypnotic state where positive suggestions could supplant old, negative ones — devices to tune you into your Essence.)

Louise: What might I develop from my green aura?

You would have to take a more intellectual approach, but there again, the ability is there along with the drive. You can learn to do energy transfers quite easily. The skill will lie in not exhausting yourself in the process.

Comment: Be a transducer [that transmits higher energy through you,] and not a battery that runs down. Clear your aura and "get" aligned [so that you can channel the energy].

Cheryl: What can I do with my bright blue aura?

Cheryl, we would say that most of the esoteric teachers have blue auras.

Gene: Question about his healing ...

We see no barrier to Gene's success in this endeavor. The steps he is taking now are the preliminary ones in this skill.

Is Robert's aura blue?

Yes, a blue-red. Mostly blue.

Joan: How can [husband] Jim develop his green aura?

The most important contribution he could be would be in the creative intellectual area, also.

Dick: What is Walt's color?

Pale green overlaid with gray.

⁶⁷⁸ Richard was an Artisan, and Artisans are typically good with technological devices. His occupation was that of an engineer, which is not a waste of Essence for Artisans, but the healing arts would have been more fulfilling.

Alice: Will Dick be able to change his color by working with William J. Bryan through his hypno-analysis, which he said he would be undergoing soon?

He is hoping it will and is working toward this. This is a total picture of timidity.

Does cowardliness have anything to do with Old Souls?

Not much. Some Old Souls have yellow streaks. This does not necessarily mean that they will be cowardly, just very cautious.

Does this have anything to do with the common language referring to a "yellow streak" in fearful people?

Yes. Fear often brings the yellow in a given soul's aura to the point where it is subliminally visible.

I thought yellow meant leadership.

It does when it is permanent.

When it is said that a person is "seeing red," is he seeing through his own aura?

Sometimes, yes, they are and what he sees is more orange than red. Anger and fear are quite close to Passion — both are what could be called fiery emotions.

Joan: How can I develop my pink aura?

Reddish pinks are always sensual colors. There is nothing negative there about this aura. It is healthy and vibrant.

Joan: Then is my total Personality sexually oriented? I don't act out the sex.

The orange-red auras normally indicate those in whom the orientation is primarily physical or, if you will, sexual. Those going toward the pinks are more tactile or sexually [sic; should be "sensually"] oriented.

Gene: Herein lies the "greener pastures" syndrome — "I would like to change my pink aura for your purple one."

Narra: What do I do with my turquoise aura?

This denotes the searching Personality that caused you to seek this and other Teaching(s), but because it is so bright, it also supplies you drive that enables you to succeed. This can be channeled to all of you to become spiritually successful also.

Betty: Do the planets influence auras?

No.

Alice: What can Dick and I do with our blue-grays?

You can both eliminate the gray, which is really quite small compared to the blue. We have given you the beginning formula. Narra did shed her gray overtone following Erhard's Sensitivity [sic; Seminars] Training [EST]. We hope this is permanent.⁶⁷⁹

Sarah: Is my [Sage daughter] Dorothy's aura similar to [Dick's Artisan son] Craig?⁶⁸⁰

Yes. Bluish-green.

Richard: Does each person have a primary frequency?

It comes from the energy source, which is the soul, yes. Although the difference is sometimes not great, this is why Astral travelers from other parts of the galaxy can find you.⁶⁸¹

Richard: Are they sub-audio frequency? (Less than 60 hertz, or sometimes above what the ear can hear, above 20,000 Cycles?) Are these spike waves (not sine waves)?

That is valid.

Richard: Are they electro-chemical, not conductive?

Yes.

⁶⁷⁹ Previously it was said that EST is so intense and effective that it could even facilitate a change in an Overleaf; here it said that it can facilitate the change in one's Aura color. Gray is an indicator of repression, and Narra's Mode was Repression; perhaps she at least went from the Negative Pole to the Positive Pole.

⁶⁸⁰ Perhaps this question was asked because Sarah's teenage daughter Dorothy had a crush on Dick's teenage son Craig. We do not always know on a conscious level why we are drawn to, or feel comfortable with, other people, but aura 'color' might sometimes have something to do with some of it. The complementarity of Roles can also be a factor in attraction.

⁶⁸¹ This notion of soul frequency was later formalized into a hundred-point scale, as in "my Frequency is 33" or 61 or whatever. The notion was also later formalized, in combination with "male-female energy ratio", into an "address" in the sense of one's UUID (Universal Unique Identifier) in the cosmic scheme of Fragmentation. These two numerical abstractions are said to be the core of the "spark's" identity, which spans "Grand Cycles".

Dick: I read in a science article that the sun's atomic furnace has gone out.

The reaction at the core has ceased, yes.⁶⁸²

Comment: This means an ice age in 10,000 years ... Gravity will collapse ... The furnaces will start up again.

Can we determine what our soul's frequency is?

You could and the help can come from Soleal's technology.

Could Michael tell us now?

Yes, we can. However, this subject has limited appeal and properly belongs in small sessions.

Are the harmonics of the soul frequency significant?

Yes, of course, they are. All harmonic systems are.

Comment: The hour became late and many questions started popping up that went unanswered: If I have an itch in my left leg, how does the signal be sent to the brain and back? Is there a magnetic field around the body? Is there any correlation with sine waves? If so, what? Square waves and other kinds that we have no knowledge of? We have an electrostatic field about us, not electro-magnetic ...

SRG of Carl Rogers (psychologist)?

The man Carl Rogers is a Fifth Level Mature Scholar in Growth.

SRG of George Bach (psychologist, author of *Intimate Enemy*). Is he a Martial Warrior in Acceptance, Arrogance, and Passion?

That is a good assessment; also an Idealist.

Gene: Did Sarah receive the message from her dream that I helped with the interpretation?

Your interpretation is valid, but she is not satisfied with the message.

Comment: For the record, she dreamed four dreams that she remembered in one night: 1 — She was observing a man by himself on the coast of Portugal; 2 — Then he was standing in a garden in another town; 3 — In a bar by himself; 4 — Bedroom with his feet up. According to Sarah, it was three-dimensional. She asked if he were a part of her Entity.

Yes.

Alice asked for a clarification of the word typed "fasciousness" from page 2 of March 27's transcripts. The word "facetious" did not seem to fit the question.

"Facetious" but more like "platitudinous."

We did later answer the question concerning Werner [Erhard]'s aching head in that when he fogs over the information, he is reminded by the pain.

18 May 1974 — Saturday

Location: Walnut Creek

Present: MaryC (first time)⁶⁸³, Dick and Alice and Cheryl, Sarah and Richard

Mary's SRG.

We wonder if the guessing is over. This lady is a Fifth Level Old Artisan in Growth, a Spiritualist; Martyrdom is predominant and the Mode is Caution. The lady is mostly Martian, some Saturn, in the Moving Part of Intellectual Center. Aura is blue with strong overtones of gray.

Is the gray from illness or Martyrdom or what?

Both. The darkness is fading now.

What is that due to?

Emotional depression and physical illness.

Is she pursuing the correct course?

This is a course that can prove beneficial, yes.

Is there anything else she could do?

Yes, she should spend more time pursuing the knowledge within herself.

She says she has been doing transcendental meditation for about four months.

⁶⁸² This would be the nuclear fusion of hydrogen into helium. During my (Phil's) decades of interest in astronomy, I have never read anything about the cessation of nuclear fusion in the sun, so I find this answer dubious in the extreme.

⁶⁸³ This might be the MaryC who attended (again?) on 14 June 1974.

Mary, the meditation can be used to lead to fruitful concentration in a soul that old.

Is there something she could concentrate upon?

The topic will present itself. Suggesting such a topic produces struggle, not growth.

Mary: I feel it is time I should learn to love people.

Of course. It [love] is the goal.

Dick: I found the most important key to myself was asking Michael the question concerning what my purpose with this incarnation was. Would you like to ask that?

This lady Agreed, among other things, to achieve the state of the true filial love through the barriers of rather sever disability not to give up, but to continue to seek, no matter what befell her, and this she has done. The lady has also Agreed to serve as an example to three others similarly afflicted, but not so indomitably, and to two she has presented this example; one is yet to come. The lady has few Ribbons to burn.

(Debts from the past either in this life or another, which she owes or is owed.)

Mary: I feel I have much unfinished business with many and I can't correlate this to what I have just heard.

That which incurs Karma must be considered as the most serious of all of life's endeavors. Many times, you have the feeling you describe merely by being closely involved in the lives of others, or by playing out a Sequence that has, for you, an unhappy or unsatisfactory ending. This happens more usually in the male-female relationships that ebb and flow, as those involved run into their Sequential or Karmic patterns and leave you by the wayside. This has happened several times in your life where you have had to change course in midstream in order to keep an Astral-made contract.

(Karmic debts outweigh all situations.)

Mary: It didn't seem that there were that many. I think of strong personal bonds. With my ex-husband, I left him.

Why did she choose the Martyrdom Overleaf?

To make it more difficult to love the lady who is in the Aggression Mode.

(Sister Susan wants the high rate of interest.) Anne is the hardest to get along with and is a Martyr and uses it to keep people at a distance. Anne is like me.

That is valid.

Mary: My brother is probably a Stoic in Submission. He always wants peace and rarely speaks up.

This gentleman is a Third Level Mature Artisan. Yes, a Stoic in Submission, but in the Observation Mode.

Comment: Someone intimated that the sisters may be Baby Souls who are rigid in their belief systems.

Susan is not. Ann is not. Susan is a Fourth Level Young Soul.

Mary: She has turned powerful since coming into money. Her husband has stopped working because of this. She was powerful as a child. (Someone suggested she may be a King in Dominance).

This is Young Priest in Dominance.

Life with its ultimate purpose is enmired in Maya. Only the Realist in Growth ever seeks this type of Teaching. Idealists often do regardless of the Goal. Spiritualists, even though they may never meet with a Teaching, somehow know that this is "certainly not all there is".

Mary: I've always doubted that there was anything beyond the physical and I wanted to grow.

Why has this lady chosen the Spiritual Attitude and has been an agnostic most of her life?

The doubts are far more apparent than real and have much to do with the predominance of the Intellectual Center here.

Comment: Through training, education the personality is conditioned so that one is out of his Role.

This is more than possible in your culture. It is almost a sure thing. Few are allowed to exercise this philosophy.

Mary: During an illness in which I was hospitalized, I felt perhaps I was on the Astral Plane. My hearing was so acute that I heard the doctor through a closed door talking about a stomach pump. The nurses sounded like a herd of elephants. I felt that death was nothing to be afraid of — that it was a long sleep without dreams.

Dick: I want to thank Michael for my being able to experience the Astral Plane with real emotions, real colors, even the flowers were Astral; birds, too. I even pulled [my son] Craig into it. I felt I was there to experience so much. Then, my Impatience came through. I'd like to be there more.

The work is yours. Gratitude is not in order. We told all of you long ago to reach and touch us. The invitation stands.

Dick: A step there is unknown to me and that is what turns on the fire? I'd like to verify that I was on the Astral Plane.

We would agree with that.

Comment: There were powerful, positive emotions.

It [powerful, positive emotion] is present throughout [the Astral Plane], but those still in the physical body seldom penetrate higher levels, mostly from fear. However, there are no real barriers, but they feel the energy emanating from those levels and refuse to trespass. This can be surmounted. Of course, the emotions are powerful. They are diluted.

Cheryl: Am I getting in touch with the Emotional Part of Emotional Center?

Yes.

Cheryl: it's a high level and there is much energy and positive emotions.

Of course, your appreciation is also better.

Dick: Are any comments on how to reach the Astral Plane?

You must now learn to use the experience to your advantage on the Physical Plane. Learn to step in and out of the doorway without losing sight of that which is presenting itself in your physical environment. This seems difficult, but it is not. In some instances, it can be a great stimulant.

Dick: Getting the fire turned on is the most important step.

You have taken an enormous step in this direction. You simply cannot withstand such a barrage with absorbing some of it. Each time, you will bring more back with you.

Dick: The fire is there on the higher plane.

This is what you will feel through the doorway. Some day, you will step all the way through and the steps will no longer be tentative. Then, you will gather that which you need for kindling.

Sarah: I felt energetic after that Astral dream I had ... (man in Portugal).

Dick: Everyone else is on the Astral plane only they do not know it. I didn't meet anyone there as Robert Monroe described.

Richard: I have a feeling that [with the] task I chose, I have bitten off more than I can chew.

We think that you can handle it. You are correct that you have not begun. You wasted a good many years fretting,⁶⁸⁴ Richard.

Dick: Would you like to ask — what is the task you have chosen when on the Astral Plane?

Richard has Agreed to come to Balance through the Intellectual Center in this life since he is still Trapped in the Emotional Part of Moving Center. He does have a formidable task. This will result in some quite startling changes in perception of those all-important priorities.

Alice: What have I Agreed to accomplish in this life? I don't seem to have any perceptions along this line. Perhaps, I just had to raise the six children.

It was more important than simply bearing the children. The lesson lies in the recognition of those children as true entities within themselves and not merely as an extension of yourself. You have had many children in the past, but not these children. In them lies the lesson.

Dick: Why her choice of a Submission Goal?

This Goal is almost necessary with so many exalted children.

Dick: She seems to fight the Submission.

That is not entirely valid. Those to whom she has had to submit have also fought her Submission. It is not necessary that she experience dejection in order to fulfill this Goal. Now that she is able to look at this, she may wish to alter it. The dynamism around you has made you resent the Goal from the beginning. Those strong souls have also been able to fend for themselves to a remarkable degree. Also what we mean is that the soul in Submission need not appear as an object of pity. This usually points to the one who is willing to sweep up the pieces after the fracas, and this you have done.

Alice: I don't know how I could have raised all those children without being a Stoic!

Continue to pick up and learn to work through resentment and both the Goal and self will be fulfilled.

Re: Pope Giovanni Roncalli (?)⁶⁸⁵ [Pope John XXIII]. SRG? Slave, compassionate? He was to have been only an interim pope (he was ill when he took over) and the services are now in English for those speaking English. He accomplished much.

⁶⁸⁴ Fretting is standard operating procedure for someone in the Caution Mode, which Richard was.

The man, John, was the archetypal Sixth Level Old Soul transcendent. His acceleration was more marked in the last year of his life. Yes, a Slave and yes, in Passion and Emotional Center; mostly Jovial, some Martian; a Spiritualist in Growth. He jumped from Sixth Level Old to Transcendental level.

22 May 1974 — Wednesday

Location: Oakland, California.

Present: Narra, Dick, Cheryl, Sarah and Richard, Louise, Shirley, Carolyn, Gene, Cynthia, Betty, Mallory, Jim and Joan.

*We discussed a potluck to be held the following Sunday (May 26) at Shirley's house, as a going away party for Cynthia.*⁶⁸⁶

Question regarding the town of Nazarus and who wrote the Book of John [New Testament]?

There was a town called Nezeret, yes. It was totally destroyed during the third Crusade. It was not an important center of anything of note.

Dreams were the source of the [Book of] Revelations. The other [the Book of John] was an account [of Jesus ministry] by the apostle [John].

We would like to know Mallory's aura. Blue-green? Red? Orange?

This aura is mostly red with overtones of blue.

What does it mean?

There has been a progressive conscious effort toward the spiritual in this lady. As she moves toward this, the overtones become more striking.

Mallory: Has my son ever been killed by a bear (as in his dreams of bears)?

No. He did not die, but he did keep one as a pet, in the sixteenth century. The bear was trained extensively and was an important part of this refined soldier's livelihood.

Mallory: Was this in Russia?

Yes, Russia.

Mallory: Was I there?

Not at the time.

Mallory: I have an incredible attraction to Slavic people. Have I ever lived there?

In Dubrovnik, in what is now Yugoslavia.

When?

Early in that same century. At that time, most of the town was rebuilt.

Cynthia: [Daughter] Kimberly's Overleaves? Warrior, Stubbornness, Mature, Growth?

It is, but it just isn't rigidly fixed yet; it can change. This little girl⁶⁸⁷ is an Idealist in the Caution Mode.

Cynthia: Is she in the Emotional Part of Moving Center?

That is valid.

*Mallory: Was I in the Intellectual Part of the Center and out of Emotional part when I was writing my thesis?*⁶⁸⁸ *(She is in the Emotional Part of Moving Center.)*

Quite often, you would sense this — censor it — and run back.

How much of the transmission is altered by Sarah?

Substantially, where guests are concerned. Much is blocked, but what does come through with old students is unvarnished.

Gene: Would Michael comment on the session I had Monday night with a medium?

⁶⁸⁵ From Wikipedia: Angelo Giusesppe Roncalli (November 25, 1881 – June 3, 1963) was elected pope on October 28, 1958 at the age of 77 after eleven ballots. He was the first pope to take the name "John" upon his election in more than 500 years.

⁶⁸⁶ Shirley lived nearby. Cynthia and Nichols were moving to Oregon.

⁶⁸⁷ Kimberly was eight years old.

⁶⁸⁸ Mallory became a psychologist.

The only comment we would make at this time is that the emotional bias differs greatly from intellectual bias. Different processes [are] at work here and, therefore, the alterations will be at variance.

Gene: Was it Michael?

The attempt was made, yes. We did at times transmit through this medium. There are other entities in contact with this medium.

Shirley: Is Impatience sublimated anger? I had flashes this week of my Impatience.

Frustration is Impatience thwarted and thus transformed into anger. When you finish being Impatient with others, you then become Impatient with yourself.

Mallory: What about white auras? Do they represent Christ?

We also agree with that.

Cynthia: [What about a] rainbow aura seen in me by a medium? What is that? What did he see?

Sunlight and imagination.

Dick: What would the aura be in a Transcendental Soul?

We would like you to make a distinction between Old Souls “transcendental” and the Transcendental [Soul], which is a manifestation of the high Causal body. The auras of those Old Souls who complete their physical Cycle [“transcendental”] is generally of a clearer, brighter hue. Mohandas Gandhi was physically ill and still had gray overtones until the time of the manifestation [of the Transcendental Soul], at which time the aura became deep blue.

Carolyn: Did Ramon have a gray aura?

Yes. This man had dark overtones of blackish gray.

Shirley: What did I Agree to accomplish while on the Astral Plane?

Easy interpersonal relationships have not always been possible for this Warrior. To grow in the strength of firm interpersonal ties was one of the Agreements. In the past, you have been terribly independent and have not worked at this. It is necessary that you experience the cooperation borne of filial love.⁶⁸⁹ Also, Shirley, you Agreed to assist the man [husband] Glenn, to adjust to the sightlessness and build a life based on this change.⁶⁹⁰

What does Michael mean by filial love?

We speak primarily of parents and siblings.

Phyllis: Discussion about a friend regarding Passion, stating Phyllis may have passed through this already and not necessarily would need to go back there. True?

You have experienced life as an Old Soul in the Passion Mode, yes. That is not to say that you will not elect it again in the future.

Phyllis: Was it in this lifetime that Phyllis experienced the Passion Mode?

No, as the violinist.

Dick: Phyllis insists that she was in this life in the Passion Mode, so what was that? (When she was writing the book.)

The Emotional Part of the Center.

Phyllis: Why Mozart affinity?

You admired his precision. This was a Mid-Cycle Mature Artisan in the Intellectual Part of Moving Center, yes, in the Passion Mode, in Arrogance and Dominance, an Idealist.

Were they friends and did they know each other?

They did not know each other.

Shirley: Did I sing in a boy's chorus with Vivaldi?

Many times. Very long ago, singing was a usual part of life for young boys; not recently, however. You have never been a singer of note though.

Shirley: I have felt I was an orphan and in the boys choir.

Dick: What does our music taste tell us?

⁶⁸⁹ Shirley had several siblings, Louise among them. The family migrated from dust-bowl Oklahoma to California during the Great Depression. This is the type of thing that requires much cooperation.

⁶⁹⁰ We have a photo of Glenn taken at about this time; he is wearing eyeglasses with very thick lenses.

Many of you were alive at the time that a major school was introduced and this is a part of your overall encrustation now. Others are, [for] more eclectic reasons, attracted to various composers. For instance, people with hearing problems gravitate toward loud, imperative music, etc.

Shirley: What major [school of music]?

Baroque,⁶⁹¹ for instance.

Phyllis: More information on the eclectic reasons?

Such as hearing. Also widely dispersed and for general reasons such as hearing acuity, travel, early training, education, family preferences and even rebellion thereof.

Mallory: Do Centers have to do with compositions or with musical tastes?

For specific compositions only. Not all composers wrote all of their work from the same space; for instance, Brahms.

Dick: Is there any correlation with False Personality and music preference, as a harmonic of soul frequency?

Not with the False Personality, no, but often when the student starts on the [spiritual] path, there is a marked change in preference, and then this becomes more and more valid. As time goes on, this becomes the case.

Richard: Would primary soul frequency harmonics be detrimental for an animal?

No. The reason for the exaggerated reaction concerns reflexes and not what you are thinking of. The animal has a set of conditioned responses to many situations and when you confuse it, by trying to hypnotize it for instance, it gives up and collapses.

We discussed Richard using the strobe light with a red filter and his cat (Mulligan) had a seizure while Richard was using the light for meditation.

Gene: Question regarding the intelligence of plants and maybe consciousness of other matter.

We would repeat an earlier truth: the Tao is all there is.

Then, we would comment upon plants for they are interesting, highly complex diverse life forms. They constitute the opposite pole of your [human] life Monad. They have no visual, auditory or emotional level, and because it is the sole sensing organ, it has a wider range, just as the blind man often hears more than sighted beings. There is a highly developed tactile strength here linked with the emotions, and what the plant senses and “grooves on” is rhythm.

Cheryl: Then it seems plants would like rock and roll music.

Sturdy plants do.

Do these rhythms have more power over plants than light and water?

No. Look at it this way. Your Cycle has to do with shedding False Personality, theirs does not. They are always in Essence.

Could we use plants to communicate with extraterrestrials?

Only if the person using this method was a telepath.

Discussion of whales. Michael previously made the statement that planets had terrestrials (working towards consciousness) and aquatics — which were whales on our planet.

Did the statement on whales include dolphins and porpoises?

Yes it did, all of the cetaceans.

What does an Intellectual Scholar whale do?

He remembers.

What about whales that beach themselves?

They [Scholar whales] pass on to succeeding generations a wealth of information including the fact [that] they are dwindling, which accounts for a radical change in breeding habits.

What about the whales grounding themselves?

⁶⁹¹ From ><http://musiced.about.com/od/timelines/a/baroquetimeline.htm><: The word “baroque” comes from the Italian word “barocco,” which means bizarre. This word was first used to describe the style of architecture mainly in Italy during the 17th and 18th century. Later, to describe the music styles of the 1600s to the 1700s — a time when composers experimented with form, styles and instruments. This period saw the development of opera and instrumental music. The violin was also considered an important musical instrument during this time.

Often, they merely sense that life is almost over. If they are too weak to surface, they will often beach themselves.

What about the story of Jonah and the whale in the Bible?

The story, of course, is allegorical and has to do with mutual cooperation.

Do whales go to the Astral Plane between lives?

Whales spend an Astral interval and yes, you may contact them.

Are there Karmic Ribbons between whales and humans?

No.

Do whales have Transcendental Souls or a higher mental body known to them?

No.

Do they have religion?

Of a sort yes, not based upon an authority figure but based on an adoration of the life force.

[Is] Michael teaching any whales?

No.

Do they go on as we do to Entity and Tao?

Yes, except you must remember they are relatively free of ambition and greed, which are the two prime movers of civilization. The necessary ingredients are not there for them to require this type of periodic Shock (having the Infinite Soul manifest).

When [they] go to the Causal plane, could they teach humans?

Yes, they can if they choose to.

Dick: Could we get a whale Entity teacher as teacher to us?

This would be possible, yes, perhaps with a more experienced and Emotionally-Centered trance medium [other than Sarah who was Intellectually Centered]. We would point out to you that Warrior whales often attack anything threatening the school. There is always a King in the lead. The Sages do not ever attack. Warrior dolphins have been known to kill sharks much larger than themselves when their mates or progeny were threatened.

Do dolphins and whales communicate with each other?

There are barriers, much the same as your language barriers present.

Are [their] thought patterns the same as all Creatures of Reason?

In Essence, yes, but you must take False Personality into consideration.

Do whales have False Personality?

Yes, they do.

Do they choose their [life] Sequences?

Yes, they do.

Do we have musical instruments on the Astral Plane?

No. On the other hand, you can hear the music without the crutch on the Astral Plane. It is there.

Richard: Was the industrial revolution necessary to complete the Monad?

For many people, yes it was.

Comment: We had then to do it — using up resources, create pollution, etc.?

We did not say that. This same process has been affected more wisely on other worlds.

Are there Artisan, Sage and Priest killer whales?

Yes.

American Indians have Scholars who left little recorded history. Are we missing any great civilizations which left no record?

All of them. The cradle of Africa, for instance, also Ethiopia, in the fifth century before this era [5th century BC].

Dick: Is it possible to verify this whale material?

Some familiarity with the man John Lilly's experiments would help. You could perhaps talk to him.

Cynthia: I had a dream and it was that if I don't do what I am supposed to do, I might die. I don't know what it is I am supposed to do.

Now you do. You have been quite uncertain about this. You still fluctuate much, but are for the most part quite willing to budget the time now and then more than two years ago.

Cynthia: So what am I supposed to do?

We already told you, but basically, it is the same as that for Dick.

Comments regarding handling Dick.

We would agree with this. Dick is in dire need of Photographing. Carolyn can give Dick a Photograph and then Photograph her own reaction. That is where her work lies there. The same is true with others.

Sarah asked about Astral contact with [an] Entity: Do I have a task with him and is it revolutions?

We believe both are valid.

Is Antony also a Fragment of Sarah's Entity?

No. He has Karmic ties [with her].

Regarding Patricia Hearst ... is she alive?

We gave Carolyn information about another person who was distorted because of overuse and abuse of the drug PCP. This was used with Patricia Hearst.

We see no way out for this female. Her Essence cannot accept what has been happening and will eventually manage to kill the physical. We see this happening soon. She cannot tolerate this. She is aware of all of this and will choose to kill the physical rather than continuing. She is desperately trying to overcome this. Her family may never know the truth.⁶⁹²

Why was the information given before about her wrong? Must we always define everything so carefully?

We do not believe this is necessary. We usually understand. You will find that interpretation makes the difference. In this case, Sarah misunderstood her impression. To Sarah, she was dead⁶⁹³ and for the most part, she was and is. She can never return to being Patricia.

Is the difficulty in transmission or with the medium blocking?

This is valid and explains why the medium can leave out a word or sentence and why occasionally a whole word spills out rather than the letters.

Sarah asked about irrational feelings (her words) about money. [Does she have] Karma [in] this life in money?

Money is one of the only things that throws you out of Intellectual Center.

30 May 1974 — Thursday

Present: Mallory, Shirley, Joan and Jim, Sarah and Richard, Cynthia, BarbaraW (first time), Gene, Phyllis, Alice and Dick.

I find it hard to believe that whales are incarnated. Why has there not been contact between the whales and us, and are the whales aware that we are incarnated?

Except for the man John (Lilly) there has been insufficient interest in whether they can communicate. However, there are many interested in the fact that they can be taught to perform acts of underwater demolition. Stands to reason, does it not? Number two: they are aware only of the fact that there is intelligence in humans that reaches beyond the other denizens of their home world.

How evolved are they in relation to us? Do they have access to higher Sex Center?

⁶⁹² From Wikipedia: Patricia Campbell Hearst (born February 20, 1954), now known as Patricia Campbell Hearst Shaw, is an American newspaper heiress, socialite, actress, kidnap victim and convicted bank robber. The granddaughter of publishing magnate William Randolph Hearst and great-granddaughter of millionaire George Hearst, she gained notoriety in 1974 when, following her kidnapping by the Symbionese Liberation Army (SLA), she ultimately joined her captors in furthering their cause. Apprehended after having taken part in a bank robbery with other SLA members, Hearst was imprisoned for almost two years before her sentence was commuted by President Jimmy Carter. She was later granted a presidential pardon by President Bill Clinton in his last official act before leaving office.

⁶⁹³ In the February 20, 1974 transcript, shortly after Patricia Hearst was kidnapped, questions were asked about her and her parents. As of 2022, she is still alive. According to news reports, she has done a number of interviews, written a book and had a movie made about her kidnapping. She eventually married her former bodyguard and had children. She does not like being called "Patty."

Because they are limited in their ability to manipulate their environment, they are not quite as anxious to become competitive, but they have been around as long as you have, and their evolution is just about even with yours, emotionally and spiritually. It is, of course, not as cluttered with Maya where they are and they can often contact Essence earlier than humans can, but they do not always do so. Some are sexually evolved; some are not.

The crucial thing here is the question, Is it desirable to establish communication with them? Is there any cosmic reason to share with them?

Communication is, of course, possible. Underwater sonar equipment would be necessary: some refinements, of course, on present equipment. Above water, sounds are reproduced quite effectively. Their eyesight is extremely poor and they do not rely on visual contact in the way you do. Astral contact is also possible.

If whales are as far along as we are, there must be only a few whale Adepts.

That is valid. There are not many.

Is Astral communication on the basis of [telepathic] thought patterns?

Yes.

Is there anything to Elizabeth Morgan's hypothesis, presented in her book, Descent of Woman, that we humans lived on earth until there was a drought, then descended to the sea?

That is not valid. This [human] species has always lived on land.

Comment: We were told that Darwin's theory is not valid.

Humanoids sprung from a common stock, which also gave birth to the arboreal [tree-dwelling] apes. (That is, we have similar ancestors to apes.)

SRGA of BarbaraW, the new person?

This lady is in the Emotional Part of Moving Center. She is a First Level Old Artisan in Acceptance. Yes, the Chief Feature is Self-deprecation, and no, it is not strong. This is a Spiritualist in Observation. Mostly [under] the influence of Venus, some Mercurial. The aura is a bluish-green.

Could Michael comment on why it was that there were warm smiles exchanged between BarbaraW and Shirley and Mallory? (both Warriors.)

She [BarbaraW] made maps for the troops and has retained the memories of this. She was the first to lay out a comprehensive map of the coast of Spain.

BarbaraW: I did enjoy making maps as a child in grade school.

Is BarbaraW part of anyone's Entity here in the group?

Not now.

Has she been associated with any of us in the past?

Not with those in this room at the present time.

Dick: I have not been able to recognize people from past lives. Is there anything Michael could say that would help in that respect?

The recognition is, of course, an emotional one. Often, Dick, you manage to repress quite effectively your initial impression of the people you meet and this eventually results in a lukewarm impression of them that is relatively fixed. When you meet with them, allow yourself the luxury of even a negative initial impression, even a strong negative one, and follow it through. Sometimes, it does mean recollection, and this will produce strong emotional vibrations, and if the other [person] is reasonably self-confident, you will be able to detect a like response in them. If they are simply obnoxious, you will also soon realize this and be able to differentiate.

How about positive reactions?

Yes. Even more so.

Do people try to override negative impressions?

Shirley: I don't like to make snap judgments. I don't like to reject people right away. I want to give them a chance. I like to love people.⁶⁹⁴

We would like to have you continue to love them, but you may love them at a distance.

If she has a negative response, is it bad?

Allow yourself the luxury to experience the negative feeling, but you don't have to act on it.

⁶⁹⁴ Shirley has a Goal of Acceptance.

A side comment worthy of print: It's like emotional Drano or, as another student said, the Roto Rooter in the sky.

Cynthia: When you know of a Karmic Ribbon and there is no possibility of burning it, what can one do?

If it is sufficiently burning, you will find a way to bring it to its rightful conclusion.

Cynthia: I've tried to make contact with Susan and she says, "No." I do not know whether it is Karma owed me or Karma I owe, or what.

The Karmic Ribbon still exists.

Cynthia: Could you clarify whether I am the debtor or the debtee?

Cynthia is the debtor. Naturally, the one to whom the debt is owed [debtee] will have more negative emotions surrounding the payoff. The one who owes [debtor] will usually seek quiet solution while the one who is owed will continue to demand fireworks long after dawn.

Cynthia: Are there any other Ribbons left for me to work out?

Yes. You will find that you have a Ribbon with one of your prospective neighbors.

Does it help to forgive those who owe us?

Forgiveness is a gratuitous, empty term. Forget, yes, that is valid. Remember, then look at it, and then forget it.

Does this help in having others forget the debts? This attitude would encourage those to forget their debts.

Sometimes it does, especially if they are also in contact with a teaching or in a sufficient space to hear the words.

Dick: What does Gene owe Susan? It seems that it is out of his control to do anything.

At this level and at this time, yes. The lady Susan has several alternatives. She must choose. When it becomes obvious that an impasse has been reached, cease to struggle and move on.

Shirley: I would like some clarification on forgetting. How can you do this?

Gene: It means not to sit and stew — an internal rumination and chewing over and over. Detachment is good.

On the strength of Susan's feelings that she could do acts of violence, would not this produce guilt in her? (The true sign of an owner ... he never could steal.)

Cynthia: This would be a reason for growth.

Often, Cynthia, this is true. Often also, those to whom the debt is owed have chosen Goals such as Rejection and Retardation, which will allow them to collect.

Mallory: I would like to know if the information that the mother of one of my patients in Retardation is correct. It does not seem right: Baby Artisan in Dominance. I feel she is a Mature Soul and I do not feel the Dominance. I would also like to know if I have a Sequence with these people — mother, father, son.

Yes. You Agreed to aid this man in understanding at a deeper level. The reason you do not feel the Role and Level is the lady is in the Repression Mode, and her Martyrdom.

Mallory: This man feels he will kill someone — he brought a gun to the hospital.⁶⁹⁵ I told him the hatred he felt was for himself. Where does this violence come from?

This is the guilt of which Dick spoke earlier. The guilt, of course, arises from wishful thinking. This man is also responding to his innate drive to be dramatic. Young Sages are more so.

This lady [his wife] is unable to deal with her own guilt and frustrations in other than a pedantic way. In other words, she apprehends information intellectually and acknowledges that psychiatrists "know", but beyond that there is little to work on.

Mallory: Do I have bad Karma with AlexN? Why do I have such clashes with him?

The Friction is caused by clashing Overleaves.

Why did the boy choose Retardation?

In order to experience this dependence.

BarbaraW: Does one have to look for a spiritual teacher?

If you are ready for a teacher, you will find that teacher. It may look as though you have been searching; you may call it that if you wish. By all means, search. If you do find that teaching, it will feel right and you will know it.

BarbaraW: I felt I was not going to bother with groups any more, but I was curious about this one. What am I doing?

⁶⁹⁵ Mallory was a psychologist when she met Gene and was invited to the group.

Much more like desiring [than curious]; that would be more correct. Perhaps you would review our feelings on the solitary path.

(It's a poor way to go ... you need others to Photograph ... you cannot do it alone.)

Cynthia: Last week, I was distracted at the end of the meeting when people seemed angry with one another. I did not know what was going on. I would like a comment from Michael.

The reactions to a given situation are yours alone to deal with. If you wish to verbalize this, by all means do so, but do not expect that all will wish to verbalize it. You should not dwell upon the others' reaction to your verbalization. It is their choice and they must be responsible for it. If Dick chooses to be pained by what Gene thinks, this is his right. However, we may point out that Gene did not "cause the pain."

Cynthia: If we have a goal of Agape, we should be able to use these situations to help us grow.

One of the first steps, of course, is the realization that you alone are responsible for your reaction to the situation.

Cynthia: Does my wanting to photograph have anything to do with my wanting to teach?

(At this point, there was a discussion of Cynthia's feelings of lack of trust in last week's meeting and various people told Cynthia how they felt at that moment about her. Cynthia felt that other people had received information in private meetings and she had not felt that she wanted to impose on Sarah, as she had heard Sarah say she was tired and now she felt there was not time to put all the questions she had to the [Ouija] board.)

What is happening here is that an Emotionally Centered soul is leaving a familiar situation for "God knows what"⁶⁹⁶ and wishes to have some confirmation of her place in the sun. This is not out of order, but should be recognized for what it is. We risk being flippant and we realize that, but the Photograph is vital.

Cynthia expressed the fear of saying something and being rejected.

Mallory then expressed how she did not feel connected with the group. She felt good about coming back after an absence of five weeks, but she felt there were no persons in the group to share her life with. She wished to make the teaching and her life one, and couldn't figure it out.

This lady chooses to separate herself out of shyness. She is reluctant to break into the inner circle, and one of the reasons is that she is still wondering if this is "the teaching". It can be, of course, but evolution is a solitary matter.⁶⁹⁷

Mallory: I like to go deep into personal life. When one of the members tells us he is "getting out of Repression" through personal work, it means nothing to me: it tells me nothing about him. I would like to go deeper to share.

(Much discussion followed.)

Mallory then asked for a comment on her thesis and the teacher [at her college] not agreeing with her.

This man has a strong feeling that the dichotomy should be preserved, yes, and the difficulty is, of course, that he cannot effectively say why. You, on the other hand, recognize that there is no dichotomy and your shyness prevents you from putting this into words.

Mallory: In many ways, he was obliged to keep these (psychology and religion) separate. On the surface, he couldn't talk. He said that Joan d'Arc must have been a highly evolved soul. I'd say she was more a Young Priest in Martyrdom. May we have the SRG on Joan d'Arc?

This lady was a Mid-Cycle Mature Warrior in Dominance who deeply resented being female and was willing to die for her individuality. She had a strong Chief Feature of haughtiness [Arrogance]. Her Mode was Passion. She was a Spiritualist.

Mallory: Is Joan d'Arc part of my Entity?

That is valid, but this Fragment is not now on the Physical Plane.

Cynthia: SRGA of Janine? (Gets uptight quickly.)

This lady is a Sixth Level Baby Warrior in Stagnation. Her Chief Feature is not a powerful Overleaf and is Greed. Her Mode is Caution.

SRG of Earley?

This man is a First Level Old Priest in Acceptance. He is mostly Lunar, some Saturn, in the Emotional Part of Intellectual Center, yes. The Chief Feature is weak but is Martyrdom. He is a Spiritualist in the Passion Mode.

⁶⁹⁶ Cynthia and her husband Nichols were getting ready to move to a new cooperative community in Oregon.

⁶⁹⁷ Mallory continued to attend Sarah's group into 1975, then attended later study groups for many years with Louise where Louise's daughter Leslie was the channel.

Does he [Earley] have a Sequence with Mallory?

You have not met with this Fragment before. Know that it sometimes occurs that you simply feel at ease with certain souls because the relationship in no way is threatening and this is fully known at the outset.

Mallory: Yes. It's playful, warm and humorous.

05 June 1974 — Wednesday

Location: Oakland, California

Present: Alice and Dick, Louise, Cynthia, Mallory, Joan and Jim, Shirley, Sarah and Richard, Narra, Gene, Carolyn, Betty, [Marty].

Dick: Starting to see both sides of a problem, seeing things in the round. Wondering about this?

Thank you.

When you begin to see these "sides" as merely alternatives and not as either negative or positive, then you will know that Essence is looking at the situation. Until then, you can be sure that the Personality is reacting to a proposition that seems threatening. You were always tired but your work ethic would not allow you to rest. At least now, you are in control of that to some extent.

Dick: See [the] negative side of something, is this Personality?

We would agree with that.

Gene: There is no positive or negative in Essence. True?

We would agree with that. But you must remember that in Essence, one experiences; one does not evaluate. We would point out that that which is the soul operating from Essence feels that which we called "Agape" and that is a feeling of tranquility, of peace, and we doubt that the Personality of many earthbound souls would consider these particularly strong emotions.

Dick: Feeling [that] a conscious soul has inner fires burning.

We do not dispute that. The energy will be available in quantities, now unavailable to you, simply because you will not be leaking it out through fantasies and hostilities.

Is everyone's Essence bored?

In this society, we would say the majority, yes. To stimulate it, of course, it must be presented with challenges, not struggles. When the Essence has to struggle, it refuses. Struggling is not worth the effort and it knows this. Insoluble problems are good examples of struggles that the Personality loves and the Essence flees from through [because of] boredom.

What is Essence challenge?

Spiritual growth, for example. All forms of studious endeavor when undertaken for the sheer joy of the undertaking. Some forms of religious pursuit. Work that is in Essence [Soul/Role]. That is to say, for instance, painting was in Essence for the Old Artisan Raphael and his Essence was not bored.

What is in Essence for Warriors besides fighting?

Many positions involving administrations and leadership. Even supervisory positions in public recreation areas. We know of many Mature and Old Warriors in this country now working as park rangers and their Essences are not bored.

False Personality work? Where does it come from? How does it have to do with Overleaves?

The Overleaves exert an enormous influence on the ultimate Personality. That [False Personality] emerges from the cultural imprinting and determines how the given Fragment will adapt or not adapt to a set of similar life circumstances. For instance, one would expect an Emotionally Centered Mid-Cycle [Fourth Level] Mature Priest to react with more lasting stigmata to say forcible rape than a Moving Centered Old Scholar.

Question for Evie about her mother dying soon.

It appears that way, yes, but this lady wishes to be released and will undoubtedly have her wish soon, as the body has used up its time and is now useless to her.

Yes. This is a Sixth Level Young Priest in Acceptance.

Gene: Question about apparitions (from a book Gene is reading by Rex Stanford).⁶⁹⁸

These apparitions are very often no more than the hallucinations of a hysterical personality, in the case of religious ascetics. In some cases, there have been appearances of Astral beings who simply assume the character desired by the medium.

The man [Rex] Stanford is able to let go of his own energy to a degree, where he could produce such an apparition. The prediction of great disaster is an interesting phenomenon⁶⁹⁹, and occurs with startling regularity all over the inhabited universe. Some Astral beings find this irresistible. We have no doubt they will, too.

Validity [of apocalypticism]?

It is not valid.

[The pilgrims to] Lourdes — are they healed?

They wish to be healed. Often their illnesses are still wholly psychosomatic, and there has been no structural damage. Hysterical paralysis is particularly easy to cure at Lourdes.

Invalidate:

We would say that most of it is the man's [Rex Stanford] attempt to explain the phenomenon that he wishes to believe, and it is for the most part not valid.

Is the date of death predetermined?

There is often many years left to the body, though after the particular life task is done with these children, that was the initiation [initiation?] possible amount that they could accomplish [in] certain Sequences. Most suicides have "copped out" on Astral contracts.

Is the date of death known?

No. One of the students in this room, for instance, has the genetic potential for living to over one hundred years, but there are many spokes on that student's wheel.

What does Michael mean by "spokes"?

By "spokes," we speak of the many choices yet to be made by this relatively young person, and the myriad alternative courses the life may take.

Who is it?

Had we wished to give this information, we would have.

Comment on Gurdjieff — told persons who knew when they would die. Gene made the comment about his brother knowing at what age he would die — and others.

Some seem to know. Certainly, it is possible to accelerate the process of death, as it is with all other processes. Also, there is a very definite aura surrounding the dying body and those who are sensitive can pick it up.

Mallory: Woman on the bus — different, another country, looked attractive and I liked her, but then when [I] looked her in the eyes, had difficulty.

Primarily, the difficulty here lies in the fact that this was a deeply troubled soul with an opinion of herself that caused you to feel the "evil."

What was her soul level?

A Mid-Cycle Mature Priest.

Are etheric auras thicker than others?

No, just brighter.

Do they vary from time to time?

Very much so, yes.

Cynthia: Question about Liz — SRG?

The lady would be an active student, yes. This is a Fifth Level Mature Sage, Moving Centered, Mercurial mostly, with some Lunar. Yes, she is Impatient. This lady is an Idealist in Growth and in the Power mode.

What is her aura?

Pinkish-violet.

⁶⁹⁸ From >http://archived.parapsych.org/members/r_stanford.html<: Dr. Rex Stanford was the president of the Parapsychological Association in 1973 and 2007. He has authored numerous papers and book chapters.

⁶⁹⁹ This phenomenon even has a name: "apocalypticism"; refer to ><https://en.wikipedia.org/wiki/Apocalypticism><.

SRG on Ted?

[Liz's husband] Theodore is a Fourth Level Mature Slave in Dominance. Yes, he would make an observant student, as this is his Mode. He is not dynamic, but Stoic. This man is mostly Venusian, some Lunar, and is in the Intellectual Part of Emotional Center. He is Arrogant, and [his] aura is reddish-gold.

SRG of their adopted child [Mike]?

This [is a] Sixth Level Old Warrior in Growth, with Impatience. Possible but yet unmanifested. This child is a Spiritualist in the Passion Mode, with a blue-violet aura.

Asked the Body Type and aura of Sandy.

This lady is mostly Jovial, some Venusian, [and] her aura is yellow-red.

Question about William and overuse of [the] drug PCP.⁷⁰⁰

This man needs to know that those experiences can be had without [psychotropic] drugs, of course. Yes, he is pretty dependent upon this fairly dangerous crutch now — the Essence enjoys the temporary liberation, yes. The lady could profit, but she cannot bring about any change in him — he must do this himself.

Would he reject this?

He will not like this information, but he may be forced to look at it if his supply [of drugs] is suddenly cut off.

Joan: Question about a couple they are going to spend the weekend with in Tahoe: Could they hear the teaching?

This lady finds the source difficult to verify but is receptive to the information. The man finds all things that smack of mysticism unusual lowable [sic, "unallowable"?], or perhaps unpalatable would be a finer choice of words.

We discussed a potluck planned with Yorgos's group. The date has been set as July 14, 1974 and is to be at Alice and Dick's.

Andrew is paranoid about Joan — he can't look at her. Why not? Has he been scared off?

Of course, the man Aiden is aware of the existence of this thorn in his side, but not of the total context. He is terrified more of the unknown than the known. Also, he perceives the changes in you and cannot accept these.

Joan: When should I get off session (ruling body)?

We would, of course, always say that whenever it feels right, but your Acceptance stands in the way of his feeling right at the present time. We would say, Joan, that you should examine your internal commitment to the issues of this body and go from there.

Everyone she talks to leaves. Anyone I should talk to before I leave?

There are many there that you could reach. We are not asking you to leave, only to evaluate and appraise.

Should I talk to anyone about the teaching?

In part, yes.

What other part?

Your own example.

Marty: [Is there a] Sequence between Cynthia and I?

The Sequence that is there is not so much what you see. There is also some incompatibility of Overleaves here. The Sequence involves a complex situation of spiritual seeking and the teaching that you were involved in some six hundred years ago, and this she has done. At that time, you were studying in a convent and were responsible for helping this monk to transfer to another region where he could pursue his life work without the interference of a domineering Abbott.

Marty: Karmic Ribbon with [husband] James and I? Slave of his in the 18th century, I stole some money; he then died.

He feels [the] Ribbon is overpaid.

I don't feel that it is that simple.

⁷⁰⁰ Per Wikipedia: "Phencyclidine or phenylcyclohexyl piperidine (PCP), also known as angel dust among other names, is a dissociative hallucinogenic drug used for its mind-altering effects. PCP may cause hallucinations, distorted perceptions of sounds, and violent behavior. As a recreational drug, it is typically smoked, but may be taken by mouth, snorted, or injected. It may also be mixed with cannabis or tobacco. Adverse effects may include seizures, coma, addiction, and an increased risk of suicide. Flashbacks may occur despite stopping usage. PCP is most commonly used in the United States. ...usage peaked in the US in the 1970s...."

That acknowledgment on his part is genuine. He did look at the Ribbon and was able to make the connection. Yes, you can consider this debt paid. Any more contributions that you make will have to be chalked up to your Chief Feature (Martyrdom).

The Jovial Venusian is far less ethereal than the Lunar and does not give one the sense of coolness that the true Lunar gives. This lady is tired now and the Jovial nature is subdued.

Alice: [Marty's] Body Type?

This lady is mostly Jovial, some Lunar.

Narra: Question about being an actress previously...

Yes, a very great actress. You brought much joy and laughter into the lives of many, but in particular to two quite prominent, and, at the time, saddened personalities. The Sequence will in part be repeated in this life Cycle, as one of those persons is now a part of your present life. This was in the early part of the 18th century. You were able to convey the experience of life so successfully from the stage, as well as from the life, that your influence was quite widespread.

Narra: Actress? None?

This was in France, and yes, the eighteen hundreds.

Dick: Did I know her?

Yes.

Could we recall about him/her?

Yes. You have a Sequence that you Agreed upon with another student.

Joan: Someone in this group?

Definitely. The Sequence is not with you, Joan. In the case of Sequences, we would prefer that the students recognize them. We could easily manufacture many Sequences. Fertile imagination.

Narra: How do I discover this Sequence?

Unfolding events, most likely.

Betty: Do I have a Sequence with BarbaraW or Cheryl?

The lady does not have a Sequence with BarbaraW, but we did not say that she and Cheryl had not known each other before. They have, many times.

Dick: Have I known everyone in the group before?

In the present group structure, yes.

Richard: I get stronger things from auto[matic writing]. I have gotten an important task in this life and I'd better shape up. Is this valid?

Yes, this is valid for you as well as for others in this room.

Richard: We were told when up at Lake Tahoe from Tomas that something significant would happen.

Joan: Ready for her task ... What is it?

One of the tasks to which you agreed is to introduce those around you to the tactile sense while largely at [word(s) missing]. It this culture true. [sic] In other words, help them to open this door.

Joan: Is there another one?

One other we have in part discussed with you and that involves communication and can be satisfied through your teaching (your creativity).

Marty: [My Life] task?

Of course, the more obvious one involves service to those with whom you come in contact. This one you are currently fighting, but would, in the final inning, find fulfillment in if you would follow up on the previous suggestion. You might surprisingly delineate your tasks quickly.

Marty: She was a pediatric nurse. I would like to volunteer for a children's hospital and cuddle kids, and fix their covers.

Narra: What is Narra's expression of creativity?

The one area where your Repression has done you in during this life is the normal verbal exuberance of the Sage. One of your very creative areas can easily be in your unconscious but excellent choice of words. You could be extremely persuasive if you would now allow all of this to come out. You are now quite persuasive professionally and could be [likewise] in all of life's arenas.

12 June 1974 — Wednesday

Location: Walnut Creek, California

Present: Joan and Jim, Gene, Carolyn, Sarah and Richard, Alice and Dick and Cheryl, Shirley, Louise, Narra, [Elizabeth].

Jim: Spent the weekend with friends and wants to know about previous Ribbons with them.

This man has not been with you before. The lady has, though. This man sees this as a sure and certain road to material happiness and achievement in your case. We would tend to agree with the happiness.

Jim: Relationship of the wife and Jim?

Only that you have been soldiers together.

Jim: Would going into his own business be lucrative?

That would, of course, depend upon your willingness to expend the necessary vitality.

Dick: Regarding Sequences: Do souls differ in Sequences? How many? Are all of us in this group part of my Sequence?

Sequences, of course, vary a great deal from life to life. Usually, those in a Sequence with you will make a far greater impression upon your memory than just ordinary acquaintances. Then too, in some way, there will be influences within the relationship.

Often, a favorite teacher has been in a Sequence with you or a particularly close adolescent chum with whom you later lose track. Sequences can be between two people or can be large enough to accommodate a group this large. This group is not just one Sequence though. There are at least five Sequences here.

Dick: What establishes a Sequence?

Souls agree while still on the Astral Plane to experience certain segments of life and also may choose at that time to experience it with other Fragments of the same Entity or close Entities, primarily because of the ease with which such experiences can be accomplished.

Gene: Close Entities are what?

Entities Cast at the same time or Fragments that have been together many [life]times before.

Dick: Sequence involves Fragments or Entities?

It can involve both your own Entity and Fragments of another Entity that has the same or similar needs. For example, Richard, Sarah, Cheryl, and Victoria all have different Sequences that can be accomplished by the same route. Cheryl and Sarah are also within a same Sequence.

Dick: On Astral interval, associated with the same Entity?

Usually, with the Fragments of your own Entity and those close to your own Entity. Usually there is a period of transition from the physical to the Astral life, and this varies from soul to soul. This sometimes results in some Fragments not being reunited with their Entity until much later. For example, not all of your Fragments are now on the Physical Plane. Many will not become physical Entities for another century.

Louise: Shirley and I are sisters now — are we Sequencing?

This [siblinghood] does not normally make a Sequence.

Cheryl: So what does make a Sequence?

Agreement to play out a certain fragment of life. For instance, we have told you before that not all parents and their children are playing out the Parent-Child Monad. This Monad results in a far more complex relationship than just the ordinary one. Siblings are taught by this culture that they must feel something for each other and are encouraged to even falsify such conditions. This is not always true. Relationships within the typical nuclear family are rarely honest because of this.

Dick: Dislike carry over on Astral Plane, because on the Astral Plane, the facade is all gone.

Discussion about why we can't pay Karmic debts on the Astral Plane.

You may think of it as an enormous theater with continuous performances, if you wish. The analogy is a good one, for that is precisely what happens. On the Astral Plane, the actors Agree to perform certain roles, only they are cast loose on a booby-trapped stage [onto the Physical Plane], so to speak — it makes for livelier action, more experiences that way. The birth trauma [in returning to the Physical Plane] most of the time takes care of [erases] a great deal of the memories [of prior lives and Astral Plane plans]. It also plants the seeds of aggressiveness and the will to survive.

Dick: Tomas said you could substitute Astral for earth experiences.

This can be done but it takes much longer.

Louise: Is hypnosis a good step?

No. We would say that it is an excellent step.

Gene: (Difference in some statements — why?)

One of the most obvious reasons for the qualitative differences that you feel is that at this moment, this Entity is dealing with far more than your group, and although this is a reunited Entity only a segment of it monitors your little group at any one time. There were Warriors and Kings in this Entity. The handling sometimes is very different as would be an Entity containing the reunited Fragments of say Priests and Sages. Another reason is as you say: some of the questions asked will be better answered at a later time.

Gene: What other groups or responsibilities?

This Entity also has students within this sector of the galaxy. Of course, we are available to the Astral Entities also, and these transcend physical time and space.

What other parts of the galaxy do you have students in?

Primarily in this sector.

Gene: Any evolution going on that we could notice in Michael?

There should be some perceptible differences within the next decade — at least we hope so.

Dick: Are my [marijuana] plants stoned?

No more so than rattlesnakes are perpetually toxic.

Dick: [psychedelic] Plant brings [the] ability to take physical [consciousness] to the Astral Plane.

What it does is to numb the Personality.

Dick: Question regarding the speeding up of spiritual growth.

We would be inclined to agree that the significant progress, when it comes, will be like an explosion when compared to the snail's pace you are now experiencing.

There is some validity in the statement that the Personality and Essence must eventually "battle it out," at least if progress is to be made on the Physical Plane, and this does not happen when entities [marijuana] that knock Personality out of the box are used, but those [psychedelic] crutches do a valuable service in that they allow you to glimpse the goal and make an intelligent decision about its worthiness as a full-time pursuit.

Betty: What is my Life Task?

As with most Priests, it is primarily missionary in nature and will involve your own ability to project the teaching from your own center of serenity to the most unlikely group of students. Also, in this lifetime, you have agreed to play out Sequences, only two of which you have begun.

Betty: What unlikely group of students? Is it the group, Pan-African? Union?

Some of them she has already met with. This will be an offshoot of a group she is now aware of. There is no name now.

Alice: Any Sequences or Ribbons with Susan?

No Ribbons and no Sequences directly with her, but, of course, you are in Sequences with others who do.

SRG on Delia: Fifth Level Old Priest in Growth, a Spiritualist, Arrogance, Passion, Mercury / Venus?

That is essentially valid. This lady is a Fifth Level Old Priest in Growth; not a Spiritualist, however. This is a Pragmatist. Vanity, Passion, Mercury-Venus.

SRG on Elizabeth?

This lady is a second level Mature Scholar in Acceptance, yes, in the Passion Mode, with a Chief Feature of Self-deprecation, mostly Mercurial, some Venusian, in the Emotional Part of Intellectual Center.

What is her aura?

We think that one could call this "flaming." It is mostly a reddish-gold. This does not clash with the cool colors particularly, but there are more flattering things the lady could affect.

Jim: What is my [life] task?

This task involves dissolving the attachment to material success through true creativity. The man Jim has a formidable task in this as most of his Sequences and Ribbons involve money, a habit that is hard to break.

Should we recognize [life] tasks in others?

Yes, you should. Particularly, you should work toward some insight to your own [life] task.

Carolyn: [Life] task? Is it to be alone, involvement with child?

To be happy alone, depending upon the "all". Pan-dependency, of course, is predicated upon the Personality becoming independent and functioning self-sufficiently without depending upon the actions of others around you to move first. Of course, this is necessary if you are ever to allow the Essence to rely upon the cosmic forces that it knows are dependable. That is one of your primary tasks; it is not a goal. No, that is not the only one; there are others involving arriving at an inner "truth." That, in turn, involves unscrambling much conflict in doctrines, or rather many conflicting doctrines. Again, this is largely a solitary task. If we clarify this, it will take more hours than you now have, since it involves a lifetime of work, but briefly this lady has within her the ability to arrive at a point of spiritual tranquility that she does not now enjoy, by recognizing further [for] her self what is true and discarding that which is patently false, keeping the good and throwing out the bad from all of those influences that have and will later come into play.

A "task" — is it one or several things?

"The" task that most of you in this room have agreed upon is that you will attempt to hear the words. This is paramount. The others are life tasks and vary from Fragment to Fragment, depending upon what you have experienced in the past.

Louise: Thinks [her life] task is moving from being dependent to being more independent.

This is essentially valid, but with some reservations. One is that your last life was a relatively colorless one and we see in you an attempt to live with more flair. This stems from one of the tasks, which is the development of an inner vitality from a point of inactivity.

Question: "Life reading" by a friend. [Is it] valid?

Mostly valid.

What isn't?

We find no great fault with this man. He is a trance medium and he does surrender well in trances.

Louise: Information from Evelyn valid?

Not all, but some. Some comes through considerable bias.

Elizabeth: Creativity workshop. Doctor on psychology.

Your task can be summarized in one word: participation. This is generally not an easy task for Scholars and most do not like it much. That is the primary reason for the Passion Mode and Acceptance Goal. It forces you to participate rather than to slip through vicariously again.

Narra: SRG on a friend that died recently (Bill)?

This Fragment chose the Passion Mode and Goal of Acceptance, yes, a Realist, with a Chief Feature of Martyrdom. This was a Mid-Cycle Mature Sage. The drinking to excess was almost wholly culturally induced.

Gene: Task involving teaching and aloneness — separation?

Also, an important part of this task involves the discrimination in knowing who can hear the words without wasting the energy on those who cannot. Yes, the separation is almost accomplished and yes, it is a solitary task and cannot be interfered with. If there is interference, there is nothing accomplished. The true occult Adept is usually lonely.

Sarah: SRG on Nessie? Fifth-Sixth Level Mature Sage, Intellectual Part of Emotional Center, Arrogance, Idealist, Mercurial?

This lady is a first level Old Soul, more Arrogance than Dominance. All else is valid. She is definitely not a Realist. Idealism is flagrant.

Alice: My task?

(Given before) although that one is by no means complete. There is another that, of course, involves allowing your talents to emerge from underneath the Submission. You have not completely reconciled yourself to all of the children's "things". For instance, [your daughter] Kathryn.

Alice: I feel I have accepted these things.

The primary difficulty lies in the sense of longing, and this is an inner struggle that both Alice and Dick must work through. The alienation is real at the present; it may not always be.

16 June 1974 — Sunday

Location: Oakland, California

Present: Joan and Jim, Gene, Sarah and Richard, Carolyn, Alice and Dick, Shirley and Glenn.

Jim asked a question regarding his apprehension at changing jobs (going into business for himself).

It is primarily a fear of failure, which is not at all complex and usually accompanies a move of this type. We would be astonished if you did not manifest some of this. A completely tranquil acceptance of the possibility of failure requires Balance.

Jim asked about any suggestions to help him make up his mind and any suggestion of how to make the change.

One way to objectively compare the alternatives would be to keep a frustration index for several weeks while pursuing both, then compare lists. They need not be written, but that would be handier. The only way we know of to begin a venture such as this is to simply plunge in and work. The way may be difficult at first, but most worthwhile ventures are, and require considerable restructuring of both attitudes and life styles. You may have to adjust to a highly irregular schedule in the beginning, and this may pass the responsibility onto the lady Joan [his wife] to do some restructuring of her own. Time-wise, the hours spent may far exceed those now spent, but if the work is truly in Essence, the expenditure is a pleasure.

Joan: But the work isn't in his Essence. Comment, please.

The way that this man approaches these tasks is very much in Essence for him. Also, the need to pursue whatever he chooses in a solitary fashion is very strong in this man. He bristles when others interfere.

Joan: How would this mean restructuring my life?

There may be in the beginning more hours alone than now and this would be time to pursue the paths in your own way. Also, time to structure the relationships with others on the same path.

Jim: Regarding benefits from the other job [that] he would have to continue on his own. Comments?

If you are planning to continue to seek the help of such individuals, then, yes, you will have to make provisions for paying them. You could do this on your own, but it would, of course, require enormous self-control to set aside sufficient funds. But if you chose this as an alternative, then the funds would be there for an emergency. After all, health is not the only urgent situation.

Joan: Would Michael please clarify this for me? Are they saying I should or should not make the change?

It would be more conducive, yes, of course. When you are making the major decisions in any situation, your own creativity, whatever form it may take, has much more of a chance to bloom. That is not to say that it will, just that it stands a better chance.

Joan: What about less money?

True.

Shirley: Discussion about Akashic plane being where records are kept. Wondered about the scripture "Book of Life" and the connection between the two.

The Akashic plane is a living photographic record of all that ever was and is, to a millisecond ago, even less. Yes, this is the "Book of Life." It is contiguous to both the Causal and Astral Planes.

Shirley: Asked about the "silver cord"⁷⁰¹ being real.

Only in that it can be created by travelers who need the added reassurance of a way back.

Usually, this term is employed to describe overly close dependency relationships; for instance, mothers and their elderly sons.⁷⁰²

Discussion about the silver chalice, King Arthur and Merlin as being Joseph of Arimathea reincarnated.

Shirley: Arthur Ford⁷⁰³ describes the Astral Plane as a place the Roman Catholic church called "purgatory." Is this valid?

⁷⁰¹ From Wikipedia: In metaphysical literature, the silver cord, also known as the sutratma or life thread of the antahkarana, refers to a life-giving linkage from the higher self (atma) down to the physical body. It also refers to an extended synthesis of this thread and a second (the consciousness thread, passing from the soul to the physical body) that connects the physical body to the etheric body, onward to the astral body and finally to the mental body. – per Alice Bailey *Education in the New Age*

⁷⁰² For more on energy cords between two people, see excerpt from *Tao to Earth* at ><http://www.itstime.com/cording.htm><

⁷⁰³ From Wikipedia: Arthur Ford (January 8, 1896 – January 4, 1971) was an American psychic spiritual medium, clairaudient, and in 1955 founded the Spiritual Frontiers Fellowship. He is also author of the books, *Life Beyond Death*

One can construct for himself Dante's inferno if he wishes. Complete to the all, even circles and complete as far as *dramatis personae*. Or, as we have said before, the "nothingness" of the nihilists.

Carolyn: Regarding wrong information received from Michael.

We think that there is also an element of gullibility operating here, too. This accounts for your own doubts.

This theft was not done by a stranger. No stranger could have engineered it in that fashion. There would have been far more disarray than there was had the thief had to search. We told you what we knew of the circumstances in this situation. We have no further evidence to cause us to change our statement.

Why differing information?

Sarah has no emotional involvement in the situation. It is easier for her to receive incriminating information concerning someone she does not know.

Jim: Can I recover my stolen tools?

Yes.

Dick: Question regarding "chakras."

The significance probably lies in the fact that so many have become aware of this at all, some not even on the path, or following strange pseudo-paths. These "chakras", of course, correspond to the measurable energy flow from the individual Centers. In other words, the lowest [Root] chakra corresponds to the output of the Instinctive [Physiology] Center.⁷⁰⁴

Richard: Can they [chakras] be perceived through the "third eye" {Brow Chakra = Higher Emotional Center}?

They are normally perceived through the Emotional Center or gut [Navel] chakra.

Correspond the Centers and chakras?

Yes, they do. This is what the yogis perceive when they expound on this. In one able to visualize the auras, this becomes easy, for there is a transitory "puff" of color accompanying significant outputs, such as occurs in the digestion of the major meal of the day or in deep meditation. The gut chakra is [the] Emotional Center; Intellectual Center manifests itself at chest level [Heart Chakra], and so forth. The Sexual Center can be measured at the level of the thyroid [Throat Chakra]; the Higher Emotional Center at the level of the pineal body [Brow Chakra]; the Higher Intellectual Center at the level of the anterior pituitary [Crown Chakra]. Procreation is handled by the Moving Center [Pubic Chakra] in 'sleeping' animals [including humans].⁷⁰⁵

Ram Dass says the spirit body has holes or chakras connecting to the physical body. Normally, people's holes are "plugged up" and the energy is there but can't flow. True?

Dick: [Earlier in this session] Michael has stated that sexual energy is the only mobile or available energy.

This [Sexual Center] is the first [counting from bottom to top in the body] of the Centers not solely governed by Maya, and consequently mobile. The fixed amount of energy is fixed by the organism [as with Ordinal Centers-Chakras], not by cosmic [as with Cardinal Centers-Chakras] shortages. We can give an example of the fixing. It works well. The body has a chore to do that it dislikes. It dwells on the undesirability of the proposed action until it renders the Moving Center inactive and unable to perform its task, normally able to perform such action. The body is simply too exhausted to move, yet twenty minutes later, some happy diversion is offered. Suddenly, the body undergoes a miraculous recovery and actually expends far more Moving energy in the pleasure activity, for instance, tennis, than it would have in the work activity, for instance, shopping for groceries.

Gene: Is this energy measurable?

and *Unknown But Known: My Adventure Into the Meditative Dimension*.

⁷⁰⁴ During the OMG, the so-called "Instinctive" Center was understood the same way that Gurdjieff understood it, namely as the Physiology Center, hence the lowest Center, the bottom of the lineup of Centers-Chakras. When the Instinctive Center was later understood to be in the middle of the seven and correlated with the Heart Chakra, it came to have a different meaning, namely balance and intuition, the bridge from lower to higher Centers.

⁷⁰⁵ This lineup of chakras with Centers follows Gurdjieff's understanding, where the higher chakras and Centers follows the same sequence as the lower chakras and Centers (Moving > Emotional > Intellectual = Sexual > Higher Emotional > Higher Intellectual). I regard this as an error, as explained in my books. Note that the Sexual Center is regarded as a higher Center along with the Higher Emotional and Higher Intellectual Centers; I do not regard that as an error. However, in standard chakra lore, it is the Solar Plexus chakra that is said to be intellectual, not the Heart Chakra.

It is measurable electronically, yes. There is now a photographic technique that can be used to visually record the color changes. (Kirlian photography⁷⁰⁶)

Dick: Is there anything useful about this for us to know?

Well, of course, you can use them as a fairly handy yardstick by which to measure your progress toward Balance [of Centers]. You can feel the energy being expended, and after awhile, locate its point of exit [chakra that corresponds to the Center] and then more accurately pinpoint the Center responsible for the output. If it is not the proper Center to handle the particular action then you know that there has been a leak.

[Question missing.]

That is valid, and the most common manifestation of enormous outputs of energy in these individuals (intellectual) is tachycardia [rapid heartbeat], at least, that is what they notice the most. Sarah, for instance, notices icy palms and shaky knees under the same circumstances.

Trapped part? Weakened part?

[That is] valid, except for the Instinctive Center, which malfunctions only during organic illness.

Dick: Regarding his own chakras?

When you are cogitating as now, there is a brightening of your aura around the chest, but you are not sufficiently aroused by this to create the racing heart.

Dick: Other chakras?

There is now a brightening of the aura also in the region of the Instinctive Center as it digests your dinner. This will only last while the most significant work is being done, not while the contents are being dehydrated [in the large intestine]. This requires little expenditure. The Moving Center is relatively quiet.

Dick: Is the Kundalini⁷⁰⁷ source "sleeping?"

Not so much sleeping as simply stored. The liberation of higher energies is just that — a freeing of the stores. This can be brought about in many of the ways we have suggested to you. It cannot be brought about by any transfer of magical energies from one soul to another. Even if we could transfer energy to you, you might choose not to utilize this. The utilization of higher energies must come from you and we can say that you, Dick, have as much held in abeyance as anyone else in this room.

Joan: Unless there is Balance [one] can't reach higher Centers? Am I getting in touch with my Moving Center?

The desire is certainly there and sometimes, you are able to just move without rationalizing it away as being "good for me." When you reach the point where you no longer do this rationalization, you will be utilizing the Moving Center exclusively for these moving activities.

Alice: Give an example of what happens in the Emotionally Centered person.

The Emotionally Centered individuals often complain of "butterflies" in the stomach in times of stress or excitement. Many times, intestinal cramps follow extreme stress; more susceptible to diarrhea and constipation, also. Intellectually Centered souls often cough in moments of stress, clear the throat, etc.

Alice: Her Center?

The Emotional Part of Intellectual Center is where you spend most of your time.

Moving Centered souls take it, but on the integument:⁷⁰⁸ itching, burning, blushing, sweating, shakiness in the limbs, etc.

When these happen, is the Center doing the Wrong Work?

Yes.

⁷⁰⁶ An internet search provides ample information about Kirlian photography. Wikipedia has a summary of its claims and the scientific research on the claims: >https://en.wikipedia.org/wiki/Kirlian_photography<. Personally, I have doubts about its applicability to chakra measurements. I suspect that the channel had read the book *Psychic Discoveries Behind the Iron Curtain*, published in 1970, written by two Americans, Lynn Schroeder and Sheila Ostrander.

⁷⁰⁷ From Wikipedia: Kundalini literally means coiled. In yoga, a "corporeal energy" - an unconscious, instinctive or libidinal force or Shakti, lies coiled at the base of the spine. It is envisioned either as a goddess or else as a sleeping serpent, hence a number of English renderings of the term such as 'serpent power.' The Kundalini resides in the sacrum bone in three and a half coils and has been described as a residual power of pure desire.

⁷⁰⁸ From Wikipedia: The integumentary system is the organ system that protects the body from damage, comprising the skin and its appendages (including hair, scales, feathers, and nails).

Richard: Can chakras like Leyden jars⁷⁰⁹ be an analogy?

Very much so. You could even say overwhelmingly so.

The energy leak virtually paralyzes any other Centers, attempt to intervene. For instance, the Intellectual Centers attempt to prevent crimes of "passion."

[Gene: Question not noted.]

Yes, it does, and many weird symptoms manifest such as impotency, premature ejaculation, vaginitis without a causative organism, etc.

Normally though, Gene, it is the Moving Center that digs the sex act and Emotional Center says it is bad. Intellectual Center is fairly aloof about sex.

Dick: Concerning LSD, reading Ram Dass, John Lilly, etc.

It is a way, yes. We would discount any risks involved in a single experience when weighed against the possible gain. Make certain that the trip is well mapped and you have a traveling companion until you meet with us.

Is John Lilly correct about LSD unprogramming [the] Personality?

It can, if you transfer the knowledge gained [in the altered state] to the waking state. Yes, it is difficult because you are immediately bombarded with Maya [after return from the LSD].

Richard: Are insights about [Isaac] Asimov⁷¹⁰ correct (human brain) etc.?

Essentially, your insights are valid yes, and yes, Isaac is a liar. Of course, he does not know the truth, but Richard is receiving some help with his insights.

Richard: Why are my dreams so mundane?

No, but you are remembering the mundane ones. They are much safer.

Richard: Why do I feel so uncomfortable in San Francisco observing people?

San Francisco is a city of Young Souls, many Warriors and many Slaves.

Carolyn: Dreamed I was talking to my sons? Astrally?

A contact between Astral vehicles, yes, with the older child.

Joan: Do we choose Centers before birth? Joan's children Moving Centered?

They are Moving Centered, but they are not trapped yet. They now use all of the Moving Center. You do choose your Center but the entrapment in a specific part happens later.

No, but we think if you look at the answer again, you will understand.

Dick: Energy effort spent on unsequential things —

They are of no consequence to the Personality (things of the spiritual). No, you are right and if you spend the whole life in Personality, then you will spend it doing things that it considers important. Only if you meet with a teaching, will you ever begin to realize that these mundane tasks are of no consequence. Only then, can you begin to work on those arcane tasks that are of much consequence.

Dick described an encounter with a man in Berkeley several years ago.

These encounters can only come about with two who are on the [spiritual] path. The man in the encounter you describe was more than that, though; he was a [Occult] Brother.

16 June 1974 Addendum

Alice: I'd like to ask the meaning of a dream I had having to do with sexual intercourse, with someone I do not wish to have intercourse with.

There is some transference of eroticism, many times, over to safe sources. It is not scary then.

In other words, to dream of sex with an undesirable or unavailable sexual partner is not as scary as dreaming of sex with a much desired partner. Often, one you are not willing to admit that you desire. Therefore, the desire

⁷⁰⁹ Leyden jars accumulate an electrical charge and then discharge their static electricity.

⁷¹⁰ See Isaac Asimov Home Page: >www.asimovonline.com<. From Wikipedia: Isaac Asimov (January 2, 1920 – April 6, 1992) was an American author and professor of biochemistry at Boston University, best known for his works of science fiction and for his popular science books. Asimov was one of the most prolific writers of all time, having written or edited more than 500 books and an estimated 90,000 letters and postcards. His works have been published in all ten major categories of the Dewey Decimal System (Although his only work in the 100s — which covers philosophy and psychology — was a foreword for *The Humanist Way*). He was a long-time member of Mensa International.

or the eroticism is transferred over to a less threatening image. Often the specific act itself is also transferred. For example, if you strongly desire to perform fellatio, you may dream of straight "missionary sex".

Alice: This does not seem to fit an explanation of the dream I had. Could you comment further?

No, but we think if you look at the answer again you will understand.

Dick: How come so much energy is spent in time and effort on unsequential things? Things of the spiritual are not —

They are of no consequence to the personality (things of the spiritual), no. You are right and if you spend the whole of life in personality, then you will spend it doing things that it considers important. Only if you meet with a teaching will you ever begin to realize that the mundane tasks are of no consequence. Only then can you begin to work on the more arcane tasks, which are of much consequence.

Joan: Could I have a comment about my arrogant attachment to the motherhood role?

The "motherhood role" is wholly in False Personality, yes. You are attempting to be more reasonable about this and this is not easy in your culture because, as the man Werner [Erhard] says, you do not experience your experiences. Therefore, it is almost irresistible to attempt to live again through your children, and this is unfair to both you and the child. Also, there is an element of Martyrdom in the motherhood role of the culture, which is unnecessary. It is not at all good to put off self-growth until the children are grown. They will not appreciate you one quanta more for your efforts.

Dick: I would give up anything to have a spiritual experience —

Richard: I would like a comment on my intuitions lately and the "fact" that my aura indicates healing. Did I Agree to this [healing intuitions] on the Astral Plane?

It is not that you Agreed to do this on the Astral Plane, it is more that the combination of Overleaves you chose given your affinity for this. By all means, try it.

Richard: My second question is concerning what happens on my long drive to Napa. I was told to meditate for five minutes and clear my mind before starting to drive. I am aware of the aura of trees and I feel emotional.

You are perceiving them with the Emotional Center, which is a new experience for you. Tears are always the outward manifestation of the Emotional Center.

Gene: Is Susan an Adept now?

This lady could certainly become an Adept, but lacks command of her emotions. This imbalance prevents her.

Gene: Were Clay and Dad present when Susan said they were?

There has been increasing ability on the lady's part to control the Astral body. The Astral vehicle of Gene is uncontrolled, and many times the lady seeks this and there is only the memory of a dream for him while she remembers quite vividly.

Gene: What about Clay and Dad? Do they control their Astral body?

The same is true for them. The lady seeks this contact and controls it.

Gene: Please comment on Sergio's impressions of Susan's picture.

The temptation is very great for this Old Priest to retreat to the monastic veilings. Yes, this is a valid alternative. The Personality has found the secular life painful and not to its liking and longs for the quiet of the cloister.

Gene: Are you talking about Susan?

We speak of the lady Susan but it is also true of Sergio as well. The lack of achievement in the secular world weighs heavily on her now and will until the end of her days if she retreats. She has achieved academically and intellectually in the past so this is not new to her. This achievement is not what she seeks. She has been a Jesuit and a teacher within the confines of the church, and knows that that success is hers for the asking. What she cannot achieve now causes her the pain. She perhaps will not be willing to look at her own cause and effect, and will continue to regard her unfulfilled expectations as betrayal.

Gene: Did I kill the Countess and Chiliara? (Susan and SharonB in 200 AD)

This is a valid memory.

Gene: What Karmic ties still exist with Susan and SharonB?

The alternative exists that you will continue not to fulfill the lady's expectations of fidelity, and violence will be the logical result. This does not have to be, since both of you are aware of the extent of the Ribbon. At this point, the alternative of acknowledgment exists, also. This could also mean that you now go your separate ways and pursue different paths.

Gene: What area has Susan not achieved?

The sexual realm is the only one that stands in the way. Achievement is only that which one wishes to recognize as such.

Gene: At times, I have felt that Susan was suppressing her sexuality.

We see little fantasy of this nature in this lady.

Gene: I have read Uri Geller's book. He feels outside forces are responsible for the effects. Could this happen to Susan or I?

The mid Causal sources working with the lady Susan have endeavored to point out to her several inconsistencies in her behavior and hence the conclusions. Still, she was given the choice.

The trouble with the man Yuri [sic: Uri Geller] is that he still does not always hear the words, and takes action at an emotional, subliminal level. The trouble with you is that you too are gaining strength and do not yet know how to use it. You too can now transport [telekenesis: mind over matter] if you wish.

Gene: Uri states outside intelligences provide the power.

No outside power is giving him anything. He has it within himself.

Gene: Why such a complex theoretical system?

It is not unusual for Astral beings and Adepts from other worlds to use whatever method it has at hand to affect communications.

Gene: How can we dematerialize objects?

Through conscious effort: concentration. This is what the man Yuri [sic: Uri Geller] needs to learn. Making an object go away is not difficult; knowing where it went and bringing it back is.

Gene: I lose so many objects. If it is possible to send them, where do they go?

Wherever you wish them to go. The center of the sun is a frequent choice.

Gene: I am not aware of doing this. Can it be unconscious?

You do make a conscious effort to make them disappear, but it is a fleeting one and often one-ended [so they don't come back].

Gene: I don't feel any new strength.

Your Personality is losing ground. The Essence is stronger now. You will not feel this as physical vitality. That has nothing to do with spiritual growth.

Gene: Do I still have Karmic Ribbons with Susan?

There has not been satisfaction as yet, but as we said earlier, this can be dealt with in an unemotional fashion now that you are both aware of the debt.

Gene: Do I hate SharonB?

SharonB stood between you and your goal in life several times. Yes, there is resentment there but hatred is a bit too strong. Once she was an Arthur. You wished to renounce your vows and were not permitted.

Gene: Can I acknowledge with SharonB and end these Ribbons?

If she can look at this life and agree, yes.

Gene: More information about the Arthur, please.

Yes. This was in the South of France near the ruins of a previous life. You were a Benedictine monk. She [SharonB] was [the] Arthur. You desired to leave the monastery to marry a townsperson. The young woman was pregnant. This was not considered [by the Arthur] to be sufficient reason. She [the young woman] killed herself. You fled and petitioned Pope Innocent for release, but you died before he could answer the plea.

Gene: What century?

The thirteenth century.

Gene: When I communicate with my Fragments, how will I perceive them?

The information will at first appear to be dreaming. Then, you may wish to transfer this over to the waking state and just be aware of the larger part of yourself, which is the Essence of the Old Soul's perception.

Gene: [Does it come as] Intuitive thoughts?

More than that. Even as loud as a voice sound that only you can hear.

Gene: How do I recognize it?

An intuitive feeling of affinity of an extension of self. It will be far more in tune with your innermost thoughts than even we are at times.

19 June 1974 — Wednesday

Location: Oakland, California

Present: Sarah and Richard, Alice and Dick and Cheryl, Liz and Ted (new); Joan and Jim, Gene, Carolyn.

[Handwritten names under the typed names: Phyllis and Wynn, Victoria, Narra, Shirley and Glenn, Marty. Nichols also asked questions.]

Liz: Has the feeling she needs to do something and doesn't know what. This is confirmed by her dreams. What role did CIF play for them? (Liz and Ted)

As to what the Creativity Initiative Foundation [CIF]⁷¹¹ and other similar groups signify, we would think of them as stepping stones, giving you the broad perspective, wetting your whistle, so to speak. The homework, of course, is your own inner struggle with self-growth and the knowledge that there is work to be done. Also at a deeper level, knowing that the Personality does not like that experience. Meeting with a teaching is always a shattering experience for the seeker, and usually brings on many phenomena such as dreams that are especially vivid and are really simply Astral experiences that are for once remembered. Many also experience precognitive phenomena and other psychic experiences during this initial period. Some use it as a verification. Others become frightened and choose to deny this.

Liz: Gradually giving validity to intuition. What is the Karmic Ribbon with Liz and Ted?

In this instance, the lady's intuition is valid and this Ribbon winds back to the immediate past life. The man [Ted] was a runaway; the lady [Liz], a Cheyenne brave. He was broke, frightened and very much in danger, and the Indians took him in. Also, the child of this union, not by birth, but by right [adopted], figures prominently, and [is an] Old Warrior. This was the chief. This chief was unique in that he had a white woman for a wife, a child stolen in a raid. He was wise in the ways of the white man, and he sensed your very real danger. He was sympathetic to the plight. Twice, there has been an involvement with drinking as an escape. Twice, you have aided each other in facing that which you wished to escape. We speak of two previous lives: this one and a previous life in Hungary.

Liz: I am unclear as to whether a debt still exists ...

We agree with that. The picking up [of the debt] has already occurred. The striding forward can now begin.

Dick: Comment on weekly encounters?

Your perception of this Mature Sage is valid. The comment we would make at this time is an obvious one. He was picking up on your daydreaming, and yes, you still do some of that.

Dick: Gold aura?

The golden shades normally indicate an altruistic bent.

Aura of Nichols?

Many of you are partially right. Yellowish green.

Does aura change in one life?

If the change is a permanent one, the aura will change correspondingly. As long as the desire remains, the aura will give this away in brilliant Technicolor.

Liz: Will Michael give us our [life] task? Teach – Performing – Speaking?

We would agree with the former. The latter, of course, is a memory of a time when this was a real part of your life. You could, of course, teach very effectively in this manner. All Sages come equipped for the stage. It is built into the model.

Ted: I get the feeling the [San Francisco] Bay Area is a spiritual growth area.

We have spoken about power vortices and positive energy spots to the group before, and the city of Berkeley is a positive energy source. The Bay Area draws upon this source.

Ted: In CIF and EST, [we are] exposed to much knowledge. What is the purpose of these for us?

⁷¹¹ From ><http://www.globalcommunity.org><: This non-profit organization started in 1950 and later became the Global Community Foundation. It closed in 2010, redistributing its assets to other organizations in line with its vision.

This answer would be much the same for all in this room. That is, to synthesize and verify this knowledge so that you can be in a better space to promulgate the Logos.

Richard: What does Hobo have that we don't?

Patience.

Ted: [What is the] role of Jewish people? Is it a lesson for me?

One can, of course, take from their wealth of experience a very important lesson, yes, and that would be: persevere in the face of persecution in order to see the dream.

Ted: Was I a Jew in a previous life?

Yes, you were, in the second century before the Common Era, and before that in Babylonia.

Liz: Told to study "middle pillar"⁷¹² by a psychic. Is this true for everyone?

Not specifically. This is just an excellent exercise toward growth.

Narra: What happened to the SLA [Symbionese Liberation Army] members that were pacific and then became violent?

The same phenomena occurred here that occurs over and over again. The way of peace is far too slow for most Young Souls, and if they are politically involved, they usually temper their mercy with a little blood at the end. The three in question were swept up in the charisma of the leader, but they were already tasting the frustration of bringing about a "better world" through non-violence. They [perceived] massive inequities around them, and were unable to separate from their fantasies. The trouble with this and many revolutionary groups is that they choose notoriously poor targets through Emotional Center. For instance, the man Marcus was viewed by the militant Black as "Uncle Tom." In reality, he was far from that.

Dick: Observing self — can't figure out why it operates as it does (the machine). What do I do to make the change?

We would say at this point that the insight you have mentioned is an extremely essential one; that is, to view from the inside [via Self-observation] the utter mechanicality of the Personality and its conditioned responses. Yes, these responses can be altered, and you, above all of those who seek, should now begin to see how they can be changed. All along, we have been urging you to Photograph these [mechanical] sequences in yourselves. Some of them are, of course, culturally induced; the work ethic is an example. Others result from your combination of Overleaves, and the way in which you interrelate because of them. The Personality is a machine. All of its responses are mechanical and most are unnecessary. The continued [Self-]observation should make you willing to change this behavior; after awhile, it becomes too frustrating to do otherwise. This is one of the side benefits of the Concentration–Meditation Monad. It does make the Essence disgusted by the hold Personality has over it, and usually the necessary impetus occurs to effect the change. Sooner or later, if you are willing to pursue this to the bitter end, the light will shine and the Essence will gain control. Then those things which are truly significant will take precedence over much of the nonsense you now use to occupy your days. And this does not just mean Dick; this is all of you.

Dick: Alienation; varies from person to person. Stems from conditioning...

Also, [alienation varies] from the sense of pride one has in one's achievements, this being wholly in Personality, and it [culture-induced alienation] can be almost inversely proportional to the amount of alienation suffered by the soul [from the Personality]. And yes, this [alienation] is culturally induced. That [alienation] is valid we think directly [it varies proportional to the amount of cultural influence absorbed by the Personality].

Ted: Have left CIF. Any further Ribbons there?

No true Ribbons. [You had] a Sequence that was completed recently.

Liz: I have some questions about [the] Pahana group.

Many of those involved in this group are in Sequences with you, yes. Cynthia as an example.

Liz: Mother (Ellie) inordinate amount of problems. Probably, a Mature Soul – Warrior – Mercurial.

⁷¹² Because the Jews are mentioned in this Q&A thread, we may reasonably suppose that "middle pillar" might be referring to the 'trunk' of the so-called "Tree of Life" in the Jewish Kabbalah, which has the property of "Equilibrium". It corresponds to the Neutral realm between the Ordinal realm on the left side of the Tree (left pillar = "Severity") and the Cardinal realm on the right side of the Tree (right pillar = "Mercy"). Thus, this might be equivalent to the quest to become Balanced Man in the Gurdjieff and in the Michaelian teachings. Appropriately, some properties of the middle pillar are knowledge, beauty, and foundation. For example, refer to ><https://stottilien.com/2013/06/06/6760/><, and to >http://www.kabbalah.info/eng/layout/set/trans_page/content/view/full/31413<, and to many other websites.

This lady is a Third Level Mature Priest. Yes, in Dominance, with Martyrdom as her Chief Feature, in the Passion Mode, Emotionally Centered, with a pinkish-red aura.

Marty: Newly recovered alcoholic living in my home. Mature Sage or Priest in Submission?

Many [Sages], yes, do have this problem, sometimes due to the extremely false facade of the life they lead on stage or as a “famous personage”. The alienation again drives them into an escape route that often ends in degradation. Sages, because of their flair for the dramatic, usually at one time or another, choose this type of life [alcoholism].

Marty: [Karmic] Ribbon or a Sequence with Dennis (the alcoholic)?

This man is a Mid-Cycle Mature Sage, yes, in Submission with Self-destruction as a Chief Feature, not as strong now as formerly. He was badly frightened by his recent experiences, enough to take a look at this. An Idealist in the Observation Mode. There was Agreed upon a Sequence here that you would offer shelter.

Alice: Ellis – Passion [Mode]?

Most is valid. The aura is reddish orange. We see more Impatience.

Phyllis: Do animals laugh?

Laughter is limited to Creatures of Reason. They alone feel the need to communicate the fact that they are either pleased or awfully nervous to those around them. Other animals do occasionally indicate their nervousness by coughing, stamping, etc., but not laughing. We see the need to laugh as genuine in Creatures of Reason who so depend upon verbal communication, and where in some societies displeasure just might result in violence.

Narra: SRG of Pat?

This lady is a Fifth Level Mature Priest in Growth. Not all advocates are in Stagnation. It is just a rather logical choice for those who are. This lady is a Realist in the Observation Mode.

Nichols: Myth of the Tower of Babe – [is it] Entity Fragment symbolism?

We find no fault with this insight.

Joan: SRG for friend and husband: Old Artisan, Dominance, Growth, Spiritualist?

The lady first: this is a Third Level Old Artisan in Growth, not Dominance. She is in the Power Mode, however, which gives her overtones of Dominance. Yes, a Spiritualist.

This [man] is a Fifth Level Mature Sage in Growth also, but in the Observation Mode. He is a Realist. His Chief Feature is more of Stubbornness than anything else. This man should be a diversion for all.

Phyllis quoted an article from Harper's Magazine. [Article details not included in transcript.]

23 June 1974 — Sunday

Location: Montclair district of Oakland, California [Chambers's home]

Present: Sarah and Richard, Alice and Dick, Cheryl, Narra, Narra's niece NarraS, Joan and Jim, Cynthia, Nichols, Shirley and Glenn, Marty, Phyllis, Victoria.

Dick: I've been reading John Lilly's [book], The Human Biocomputer and would like to ask about his method using isolation. It looks scary. An alternative would be the "hypnosis machine", which would be less hazardous.⁷¹³

Of course, the chemical route is much swifter than the electronic, but since you have the option, you might try the hypnosis first and if this is too slow for you, then go to the other. We personally think that the man John Lilly hit upon the only sure method by which souls in Repression [such as yourself] can force themselves out of that space. Then, even though they might slip back again, the slipping is not as far and it is no longer as difficult to regain the ground lost so, as we said before, the man John hears the words.

Dick: In the book, he describes a person who had a below-conscious baby Tape running where he would run to mommy and mommy was busy and he was told to run to daddy, and when he would do that, daddy was busy, so back to mommy who.... Under LSD, this

⁷¹³ The “isolation” referred to in this question is probably the sensory deprivation tank invented by Lilly. The “hypnosis machine” referred to in this question is probably the “hemi-sync” audio device of Robert Monroe, which some members were experimenting with. A third alternative for achieving altered states of consciousness is the use of psychedelics, mentioned in the answer.

came out in consciousness and he became aware of it. He had much energy after that, but then began to sink into unconsciousness after six weeks or so. The programs are so intense that it is hard to remain unprogrammed.⁷¹⁴

In many instances, the soul deliberately chooses not to erase the Tape and merely deactivates temporarily. After all, many of these loops afford enormous security in relationships and one never knows when one might need them again.

Dick: It seems to me that John Lilly's book is a better exposition of how human beings operate than I've ever read before.

We agree with that.⁷¹⁵

Marty: I would like to ask about my Entity.

The Entity as Cast from the Tao contained 100 Priests, 400 Slaves and 350 Sages. (You have met) no one in this life (time who is part of your Entity).

Narra: I would like to ask the same question.

600 Kings, 400 Sages.

Richard: Is Marty going to meet Fragments of her Entity?

She should, yes. The searching has begun. It's not unusual for souls of this physical age not to have run into their Fragments.

Richard: How many of Marty's Entity are alive now on the Physical Plane and how many of those are in the [San Francisco] Bay Area?

More than 300 [alive]. At least 70 [in the area].

Narra: Likewise [for my Entity].

There are about fifty questions the lady would like answered, but in answer to the current question, this exalted Entity has 228 Fragments extant on the Physical Plane at the present time. 14 of them live within the 70 miles of Berkeley.

Could we have some clarification on the Sequences? Does one feel close to his [Entity] Fragment when associating with him?

That is not completely valid, so you often tie in with new Fragments from associations that were rewarding [in past lifetimes].

Cheryl: How about my Entity? What's with it?

500 Priests, 400 Sages, 100 Kings. The range in this Entity is from a Sixth Level Young Sage to a First Level Old King. There are 43 Fragments of this Entity in the new world [United States]. Most of these Fragments are in the old world [Europe].

Joan: How about my Fragments?

Only 17 of the lady Joan's Entity are in the new world.

Joan: Am I still to meet Gaius?

The option still exists at the present time.

Joan: Could I be told the composition of my Entity?

The composition of this Entity is: 400 Priests, 100 Artisans, 355 Kings and (soul levels range from) First Level Mature Priest to Third Level Old Artisan.

Shirley: Any news of my Entity?

700 Warriors, 250 Scholars, 100 Slaves. Three hundred of these Fragments are now extant: 75 in the western part of the new world, from a Fifth Level Mature Warrior to a Sixth Level Old Scholar.

Is there an attraction between [Entity] Fragments?

There is a strong affinity. This can be either negative or positive depending on past associations and the level of the soul determines the amount of recognition [— the older the soul, the more the recognition].

Shirley: Have I met with any of the Fragments of my Entity?

With one lady: Louise (meaning her sister, Louise). You have not been searching for this long. There was a contact yes, but at the time you chose not to acknowledge the feeling.

⁷¹⁴ As you may know, computers in those days were the size of refrigerators, used reel-to-reel tapes for memory storage, and were programmed with punch cards; hence the metaphor that Lilly used to describe how humans get 'programmed' in childhood, and the subconscious memories get played over and over again in 'loops' in adulthood.

⁷¹⁵ Various therapies from then to now, especially the body-centered kind, are aimed at unprogramming the adverse pre-conscious memories stored in the organism before the conscious mind of the child was developed enough to defend itself.

Narra: Is Ricco part of my Entity?

That is valid. (Or, “yes,” as they say in the new world.)

Glenn: I’d like to inquire about my Entity and also my SRGBTAM [Overleaves].

This is not a Young Soul. If there was an error in this, it was in a hasty, Sarah-type error. This is a Sixth Level Mature Sage. The rest is valid, (which is:) Chief Feature is Self-deprecation. This man is in the Observation Mode and is an Idealist. This man is in Growth. Yes, he did go from Acceptance to Growth (in this lifetime).

Shirley: Did his meeting my (large) family (who are mostly in Acceptance) have anything to do with his changing?

Over a period of time dating from that time, gradually. Sometimes, the unqualified Acceptance by a large group of souls will tip [the] balance here, especially if the exposure is constant and over a period of years. This is going on here within this group.

Would this be true of the other Overleaves and moving to Growth when surrounded by Acceptance unqualified?

We would agree, except that in the case of Rejection and Retardation; these are more difficult to look at.

Richard: Could we ask the SRG of Narra’s niece, NarraS?

This is a Mid-Cycle [Fourth Level] Young Priest in Acceptance. Yes, there is no Chief Feature manifest. In the Intellectual Part of Emotional Center, an Idealist in the Passion Mode. Mostly Lunar.

Dick: The man I saw 2 years ago on Telegraph Avenue⁷¹⁶ who is allegedly a member of the Occult Brotherhood — what is his SRG? I’d say he was in Balance so he is not in any Center, an Artisan, Fifth Level Old transcendent [Karma-free] soul in the Passion Mode, no Chief Feature, Spiritualist. Is he part of my Entity?

The only part we would disagree with is Sixth Level Old Soul, transcendent. In one who has achieved Balance, the goal has been reached, that is correct.

Dick: Is he part of my Entity?

This soul is, yes. He is around and available in Berkeley. You can get in touch with him, but, yes, we can make him aware of the need. He could provide some direction to your inquiries.

Dick: What is his name?

Nolan. This man is mostly Saturnine, some Venusian.

Cheryl: Is [Narra’s son] John part of my Entity?

That is valid.

Cheryl: Is he the youngest Sage in the Entity?

There are two Sixth Level Young Sages.

Jim: Could I have some data on my Entity?

There are 56 Fragments of this Entity within 200 miles of Berkeley and an additional 31 within the one hundred mile radius of Grants Pass [Oregon].

Joan: How many Sequences have I begun in this life, how many are finished and how many have I agreed to pay out in this life

You have finished one to mutual satisfaction. You have agreed to two total life Sequences, meaning that you will probably relate closely to these two for the entire physical [life] span. There are three additional Sequences, two of which you are aware of now, one which has not yet begun.

Michael said before that they had something to say about “twinning.” Could they comment now?

Twinning is, of course, the closest possible of physical relationships. This goes for the other planes also and this is where the confusion regarding the so-called twin souls arises. For instance, the question was asked of us some time ago concerning the possibility that souls could not change sex, or rather gender, between lives because of some twin soul feature. It is true that most souls do search for their soul mate, but they err in assuming that that twin is of the opposite gender and consequently lose out on an exceptionally close and rewarding relationship. Twinning occurs often at the moment the Entity is Cast from the Tao and can occur between Entities Cast at the same time⁷¹⁷. In other words, there is sometimes a crossover and these twin souls do go through many, usually all lives together.

⁷¹⁶ Famous street between downtown Oakland and University of California Berkeley campus, where protest demonstrations occurred in those days. >https://en.wikipedia.org/wiki/Telegraph_Avenue<

⁷¹⁷ Later, the group of souls “cast at the same time” was named a “Cadre”.

The lady Dr. Janet is an excellent example in her regression therapy sessions. She did remember the need to reincarnate, because her twin had been reborn, although she did not understand the reasons, and always saw the twin as male and herself as female. She did recognize the need.

Twins normally make better than average partners. They also make exceptionally good marriages. The gender does not matter in this at all, although this culture makes it difficult for some twins to come together.

Twinning is rare between some Roles, frequent in others. Scholars rarely twin and usually with Warriors. Priests and Sages twin most of the time, Artisans and Slaves frequently, Kings rarely.

Physical twinning can also strike an unerasable bond that continues throughout the remainder of the physical Cycle, driving these souls together again and again. The closeness of twinning is a very special relationship.

You choose to play out Sequences with the former [physical] twin. The lady Joan [and] the lady Narra, are good examples. There was an interruption in this because of an extremely long life span in the lady Narra that made it not possible for them to come together again until now. In that life 2,000 years ago, the twinning relationship came into being.

What is the purpose of twinning?

The natural impulse of Fragments to reunite.

What's the difference?

Gradations only. Some physical twins are not drawn as strongly to their twins as are the Essence Twins. There are other examples: we would be interested in any feelings of the group. We sense insights.

Dick: Are Nolan and I Essence Twins?

That is valid.

Essence Twinning occurs at the moment the Entities are Cast from the Tao. Physical twinning can occur at any time on the [reincarnation] Cycle. You may [or may not] have both an Essence and a physical twin.

Are Joan and Richard Essence Twins?

These Entities were Cast at the same time. There was a crossover [between Entities in a Cadre] and these are Essence Twins.

Old Souls who are seekers, and, yes, also Mature and Young seekers, too, frequently recognize each other [as twins and/or Twins]. Narra and Cynthia are both seekers; however, they have known each other before.

Regarding Joan and Cynthia:

[They have had] many Sequences in the past [lifetimes].

Cynthia does have an Essence Twin. She should be able to see [recognize, sense] this. The twin, also [should be able to see].

Are Cynthia and Liz [Essence] twins?

That is valid. These Entities were Cast at the same time. Yes, this Entity containing Joan and the Entity containing Dick. The Entity containing Marty and the Entity containing Jim were Cast at the same time.

Question regarding Glenn's Entity.

That Entity was Cast at the same time as the Entity containing the man who is now the husband of Liz [Ted].

Question regarding having the Roles after the Physical Plane experience.

Although the Roles are necessary on the Physical Plane, they must be discarded before transcendence can fully occur.

[Question not recorded]

A different flavor to the experiential mode in life caused the Entities to differ. The Roles are certainly blunted on the Astral Plane [between incarnations].

Could you comment on identical and fraternal twins?

This is genetic. It does not make a substantial difference whether identical or fraternal.

Cheryl: Do I have an Essence Twin?

Yes. You do have a twin in Essence. It is not your sister. It is Patrice.

Does humans' seeming need to bond have anything to do with cultural imprinting? Is this twinning only for physical lives?

The desire to bond is certainly not limited to, or stronger, in the physical Cycle. It increases rather than decreases as the soul progresses.

Could you comment on the Mormon belief that people are married for time and eternity?

Only if Twinning has occurred.

Are Ordinal Roles as important as Exalted Roles?

If this planet were entirely populated by Kings, Priests and Sages, there would be little progress — much leadership, religion, and oratory, but no progress.

Does Joan have another Essence Twin?

No, but you have another physical twin, Kamella. She has also been a physical twin of Richard.

[Question not given]

We think it would be most worthwhile to attenuate our Roles.

Marty: Is my Essence Twin, Trisha?

Yes.

Is there Essence twinning with Merrilee?

Not twinning, just many Sequences. No Ribbons, no real tension.

Shirley: Have I met the twin in this lifetime?

Yes, but you refused to acknowledge the Fragment.

Shirley: Will I get another chance in this lifetime to acknowledge it?

Yes, the opportunity will again present itself. You are not in touch with the Essence Twin.

Cheryl: Is MaryAlice a physical twin [of mine in a past lifetime]?

Yes.

Narra: Have I met with my Essence Twin?

Not yet.

Shirley: Is Ross an Essence Twin of mine?

Just very old friends [from associations in ancient past lifetimes].

Question regarding Sarah:

The Moving Centered soul who moves around as much as Sarah did, ordinarily does not take the time to develop these feelings.

Question regarding Nichols and Elden being twins.

Physical twins, yes. One of the unique features of this group is that you all have an Essence Twin. Louise does have an Essence Twin not yet in this group.

25 June 1974 — Tuesday

[Likely at the home of Dick and Alice in Walnut Creek because daughters Cheryl and Victoria were there.]

Present: Narra, Shirley and Glenn, Jim [sans Joan], Alice and Dick and Cheryl and Victoria, Sarah and Richard, Louise [sans Allyn], Marty, Gene [sans Susan].

[Is] clothing a part of Personality?

Clothing and other adornments convey to all far more about inner psychology of the Personality than you even now realize. We have stressed to all of you that enlightenment is far from drab, and when souls adopt protective coloration, it usually has to do with insecurity and fear of their own desires and wishes. We would see all [of you] decked as peacocks rather than as drab mud hens, as drabness in clothing usually denotes drabness of the soul. One Fragment of this Entity [Michael], remembers wearing the red of the Cardinal and enjoying every moment of it. Also, many Fragments of this Entity were “born in the purple”⁷¹⁸ and gloried in the pomp and circumstance, and yet somehow [we] achieved transcendence.

What part of [the] Overleaves are in Essence and what [part are] in Personality?

⁷¹⁸ From Wikipedia: Traditionally, born in the purple was a term used to describe members of royal families born during the reign of their parents. The term was later expanded to include all children born of prominent or high ranking parents. The parents must be prominent at the time of the child's birth so that the child is always in the spotlight and destined for a prominent role in life. A child born before the parents become prominent would not be “born in the purple.”

All of the Overleaves are geared to the Physical Plane and thus primarily of the False Personality. Of course, you cannot alter your Body Type or Role except by subtle extinguishment and this is achieved only after all else is Balanced [the fourth Level of Being]. Thus, the Role can still manifest in one acting primarily out of Essence [fourth Level of Being and above], but not to any measurable extent in the occult master [the seventh Level of Being].

Shirley: Which Center am I in?

In the Intellectual Part of Moving Center.

Marty: Is (her husband) James's Essence Twin named Maureen?

No.

Nancy?

This twin is not a female.

Gene: Why does twinning occur? What is it?

Twinning is an almost natural impulse of the human species, and one of the least understood. The desire to join with another of like mind supersedes all other impulses, even sometimes those necessary for survival in a hostile environment. Those with reclusive Overleaves do not exhibit this impulse as strongly as others, but it still happens to them also. This process has become extremely blurred by the cultural taboos and the isolation that permeates the way of life. There is so much suspicion on the Physical Plane that the truly intimate relationship of twins is all but precluded, especially if the twin happens to be of the same gender.

Shirley: Do whales twin?

Yes, all Creatures of Reason twin.

Gene: Is it a random process?

No, it is elective and based upon initially compatible Overleaves. This, of course, means that the Overleaves of the twins will not always be compatible, which makes some strained but still very special relationships. In some instances, the twins are drawn together in a love-hate relationship that defies reason.

Gene: Then it isn't necessary for Essence Twins to live together?

The Essence likes it but the Personality does not always.

Betty: Triplets on the Physical Plane — exist spiritualist?

Physical triplets and other multiple births do stroke close bonds the same as physical twins. There are no Essence triplets.

Gene: Do bonds break when Entities reunite? [Is there a] process that helps Fragments through?

There are also close bonds between reunited Entities [in a Cadre] on this [third] plane and we presume that this continues as the reuniting progresses.

Betty: Is Jonas (her husband) my Twin?

This man is not your twin, but what you feel is that you have been physical twins before and this bond drives you together again.

Betty: Is my Essence Twin in this room?

Your Essence Twin is not in this room, but you do have one.

Alice: Do I know my Essence Twin?

No.

Alice: Have I met mine?

No.

Narra: Have I met my Essence Twin?

Yes, you do and you have met this Twin.

Narra: Is it Stewart?

No.

Gene: I feel I have not met my Essence Twin. True?

That is valid.

Shirley: Is Irene my Essence Twin?

No.

Alice: Will we meet them in this life?

That is the plan.

Liz: Have I met mine?

Yes, you have met the Twin.

Elizabeth: Is it Kendall?

That is valid.

Marty: My Essence Twin is moving. Is there anything left for us to do?

No. Your paths will cross again.

Gene: Does this serve a helpful purpose in going through lives?

It is helpful when both are seekers. The human species seeks confirmation and affirmation. The human species has this in common with a great number of other species.

Betty: Is something in common with twins?

Age.

Victoria: What is my task?

Your primary task is, of course, the same as the others, that of an attempt to hear these words. Also, you have Agreed to give of your creative abilities, the gift of color and design, and to express yourself in this mode.

Victoria: What is my Center? Moving Part of Emotional Center?

We would agree with the Moving Part of Intellectual Center for this lady. It is true that she did spend a tumultuous adolescence in the Emotional Center, utilizing all Parts.

Dick: The big picture: Tao — creation — Tao — creation — Seems so unglamorous. Seems there is no end point.

All of you are losing sight of the eons that lie between the Physical Plane and eventual return to the Tao. Or to the “recycling.” This should be paradise enough for any soul. All that is creatable flows from the Tao, utilizing the material that has existed for all time.

Shirley: What is the definition of Tao?

The Tao is the all, the creative force. It is everything there is.

Elizabeth: Why can't this be done in one lifetime?

It can be realized, but the realization does not mean that one may reunite with the primeval force. This realization however must occur before transcendence can occur.

We know of no soul who has achieved transcendence in one lifetime. There is insufficient stores of experience to do this.

Gene: Was Milarepa⁷¹⁹ an Old Soul? Did he shortcut many lifetimes?

The “Way of the Fakir”⁷²⁰ is not a recommended path for your culture. It is only rarely successful and requires more of its proponent than is necessary. This is successful in accelerating.

SRG on Milarepa?

This man was at that time, a Sixth Level Old Priest, yes, a Stoic in Acceptance. And yes, Moving Centered, in the Passion Mode.

Dick: First students of Milarepa — were they on the Astral Plane?

Not students, but interested observers.

Gene: Was that his last life?

⁷¹⁹ From Wikipedia: Jetsun Milarepa (c. 1052 — c. 1135 CE) is generally considered one of Tibet’s most famous yogis and poets. He was a student of Marpa Lotsawa and a major figure in the history of the Kagyu (Bka’-brgyud) school of Tibetan Buddhism.

⁷²⁰ From Wikipedia: Gurdjieff taught that traditional path to spiritual enlightenment followed one of three ways: 1) The Way of the Fakir, who works to obtain master of the attention (self-master) through struggles with the physical body involving difficult physical exercises and postures; 2) The Way of the Monk (or man), who works to obtain the same mastery of the attention (self-mastery) through struggle with the affections, in the domain, as we say, of the heart, which has been emphasized in the West and come to be known as the way of faith due to its practice particularly by Catholic religious; 3) The Way of the Yogi, who works to obtain the same mastery of the attention (as before: ‘self mastery’) through struggle with mental habits and capabilities.

That was the last time he was on the Physical Plane, yes.

Marty: Have any Entities reunited with the Tao?

The Tao has existed always. Yes, there have been many, countless in fact, Cycles.⁷²¹

Dick: Maybe we have done this countless times.

At a date in the past that is unutterable in your language.

Louise: SRG on her grandson: Scholar, Moving Centered, Mature or Old Artisan, Acceptance, Stubbornness?

This little boy is a Fifth Level Mature Sage in Acceptance. He is an Idealist. Right now, mostly Intellectually Centered.

Louise: Should I tell him? Would his parents understand?

Probably not, but is that important? He can understand the need for discretion.

Dick: Discussions of the Tao lead no place. We can't perceive this. Maybe we can begin to comprehend when Astral traveling. We can feel the love ...

That which we call for you "Agape" is the positive force of the universe. This is the only positive force. All other positive emotions or energy sources are borne of this.

Dick: Repression Mode — people do not feel Agape?

They do not ordinarily allow themselves this, you are right.

Gene: Sarah thinks Observation Mode keeps her from feeling Agape. Comment?

All of these Modes can be used to varying degrees to prevent the acceptance of Agape. In particular: Repression, Caution, Perseverance, and Observation. But the powerful [Cardinal] Modes [Power, Passion, Aggression] can be also used to startling effectiveness. Many souls who choose too Neutral a composite [array of Overleaves] for a resting Cycle find themselves in a position of being unable to react appropriately. This sometimes brings them to the negative attention of those around. Then, if they meet with a teaching, they can sometimes be Shocked out of their stifling neutrality.⁷²²

Richard: Is Agape [the] prime energy for faith healing?

It is certainly the force that makes it effective.

Dick: Repression Mode causes a person to search compellingly. Observation and Caution would not push you, and might even delay the process.

Gene: Repression [Mode] — can it be used to find Agape?

We would amend that to say that the Repression can certainly be used for the impetus to propel a soul forward. The sadness of Repression is a powerful motive for seeking a Teaching.

Marty: Is Dennis going from the Goal of Growth to Submission?

There is an indication that he wishes to, but he is at some distance from this yet.

Dick: If you go around looking loving, then people think you are crazy! (???)

Elizabeth: Twinning involves responsibilities. Should I do anything about my twin?

There are no responsibilities, but usually, there is a strong enough pull so that the twins, once reunited, will go along together and pursue a similar path if at all possible.

Gene: How can you differentiate between twin soul attraction and infatuation?

This is a danger, of course, but relationships between twins persevere through trials not usually weathered by those attracted to each other's personalities. Also, the bond withstands long separations and not many setbacks. It is certainly not romantic, and even though the twins are of opposite gender, they often choose another as a mate because of all the usual Maya, but not quite leaving the twin stranded.

Marty: Karmic Ribbon created or burned — relationship with Joseph?

No, a Sequence was played out. It will take some time. There is fatigue here now. Perhaps at a smaller session.

⁷²¹ The repeated recycling of souls through the Tao came to be called Grand Cycles in subsequent groups.

⁷²² In the OMG there was discussion of changing the Overleaves with the help of Shocks, but after the Positive and Negative Poles of the Overleaves were revealed in late 1974 or early 1975 the discussion shifted to getting out of the Negative Poles and into the Positive Poles.

03 July 1974 — Wednesday

Location: Oakland, CA

Present: Louise and Allyn, Mallory and Ralph, Narra, NarraS, (Narra's niece), Sarah, Delia, Alice and Dick and Victoria and Cheryl, Shirley and Glenn, Jim, Carolyn.

There was a discussion of Sunday's hypnosis session in Walnut Creek — different inputs — feelings talked about.

Louise: When an Entity Fragments, are there always only 2 or 3 Roles chosen?

Usually, there are three, sometimes two and rarely four. Compatibility of Roles is considered.

When souls choose Roles, is it with a further view than reincarnation in mind?

Not exactly. The Fragments are able to pick or select their Role with the experience of life in mind, rather than any transcendence in sight. These are [Physical Plane] life Roles and are unimportant on the Astral Plane.

Narra: If a positive goal [for the incarnation] is desired, how do you explain negative [Ordinal] Goals and Modes?

The Mode is the way in which the Fragment approaches life. The Goal is always the ultimate hope or desire.

Delia: I feel that interwoven friendships are not accidental. Are these Karmic Ribbons or Sequences or what?

Most of the time, that of which you speak results from Ribbons, Sequences and the reuniting of Entities, yes. Again, the Goal may be negative [Ordinal], yes, but it is still doggedly pursued by the Fragment. For instance, a soul with a Goal of Rejection and in the Power Mode will often be quite violent in his request for Rejection, while the soul who has Rejection as the Goal with a Repression Mode may be only forlorn and steeped in self-pity.

SRG on Glenn's sister (Baby King?)

Believe it or not, this lady is in Caution. This softens the other Overleaves somewhat.

Dick: I met a man with no soft Overleaves — chilled [me] to the bone marrow.

This is a Sixth Level Baby Warrior in the Emotional Part of Moving Center, in Rejection, not Dominance. These are stern Overleaves and require nothing extra to produce hostility at the drop of a hat.

Dick: Regarding a drug retail lady, who was a Scholar in the Emotional Center, Passion Mode, a Realist, Martial Body type with a touch of Saturn. Asked for verification.

This is a Mid-Cycle Young Scholar in the Emotional Part of Intellectual Center. Yes, charming.

Dick: Regarding a patient dying of cancer, a young man — any insight?

This is a Sixth Level Young Scholar in Submission, yes, in the Passion Mode, a Skeptic in the Emotional Part of Moving Center.

Dick: Is it Karmic? Why he has this [disease] at a young level?

Not so here. This is a Fragment who is fed up with submitting. Enough so that the necessary chain has been set up.

Dick: Could he cure himself of this?

Only through much work in a teaching.

Delia: Does three score and ten⁷²³ have any significance? (Her mother was born and died on the same date, [which] was 70 years apart.)

Seven decades has been a ripe old age for humans since the beginning of time [and] still is. It is rare for this species to exceed this span, as the body is not that durable. Nothing magic in it though, just the norm.

Your mother is in a peaceful place. She had much strength and knowledge.

Delia's SRG?

This lady is a Fifth Level Old Priest in Growth, yes, Arrogant and yes, in the Passion Mode. The aura is gold.

Body Type of Delia?

Mostly Lunar, some Mercury, yes. The Emotional Part of Intellectual Center.

⁷²³ From ><http://www.phrases.org.uk/meanings/380400.html><: Three score and ten used to mean the span of a life (three score = 60 years, plus 10 years = seventy years). Example from *Psalms* 90:10: "The days of our years are threescore years and ten; and if by reason of strength, they be fourscore years [eighty years], yet is their strength labor and sorrow; for it is soon cut off and we fly away."

Shirley told us of an experience Liz had at Lake Tahoe, about fasting, waking up at 3:00 AM full of energy, staying up awhile and going back to bed, later realizing she was afraid of this; and had the same experience another night and came up with the name Nicholas Alim Graff (?). Does this mean anything to the group?

This is the name of the man you seek, yes. Within a short span of time, you will be reunited. (This applies to Dick as his twin.⁷²⁴)

Richard: Is there a chance Kathryn will meet him?

If she is open to the experience, she will, yes.

Is he living in Berkeley?

No, but he is a wanderer.

Is he in the Monterey area?

Yes. At the present time around the Big Sur area.

Narra: Is my aura yellow?

Yes.

Delia: If reincarnated with a loved one, will we communicate with them again?

There are so many strands that bond you together, that it is truly unlikely that one who is genuinely loved will not be with you again in the future as well as in the past.

Are these actions on the Physical Plane?

Of course, you are free to communicate with whomever you please on the Astral interval, but often the need to [do so] dissipates once the understanding of certain actions becomes clear. Many souls are at a loss to explain many phenomena on the Physical Plane, such as the suicide of a lover, and hope to have this explained to them. Then, once they are again unencumbered by the physical, they understand the reasons, and [they] shed guilt, and the need to interrogate leaves.

Delia: If there are no guilt feelings, can you see the aura?

Once the initial period of adjustment has taken place, yes. You may often communicate, but only because on the Physical Plane [you] have this need. There is seldom a need in an Astral being to set the score right, as they understand that this can come later. Understand that the Personality used in the present reincarnation, dies with the body, and any communication would be with the Essence, and thus alien.

Louise: I would like to ask about my dream where my mother, who is dead, came as a light.

Unfortunately or fortunately, whichever the case may be, most of these "visitations" by the newly dead or recently dead are wishes or dreams in which the lost loved one absolves one of any guilt feelings or merely says a proper good bye. It is rare for a soul less than fifty years into the Astral Cycle to be in any position to communicate. The exception to this, of course, are those who die suddenly or violently and who often try desperately to cling to the Physical Plane.

What is ectoplasm?

This is the shell left behind [at physical death]. Also, many Fragments now who are in teachings, such as the yogis and to a certain extent teachings such as this one, have a shorter period of adjustment [to the Astral Plane] as they are prepared for what really is.

"Ectoplasm" is also used to refer to the Astral material used by Adepts to materialize Astral beings and phenomena.

Was this the reason the Egyptians preserved the body so well [via mummification]?

They thought that the whole body transcended into the Astral Plane. When the ethereal aura is being destroyed, it often gyrates wildly, although it has no sensation. In fact, it is incapable of moving at all on its own, but imitates on borrowed energy.

Delia: Asking for a comment about a car she saw burning on the freeway after leaving a Gurdjieff meeting.

Sensitive Fragments often pick up on the vibrations of dying bodies and their ethereal auras.

Louise: Why do I feel drained or pulling at times?

Fear. This is usually a powerful feeling and if you do not know what it is, it can scare you badly.

Comment: Precognition should not drain you.

⁷²⁴ Reference to discussion about Essence Twins on 23 June 1974.

Delia: Why was she negative about Robert [Burton]? Only met him once, but I knew immediately of negativity there.

This lady was once a student with the man Robert yes.

Was Edgar the teacher with Robert?

Yes.

Why the negative feelings? Are there Karmic Ribbons?

No. An unpleasant Sequence in that life.

SRG on Ralph (a friend of Mallory): Mercurial, Scholar? Skeptic in Growth, Arrogance and Observation?

Yes on both Arrogance and Observation. That is valid. Mostly Mercurial, some Saturn. [There was an] error in transmission, yes.

Delia: Has my Sequence with Robert finished?

It has, yes. It was played out before. Now the memory is all that is left.

Alice: Do I have any Sequences left with Robert?

Yes, you do, and [her daughter] Cheryl also.

[Question not given]

That is valid, Dick.

Does Betty have any Sequences remaining with Robert?

No, although all of you have been in Sequences with this man.

What is the SRG on Al C.?

Third Level Old Slave in Submission, in the Caution Mode, Self-deprecation, an Idealist. His aura is blue with gray overtones.

Is Kay C. [Addison's wife] a Mars / Jupiter, Priest in Acceptance, Realist, Old Soul?

This lady is a Seventh Level Mature Priest with reddish gold aura.

Is the rest valid?

Yes.

Delia: I have felt King or Warrior, and not Priest, for this person. Could I ask for verification?

This lady has some strong Overleaves that see some sort of weakness in this designation. Believe us, there is none. Richard the First and Saladin⁷²⁵ are both Priests.

Delia: I have trouble with [seeing] Mohandas Gandhi [being designated] as a Transcendental Soul. Why do I feel negative toward him and his way of denial?

It is only one way to achieve the Balance; we have offered still another. At one level, Delia, you feel you could not live up to this standard that Mohandas set, and your hackles rise. There is no need for you to follow that path.

Delia: I would like to ask about my spiritual guide, Andy. Is he significant?

Only that he understands the tasks. He senses where work needs to be done.

What level is he on?

Mid-Astral.

Delia: I was introduced to him by going to Jean Porter⁷²⁶ and the Fischer-Hoffman course. Is Andy real?

He is a valuable friend, yes.

Delia: Is he a part of Delia's Entity?

A reunited or rather part of the reunited Entity, yes.

Delia: Does my meditative sanctuary have to do with any of my previous lives?

⁷²⁵ "Al-Nasir Salah al-Din Yusuf ibn Ayyub (1137 – 4 March 1193), better known simply as Salah ad-Din or Saladin, was a Sunni Muslim Kurd. He became the first sultan of both Egypt and Syria, founding the Ayyubid dynasty. Saladin led the Muslim military campaign against the Crusader states in the Levant. At the height of his power, his sultanate spanned Egypt, Syria, the Jazira (Upper Mesopotamia), the Hejaz (western Arabia), Yemen, parts of western North Africa, and Nubia." (><https://en.wikipedia.org/wiki/Saladin><)

⁷²⁶ Jean Porter was a teacher of the Fischer-Hoffman process (later renamed the Quadrinity Process). Her methods were described in her book *Psychic Development*, published in 1974.

No, this is the space created by you for meditative and insightful periods. Of course, many do duplicate from memory spaces that were particularly tranquil.

Delia: Life in Egypt's Valley of the Nile — anything to do with past lives?

You did have a life in Egypt before; not on this continent though. This is your first time in the New World.

Delia: Was I a priestess?

With whom you were associated, yes. You were a priestess of Anubis.⁷²⁷

Delia: Is the Fischer-Hoffman⁷²⁸ school valid?

This school is as valid as the other Astral physical schools. It must cut through the bias of Arrogance, but is essentially valid. The man will do no harm if he continues to Photograph his vanity. He has been [Photographing], yes, but when a physical teacher begins to regard himself and his Astral counterpart as omnipotent, trouble begins in a snowballing fashion. This does not need to happen.

Does this Anderson have a school taught by the Astral Plane teachers?

The same type of relationship exists here.

Does this mean they are in contact with their Essence twin?

Usually, yes.

Narra: Are all things we experience, including accidents, chosen on the Astral Plane?

No, only the outline. The alternatives are always subject to change.

Delia: I feel he has some Self-deprecation (Yorgos).

The lady is right. The [Chief] Feature has all but been extinguished by now. This man is in the Observation Mode.

Are my Centers changing from Emotional to Balance?

Yes, you are beginning to utilize Intellectual Center. This has been a hard pull for you and you still react emotionally to what you read, occasionally, but the work is good.

Betty: I would like to know if there is a King in my house. Lorenzo?

Not a King, a Warrior.

Betty: Do Warriors and Kings fight?

Oh, yes.

Delia: I have been described as a "white witch." Is there any validity to this?

You certainly could be, yes. This talent is latent and must be developed and used. Sarah too, and Cheryl.

What is a white witch?

Psychics who use their talents to good advantage. "See-ers."

Delia: Could this be combined by parapsychology and medicine?

Of course.

Delia: Could I be good at it?

If you are willing to work for it, yes.

Cheryl: I think I have Agreed to do something in medicine or music as a secondary task. Is this so?

Couldn't these be successfully combined or, perhaps, the answer will come to you on your journey?

Would fasting help meditation?

Many times it does, yes. It deepens the trance.

Dick: Sunday's hypnosis was a Good Work and excellent start.

We would agree that it was Good Work and an excellent start.

⁷²⁷ Anubis is the Greek name for a jackal-headed god associated with mummification and the afterlife in ancient Egyptian religion. The oldest known mention of Anubis is in the Old Kingdom pyramid texts, where he is associated with the burial of the Pharaoh. At this time, Anubis was the most important god of the dead; replaced during the Middle Kingdom by Osiris.

⁷²⁸ Originally known as the Fischer Hoffman Psychic Therapy, created by Bob Hoffman about 1968 – 1973. Also called the Hoffman Quadrinity Process, now called the Hoffman process. For more information, refer to this website: ><http://hoffmaninstitute.org/sections/process/index.html><

Delia: At this point, what is my task?

Right now, you can use more power in concentration. You are still scattering much of the time.

Cheryl: Is that my task also?

Yes, and also Joan. Yes, also the younger NarraS [Narra's niece].

[Your task is to focus] All of your efforts on one subject, preferably spiritual growth for a specific period, say twenty minutes at sunset. You may use the marijuana if you wish, but it is not imperative. Memories should be allowed to flow by, and you should examine them unemotionally.

What happens in concentration?

Transcendence of the Personality.

Is this a general task of Priests?

Not necessarily; [it] just happens that the Priests here gathered need this.

Richard: What about Narra?

For this Sage, meditation also.

Cheryl: Was that the source I reached in my writing?

Your auto[matic] writing is usually valid, yes. You could do more of this, Cheryl.

Joan: Can a Sequence and a task be synonymous?

Usually your Sequential partners are selected to facilitate the task in some way, yes, but also, some Sequences are outside of the tasks.

Is a Sequence always an agreement or plan between two, or can three or more play out the same Sequence?

Yes, as many as is necessary. There can be several hundred [in a Sequence].

Joan: Can Sequences be categorized in any way? If so, can you describe the categories?

Only loosely, as experiential, [as] vicarious, and those Sequences that involve only minimal participation, in which you act merely as the catalyst.

Do Sequences always involve learning or do they ever agree for frivolous reasons?

Souls in resting Sequences often agree on the Astral Plane to play out frivolous Sequences.

Have Narra and Joan agreed to play out a Sequence?

Yes.

Is that the one I am aware of?

Yes. You are not in the resting interval. It is a learning Sequence.

Joan: Is the other Sequence I am to play out with Jim?

No.

Joan: Is there anybody else in the group besides Narra with whom I have a Sequence?

You do, yes.

Joan: Do I have a Sequence with anyone in this room?

All of these are more readily verified if the insights come to you.

Joan: Could my teaching be a Sequence?

In part. It is communication vastly expanded. Your talents — teaching — will be more in demand, soon.

Betty: I feel I have known Cheryl before.

Yes, you have known Cheryl in Macedonia.

Betty: Were we members of a family?

No, but you were comrades at arms with Alexander the Great.

Dick: I've been reading about Goethe.⁷²⁹ It is the most impassioned life I've ever read about. His output was stupendous.

⁷²⁹ From Wikipedia: Johann Wolfgang von Goethe (August 28, 1749 – 22 March 22, 1832) was a German writer, pictorial artist, biologist, theoretical physicist and polymath. He is considered the supreme genius of modern German literature. His works span the fields of poetry, drama, prose, philosophy and science. His *Faust* has been called the greatest long poem of modern European literature. His other well-known literary works include his numerous poems, the Bildungsroman *Wilhelm Meister's Apprenticeship*, and the epistolary novel *The Sorrows of Young Werther*.

This was a Sixth Level Old Scholar in the Intellectual Center, an Idealist in the Passion Mode, in Growth. Yes, he did dabble in the occult enough so that he made contact, and this man knew what you are now learning.

He knew The Synthesis?

Yes.

Has he reincarnated?

He has not been reborn.

Is Carl Jung a Sage in Acceptance? Did he know this knowledge as Goethe did?

Much of this he did, yes. This was a Fifth Level Old Priest.

Was Ptolemy [an Egyptian king], Delia [in this life]?

Try again. This is close, but not the right one.

Delia: Was Madame de Staël,⁷³⁰ an important part of one of my lives or was I, she?

You were not she, but [were] a frequent visitor and a friend.

Narra: Michael said I could read about my life as an actress in France.

Swedish.

Sarah was unable to receive the name and the meeting ended at this point.

07 July 1974 — Sunday

Present: Alice and Dick, Sarah. Richard joined us after dinner.

Dick had some angles on the group toward a more cohesive, active one:

- We have a medium and a treasurer, and we need a secretary for communication of activities such as exercise meetings, dance, yoga, games, plays, concerts, etc.
- We could have one or two hypnosis or meditation classes per week or work with the hypnosis machine.
- Weekend trips for those who wish to be together need planning (Carmel, Tahoe, the beach) for new experiences and impressions. (Mendocino)
- Write for [Robert] Monroe's tapes (something's already being done by Chambers on this.)
- Purchase game equipment for the group, such as volleyball and net, badminton, football, basketball, softball and/or baseball plus a bat.
- Dinners out need planning and communicating.
- Contact Fischer-Hoffman (Appoint Gene "Secretary of State"). Contact other groups.
- Plan "work teams" to finish Chambers' apartment, Alice's garden and shed, Mallory's whatever, Narra's thing, Gene's airplane. In other words, help each other.
- Have pottery, art workshops, jewelry mementos such as abalone necklaces.
- Poetry readings, our own or Cody's. (Good for Emotional Center).
- Group massage. (Good for Instinctive Center.)
- Group concentration exercises.
- Year-round cabin rented at Tahoe by the group.
- Someone to coordinate films and projectors, such as Esalen-type "Here Comes Everybody".
- Evening or two to make pillows for the group.⁷³¹
- Meetings sans alphabet board. (Wednesday meetings are too large for the board, says one angle of thought.)
- Group library.

⁷³⁰ From Wikipedia: Anne Louise Germaine de Staël-Holstein (April 22, 1766 – 14 July 14, 1817), commonly known as Madame de Staël, was a French-speaking Swiss author living in Paris and abroad. She influenced literary tastes in Europe at the turn of the 19th century.

⁷³¹ The group was growing so large that there were no longer enough chairs in the house for everyone to have a seat, so they had to stand around the perimeter.

Dick: I would like to hear why my twin soul did not stop me and talk to me.

How would you have reacted to the recognition at the moment? There is a time for everything under the sun.⁷³² You have heard this before. (Proverbs).

Dick: I would like to ask if the group has a goal or aim in this life.

Yes, it does. Primarily one of healing, but healing of the soul.

Alice: Does this mean acting out of Essence instead of Personality?

[It means] freeing of the soul. The soul in bondage is sick. There is no doubt about it.

Dick: I would like to ask again about the books, *In Search of the Miraculous*, and *Man's Possible Evolution*⁷³³. Are they worth the new students reading them? The hydrogens are allegorical. The energy is already there in the Centers, but there are many energy leaks.

We would not disagree with this as an introduction, providing that it is explained clearly that there is information to which you have access that goes beyond that which is contained in these volumes. For instance, that there are many more combinations of planetary influences and that there are many more allegories to be interpreted.

Also, it is important to remember the differences that we have explained to you concerning the internal energy Centers. We will always correct any false interpretations. We would think that a new set of caricatures⁷³⁴ depicting the energy Centers, as we have given them, would be in order now.

Dick: I would like to ask about my sense of loss from [my daughter] Kathryn, the sadness and regret. My machine cannot "love" either and the children interpret it as, "My father doesn't love me." My Personality is weeping over the Personality not being able to let Kathryn know, "I love her." Are there previous Sequences I had with her?

She must learn now to differentiate between that which cannot love and that which does love and deeply. She cannot now do this. She is only now learning that there are feelings at a deeper level that compel her into certain relationships. Also, she is the student of one not yet manifested [Robert] and he still must learn this, also. The communications of the love beyond the Mechanical Personality would not fall on deaf ears. This King [Kathryn] has been beloved to all of you for so many centuries that it is more difficult to lose the contact now, even though it is so temporary. All of you have looked to her so many times for what she was able to give and now do not wish to break the thread. Even Personality gained by this contact and even Personality is reluctant to give it up. There is support and energy emanating from this soul and it would be unusual if those closely associated did not feel the loss.

Dick: I would like to ask about the pineal gland.⁷³⁵ I never quite believed the stories about the Third Eye in relation to the pineal. To me, the hypothalamus is the link between the mind and the body for the biocomputer.

This is, of course, a tremendous source of raw primitive energy that enables the organism to preserve itself. We agree that it should be given more credence than it has been as an important pivot in the struggle between Personality and Essence.⁷³⁶

Dick: Is my restlessness and lack of ease due to subliminal knowledge of a Karmic debt?

That is not the only reason for the restlessness. With you, Dick, it is a major sense of purpose that causes the restlessness at a subliminal level and many times at a very conscious level, you feel your task.

Dick: Do I have a Karmic debt with [his daughter] Kathryn?

⁷³² It was not Proverbs; it was *Ecclesiastes* 3:1-8, "There is a time for everything and a season for every activity under heaven: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace."

⁷³³ Both books were written by P.D. Ouspensky, a primary student of Georges Gurdjieff.

⁷³⁴ A reference to the cartoons of playing cards that represent the functions of the Centers and Parts of Centers; date of creation unknown. See *Michael Speaks, Volume 2* for the cartoons that we have found.

⁷³⁵ From Wikipedia: The pineal gland (also called the pineal body, epiphysis cerebri, epiphysis, conarium or the "third eye") is a small endocrine gland in the vertebrate brain. It produces the serotonin derivative melatonin, a hormone that affects the modulation of wake/sleep patterns and seasonal functions. Its shape resembles a tiny pine cone (hence its name) and it is located near the center of the brain, between the two hemispheres, tucked in a groove where the two rounded thalamic bodies join.

⁷³⁶ If I understand the answer correctly, the hypothalamus is a link between mind and body as Dick said, and the pineal is a link between Personality and Essence as the Michael's said.

With you, Dick, it is the sense of purpose and not a debt. With others, it is a debt. With some, it is an incomplete Monad. All of these things come into play. Debts of great consequence are rare in Old Souls.

Dick: It was said before of someone that their Ribbons were already burned, yet they continued to persist in the same old pattern. Am I doing this?

To some extent, yes, you are, and it is not only the Repression Mode, but to a great extent, the realism [Realist Attitude] that persists when you could begin to look at spiritualism [Spiritualist Attitude]. The Realism allowed you to pay the debt.

Dick: I would like to ask if Michael thinks some property that I have seen near Franklin Canyon Road would be a good place for the group.

Our only true objection would be that the energy is notably lower the further away one goes from the vortexes.

Dick: I would like to ask concerning a patient, James L., who had Parkinson's Disease and advanced brain damage, if he still has a soul or if it has departed. It's like there is nothing there. How could one tell?

When the soul departs for good, there is body death shortly thereafter. In this case, the soul is spending increasingly lengthy periods out of the failing body and, many times, there is nothing there but the shell and the very slender thread⁷³⁷. When you can usually be certain [the soul is absent], is when the Overleaves are no longer apparent.

Dick: I need a change of my Overleaves in order to have courage enough to look at strange people's eyes as deeply as I need to, but rarely do. It seems that a Power Mode would be best for this or Passion, also.

Much of this, as has been said, is culturally induced; but we must admit, that Kings in the Passion Mode and Old Sages seem to skirt the culture well.

Going from Repression will be difficult for you, Dick. We know this and will be of as much help as we can.

Observation often also enables other more timid souls to look unfettered. This is a learned skill and we would think that it would be Good Work for you to regard this as your personal task. And, incidentally, it would be good to move you out of that place you no longer wish to inhabit.

Also, the relationship with Kathryn is a Sequence that you Agreed upon and one that requires that you move from your present Mode if you are to see it through.

Dick: I would like to ask about a patient of Dr. L's, an attorney. Is he a Skeptic or a Cynic?

This man is a Cynic in Stagnation.

Dick: Is Dr. L. a Priest in Acceptance, Saturnine, in the Emotional Part of Intellectual Center, in Passion, with a Chief Feature of Martyrdom?

That is valid.

Dick: SRG on a friend of my mother, Mrs. Roodhuyzen? Is she a Jovial Sage in the Emotional Center, in Acceptance, Passion Mode and a Spiritualist?

She is an Idealist, not a Spiritualist, but all else [is valid].

Dick: I would like to ask about a TV personality I saw, an author of The Oath and The Night. Is he Mercury / Saturn, an early Old Soul Artisan, in Growth, an Idealist, in the Passion Mode with a Chief Feature of Self-deprecation? There seems to be a deep sense of personal unworth. A Polish Jew.

[Answer not shown.]

Dick: SRG of Cheryl's friend, Christopher?

This youngster is a Sixth Level Mature Artisan, yes, in the Passion mode, a Stoic in Growth and in the Moving Part of Emotional Center. He is mostly under the influence of Mars, some Venus.

Richard: I would like to ask about the negative feelings I had for Arthur. Recently the perceptions have changed. I feel that Arthur has had a profound spiritual experience. I feel close to him.

The man Arthur has had a profound experience, but we would call it more Realist than Spiritualist, and the result of this has been that he has become more real by allowing himself to shine through. He has changed from one who only listens to one who can now hear.

But, Richard, much of the change of which you speak is work within yourself in an effort to rid yourself of negativity for which there was no real grounds. Since the man's Overleaves are definitely not in conflict, this soft Sage [with a Goal of Acceptance] should not rankle you.

⁷³⁷ The so-called "silver cord": >https://en.wikipedia.org/wiki/Silver_cord<

Richard: I would like to ask about the feelings I have of uptightness with Gene. My perceptions are that half the time he is on the path, and the other half he is steeped in sex and False Personality. I get mad at him and feel hostile because (to me) he is off the path. It bothers me and I know it shouldn't. Does it have to do with the "fact" that he is a Gemini (meaning he is turned on sexually to one person half the time and the other half to another person.)

Dick: He gives the impression he is on the [spiritual] way the most of all of us because he has read the latest Hootananda and right-off-the-press Rinpoosh.

I feel his "conquests" are helping his growth.

Phil: I see him as a "very" warm person but not intrinsically intuitive.

Dick: He has no hostile bones in his body. I see a naiveté and a youthfulness about him.

Sarah: I don't see him any farther along the path than the rest. It may be that for him, he is better at separating from negativity, [whereas] Richard can meditate better [and] Dick can theorize better.

We all agreed that Gene was the group's Peter Pan. The topic then changed to a fear of Susan.

The lady Susan could at any point use her fierce inner turmoil as a growth-producing experience, but it is unlikely. In answer to your question, no, this is not necessary, given your Overleaves: but, coming from Rejection is another story. The lady cannot drop this and it will hold her back.

Photograph the "Pollyanna feature" in all of the group members in Acceptance [Goal]⁷³⁸ sometime. It will be enlightening and Good Work.

We have few comments on the man Gene but several come to mind on the group in general through this. For instance, we have told you many times that you need each other, this being one of the reasons each of you moves in or on a different vector, and each can offer the other valuable insights through close association.

Tonight was an enormous step in the direction of group solidarity. There is nothing in the man Gene's Overleaves that makes him stand apart, just the combination [of Overleaves] and his own striving for Balance.

10 July 1974 — Wednesday

Location: Oakland, CA

Present: Sarah and Richard, Gene, Delia, Elizabeth, Betty, Louise and Allyn, Shirley and Glenn, Carolyn, Narra and Robert, NaraS, Liz and Ted, Joan, Alice and Dick.

Dick brought up a list of possibilities for the group that a smaller group had discussed earlier in the week [07 July 1974]. He had made a list up from suggestions made by Michael. Any comments?

We have no specific comments, but note that there is less enthusiasm than usual. Perhaps this bears discussion or reflection.

Richard: I feel that being programmed makes me uncomfortable. Spontaneous events are more enjoyable.

Dick: We've waited a year and a half⁷³⁹ for spontaneity, and there has been no activity.

The insight that the majority of the students are Apollonian-oriented is a valid one.⁷⁴⁰ There is great difficulty in planning ahead for diversion, but not for work. Does this suggest areas that need development?

Mallory: [She was] offered a full time job, but is resisting it. Michael said earlier that Warriors were good at administration; [she is] closer to accepting a job as a waitress ...

We did not say that administrative positions were the only course of action open to Warriors. Most Old and Mature Warriors have had their fill of that type of hustle and bustle. We would say, give it a try in the restaurant. Those jobs are easier to leave if they prove not the right choice.

Question pertaining to property at Lake Norena,⁷⁴¹ five acres and a house. Should the group buy this for a school?

⁷³⁸ This "Pollyanna feature" is referring to the Negative Pole of Acceptance, -Ingratiation, not the Positive Pole, +Agape. Negative Poles were not revealed to the OMG for about six months after this session.

⁷³⁹ If this figure were accurate, it would put the founding of the OMG in January of 1973, but I suspect it is a rough estimate, because the first dated session that we have is 19 June 1973.

⁷⁴⁰ Per >https://en.wikipedia.org/wiki/Apollonian_and_Dionysian<, "In Greek mythology, Apollo and Dionysus are both sons of Zeus. Apollo, son of Leto, is the god of the sun, of rational thinking and order, and appeals to logic, prudence and purity and stands for reason. Dionysus, son of Semele, is the god of wine and dance, of irrationality and chaos, representing passion, emotions and instincts."

⁷⁴¹ Possibly a reference to Lake Morena County Park near San Diego, CA about 538 miles south of Oakland, CA).

For the present time, this would be adequate. It also offers the room for expansion. Later, you will need to plan for continuity. Throwing youngsters into a rigid secondary environment would be the antithesis of the growth achieved at the primary level.

About another property — where is the man who owns this?

The individual now in possession of this property is in Europe, yes. He does not wish to sell, but could be persuaded to change his mind if the price were right, but he is a bit eccentric and we also feel that this expenditure is premature.

Liz: About some property and some school would be suitable for Joan and Jim, and for Joan to teach ...

Not for the man Jim. He needs more than that. Child-oriented atmospheres are not for all souls. This should be geared toward those who are in Essence. When rearing children, dormitory-type living quarters for children often produce startling independence and growth in both the parents and the children, but one should not be forced to spend time there unless it is in Essence.

Overleaves of Sheryl? How is she tied in with planning the Oregon town? Did Cary marry her out of False Personality or to help with his goals with the town?

The attraction is not an unusual one between a King [Cary] and a Warrior [his wife, Sheryl], mostly based upon the usual societal norms. Yes, [she married him] out of [False] Personality. She has in fact become disenchanted with her end of the bargain. This is not the most fulfilling environment for a Young Warrior, but is ideal for an Old King. The child now born is the most important link, but his Sequences are with his father. She may eventually find the need to change and then she should, of course, follow her intuitions and not the advice of others.

Does Sheryl have ties with M. McF?

No.

Liz: My son has been said to have a tie with some friend's son. Does that mean we will move there?

It merely means that they will seek for each other at some time in the future. One alternative is that you will move there.

Liz: [A friend] feels she was courtesan at the time of Rameses II in Egypt, and asks for verification.

In the time of Rameses the second, the only courtesans were the royal concubines. She was not one of them. She was a physician.

SRG of Earl Warren?⁷⁴²

This man was a Third Level Mature Scholar in Growth and an Idealist — yes, a rather soaring one — in the Power Mode, in the Emotional Part of Intellectual Center, mostly Saturnine, some Jovial. This man's Chief Feature was Impatience.

[His] aura? Blue green?

No, [it was] mostly reddish blue, on the blue side of the red.

Can one see Centering in a person's eyes?

Perhaps with much practice, but more in the action of the body.

Mallory: I have a heavy Scholar for a mother. She is in the Intellectual Part of the Emotional Center. Therefore, I felt I was a failure. This week, I realized intellect does not make one a Scholar. I am realizing now something about how intellect works in me.

The "intelligence" that most Fragments exhibit in this culture is a matter of exposure and education, coupled with an innate ability to retain facts, since this is what this culture requires above all. However, this is not intelligence on a cosmic level; this is data gathering. As to the different Roles and other Overleaves, the possibilities are many. For instance, the Intellectually Centered Sage is usually extremely erudite. For instance, Dag Hammarskjöld and Abba Eban are examples of this. The "golden-voiced orator," Emotionally Centered Sages, often express their intelligence on the stage. Intellectually Centered Warriors make fine tacticians,

⁷⁴² From Wikipedia: Earl Warren died the day before this session. Earl Warren (March 19, 1891 – July 9, 1974) was the 14th Chief Justice of the United States (Chief Judge of the U.S. Supreme Court). He is known for the sweeping decisions of the Warren Court, which ended school segregation and transformed many areas of American law, especially regarding the rights of the accused, ending public-school-sponsored prayer, and requiring "one-man-one vote" rules of apportionment. He made the Court a power center on a more even base with Congress and the presidency especially through four landmark decisions: *Brown v. Board of Education* (1954), *Gideon v. Wainwright* (1963), *Reynolds v. Sims* (1964), and *Miranda v. Arizona* (1966).

planners, [and] administrators. Intellectually Centered Scholars spend their lives gathering data with usually no more of a goal than to acquire knowledge. Most Moving Centered souls manifest their intelligence in practical “doing” ways. If the [Moving Centered] Scholars gather facts, it is toward a purpose, such as writing a book, proving a hypothesis, etc.

Mallory: I am interested in my Balance — Emotional Part of Moving Center — so I need to find Intellectual Center. I have some idea what it is but am not sure what Intellectual Center is.

Intellectual Center, when working without interference or energy leaks, has the capacity to record and process data in a detached and non-judgmental fashion. From the Moving Center, this looks like learning without necessarily doing. In other words, learning for the pleasure of learning, without the proviso of application attached. Emotionally Centered souls or those working through Emotional Center, operate on intuition, and feel — rather than think — through a problem. Moving Centered souls or those working through Moving Center, are concerned with the action and read with this in mind, with always an eye toward later application.

Dick: Kathryn has been eliminating the word “love,” as machines are not capable of love. Maybe you externally consider others. Could you comment on love and external considering?⁷⁴³

They are synonymous. We see no difference. The “machine” can do neither, but it is possible for you students to do both with work.

A word about Balance for the new students: this means simultaneously utilizing the Moving Part of Moving Center, the Emotional Part of Emotional Center and the Intellectual Part of Intellectual Center, and in a split second, differentiating which applies in a given situation with no consequent energy leak.

Mallory: Question on use of sound as work — and [the] man Hanish (? sp.)

We have suggested the use of harmonies many times. This is a sound approach. Excuse the pun.

Mallory: I would like to ask about my mother’s lawyer. Are there Karmic ties? Is that the reason she is having such a difficult time with him? Why is he holding back?

No Karmic ties, just a difficult Baby Scholar who is obstinate [Negative Pole of Stubbornness] and greedy [Greed].

NOTE: Alice suggested (and I agree) that initials should be used in these transcripts instead of full names when questions are asked about people not in this Teaching. One point of view being touchy Baby Souls getting a hold of the material and suing. If anyone else has suggestions, discussion is more than welcome.

14 July 1974 — Sunday

Location: Walnut Creek, California

Present: Sarah and Richard, Louise and Allyn, Liz and Ted, Alice, Narra and Robert, NarraS, Joan and Jim.

[Present from Yorgos’s group:] Yorgos, Matt, Nancy, Ginny and Stewart, Greg, Beth, Caitlan, Steve, MaryC.

A discussion arose on how our groups differed. Yorgos felt that ours was Intellectually Centered, whereas his was working through the Emotional Center. It seemed to fit with those of us who have been working on ourselves. We agreed we could learn from each other, since we all have an aim of Balance [of Centers].

Caitlan: How can I be with Michael?

We will tell you what we have told all of the others: we can be with you at all times during meditation or concentration. You may wish to use the alphabet [Ouija] board or the auto[matic] writing in the beginning, but this is not at all necessary. When you express a wish to hear our words, we are with you from that point on. Intuition being the manifestation of the higher self, we can think of no better advice than to follow your intuition in this communication as in all things. In the beginning, it is often necessary to separate yourself from others to establish the bond [with the Michael Entity].

Caitlan: Is it possible to ask about someone in my life, RichardS? He came to me in a dream after his death before I knew of his death. What did the dream mean?

It is not unusual for souls to say good-bye to those close to them. It is, however, unusual for anyone to hear them. Many try several times before they find anyone receptive. Also, it is true, you do spend a portion of each

⁷⁴³ “External considering” is a Gurdjieff term for intentionally seeing yourself in the place of the other person and seeing things from their point of view. This is contrasted to “internal considering,” which is seeing things from your own point of view.

evening in going to the Astral Plane and newly transcended [recently deceased] souls who are still on the low Astral Plane can contact you.

Stewart: Ginny and I are living with spirits who are called "Grandma" and "Annie." Should we try for contact or is contact possible? (They manifest through sounds and senses. Stewart said that he could feel a presence and could sense someone coming in, but no one physical was there.)

There are many blithe spirits on the Astral Plane. They can be amusing and afford many an interesting evening if contact is established; these are two such Fragments. By all means, establish a bond if you wish, but please do not expect anything profound.

Ginny: I feel I received a message directly for me. Is this what Grandma wanted? Did I understand the message? (It was to keep the house clean, which she told us after the following message:)

Please do not misunderstand us. Some of the requests and information thus gained are valid. There is just a great deal of horseplay involved. This was reasonable, given this Fragment's history.

Beth: I would like to know what Michael says is my Role and Goal. I feel I can say things off the top of my head and people believe me. I have a feeling for Slave or King. I am comfortable serving in a physical sense.

This is a Sixth Level Mature Slave in the Passion mode. Dominant [Dominance Goal] with a Chief Feature of vanity [Arrogance].

Beth: I feel I have known Matt before. I felt good with him five minutes after meeting him.

In fact, you have known each other before. In your group, as in this one, there is an intermingling of familiar Entities and Fragments. This produces a special sort of cohesion that enables the Work to proceed. Those who drop by the wayside usually belong in another [student] cadre.⁷⁴⁴ They do not always know why, but the feeling is just not right and they leave.

Stewart: SRG and aura? (Page missing, I remember Michael answering Stewart's question concerning Karma with Ginny, that they were Fragments of the same Entity, which called for a big teddy bear hug.)

Ginny: [My] SRG? I feel I am Lunar / Venusian, in the Intellectual Part of Moving Center, perhaps a Mature Priest in Growth, a Realist with maybe Self-deprecation for a Chief Feature and Repression for the Mode.

This is a Sixth Level Mature Warrior in Growth. She is an Idealist in the Repression Mode, yes, in the Intellectual Part of Moving Center.

Liz: Is she in Impatience instead of Self-deprecation? I do not see the Self-deprecation in her eyes.

We would agree with that.

Ginny [SRG] continued:

The lady has an aura that is mostly green with overtones of gold.

(Denotes physical healing abilities and altruism.)

Beth then wanted to know hers [aura].

Mostly green, some yellow.

MaryC: Has my aura changed from blue with gray? (She was feeling and looking quite perky.)

MaryC, you fluctuate some. Today, there is less gray. When you take pleasure from your surroundings and are feeling relatively well, there is little gray.

Steve: I would like to hear what Michael says of my SRG. I feel mostly Jovial with some Mars in the Emotional Part of Moving Center. Have no idea what level soul I may be. The Role could be Slave, Warrior, or King. I'm probably a Skeptic with a Chief Feature of Self-deprecation, in Caution.

This is a Third Level Mature Scholar in Growth, a Realist in the Caution mode with a Chief Feature of Impatience, in the Emotional Part of Moving Center. This aura is mostly blue, but still with overtones of violet.

(Violet denotes attachment to the physical Maya.)

The gray is almost gone now.

(He had had an injury. If there had been more gray, it would denote lingering emotional trauma perhaps.)

Stewart: Do I have a Karmic tie with Nancy or what is the attraction?

As it is with many of you in your school, you and Nancy have played out Sequences before.

Steve: Are there any ties with my ex-wife, Diane?

⁷⁴⁴ The word "cadre" there does not refer to the group of Entities cast at the same time (that word for a group of Entities appeared after the OMG); it refers to some other type of non-random grouping of people.

The debt, as it stands, has been paid. Unfortunately, you have been caught up in the mores of a materialistic, stoic society. There are, of course, ways of circumventing this. You have taken some steps toward this.

Matt: I seem to fit the Young [soul] Cycle. I feel I'm a Priest now; felt like a Warrior two years ago. I may be in Acceptance or Submission. Probably an Idealist with a Chief Feature of Impatience, and in the Power or Passion mode.

This is a Mid-Cycle [Fourth Level] Young Priest in Submission. He is an Idealist with a Chief Feature of Arrogance. His aura is mostly blue with some gold (spiritual with altruism). This man is in the Caution mode. Body type, yes, [is] mostly Lunar [with] very little influence of Mars.

Matt: I feel strong identification with three others [Roles]: Sage, Warrior, and King.

Greg: I feel I may be a late Mature or an early Old Soul, a Priest in Growth or Acceptance, a Spiritualist in Arrogance or Self-deprecation. That may be from setting up high standards for myself that I cannot reach. I may have an arrogant goal. Probably, am in the Caution Mode and someone who sees auras told me I had a blue-green one.

Yes. This is a Sixth Level Mature Sage in Acceptance, a Spiritualist in the Passion Mode with a reddish-pink aura, [and] Chief Feature of Arrogance.

Why the difference in auras?

Some fail to see bright auras simply because of their passionate implications.

Nancy: I feel I am Mercury-Saturn going to Mars, in the Emotional Part of Moving Center, Mature Soul level, Slave in Growth, a Realist in Self-deprecation and Repression [Reserve]. Whatever my aura, I feel it may have gray due to an injury.

Mid-Cycle Mature, yes, and [in] Martyrdom; all else [is] valid. The aura is mostly green, some blue, yes, with overtones of gray, which will lift when Nancy looks at her Repression and Martyrdom as the causative agents of her traumas.

Nancy: Were there any Karmic effects of giving up my first baby?

The only adverse effect was in dealing with self-inflicted pain, since a suitable environment for the child was found.

(Many of us felt Nancy's relief.)

Beth: I would like to ask of my brother, Bob, who had a \$900 debt, had put himself in an institution and has disappeared. I'd like to know if he is OK?

This troubled Mid-Cycle Mature Soul is not at rest with himself nor will he be in this lifetime. The Personality disintegrates without Essence contact. He spends increasingly more time out of the body on a more pleasant plane for him, and will perhaps choose to stay [out] soon.

Steve: I would like to ask if Scientology⁷⁴⁵ is a valid way to complete one's soul levels in one lifetime?

This is a valid system, and most beneficial to souls who are Emotionally Centered and need to work out of Intellectual Center in an orderly system.

(Reminder that Sarah was rather exhausted at this point and reaffirmation at a fresher time might be in order.)

Richard: I feel I have been with Nancy before and I would like to ask about that.

Nancy was also in Rome at the turn of this era. Most of you knew her then.

Nancy: Could I ask what Zara's Overleaves are? She is Aggressive and Dominant at age two. I'd say she was in a Passion Mode, Mars / Jupiter, Warrior?

This little girl is a Sixth Level Mature King in Growth, an Idealist in the Passion mode. She pushes all of the right buttons. Mostly Martial, some Saturn.

Steve: Do I have any Karmic Ribbons or Sequences with Zara?

No Ribbons, but you have many Sequences.

Steve: What are the Sequences Zara and I have to play?

You have agreed to assist her to growth.

Do Nancy or Steve have any Sequences left with Robert [Burton]?

⁷⁴⁵ From Wikipedia: Scientology is a body of beliefs and related practices created by science fiction and fantasy author L. Ron Hubbard (1911–1986), starting in 1952, as a successor to his earlier self-help system, Dianetics. Hubbard characterized Scientology as a religion and in 1953, incorporated the Church of Scientology in Camden, New Jersey. Scientology teaches that people are immortal beings who have forgotten their true nature. Its method of spiritual rehabilitation is a type of counseling known as auditing, in which practitioners aim to consciously re-experience painful or traumatic events in their past in order to free themselves of their limiting effects.

Enough so that their paths will cross again prior to the manifestation [of the Transcendental Soul].

Richard: Should I contact Robert before the manifestation?

Not by effort. That would be an energy loss.

A closing comment came through:

Much positive energy has been exchanged: a very profound step in growth.

17 July 1974 — Wednesday

Location: Oakland, California

Present: Louise and Allyn and Glenna (1st time), Marty, Gene, Jim, Dick and Alice and Victoria, Richard and Sarah, Carolyn, Liz and Ted, Maryse (1st time), Elizabeth, NarraS, Narra, Shirley and Glenn, Delia.

Elizabeth: I would like verification of the validity of my use of the Ouija board. Was I in touch with my higher self or was it my imagination or what?

We would say that the information is certainly valid. We would also add that one's higher self is perfectly good counsel and should not be feared, even if it does happen to peek through once in a while.

"Higher" means just that and we would advise all to listen to that higher self as carefully as you listen to us. After all, the Essence has a vast store of knowledge accumulated over the centuries and can be trusted implicitly. Only the Personality is transient and fraudulent, and you will soon recognize the difference.

Liz: Was that my higher self the other night when I was able to do automatic typewriting?

No.

Liz: Was it Michael?

Yes. Also, we were able to talk with Elizabeth, but we add the lecture as a word of caution only.

We do not wish to discourage anyone from establishing the link. It is our wish to bond to each of you soon.

Delia: Is music a useful route?

Music is a route for some, especially for Emotionally Centered souls or those trapped in Emotional Parts of the other Centers. Only if you can allow yourself to feel the music, can it be a tool. As soon as you start analyzing, it loses its force and becomes another head trip.

Delia: Is Andy, my spirit guide, useful?

Andy is a valuable friend.

Delia: Can you tell me about Helen Palmer⁷⁴⁶ (a psychic Delia has been to)?

The lady is well-meaning and is able to impart some worthwhile information.

Delia: I would like to ask about the "magnetic energy field" I feel when I'm with her: it is a pulling I feel in my fingers and toes.

The lady has enormous stores of psychic energy that she willingly lets go. You pick up on this and your extremities are the most willing receptors. She is a very psychically strong lady.

Delia: Are there Karmic Ribbons between myself and Gene?

There is no Ribbon, but you have had Sequences, yes. Gene knows all of his Ribbons.

Delia: Helen Palmer said I'm attracted to certain people because of their visionary abilities.

We would say that you do show a marked preference for those who appear to be on the path. We find no fault with that.

Victoria: Do I have a Sequence with anyone in this group?

Yes.

Victoria: Is it with Cheryl, or Sarah and Richard?

Liz is quite correct in saying that most of you are in a Sequence together.

For five of you, it amounts to a life Sequence. In other words, one that will keep you together for the remainder of this physical life.

Ten of you have Agreed also to work with each other in this group.

⁷⁴⁶ Perhaps this Helen Palmer, who is said to have begun her spiritual work of teaching the enneagram in the mid 1970s: ><https://www.narrativeenneagram.org/helen-palmer-announces-retirement/><. She authored many books on the enneagram.

Victoria has Sequences with Cheryl, yes, but with two others who she has not yet met, and with Patrice (a French girl who spent a week with the Alice and Dick last spring and whom Victoria and Cheryl will be spending a month with in Europe, if things go right).

Carolyn: I will be taking a trip in two weeks and a friend of mine wishes to go, too. I would like verification of his SRG and if we have Sequences together. He keeps popping up at odd times. Is he a Young Slave?

Your Sequence is with the lady.

You are right, [he is] a Sixth Level Young Slave.

Victoria: I'd like to ask about my new friend, Frederick. Is he a Young Sage, Emotional Part of Intellectual Center, in Acceptance, a Jovial in Passion and Arrogance or vanity?

This is a Mid-Cycle Young Sage in the Intellectual Part of Moving Center, a Pragmatist in the Passion mode; yes. Vanity⁷⁴⁷. He feels that Victoria is the most unusual person he has ever met and would probably accept most anything she did, but is not equipped to make a commitment to an esoteric teaching, as he is basically physically [rather than metaphysically] oriented.

Cheryl: What is the SRG of my friend, Christopher?

A Sixth Level Mature Soul in Growth.

Cheryl: Would he be interested in the teaching?

This young man can hear the words. Whether he allows himself the luxury is up to him. At first, he will scoff, but that is to be expected. In the past, not in this life but another, he was exposed to a teaching much like this one.

Maryse (visiting from Paris): I would like to hear of my past lives and Soul level and Goal.

This is a Third Level Old Sage in Acceptance, in the Emotional Part of Moving Center, a Spiritualist, in the Observation Mode. The Chief Feature is Vanity [Arrogance], but it is valid that this is weaker than it was three years ago. Body type is mostly Mercurial with some Solar influence. This lady's aura is mostly blue with reddish overtones.

Maryse: I feel extremes, happy/sad at the same time. I see so many contradictions. There are so many things to learn.

These doubts, of course, plague all those moving toward growth. Perhaps you will wish to look at your expectations of yourself and discard those that are patently unrealistic.

Glenna: [Her] SRG?

This is a final Level Young Artisan in Acceptance, an Idealist in the Observation Mode, in the Emotional Part of Intellectual Center, with a violet aura. There is no Chief Feature manifested.

Gene: I do well with knowing people's Centers and Modes, but poorly with the Roles. (He was afar on Glenna's Role and wanted some information that might help in this area for him.)

This young lady's Role is muted now because of her youth and the fact that it is not an Exalted [Cardinal] Role. Gene does far better with the Exalted [Cardinal] Roles.

Yes, there is some work that can be done that will help perfect these skills. Try the "large crowd" approach. It inevitably works where other approaches sometimes fail. It is a saturation technique and sometimes effective. Go for the Ordinal Roles first and, if necessary, work from eliminating [what they are not] first.

Carolyn: I would like to ask about Vance, my father. I'd say he's a Mid-Cycle Mature Artisan in Acceptance, an Idealist with Martyrdom for a Chief Feature, in the Passion Mode, with a Saturnine Body type.

That is valid.

Narra: Do I have a [Karmic] Ribbon or a Sequence with my husband?

A Sequence, yes. Not a Ribbon.

Phyllis: I would like to ask the SRG of an ambivalent friend of mine who seems to be at the end of a "lot" of things. I do not wish to push him to come to our meetings. I'm afraid he might not like it. He's either an Old Soul or a Baby [Soul]. Something in him subverts his efforts. Why cannot he make his life work better?

Dick: He sounds like the counterculture in Personality; that is, anti-work.

Strange that this should present such an enormous problem. This is a Sixth Level Young Artisan in Acceptance. His Chief Feature is indeed Martyrdom, not Self-destruction. That would be too strong for this soul in the Observation Mode. The Attitude is Pragmatic and he is not inculcated with the work or anti-work ethic. He

⁷⁴⁷ About six months later, the Negative Pole of Arrogance was revealed to be –Vanity.

more or less tries merely to live. There is enough cultural imprinting to drive the drive. Also, this young man has found at several levels that he will survive at his present rate, and [he] realizes at many levels that further striving would be futile and result in struggle.

Discussion ensued here about children and what one can “do” for them. Liz said that she thought as parents, the thing they could do was to provide the environment for them to choose and experience, opening up a space for them to grow.

Of course, the most valuable “thing” you can do for your children is either to have no expectations of them or [have] realistic, empathetic ones based upon their Overleaves. The guidance at that level can result in their not developing a strong Chief Feature and a Personality-rooted work ethic that allows them to escape from self.

NarraS: I would like to ask about my friend, Christoff. I’d say he is an Old King in Observation [Mode], an Idealist, in the Moving Part of Intellectual Center, with a Goal of Dominance, and Chief Feature of Impatience.

This is a Second Level Old Warrior in Acceptance. All else [is] valid.

NarraS: I would say my sister Jennie is a Mature Scholar or Artisan in Growth, an Idealist, Intellectually Centered, in Observation [Mode].

[This is a] Fifth Level Mature Artisan. Yes on the rest.

NarraS: My younger sister, Sandie (13): is she a Young Sage or Slave in Acceptance, a Realist, Emotionally Centered?

This is a Fifth Level Young Priest in Acceptance, a Pragmatist. All else [is] valid.

NarraS: It has been that I have already met my Essence Twin. Will I meet this person again in this lifetime?

Oh, yes, we think so, and again, soon.

NarraS: Does this person live in the Chicago area or what direction shall I look?

You will not need to look. With your added knowledge, recognition will come.

Elizabeth: I’d like the SRG of my Essence Twin. I’d say he was a Mature Scholar in Rejection, dark blue aura, Power for the Mode, Saturnine Body type, Stoic Attitude.

Sixth Level Mature Soul, not in Rejection but Dominance. Watch, this trap is as hard as the Realist / Pragmatist to differentiate. All else [is] correct. The aura is blue-green.

Elizabeth: I felt a presence when I was auto-writing and a name, Anton, came up spontaneously and I’ve felt an affinity with a person whose name is Anton. I have encountered the latter in odd places.

The writing was precognitive. Indeed, you were the parent of a child by this soul before, but you were the father and there was no marriage.

Elizabeth: I felt a presence behind me of a father and a child.

The mother was very dear to you.

Elizabeth: Does this have anything to do with the Anton I have met?

They are the same.

Elizabeth: Was I Anton Chekov⁷⁴⁸?

That is a valid insight.

NarraS: I would like to hear what Michael says of my past lives.

NarraS, you have been an early Christian missionary in South Africa, a Jesuit Priest, and you were a Franciscan friar. You have been, also, a penitent nun. You have also been a Priestess of Baal.⁷⁴⁹

NarraS: Where was it that I was a Jesuit priest?

In China, in your immediate past life.

Narra: Do the Sequences I have with my husband have to do with my Repression?

Your Repression [Mode] and his Rejection [Goal], yes.

⁷⁴⁸ From Wikipedia: Anton Pavlovich Chekhov (January 29, 1860 – July 15, 1904) was a Russian physician, dramatist and author who is considered to be among the greatest writers of short stories in history. His career as a dramatist produced four classics and his best short stories are held in high esteem by writers and critics. Chekhov practiced as a doctor throughout most of his literary career: “Medicine is my lawful wife,” he once said, “and literature is my mistress.”

⁷⁴⁹ From ><http://www.followtherabbi.com/Brix?pageID=1752><: Before the Israelites entered the land, Megiddo served as a prominent high place where Canaanites worshiped fertility gods. Archaeologists have uncovered a large platform where these pagan practices occurred. The Canaanites believed that the rains and fertile soil of the coast came from a god named Baal. According to their beliefs, Baal lived in the underworld during the dry winter season. When spring came, Baal returned to earth to sleep with his mistress, Asherah, so that rains would return to the land.

Narra: Do we feed each other's Overleaves?

That was true, but not so much now that you are looking at them.

Richard: Where did I go tonight? (He had slipped out and meditated and all he could remember was that it was a green place inland from water.)

This was the coast of England.

Richard: Was this an Astral experience?

Yes.

13 August 1974 — Tuesday

Notes of a conversation Liz had with Michael, shared with us on 13 August 1974.

Today, for the first time in many days, you have been serious, albeit not intentionally. The feeling you had at the pool when lying in the sun is valid for this teaching. Pursue the intuition that came to you then. The group is looking to you to give some message from us. This is very frightening to you. You do not see yourself correctly. Do not fear.

The hypnosis is valid for you and for most of the persons currently in the group, especially for Mallory, for Carolyn and for Dick. The lady Joan is most prepared for what may come to her through hypnosis, but she must be more released to the process and give up her expectations. This is hard for her to do at this time in her life as she is feeling ties to her past that were not there recently. Hypnosis at this time, if she is willing, would open to her avenues that will be most beneficial. Also, the man Dick needs to open to the hypnosis experience as it is being offered in the group. He is not the teacher now. He must accept the student role.

Liz: What do you mean, "I do not see myself correctly"?

We have told you before that the significance of your choice of the Power Mode in this life was not to have power over people, as you seem to want to have. It is not working. Look instead to the power that you have to control and subvert your False Personality and remove it from influence. You have the power to receive truths. This is the ONLY power you will experience. You need only to allow yourself to experience it. Do not block it with the illusion that you will be a great leader. You want to validate this message, and you do not believe that we have been in contact with you. Validate.

Ted: Is Richard Nixon's resignation⁷⁵⁰ a Karmic Ribbon with Alger Hiss?⁷⁵¹

Yes, in Egypt in the year 800, these two souls exchanged hostilities and did each other in, one through lies that led to the execution of the other by poisoning. There has been much turmoil between these two souls and in this lifetime, we cannot be sure that they will agree that it is finally put to rest. Both Baby Souls will have another chance to encounter one another.

Liz: I feel ties with Louise and more affinity with her, especially since she did the transference healing technique on me. Are we in Sequence?

You and the lady Louise are two of the ten people in this group who are in Sequence. You have a Student-Teacher Monad to play in this lifetime. Although it will be unclear to you, it will be valid to experience each other in each of these [Monadal] roles.

⁷⁵⁰ From Wikipedia: Richard Milhouse Nixon (January 9, 1913 – April 22, 1994) was the 37th President of the United States, serving from 1969 to 1974. The only U.S. President to resign the office (on August 9, 1974 — a few days before this session), Nixon had previously served as a U.S. Representative and U.S. Senator from California, and was the 36th Vice President of the United States from 1953 to 1961 under President Dwight D. Eisenhower. ... Nixon's second presidential term was marked by crisis: 1973 saw an Arab oil embargo as a result of U.S. support for Israel in the Yom Kippur War and a continuing series of revelations about the Watergate scandal, which began as a break-in at a Washington office. The scandal escalated despite efforts by the Nixon administration to cover it up, costing Nixon much of his political support. He resigned in the face of almost certain impeachment and removal from office. A month after his resignation, he was controversially granted a "full free and absolute" pardon by his successor, Gerald Ford.

⁷⁵¹ From Wikipedia: Alger Hiss (November 11, 1904 – November 15, 1996) was an American lawyer, government official, author and lecturer. He was involved in the establishment of the United Nations both as a U.S. State Department and U.N. official. Hiss was accused of being a Soviet spy in 1948 and convicted of perjury in connection with this charge in 1950. Richard Nixon, as a U.S. Congressman in 1948, was the chair of a committee looking into the charges against Hiss. Nixon's involvement in the Hiss trial helped him move to the U.S. Senate in 1950, then to the Vice Presidency in 1952.

Liz: I feel that more is coming through but I do not have any specific questions. I don't know exactly how to behave or what to ask or if I should ask anything, but I feel the need to keep typing. I don't know if there is any more to come from you, Michael, but I still feel that if I keep typing ...

The lady Joan is asking for some answers. She is in a state of unrest at this time. She is indecisive and she wants answers from outside herself. She needs to look to herself, however. The trip she is to take in the near future will be Good Work for her only if she reconciles all her relationships before leaving.

The decisions must be made before, not after, the trip.

The lady at the pool must not leave her husband at this time. Tell her so if you can. You will help.

Liz: I do not even know her name. How can I reach her? Can the pool school do it?

It is important that you keep in contact with this person. She is important in the life. She is waiting for you to call her, even if it seems not.

Liz: Is hypnosis a good way for [my husband] Ted to get in touch with his blocked years of this life and with his previous lives?

Hypnosis is a valid way for those in Moving Center to reach truth. The man Ted would do better work by listening to music and releasing all his sensibilities to the motions of music and also to reading books. He is in Emotional Center — no, that is not right. You are having trouble again with Centering. He is in the Emotional Part of Intellectual Center. The books that would help him at this time in this life are the [Carlos] Castaneda and [John] Lilly books. He needs to release his mind first to all the possibilities that exist. He cannot comprehend that drugs, for example, are valid. Nor can he comprehend that experience of the emotions through dance or movement are valid. He needs to feel all these things before he is ready for hypnosis.

(From Ted): Did I drown in a previous lifetime, since I've had fear of water for such a long time?

No, you did not drown. The fear you experience is a fear of anything that is not known or not introduced to you in a familiar way. You chose a mother in this lifetime who had experienced fear of drowning. In fact, she has experienced death in water through dying in the womb. She has no recollection of any of this. She is a Baby Soul Slave and she has done all she can to protect you from all experiences that were to her, horrifying. You will not fear water shortly. It will become your friend. Your son will help. The man Ted is moving toward Growth. All the False Personality is fighting this with all its might. He is in a state of turmoil now and his psychic powers are aroused. All the fears are at their highest. He needs more than anything to meditate in a scholarly way, in a disciplined way. He will not resist this. Let him know that it is important. He must utilize his Intellectual Center at this time in order to achieve Balance.

The lady Alice has been more concerned with the movement, objectively, of the group, and especially with the growth process of Dick and Cheryl. At this time, she is feeling pressure to look within herself and she does not want to do this. You can help each other now.

You are in the same position, at "go" and "waiting." Mirror each other.

Liz: Do Yoga?

Why have you absolutely refused to accept all that has been thrust at you?

Observation is a starting point for all growth. Richard Nixon is in Aggression. If he were to be in Observation at this time, it would be possible for him to move beyond the point where he is immersed. He will not in this life move out of Aggression Mode nor the Goal of Stagnation, and he will persevere in the nightmare until he gives up this life.

(From Ted): Have I had an experience with intellectual meditation?

Ted has been, in his second most recent lifetime, a Benedictine monk who was the scholar for his order. He led his order in the discipline of meditation at a very high plane. Isolation. Solitude. Isolation. That question is for you to flounder in, and you will no doubt find the answer. Any answer we would give would not be acceptable, as you are now doubting your own veracity. Do not doubt. Give credence to your intuition. It is valid always.

Liz: Was my experience with Paul a Ribbon or merely a Sequence?

The lady Liz is the one who has had a Sequence with the man Paul. Your experience with him enabled her to go through. The man Paul is in Stagnation. He is a Mid-Cycle Mature Sage.

Liz: Does Ted have a Sequence with Richard?

Yes. You have Agreed to work together on a dream that belongs to each of you. You have Agreed with this Artisan to assist him in the implementation of his plans for building. You and he are very close in that you were

Cast at the same time. You are to follow the same King. You will have some dilemmas in finding that King. You will eventually come to the same King. It will take some time. It is not readily apparent to either of you now. You are tired now. You have problems regarding Paul and these are preoccupying you. Anything you type now will be your own thing.

28 August 1974 — Wednesday

Location: San Francisco, California

Present: Delia, Alice and Dick and Rick and MaryAlice, Sarah, Phyllis, Thaddeus (first time), Shirley and Glenn, Elizabeth, Gene, Narra.

Dick: Thaddeus is a Mature Priest in Observation [Mode] with a Goal of Growth, no Chief Feature, Moving Part of Emotional Center.

We have no quarrel with the work. This is a Sixth Level Mature Priest in Growth, in the Observation Mode, a Spiritualist. No Chief Feature is manifest, but there is a danger of vanity [Arrogance]. In the Moving Part of Emotional Center, with a deep blue aura.

Delia: I would like to know what Michael says my Attitude is.

The lady is a Spiritualist. We believe that this information is in your databank.

Dick: Why am I having so much trouble with the SRG's of my patients lately?

Serious physical or mental illness often blurs the Overleaves, as does rigidity in training. Also depression on the part of the beholder.

Thaddeus: SRG of my friend, Jackie?

This is a Fifth Level Mature Priest, in Acceptance, in the Observation Mode, a Stoic in the Emotional Part of Intellectual Center.

Elizabeth: Is my Attitude a Spiritualist?

That is valid.

Have Elizabeth and Thaddeus been together in past lives?

At one time or the other, you all have known this man, as his Karmic Ribbons are interwoven with yours. Yes, you have worked with him many times, once as an illuminator [illustrator of manuscripts].

Delia: I do not feel that I have known him. Could you comment?

This does not alter the fact that at one time you did know this man. (It is) only that you are not now in a Sequence with him nor do you have a Ribbon.

Rick: How did I know Thaddeus?

These two have chosen to be together through most of the Priest's lives. They have been together so many times now that there is an instant recall. That is not to say that it has all been positive. Much has been violent for the most part. Yes, positive now.

Delia: I would like to ask about my accidental meeting of Don. Is this a Sequence or what?

The strongest drawing card, of course, is the fact that this is a Fragment of your Entity, and [the] other being that you agreed to a Sequence. Before, you have been brothers and sisters to each other, cousins and friends, also comrades at arms.

Delia: Should I take EST?

It would not be a bad idea.

Gene: Are Ian and Toby part of the same Entity?

They are both Fifth Level Old Priests.

(re: Toby, question lost)

There is some desire to cling to the comforting beliefs of the immediate past life, which was a rather fundamentalistic approach to life, but also a counter desire to sort out the new experiences he is having now.

Thaddeus: Have Jackie and I been together in the past?

That is valid. You worked together well in the past. She was your father once.

Narra: SRG of niece, Patricia? And a comment on her recent illness. How long will it last?

She is going to become well when her illness no longer suits her purposes. That will be soon now as others are tiring of the illness. This is a Fifth Level Young King in Dominance, Caution. She is also clever psychically.

Was Thaddeus an Apostle of Christ?

That is valid. How else would you account for the store of psychic knowledge in one so young (17) if there had not been an overwhelming experience in the past?

Who was he?

This man was called "the rock" (Peter).

03 September 1974 — Tuesday

[The extent and the detail in this session indicates that it was probably tape recorded.]

Location: Oakland, California

Present: Marty, Joan and Jim, Shirley and Glenn, Gene, Elizabeth, Narra, Sarah and Richard, Louise and Allyn, Alice and Dick.

Discussed car-camping plans for the coming weekend at Henry Cowell [Redwoods] State Park.

Narra: In view of my niece's appendix that ruptured, does Michael's answer from last time still hold? (The illness had served its purpose for her and those around her were tiring of the illness.)

She will be well soon. This is as we said before. Few people choose this. Many choose only to have the symptoms, but there is a high enough incidence of bona fide infection among the general population. Just stop and think for a while about how many of your acquaintances have had their appendixes removed as against all your acquaintances. Also, what did she accomplish that would not have come about had she not become ill? Don't misunderstand, this is certainly not on a conscious level. The lady would not understand at all.

Narra: Just what did she accomplish? Is attention focused on herself necessary for a King to experience or what?

The child, Patricia, is in a Sequence with the lady who is now her mother. This is only one of many such Sequences that these two have played out. Yes, the focus of attention is a great desire for this child at this time in her life, especially since there is some rivalry.

Narra: Is it sibling rivalry or parent-child rivalry or what?

Dick to Gene [both are medical doctors]: Can you see giving yourself [a] retrocecal appendix?⁷⁵² Sounds like bullshit to me, giving yourself appendicitis for attention ...

Narra: Does it have anything to do with her swimming? Her mother wants her to.

No!

Sarah: I believe that all thought creates. You can be susceptible. You may not be able to pick the kind of illness you have, but you make yourself more susceptible.

Gene: There are so many facets we're unaware of that it doesn't help to ruminate.

Dick: I'll be able to believe this when you can pick the people in advance who will have cancer or whatever disease. It seems to me that you are putting it on people when you tell them they have created their cancer.

Gene: I don't know it, but I feel they do. I give them the possibility that they have created it. There are too many variables.

Sarah: People do create colds.

(Since we did not seem to be going anywhere with this discussion, the subject changed.)

Marty: I would like to ask about Dennis who is staying with us. It was said that I have a Sequence with him to give him shelter. He's been an alcoholic and I feel he can stay while he becomes situated in college, and then I'd like him to leave. Would this compromise the agreement to offer him shelter.

Given this man's history, your decision will give him the time to delay any decisions on his part and, hopefully, by the time the breather is over, you may change your mind and allow him to stay longer. This could, of course, go on for many months, and then he would never have to decide for himself. You have offered him shelter; now this man is bored and depressed but weak and dependent, yes, and wishes a pleasant solution for his boredom. We doubt seriously that he will carry out his desire academically, as this part of his life has been marked by fits and starts. He could be gently prodded toward a more active and independent life. One caution,

⁷⁵² From Wikipedia: In case of a retrocecal appendix, even deep pressure in the right lower quadrant may fail to elicit tenderness (silent appendix) ...

however, Marty: if he begins to drink again as a result of this forced independence, it is not because of anything you have done or not done; it is because he will choose to drink.

Where does the boredom come from? Many offered an angle: Rationalization for our emotions we do not understand ... the result when one couldn't find others to do what he wanted.

What is the difference between boredom and depression?

We would say that the line is exceedingly thin, almost invisible. Boredom normally comes about when the individual is unable to meld his fantasy with the realities of everyday life, and this includes fantasied expectations of those around him, such as those the man Dennis has of the man James and [the woman] Marsha.

Marty: What does Dennis expect besides service and a home? All his decisions made for him? Can he understand his fantasizing, given his Overleaves?

No.

Dick: Michael's prediction that if [Gerald] Ford were to become president, there would be an assassination within hours creates a credibility gap.

Shirley: I remember that it was predicted that [Alexander] Haig, Chief of Staff, would be in a position to take over the military for Nixon.

Dick: Could we have a comment on this credibility gap in Michael's predictions?

We do not see the future. We see only the alternatives as far as mind patterns and energy levels are concerned. We can predict only the alternatives, not the certainties.

Also, it stands that this government is no better off than it was with the man Richard Nixon. The man Gerald Ford⁷⁵³ is a little more honest in his financial affairs and is [a little more honest] as far as his philosophical considerations concerning the right to privacy. Yes, there are still those who would see him dead.

Sarah: Regarding credibility of information coming through her: I have no idea where this comes from.

Shirley: Are you saying you think it comes from you?

Sarah: No.

Gene: We're all limited. Perhaps it is garbled, but don't throw out the baby with the bath water.

Shirley: Are you saying you do not wish to do this anymore? Are you saying you take responsibility for the credibility of what comes through the board?

Sarah: Yes.

Shirley: Do you think we want you to predict the future?

Sarah: No.

Louise: For me, my intuitions verify for me and I just know.

Dick: The Overleaves are verifiable.

Dick: Could you comment on [Sigmund] Freud's Oedipus Complex?⁷⁵⁴

The imprinting discovered by Freud is not normal imprinting and is perhaps then only a "half-truth." This imprinting is the result of an alienated society with limited identification. In societies where the alienated nuclear family does not exist, this phenomenon does not exist. Intense rivalry will produce this phenomenon each time it occurs, to Exalted Roles [Sage, Priest, King] more than others. It will be more noticeable in feminine Roles [Slave, Artisan, Priest] in masculine bodies and the vice versa. Where exposure to models is limited, the phenomenon will be most marked and will have the most far-reaching consequences, in this society especially where seldom more than two generations occupy the same living quarters.

⁷⁵³ From Wikipedia: Gerald Rudolph Ford, Jr. (born Leslie Lynch King, Jr.; July 14, 1913 – December 26, 2006) was the 38th President of the United States, serving from 1974 to 1977, and the 40th Vice President of the United States serving from 1973 to 1974. As the first person appointed to the vice-presidency under the terms of the 25th Amendment (after Spiro Agnew had resigned), when Ford became President upon Richard Nixon's resignation on August 9, 1974, he became the only President of the United States who was never elected President nor Vice-President by the Electoral College. Before ascending to the vice-presidency, Ford served nearly 25 years as the U.S. Representative from Michigan's 5th congressional district, eight of them as the Republican Minority Leader.

⁷⁵⁴ From Wikipedia: In psychoanalytic theory, the term Oedipus complex denotes the emotions and ideas that the mind keeps in the unconscious, via dynamic repression, that concentrate upon a boy's desire to sexually possess his mother, and kill his father. Sigmund Freud, who coined the term "Oedipus complex," believed that the Oedipus complex is a desire for the mother in both sexes (he believed that girls have a homosexual attraction towards their mother).

Dick: Michael is dealing with this society and not an ideal society. It makes the teaching unreachable because we are not ideal.

The change, however far-fetched it may seem though, is a viable alternative. Otherwise, you must deal individually with those conflicts as you have done, Dick. In other words, you must either help to change the cause or continue to treat the effect. In situations where there is only one male and one female to emulate, this and many other abnormal imprintings are inevitably going to occur, depending upon the Overleaves of the adults during the imprinting. We are suggesting to you how this can be expressed, in semantics that can be understood by others.

Dick: So, explain.

We are suggesting that you express it [the info about gendered Roles] in such a way that this can be understood by others as the cause of this phenomenon that you have discovered within yourself.

We are discussing now the rivalry that occurs between the child and the same sex parent.

Narra: When we were talking about my niece who is ill, was the rivalry with her sister?

That is valid.

Narra: What is the SRG of her sister, Marie? A Mature Priest?

This youngster is a Third Level Mature Priest in Acceptance, yes.

Dick: Michael has a job to do, too, as I see it and that is to produce #4 and #5 people in his teaching. (See In Search of the Miraculous, by P.D. Ouspensky, for enlightenment on men with numbers ... index will guide you.) If Michael is sensitive, he will help us solve our internal problems. The discovery track of what we are has to be complete before becoming a #4 or #5 man. Comment, please.

We have given you the tools by which you can discover these [solutions to internal problems] within yourself. Telling you where the problem areas are would produce the same initial hostility and resentment as hearing it from a psychologist would. When you discover them within yourself, you also at that time verify them for yourself and then they are truth for you. Until then, they are merely the opinions of another. Pointing to the tools is sometimes not enough and the path is agonizingly slow. We would say that the conscious beings you have mentioned (Jesus, Fulton Sheen, Gandhi, etc.) were not given more than the tools in the beginning. As you begin to use the tools, then you are given more material to work on. Only then can the path be trodden in a straight line. Until you begin to use the tools, all you have is information and more information can hinder your growth rather than help it, if all previous data has not been assimilated. One of the things you have not verified to your satisfaction is your own ability to change some of your uncomfortable Overleaves, and until you do, all lessons concerning the how to of more difficult tasks would be in vain. All is changeable. Nothing is stationary.

Marty: At work at first, it was exhilarating and I thought I was in Essence. Now I'm wondering if my supporting the patient's emotional gratification is a Priestly thing and not a Slave thing. I feel it may be False Personality.

Mostly the False Personality is pleased by the response to the ministration, yes.

Marty: What is going on with [husband] James and myself at parties?

This is not so much False Personality as it is the result of Sequential behavior and the fact that there is a good deal of one-upmanship in the relationship.

(A mechanical response to attempt at the last word or topping the other person involved.)

Dick: I would like a comment on Robert's statement that some people are moving toward brilliance in this life and some toward seclusion. I feel I'm moving toward the latter.

At the present, yes, you are. But this does not necessarily have to be. The need is great in you to be a teacher, but now you do need the solitude that your present situation does not allow for. We would say that this demarcation is not as marked or as final as you may have interpreted from the man Robert. In other words, these are not two separate paths here; [they are] one path with two side paths that do not need to last a lifetime. Now you are seeking what you need.

Dick: Robert used to say that there are three ways a teaching could go: love, sympathy, and denial. I have a feeling my way would be denial. Comment, please.

We would like to amend that to love, empathy, and denial. We feel that the most effective teachers, among whom was Jesus, used all three. It is the successful integration [of the three] that separates [effective from ineffective teachers].

10 September 1974 — Tuesday

Location: Chambers' [home, Oakland, California] after tree readings...⁷⁵⁵

Abdullah, guest. [Present from questions asked: Abdullah (first time), Sarah and Richard, Elizabeth, Jody (1st time). Possibly, Gene and others who did not ask questions.]

Abdullah's SRG: Seventh Level Mature, or First or Second Level Old, in the Moving Part of Intellectual Center?

It is interesting to note that this man has been an occultist three times in the past, a teacher so many times that he is almost born a teacher. Yes, a First Level Old Scholar in the Moving Part of Intellectual Center; all else valid; Dominance.

Abdullah described an experience at Mecca in 1960 where he entered a field of [Mount] Arafat.⁷⁵⁶ (?) (One million enter after sunrise and leave before sunset.) In July, in the heat of the bright one, each one wearing a white robe, their heads shaven (some), rope around the waist and shoulders bare. He was reduced to total non-functioning. He could not move, then clearly he heard a voice say, "This day we have sown the seed in you."⁷⁵⁷

Of course, this man Abdullah could speak with those of us who are no longer on the Physical Plane directly and not through any medium, but the need to stand back and observe is very great, and usually gains the upper hand. At that time in his life, he was emotionally vulnerable for perhaps the first time in his life and it was far easier for him to hear communications, especially in that very great power spot.

Abdullah stated that he felt blocked to perception or to 'spirit communications'.

He is blocked by very much the same way in which Sarah is blocked. The need to satisfy the intellectual curiosity often takes precedence over all spiritual desires. The [intellectual curiosity] mode here is powerful[ly] augmented by the need to Dominate, especially in Intellectual Center. This one [Abdullah] must capitalize on the Attitude [Spiritualist] if he is to hear this Teaching, which is not at variance with what he now believes.

Abdullah: in May 1973 — Atlantis AEHEOCLO white garb, black girl, body 24 yrs of age?

The character of whom you speak could be a valid picture or memory of your own brother during that period. He was at that time a priest, in spite, of course, being a Sage, which explains the white robe.

The message had only the significance that at that time, the man John [Dean? Ehrlichman?] had enough evidence to hang the entire [Nixon?] administration, but unfortunately he was also implicated in the crimes he, too, had committed, and it became prudent to seal his lips later. (?)

Were we involved in Atlantis?

All of you here present were in Atlantis during the same period, yes.

Is there some connection between Edgar and Abdullah? (Edgar Mitchell, astronaut -?)⁷⁵⁸

That is a valid perception. The man Edgar has been both a pupil and teacher to this one.

Is there some connection between Abdullah, Gene, Dick and Elizabeth?

Well, of course, you know about this life in Atlantis, also in Greece and again in Rome, then in Roman Britain. Most of you ... Then again, in Spain with Gene and again off the coast of Portugal with the lady Elizabeth.

Richard: Were we in Wales together?

More recently, yes.

Richard: Was there a pyramid somewhere in Stonehenge? Were we Druids there? Sarah had visions of flames and druids around Stonehenge during a recent visit there.⁷⁵⁹

⁷⁵⁵ This is the first meeting that Abdullah attended when Gene introduced him to the group. Abdullah practiced a form of personality analysis called Arboromancy. He would have a person draw a tree and Abdullah would interpret what it meant. He also did this as a profession for patients who were referred to him by doctors.

⁷⁵⁶ >https://en.wikipedia.org/wiki/Mount_Arafat<

⁷⁵⁷ Refer to ><http://www.islam.com/hajj/hajj.htm>< for more details of this pilgrimage.

⁷⁵⁸ My preference is to suppose this is referring to Edgar the OMG member. Edgar Mitchell the astronaut had a spiritually transformative experience on the way back to earth after his walk on the moon, and he formed the Institute of Noetic Sciences to study such paranormal experiences. My perception is that Mitchell was an Old Scholar, as was OMG Edgar.

⁷⁵⁹ Letter from Sarah, 22 July 1995: "In 1974, I visited Stonehenge and this was before they fenced it in to keep the skinheads from vandalizing it. I had a very powerful experience there. One occurred almost immediately when I walked up to one of the lying stones and it was hot to the touch. It was a cold, overcast day and no one else felt the heat. Then, I was compelled by an unknown force to walk through the main standing stones and, I would swear on anything holy, I saw the Beltane fires across the Salisbury plain. I wanted to walk toward them, but something kept pulling me back."

Three of you were active in the Druidic rites. The lady Elizabeth was, at one time, a high priest. The Druids, indeed, did use the monument for their rituals. The spot was abandoned in the third century. The power still emanates from this land. The center or epicenter can best be felt now in the central nave of the cathedral.

Richard: Why the shift?

No shift. The epicenter was there originally. It was occupied by a temple. Yes.

Richard: Was it a pyramid?

Yes.

Richard: Was it the center of Stonehenge?

The pyramid existed for a long period of time before the monument was built. It was a beacon.

Elizabeth: Regarding dreams of evil person.... She appeared in a long red dress as now — ?

We would say that was more to do with your own intense internal struggle at the present time. Symbolic, of course, the evil being fear.

Elizabeth: What is the internal struggle?

Toward changes you have decided to make in your life and these decisions were not as easy for you as you think. They required that you sacrifice a good deal of idealism.

Elizabeth: Is that good?

Positive, yes.

Abdullah: Regarding cross check on reincarnation 190 years ago in India. I was to have lived to be 92 years old and had many children. Ask for verification....

It is true that you lived in India and reached a great age, but this was almost 400 years ago, not the immediate past life, but one of great importance to your spiritual growth.

A word here would be good and that is that all of your sharpest memories will be of those lives and those places where the greatest growth occurred.

(Your) immediate past life was one in Great Britain, more specifically in Cardiff. You should have a feeling for the sea. You have also been a sailor many times.

Jody: SRG for Virginia Criminicum (?) — teacher — Juanita F.

This lady (Virginia) is a Fifth Level Baby Priest in Growth, in the Caution Mode, with a Chief Feature of Martyrdom, in the Emotional Part of Intellectual Center, a Realist.

You may tell the lady Jody to trust her first impressions. They are more valid than her second thoughts.

Discussion regarding Abdullah's immigration problems⁷⁶⁰ — an entity — Karma????

First of all, in dealing with these persons, you are in a large part dealing with whim (depending on what a good night they had the night before etc.). This is unfortunate, but true.

No, there is no Fragment in a high enough place to help, but help will come. We are certain, if for no other reason but you need to be here because of your Karma, and there is no force stronger in the State Department.

Abdullah's Karma?

He has an important lesson to teach a man you all know.

Member of this group?

Yes. This is guessing, Dick! This is not the only Ribbon, but a compelling one.

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Who the h--- is Virginia Woolf???????????

[signed] SM:AH

⁷⁶⁰ Abdullah came to the United States from Pakistan in the spring of 1972 and was still having problems with his immigration status in the autumn of 1974. Eventually, it did all work, and his family was able to join him in the United States.

14 September 1974 — Saturday

Location: Walnut Creek, California

Present: Alice and Dick, Sarah.

Dick: It seems to me that the drop-out rate due to mental illness in esoteric schools is high. If we are to "spread the word," we have to be mentally healthy. It seems if we were conscious, we could spread the word better than if we were asleep.⁷⁶¹ I do not feel that I can help others until all my Centers are working correctly. My question is: "Is there some advanced therapy that would enable a person to reach this state of awareness without going psychotic?"

Of course, one must realize that spiritually-oriented groups of persons, where acceptance is the cardinal rule, will attract many lonely, maladjusted persons searching for reaffirmation of their humanness, and these persons will not be helped to grow spiritually, but will bask in the warmth of the acceptance for a time. And those truly on the path will still be able to see the sickness. The lady Lore⁷⁶² is an example.... This phenomenon is certainly not unusual. It is only that these groups are founded upon the principles of love and acceptance and often the members fail to confront even the most obnoxious behavior in these spiritual interlopers. What is apparent here is that these persons are not going toward growth at all, and are in fact acting as ballast, and making the path more difficult for others. The therapeutic approach must, yes, be individualized to conform with the abnormal habit present. First, you must be able to differentiate what is going on. For instance, is the person having a normal reaction to an abnormal situation or an abnormal reaction? These require radically different therapeutic approaches and the rate of "cure" is higher in the former, certainly, than in the latter.

Dick: It seems to me that a person on the [spiritual] path should not be lashing back at "sick people". Is Michael inferring that we confront these obnoxious people?

By the therapeutic approach, we speak of that method by which the person becomes stripped of the tough outer fibers of the False Personality, and becomes vulnerable to other demands of Essence. It is true, Dick, this Personality cannot love; only the Essence is capable of loving, and only when its demands are met will you love. We have suggested to you that the way to achieve this is through giving up the Personality's expectations of the experience, and you are yet scornful of this truth. Yet, it goes far deeper than this. When you strip down to the Old Soul's perceptions of others, that is, as a part of something — and make note of that "a part" — only a minute part of something greater that includes self. Only when you become willing to part with your ultra-precious Identification [with Personality] will you glimpse the truth in this.

Dick: I become irritated with people who have expectations who tell me not to have any. One cannot initiate anything unless he has expectations. There are rare times when I can just be and have no expectations, and that is beautiful. This leads me to a topic I could not understand with Robert's group, where it was the goal to give up one's ego. As I see it, from one's ego comes one's self-image, one's power, one's strength. If my ego is deficient, then I am in a depressed state and for sure cannot love. In Robert's group, they continue to put down ego, one way by calling I "it": e.g., "It went to dinner" instead of "I went to dinner." I have been trying the EST and Ken Keyes's way to experience experiences. If I'm down, I don't ask myself what to do to go up. I aggravate the down so I can feel it as full as possible. I have burned out a number of things in this way, but I do not feel better for it. It seems that if I have lightened my load, I should feel more buoyant and better. Maybe I haven't tackled the basic problems. Could Michael comment on ego strength?

What you wish to give up is the strength of the ego of the Personality. The Essence has much strength of its own. They are separate and distinct. Remember, when you become your Essence, there will not be the albatross of [your] Repression [Mode] to deal with. Perhaps it would be helpful to point out to you at this time, Dick, that you come far closer to loving when you are painting⁷⁶³ than at any other time. You do not have to start with loving difficult persons; this is not the primary objective at this time. Loving is Higher Emotion and that requires Balance [of all Centers]. The person who is "conscious" is not a doer anyway. Most who have reached that exalted state of physical being prefer not to *do*; they are content merely to *be* with the present — that feeling you have glimpsed when you were in those states briefly. (paraphrased) This is something we have asked you to consider before: what is it you wish to do, learn to be more fruitful and happier in life? or go on to spiritual enlightenment? The goals are very different, and the methods of approach, therefore, would have to be quite different. Living in life requires what you are calling self-image and ego strength. Spiritual acceleration does not require this; it requires negation of the cultural facade. Those who defined the ego and ego states thereof were not, after all, conscious beings, and were observing only the Personalities of others with their own Personalities.

⁷⁶¹ "Asleep" is a Gurdjieff term for those not aware of higher reality.

⁷⁶² Lore, a member of Robert Burton's group and a mid-Level Mature Soul, committed suicide in 1972.

⁷⁶³ Dick was an Artisan, the French painter Auguste Renoir in a past life. He painted in a shed in his back yard.

The Essence, separate from this, has an innate strength of its own and can survive if the body is prepared for the surge when it comes. Disintegration only comes when the Personality is lost and the Essence is freed prematurely, such as in some psychotic states. Otherwise, those on the path find the surge exhilarating and liberating, and are prepared for it when it comes, but this only comes after the groundwork has been laid. Those tools we have given you are at your disposal. You might say that the Essence has its own ego; you are just not acquainted with it. The Artisan ego is what has produced the world's great masterpieces, not always for the King's ransom, either, many times in a lonesome gallery [such as yours].

Dick: I feel I have trouble because of my own Personality. I'd like to ask if Michael has been monitoring my own personal work with my Personality and if there is a comment on how I've been doing with this work.

We think that unless the Personality takes hold and wallows in that, it is excellent work. It is true, however, that the area in which Personality has the most tenacious hold is in sorrow [borne of Repression].

Dick: I feel I have identified the axis around which my Personality turns. Am I correct in this?

Essentially, yes, you are correct.

Sarah: I never become depressed. It must be my bland Overleaves.

Some Overleaves are simply not depressible.

Dick: I've been observing my friend, Dr. Isaac. He has all good Overleaves and life is so good to him. It is so good that it seems that he is entranced in Maya. His son seems miserable to me and it does not bother Isaac.

Dick: I am surprised repeatedly when memories surface and I have insight upon insight, and I am exactly where I was before the insights.

Perhaps, someday, soon, it will not so much surprise you as it will to spur you on to changing those factors in you standing in the way of the surge. It is much like those who experience the surge well in spots such as Esalen and expect [it] to carry over in their fixed life patterns. It is the patterns that must be altered as the insights come.

Dick: When I talk about changing patterns, [my wife] Alice becomes nervous as to how the bills will be paid at the end of the month. It would mean giving up the house, the piano, cars ad infinitum. When Michael talks of pooling resources to save energy, the problem is Personality. At the other ranch, there were those who would shove groats down throats and vitamins. (Editor's expression for the attempt of forcing health foods on everyone whether they want it or not.)

Dick: I saw it as a battle for leadership and power. There are not too many people I could live with in a sharing situation. I do not feel that communal living is any closer now than a year ago.

Alice: Regarding SRG of Avery: First Level Old, Lunar, Stoic, Intellectual Part of Moving, in Caution, no Chief Feature?

This person is a Sixth Level Mature Artisan, yes, a Stoic in the Caution Mode and in the Intellectual Part of Moving Center. Yes, mostly Lunar.

Alice: I would like to ask Michael about what Abdullah said, that my creativity possibly lay in writing or poetry, and was not in music and that it would be in something rapid.

We would disagree with that, but would say that he was right about the quick tempo. This would be necessary for you to express yourself through music.

* * *

*Comment: "If wishes were horses, then beggars would ride. * * * "*

17 September 1974 — Tuesday

Location: Oakland, California

Present: Louise and Allyn, Carolyn, Ted, Alice and Dick and Victoria, Leslie, Joan, Shirley, Delia, Sarah and Richard, Elizabeth, Abdullah, Mallory.

Dick: I would like to ask how to bring the perceptions of the Emotional Center and those of the Intellectual Center together to be Balanced. Perceptions seems so limited: there is so much input and only one thing seems to get through.

Of course, the perceptions of one Trapped in the Intellectual Center are going to be based upon what is thought and will be largely analysis of the perception rather than a perception at all. The perception itself will be lost in the analysis. The perceptions of one lost in the Emotional Center will be swamped by the feelings surrounding the moment and again the perception itself will be lost to sight. This is what is meant, of course, by not experiencing one's experiences. Those trapped in the Moving Center will be already planning or carrying out some action surrounding the perception before it has time to register. No Mechanical Man is able

to appreciate any experience fully because of this. All perceptions are, of course, stored, and can be recalled by the Balanced Man if need be. In order to perceive and experience a moment in time, all Centers must be working (correctly).

Dick: Something will happen and later I will think about it and evoke emotions that were not there in the original happening. How is it that I can have emotions in retrospect? It must be that they are there to begin with, but I don't feel them.

Most of the feelings you describe come from the Emotional Part of Intellectual Center, which is always involved in analysis in your case.

Dick: I've read that, in Zen, once one has reached satori,⁷⁶⁴ he realizes he's always been there. All the Centers are operating all the time, but we are not aware of them.

All Centers are not working in Mechanical Man; they are only potentially workable. This is why perceptions of man [= humans] are so inaccurate and so scattered. This is the reason that criminal identification is so fraught with error. No two souls perceive the moment in precisely the same way, unless, of course, you happen to have two Balanced Men.

Louise: Are there different kinds of energy flowing through men than through women?

There is yin and yang throughout the physical universe. Even worlds have yin and yang. This world has a decidedly masculine essence, which explains the cultural oppression of those in feminine bodies. Believe it or not, albeit today, [this situation] has largely been perpetuated by those with masculine Essence trapped in feminine bodies — in other words, Warrior mothers.

Delia: Why are there more women psychics than men?

It is true, women on this world have been far freer to dream and dabble in the occult much longer than have males, but the percentage is not as lopsided as you might wish to believe. There have always been seers who were males. They largely kept the source of their dreaming quiet in order to avoid scorn of their colleagues. The man Albert (Einstein) is an example. He would have been an excellent "medium". As a matter of fact, he was. To us, a medium is merely a captive way station through which certain truths can be brought to bear. This must naturally involve some training and much intelligence, if facts concerning the physical universe are to be brought to bear [such as with Einstein]. For instance, the necessary vocabulary must be available in order to translate the material. As the Entity becomes progressively evolved and the learning process more refined, the choice of mediums and the information transmitted becomes more refined also.

Dick: Should the proper role for the Intellectual Center for a Balanced person be shut down until there is an actual problem to be solved?

[Not exactly:] The Intellectual Center should be functioning as a decision-making partner in the process. The Emotional Center cannot make decisions properly, as it cannot think out the ramifications of any given situation with the speed necessary to make a valid, split-second decision. The Intellectual Center works at a far greater speed than does the Emotional Center when the soul is in Balance. In Mechanical Man, the Moving Center takes over the rapid functions. This is, of course, necessary for survival of the body, as when a hand is removed from a hot stove by the Moving Center in cooperation with the Instinctive [Physiological] Center. In Balanced Man, the Intellectual Center claims its rightful functioning and becomes the decision maker. In other words, Balanced Man chooses to remove the hand.

Dick: It seems to me that the Emotional Center knows the truth better than the Intellectual Center.

Essence knows truth and Essence most often manifests through Emotional Center in good students. This is primarily because "truth" is not often readily believed by Intellectual Center; it [truth] is just not rational.

Dick: Gurdjieff said that the celestial bodies were conscious. Comment, please; and are people more masculine than the Earth?

We would not go so far as to ascribe consciousness as you know it to the celestial bodies. However, the composite of influences living upon the body do give it yin and yang. The man Georges (Gurdjieff) sensed this. There is a preponderance of Warriors and Sages upon this body [Earth].

Ted: Is there a preponderance in certain areas?

Upon this planet.

Dick: How can I bring my Intellectual and Emotional Centers into phase?

⁷⁶⁴ "Satori is a Japanese Buddhist term for awakening, 'comprehension; understanding'. In the Zen Buddhist tradition, satori refers to a deep experience of kenshō, 'seeing into one's true nature'. Ken means 'seeing', shō means 'nature' or 'essence'. Satori and kenshō are commonly translated as enlightenment, a word that is also used to translate bodhi, prajñā and Buddhahood." (><https://en.wikipedia.org/wiki/Satori><)

We did, at one time, give you an exercise that has proved valid for many and that is of concentration outdoors: the exercise of visualizing the countryside, feeling the sun on your back, of feeling the sun acting upon the countryside, of filling the moment with as much of the environment as possible. Each time you perform this exercise, you should be able to embrace a broader perspective.

Is it the egotism of the Intellectual Center not to like housework, or is it a cultural thing?

This has little to do with culture, surprising enough. The Exalted [Cardinal] Roles [Sage, Priest, King] find mundane chores distasteful, particularly those not in the Moving Center. The Ordinal Roles [Warrior, Slave, Artisan] accept them in more grace, but there again, they are often preferred by Warriors and Scholars simply because they point to efficiency and therefore to winning.

Discussion here on [Carlos Castaneda's] Don Juan's warrior striving to be a man of knowledge and never giving up. We wondered what, if any, is the relationship of Don Juan's warrior to Michael's.

The Warrior Essence at the highest level accomplishes mental efficiency and seeks the King; in other words, seeks to exalt his Role.

Comment: The King seeks the kingdom.

That is valid, or [the King seeks] the Tao.

Delia: How can a Warrior evolve to a King? I thought we could not change Roles.

Usually, those who chose Ordinal Roles come to this realization at a later time than those in Exalted [Cardinal] Roles, but this is not always the case, especially if the Ordinal soul meets with the proper Teaching.

What does the Scholar seek?

(Intelligent person: The great computer in the sky; maybe a library in the sky.)

Dick: How can I tell when I'm in the Intellectual Center?

There is a vast difference in the sheer expenditure of energy. Those who are trapped in the Moving Center expend more physical energy than those in the Moving Part of Intellectual Center. The energy spent is of a different quality. Often the body is not tired even though tremendous amounts of intellectual energy is spent, causing the person to expend far beyond its intellectual capacity for achievement. However, in Moving Centered souls, the reverse is often true: they seldom are able to work to full intellectual capacity because the body tires so rapidly. Once the body goes to sleep, then Mechanical Man has lost his hold on the intellectual functioning.

Dick: How could Sarah tell if she is in her Intellectual Center [rather than her Moving Center]?

By her ability to work steadily on an intellectually-based project, not in fits and starts such as she does now.

Mallory: I wonder about my recent backpacking trips: how would this relate to my Centers? I stopped picking at my fingers, did not think, did not feel: I just was. I did not feel any more awake or more high. I feel uncomfortable because I feel I'm not accomplishing anything.

It is related to the fact that students often experience an Essence or Balanced state for prolonged periods when removed from the Maya, error, familiar Maya of their environment and are forced to "be" in the moment.

Mallory: It is not a dramatic thing; it just is. A person in the present is not experiencing anything dramatic. Does a Balanced Man feel high? It was said last time that the "surge" comes when one becomes Balanced.

If the moment is a quiet one, Balanced Man will feel the tranquility. If it is a "high" [moment], then Balanced Man will feel the ecstasy of the moment. Ironically, the reverse is often true in Mechanical Man. Young Souls involved with ecology legalization will often feel surges of emotionalism when confronted with a pacific, woodland environment.

Elizabeth: There is a strong physical resemblance between Gene and my Essence Twin soul. Were they brothers? What is the reason for my involvement with them? Is there some reason I choose to be with tall people?⁷⁶⁵

The resemblance is, of course, a chance thing, but the attraction is not. All you know in advance the approximate physical size of those in your cadre. Now we did not say exact, but you do know approximately. This leads you to be physically attracted to certain physiological persons [more] than others. Another factor being with these two men, however, is that their paths have had similar forks because of similar Karma. In other words, they have similar Ribbons to burn and thus there will be a similar tack to their lives.

Elizabeth: I know a third man who keeps coming into my life who is large and strong. I feel I saved him from a suicide. What is the attraction here?

⁷⁶⁵ Gene is very tall, about 6'6".

In this instance, the Ribbons are only different in that he is the debtee; in the other two, they are the debtors. Again, the debts are the same. In the case of the other two, they are paying off Karmic debts incurred many lives ago. This is their soul's craving for payment for similar types of Karmic debts. These debts are not with you.

17 September 1974 — Tuesday (Supplemental)

Present: Sarah and Richard, Liz and Ted, Carolyn, Shirley and Glenn, Abdullah.

Elizabeth: SRG [for] her sister Rebecca?

This lady is a Fifth Level Mature Priest in the Passion Mode, yes, in Arrogance. All else approximates your own Overleaves.⁷⁶⁶

Carolyn: Asked for a comment on a dream she'd had at her Uncle's house. Swimming pool, dog arose from the water, came to stand nearby her and had turned into a very tall man-like person, scales on his body, etc. No fright connected with this, more of a protective feeling all night —

Carolyn, you, like most here present, yearn for a teacher in the flesh to whom you can relate in a "normal fashion." This dream, in part, is indicative both of your desire and your evolution to a point where you could now accept a teacher other than in human form. Both interpretations are true, essentially. Do you see this? You have in many ways risen from the murky waters as have others. There's also a protectiveness in all of you now concerning this very tender evolution. This lady has much psychic energy, we have said before.

Abdullah gave a "ring" to Sarah and asked for her comment. She felt it as warm and her fingers seemed to become warmer. We each felt it and sensed "warmth" in it. This ring had been given to Abdullah by a psychic (?) who told him to wear it always. We agreed that he could leave a part of his own being within the ring.

We would agree with that. This is a powerful Adept, perhaps more so now than all others on your world. It can be used as a talisman or as a source for concentrating energy.

Ted: Asked for a comment about "which Overleaves we should work on" in light of the problems he and [his wife] Liz are currently having.

This is much a clash of Goals.⁷⁶⁷ That is the one where the work is needed.

Elizabeth commented that she continues to find new perceptions. Am I capable of spiritual love? Visualized crossed hands at our meeting — symbol? (Gene suggested Self-deprecation at home?)

First, the hands are in the closed body position, symbolizing a closed body inviolate. But you are right, Elizabeth, it is only your Chief Feature that says you are incapable. You are not incapable, of course.

Elizabeth's dreams regarding colors.

You also, Elizabeth, are now emerging not so much from unclear water as from a place where all is muted, and the colors blend one into the other out into a space of clarity and light — in other words, the real universe.

Elizabeth: Is Billie's teaching valid? Reconvened.

We find no fault with the lady. We feel that she is also merging out into a place where her teaching will expand and become a very real force in this arena.

Elizabeth: Witches?

All of you here present could easily become "witches" by developing some type of ritual to channel your psychic talent in a special direction. This would only be an advantage if there was a task at hand to perform. Only those with harsh Overleaves need fear.

What are the harsh Overleaves?

Greed and Aggression in combination with Rejection and Aggression.

Ted: Regarding lost dogs of friend who'd been to a meeting.

The dogs were kidnapped. They are alive.

Ted: Regarding our future role of serving the King. How long to wait? 5 years?⁷⁶⁸

On the present alternative, sooner than that.

Liz: Atlantis?

⁷⁶⁶ Elizabeth's Overleaves: Second Level Mature Scholar, Acceptance, Passion, Spiritualist, Intellectual/Emotional, Mercury/Venus.

⁷⁶⁷ Ted was in Dominance; Liz was in Growth.

⁷⁶⁸ Robert is a King, so they may have expected a similar situation to develop with their group.

In Atlantis, you served a King, yes.

Richard: Regarding two visions that were very unsettling — very quick glimpses (one while camping), one of round disc and another of a roundish shadow.

In part, Richard, this represents your fervent desire but you are correct, the time is drawing closer. When the time comes, you will be given explicit directions. It will involve another “camping trip.”

Sarah shared a dream in which the group went camping with Edgar Mitchell.⁷⁶⁹ Does the serving of a King have anything to do with this?

The serving of a King will perhaps be concurrent.

Should we contact [Edgar] Mitchell?

We would only say at this point to follow those interpretative drives now surfacing.

Abdullah told us of contact with a being from another world. Said he was a Sixth Level? (This refers to Sixth Level Old Priest)

Both, it should be interwoven. Contacts such as these are not unusual if the medium is receptive. This group of Adepts is a powerful and far-reaching one. Soleal is only one of many. Practice more and you will develop.

Elizabeth: I have a spirit guide, but I have no picture of him.

Because Physical Plane perceptions have nothing with which to visualize beings of the high planes. In other words, its apparatus is faulty.

Elizabeth: What is his name?

Truthfully Elizabeth, our name is legion. This Entity [Michael] has had in the past over two hundred thousand names. Are you comfortable with Stephen? That would be one; Gray Eagle was another, as was Nenemah.

Elizabeth: Is the reason we contact these Entities because we’ve known them in life?

Definitely; for instance, we have known you all.

Elizabeth: When did I know you?

A Fragment of this Entity was known to you as Glaucous. Teacher and student. You were the teacher.

Richard: Did I establish contact while in Europe with a higher level? Will they try again?

Hopefully, if you do not run from it.

Richard: Is it important?

It is very important. It could be if you follow it.

Richard: Does it threaten my life? Was my life threatened? It’s scary.

It is scary, yes. No! It involves your psyche. It also involves your ego.

Elizabeth: Comment on wit and Scholars?

Think of British humor when you think of Scholarly wit.

21 September 1974 — Saturday

Location: Oakland, California

Present: Alice and Dick, Sarah and Richard.

Richard asked for a comment on “5 months.” When asked to expand a little, he added, “Group happening” and wanted a comment on these brief phrases. (Soleal coming?)

We should hope that that would be a conservative estimate.

Dick: Asked for a comment on Jane Roberts’ book, The Nature of Personal Reality, dealing with health, hypnosis, creating realities and ideas of consciousness, etc.

The information in this book is largely valid. The approach to the “power in the present” is one approach we differ with, but only where the Personality is paralyzed by certain past events so that fear presents the strongest obstacle to hearing the words.

Comment: Something about most of us dwelling on the negative aspects of the past, which affects our present.

This is true, of course, but we think that if you read on, you will find that the key to that power lies in the cleared mind or that devoid of barnacles: for instance, the “Oedipus complex.” If that trauma has become fixed

⁷⁶⁹ From Wikipedia: Astronaut Edgar Mitchell [who has a King role] walked on the moon as part of the Apollo 14 mission in 1971. He later founded the Institute of Noetic Sciences, which does research into consciousness and psychic events.

and beliefs are based upon the amount of trauma, then the trauma must be explored before the beliefs can be exorcised.

Dick: This book does not have enough "how to." It is long on principles and short on "how to." In my work, I find getting fat people to diet is virtually impossible. They will not diet. We are immutable.

In view of the fact that most of the programming of your "computer" was done by someone not cognizant of your Overleaves, we would say that most of it was traumatic, particularly to the Personality.

Discussion on how to dress like a peacock without money. Sarah claims she was imprinted to be earning money and feels guilty not working. This led to the transformation of Robert [a former school teacher] and how he told Dick how hard it was not to renew his teaching contract. Dick felt that this was an act of will and asked for a correlation between "will power" and "intuition" or Essence.

It can be likened to the Centers then, Dick. For instance, think of Essence as the emotions, intuition as the intellect, and will as the drive force.

Dick: Gurdjieff says that Mechanical Man has no will (a #1, #2 or #3 Man). He may start out to pursue a course, but will succumb to societal pressures, fears, habits, etc. Gurdjieff says in order to become conscious, one must attach himself to a man with "C" influence [direct contact with an enlightened person] and allow him to function as his will. Michael cannot function in this capacity, as he needs a medium.

Could we have a comment on Self-remembering, embracing three things?

In Self-remembering, one is aware of the flower he sees, himself and the sun shining impartially on both. [Handwritten with graphic]

Essentially, yes. One of the reasons that no one of your previous teachings has impressed you indelibly is that the mystical "awe inspiring" element was largely pushed to the background. Some respond to this approach, others do not. You do not. We wish so much to bring you together with a teacher who will bring this element to this teaching. We see the difficulty, and, of course, have been cognizant of it all along, but in this particular instance, it has taken much work to provide this synthesis.



Dick: I become disappointed with my spiritual growth and find myself no different than before all this work. It may be simply that I did not have the gifts in the first place... It seems a fruitless quest. People do not change

Richard noted a change in Dick.

Dick said this was his [Richard's Goal of] Acceptance wanting Dick to like Richard... Dick then asked Richard about the problem in Europe he had imagining people were after him. His answers were vague about Etruscan times, men used a spear instead of a handshake and that he realized that people always used war to solve problems... History was forced upon him...

Dick: I usually can see through the masks of people so that I feel I know the other person. I do not feel I can do that with Richard. I have a strong feeling of a person keeping a tight lid on, and the energy to know him is not coming out. There is a constellation of factors that makes him more considerate of others, and he has to go farther to be nice to people.

Richard: I am [almost] never open. [On those rare occasions] When I have expressed my feelings to people, they have run... I have many precognitive dreams. At 15 years old, I had a dream of a train wreck. I did not go on the train ride that was planned for the day after the dream and 12 people were killed in that wreck...

Dick: I have dreams of people with three eyes...

Dick: Could I have a comment on not being able to meditate?

Bringing over some of the aesthetic delights revealed to you during concentration to bear upon your physical environment would also aid you in your ability to meditate, but the concentration is a valid method (to burn out unwanted experiences). The man Kenneth (Keyes, "Living Love Center," Berkeley) merely expands upon the theory of concentration verbally.

Dick: It seems that Michael could also expand.

Richard expressed the desire to know from Michael if his perceptions were valid or not of Ray and Gene.

The only way we know of to come to Agape, which presumably is the goal, is to acknowledge your feelings, likes and dislikes, and then come past them. We have not ever advocated the toleration of any obnoxious behavior to you and we never will. It is far too much of an energy drain. The fact remains that Mechanical Man has no inkling of his behavior or how it is perceived by others. The only way that he can ever have that inkling is if some higher being or even one who is far enough along the path to see it, will hold up the psychic mirror in whatever way possible at the time. Only then can Mechanical Man perceive himself as others perceive him. That is the first step toward self-perception — especially, if the consensus that [the] latter factor is one other compelling reason for staying in a teaching rather than striking out alone. (Hello, out there!) When you do not

have this constant yardstick, you cannot measure your progress. The Chief Feature of this group is timidity, which is a part of Self-deprecation.

Much more can be said. Most of you have Tape Loops of agreeability going for you. Your behavior is stylized and rigid. In certain situations, the timidity is especially pronounced when the person who needs confronting is in an Exalted [Cardinal] Role [Sage, Priest, King]. We would see you looking at this in the psychic mirror. Progress is never made by timid people — only by those who are strong enough to resist the pressures exerted upon their psyche by those Mechanical Men around them. As long as you allow those around you to dictate your mood of behavior to you, you will remain entrenched in the fixed Tape Loops and there will be no progress.

Why does it matter to you, Richard, whether you are universally liked? That, given Mechanical Man's motives for liking, simply is not possible. Your homework would be to perceive your voracious need in this area, and try to satiate it once and for all. (Eat it before it eats you. Arrrrghh!) The Acceptance, of course, is your strongest Overleaf. You may change this. We would recommend at least blunting it. It is taking its toll. It will not be possible for you to grow without this. The same could be said for Dick, only he is aware of the fact that the Repression [Mode] is standing between him and his Essence.

Dick to Richard: You have adopted an artificial language in order not to offend others. It makes it hard for me to understand you.

Richard: Due to the rigidity of my beliefs, I cannot move freely. Is there something Michael could say to help me at this point?

Your most difficult lesson will be in accepting that yourself is responsible and no others, Richard. Only then can you experience your experience.

Alice: Sock it to me, Michael, so I may be a better person for it.

Since your own Chief Feature is Self-deprecation, Alice, your own timidity is stronger and, therefore, needs the work. The start now has been good, but you must not dwell on the possible effects of your Photographs. This is a horrendous drain in energy. Just say it. Most of the time you have been right when you have felt strongly. Practicing with those you trust is all right for the present. It is valid that if it is the truth you speak, most have no rejoinder. Only those in Rejection will sometimes reject even the truth.

(Payments for September and October (\$10) are now being accepted. Please respond, otherwise, it means you are no longer interested [in receiving transcripts].)

24 September 1974 — Tuesday

Location: Oakland, California — Shirley & Glenn's

Present: Shirley and Glenn, Sarah and Richard, Mallory and Ralph, Narra, Elizabeth, Ted, Betty, Louise and Allyn and Leslie, Abdullah, Gene, JeanP (1st time), Jody.

Allyn expressed difficulty "finding himself" in all areas of his SRG⁷⁷⁰. Asked [for a] review. Discussion put this problem with Center, Mode, and Soul Level.

This man is in Growth [Goal] and has undergone already tremendous exploration and acceleration in this life. This is the primary reason he is uncomfortable with the Level [Fourth Level Mature]. It feels transitional to him and at the end of this life, it very well may be. There may have been an error in transmission concerning the Centering. If so, then this man is in the Emotional Part of Intellectual Center. We find no fault with the total picture otherwise.

Allyn: Aura? (Blue)

We agree with that, with undertones of green.

Allyn: My Life Task and/or Sequences with this group?

This large group, which incidentally became a family again in this life, is largely interwoven with Sequences. These all involve the spirit of cooperation, to enable the growth so necessary in several of those concerned. You are not an exception to this, as you need the space, and are with those in Sequence who will freely give it. You too must give of this even though it may be extremely difficult and has already involved growth in what Mechanical Man calls sacrifices. Actually, nothing has been sacrificed; it was chosen as a growth process. You are a good student. This is part of your task. There could be much more said, of course, but the man gains valuable insights on his own.

⁷⁷⁰ Fourth Level Mature Warrior, Growth, Observation, Idealist, Intellectual/Emotional, Stubbornness.

Allyn: Am I a part of the same Entity as [sister-in-law] Shirley and [wife] Louise?

Not a Fragment of that Entity no, but you, too, will meet with several Fragments in this life.

Narra: What significance is there in being of the same Entity?

No special significance, but Fragments of the same Entity are quite often attracted to each other by familiarity if their paths cross.

Betty: It was predicted I'd be actively affiliated with a group. There has been many changes in this last two months. Very involved. Is this good? (Should be concentrating on spiritual.)

At the present level of involvement, yes. At any rate, it is not detrimental, but you must also keep in mind that you cannot help anyone else grow. In this instance, you become at the most a go-between and this can sometimes be a useful function in a case where the other soul will not grow from the adversity. The reason that you are tired is that you are using emotional energy to solve a primarily intellectual problem. This is always tiring and can also result in depression after the crisis. You have had this happen to you before and should recognize the symptoms when they begin. Otherwise, you could turn this into a teaching experience, yes, of course, you could.

Betty: Are my Overleaves changed?

No, you are merely using a great deal of emotional energy, which feels strange to you.⁷⁷¹

Louise asked Michael to comment about the upcoming EST trip for her.

Yes, we would consider this a wise move and a growth experience.

Louise: We visited, on Saturday, a friend who soon will leave her home and go to a rest home. Sunday, I felt depressed and ill. Any connection with [the] lady?

Some are able to communicate their despair more lucidly than others. This lady is an example. She was able to let you, Louise, know the depth of her despondency.

Louise: Which Center lets this sensitivity in?

Plus much early training in sympathy.

JeanP: Is the TFR ["Time for Reality"] work [husband] Edmund and I are in worthwhile?

First of all, JeanP, work in order to be "right" for you, must be rewarding in the sense that it produces a deep down sense of satisfaction. By this, we do not mean ego gratification but [we mean] Essence satisfaction. Secondly, you only help others indirectly by first helping yourself to a large slice of joy. If the project, that teaching, the job or whatever, gives you this, then yes, it is right. Bring to this your own positive Overleaves and your skills and it may bring you full measure. Lag behind this and it will bring you only the frustration you now feel. The secret is, JeanP, that you can transform that group into whatever you wish, but it must spring fresh from your own Essence needs and not from what you think that the group needs.

JeanP: I feel open and vulnerable.

One of the most positive changes in you, JeanP, has been your willingness to throw down barriers. Yes, knowing your Role and your philosophical Attitude has helped you in this.

JeanP: What do Edmund's migraines mean?

These aches have their origin in tension, part of which is job-related, part of which is rooted in a basic inability to disappoint those whom he senses are counting on him. This man still needs to feel completely free to refuse, in clear conscience, that which he intuitively feels as a wrong move.

JeanP: Regarding my friends Barbara and Tom. He threatens suicide; she no longer suffers. [Are their] Karmic Ribbons over now?

This is valid, but only Barbara can feel this and the man cannot. He will continue to extract [the Karmic debt]; at least he will continue to try. It is now a pattern with him that has become imprinted on this weak ego. As so often happens, this man (Tom) was first born to the lady Barbara when she was midway into the Mature Cycle. This is not the spot for Infant Souls.

Ted: Liz and I are in and out of relationship. [Our] Goals clash. I need verification of my Goal (Dominance), as it does not feel right.⁷⁷²

It does not feel right to you, Ted, because you are seeking Growth now. You see it [Dominance] as negative. At this transitional point, we would agree, you can give it up. You still do seek to dominate the physical environment around you.

⁷⁷¹ In the 03 March 1974 session, it was said that Betty was trapped in the Emotional Part of the Emotional Center.

⁷⁷² Ted and Liz eventually divorced.

Ted: I have no personal goal at this time. What could be a meaningful one for me now?

Since it is the primary point of Friction [with Liz] for you now, Ted, why not attempt the transition into Growth? We would suggest for you [the] concentration [exercise].

Ted: Would it be good for the men of this group to meet separately (as the women have done)?

The pitfalls would, of course, be falling into a masculine, mechanical-type dialog (?) pertaining to life interests and not to the teaching. With effort, the move could be fruitful especially in the direction of Agape. Many of you [men] need to cast out your stereotypes and learn to love in other arenas besides the sexual one.

Elizabeth: Comment on ladies meeting?

Elizabeth, there was much scattering as you know, but this can be controlled with practice. The need to exchange communication at times overrides the quality of that communication. This can be so effective if carried out in the direction of the Work. It would be an ideal time to exchange those insights that are individually unique in origin and yet universally relevant.

Mallory: [She] is going through the book [of session transcripts] and cataloging SRGs of famous or well-known people. Wants examples of Old Slaves and Warriors.

George Patton (Old Warrior): this man George was a Fifth Level Old Warrior in Dominance, in the Passion Mode, a Realist with a Chief Feature of Stubbornness. He was mostly Martial, some Saturnine, in the Emotional Part of Moving Center. Incidentally, he had a very clear memory of some past lives.

Mallory: [Example of] Old female Warrior?

The lady Barbara Stanwick is a First Level Old Warrior in Dominance. Also in the Passion Mode. She is an Idealist in the Moving Part of Emotional Center, mostly Lunar; Vanity, with a capital "V" [Arrogance].

Prince Charles of Britain is also a Second Level Old Warrior in the Observation Mode, a Spiritualist. He is mostly Lunar, some Venusian.

Mallory: Chief Feature?

Yes, but not firmly entrenched. He is somewhat a Martyr.

Mallory: [Example of] Old Slaves?

The former King of Sweden Gustave Adolph was a Sixth Level Old Slave in Growth. In the Power Mode with a Chief Feature of Stubbornness. Mostly Saturnine, some Lunar. Idealist.

SRG of King Christian of Denmark?

This was a Third Level Mature King in Acceptance, in the Passion Mode, the Intellectual Part of Emotional Center, a Spiritualist.

SRG of Gregory Rasputin?

It is interesting that this man was twice in the past an arch Druid and brought to this life a past steeped in the occult. He was a Mid-Cycle [Fourth Level] Mature Priest in Rejection, a Cynic in the Power Mode. In the Moving Part of Emotional Center. Mostly Lunar, some Saturnine. Stubbornness.

Liz: Did I know him and have any relationship with him? (Druid Priestess)

Once, yes, you did, in the fourth century before the Common Era [BC].

[Another] Old Slave?

The novelist Pearl Buck was a Third Level Old Slave in the Passion Mode, in Submission, a Spiritualist with a Chief Feature of Stubbornness, mostly Venusian, some Mercurial, in the Emotional Part of Intellectual Center.

Mallory: SRG of Phillip (guy with her sister). Fifth Level Old Sage? Warrior?

This man looks like a Warrior to you because he is mostly Martial with some Venusian. Also because he is in the Emotional Part of Moving Center and suggests strength. He is a Fifth Level Old Sage, a Pragmatist in Growth with a Chief Feature of Self-deprecation, not strong, but enough to quiet him some. Also, his Pragmatic approach robs him of some verbal strength. All in all, this man is in a good space for growth.

Mallory: Are he and Lois of the same Entity? Twin souls? Has she moved from Stagnation to Growth?

No on the former and the latter, but she is now involved in some Good Work toward this. They do have a Sequential agreement and the attraction is quite strong.

Ralph: Are there lines and areas of questioning that we are presently capable of, but very seldom voice, which would make your teachings more available to us? If so, what can you tell us about them?

We would say yes, there are definitely many lines to be explored, mostly pertaining to synthesis of the information on interrelations. The reason for failure is in the interrelationships of those on the Physical Plane, particularly in the area of spiritual growth. In particular, a question was recently asked but not pursued as to the reason for these failures. Also, so far, no one has voiced a concern over the relationships between man and the universe and the harmony therein. The level of curiosity concerning the yin yang combinations is relatively low, connoting a lack of understanding. Also, there has been no curiosity concerning those who come to The Synthesis from seemingly diverse backgrounds and yet bring much understanding to the teaching. Also, a more workable vocabulary would be in order. The interpretations, at times, suffer from broken semantics and this is an area of work. The origins of man on this world and its eventual evolution, along with its place in the ultimate evolution of the physical universe, is also a part of this teaching, aimed at providing you with a more concise understanding of your own position in the total schema.

Mallory: Workable vocabulary?

Perhaps a glossary is in order. Tonight, the word vulnerability could have been defined to the satisfaction and agreement reached to substitute another word for the secondary meaning. Also, the group has reached a point now in growth where members can afford to be careful with important words such as love and spirituality.

Shirley: Afford?

You can apprehend the true meaning and substitute another more appropriate word when you are describing another emotion, such as a feeling about ["loving"] ice cream. This is an exercise in self-remembering, and can be verified as valid.

(Often, people say, "I love ice cream.")

At this point in time, it is useless to bring up any discussion of an ultimate purpose in existence. This is not a concept that can be dealt with in the language of the Physical Plane. It must be intuited at a higher level, and it is up to the student to work toward this intuition; it is not easy. The Tao cannot be understood intellectually, it can only be intuited. As we have stated before and will again, Leslie, growth [truth⁷⁷³] is the greatest good and love is the highest truth. Music is Mechanical Man's only method of expressing the higher [level], and this is also true on the high planes at another level.

At this point, Gene brought up the subject of trust. Asked for the group response as to how we felt about trusting him, etc. Considerable discussion followed.

If one is truly striving toward Balance, there will be a desire for harmony in the environment. They are one and the same. There is only chaos in the environments of those struggling with conflicts on the glamorous Physical Plane. The struggle to meet the expectations of others that is, sadly enough, most often without knowledge of those expectations. There is so much guesswork going on, how could you possibly trust?

We agree with you, Gene, more than you think, that ultimately trust has to do with constancy — predictability, if you will. This endows the persona with a certain amount of reliability with which to operate. It is like arming the cannon. The flagrant misuse of someone else's definition of a word usually denotes a lack of understanding and a semantic barrier rather than any particular breach of trust.

Allyn: Talked of a headache he sometimes gets — this came tonight immediately after receiving the information he asked for. What is it? Why?

As for the band of tension, there is an underlying disappointment that needs not be. You are a good student and as capable as those others.

As the goal of Agape or spiritual liberation entails ultimately becoming an Adept, the concept of telepathy should not be taken lightly. It is within the grasp of you and would require an enormous amount of predictability. When you meet with an Adept who is strongly telepathic and also totally vulnerable, you will understand this more fully, but it is not an unrealistic goal for the man Gene.

Gene: Predictability on my part?

At first, yes, then [predictability] with those you allow access to. If the emotions are chaotic, the work cannot proceed in this direction [of predictability]; that is where the Balance comes in.⁷⁷⁴ When the student first comes

⁷⁷³ It seems to me that the channel glitched in this case, because what they said before (and after) is that "truth", not "growth" is the greatest good: 22 November 1973 and 28 December 1974.

⁷⁷⁴ A Balanced person is constant, predictable, reliable in their response to situation, hence trustworthy — you can depend on them to do the appropriate thing for the circumstances.

into contact with an unfamiliar Center, there is an initial surge, and then until the adjustment [to Balanced predictability] is made the insights are unrelenting and chaotic.

Gene: Regarding Susan's new apartment — "has made tremendous growth."

We would think that bridging the chasm between intellect and emotion is certainly a large step in the upward direction. It is still, of course, uncomfortable and will be for some time.

(This was regarding Gene's growth this summer.)

28 September 1974 — Saturday

Location: Oakland, California

Present: Sarah and Richard, Liz and Ted during first part; then were joined by Alice and Dick, Gene, Elizabeth.

Liz: Am I in the rejection part of [spiritual] growth right now? I feel like no one likes me, wants to be with me, etc. Almost paranoid about it.⁷⁷⁵

Liz, fears that no one out there likes you mirrors the cyclic loss of self-esteem that accompanies your violent mood swings, yes, this in part due to the [Passion] Mode and in part due to the [Emotional] Center in which you are Trapped. Souls in Growth do experience the fear of rejection where souls in some of the other Goals do not, but souls in Growth do not often experience the need to reject — only the fear, and this fear is certainly cyclic. This is one area in you that could be looked at. The high point in the [bi-polar] cycle is the one to hold up as a growth aim. Believe it or not, you will not be hyper-manic, just joyful, if you are able to attain this and remain there. Those souls with bland Overleaves can stand to look at their experiences of joy, and perhaps tune in more than they are now doing. Moving Centered souls often turn off or tune out these experiences that are potentially emotionally loaded.

Liz: I just started dancing again and all of a sudden my depression lifted and everything looks OK to me — my life, my marriage, etc. I feel I'm using Moving Center to get high. If I want to be Balanced, should I not give in to the urge to use Moving Center and dance?

No. This is a false interpretation. In Essence, there is a movement. The work for you, Liz, would be to get in touch with the Moving Part of Emotional Center during the dance, which is essentially what you are doing. As long as you do not compete with yourself, you will succeed at this.

Liz: How can I get in touch with Intellectual Center?

This will be the most difficult for you and for all others in the Centering you are in, as it involves single-minded concentration and application of non-judgmental logic. Reading very studious works has done it for other students. Continuous study will also do it. The determining factor is the boredom factor. As soon as boredom creeps in, the Emotional Center has crept in too. Boredom is simply not intellectually possible. It is a lower emotional function. Most of the time, in fact, it is a function of the Emotional Part of Moving Center.

Ted: In doing SRGs, I find I do not have an understanding of Modes. May we have some information on Modes?

Souls in the Repression Mode are unable to experience either joy or sadness to any noticeable extent. There is an air of poignancy or wistfulness about them that is unmistakable. They say to you, in effect, "Make my life more."

Perseverators are unable to give up old, worn out habits, even though they recognize their futility. They say, "But I can't do it because I never did it before, and I'm too old to change." They are too old to change the day they are born.

Souls in Caution approach all new things with timidity. They are the Englishman who carries an umbrella even though the skies are cloudless, because it might rain. They are usually well prepared for all contingencies and have an alternative plan for everything. They require much deliberation. They are saying, "Slow down. You are moving too fast for me."

Souls in Observation are the only souls we know of who can speak of their own lives in the third person. They are distinguished by a slightly remote but polite detachment and a sense of noninvolvement, offering logical but not consoling advice. They are very good in crisis situations, even if the crisis is their own, because they can usually stand outside of it and observe.

Ted: Is my Mode Observation?

Don't you think so?

⁷⁷⁵ Liz is a Mature Sage in Growth, Passion, and Moving Center, Emotional Part.

Those souls in Aggression [Mode] often appear to be plowing uphill against the wind. They will pursue their own ambitions with a dogged determination that puts all other souls to shame. The only problem is the poor souls who stand in their way — they often get plowed under, especially in the early Cycles. Interpersonal relationships are stormy for souls in this Mode.

Souls in the Passion Mode approach life with more enthusiasm than any other Mode, which is why they often appear to be suffering more than any other souls. In life, their expectations of others are tremendous and consequently more often dashed than in other Modes. Their innate capacity for warmth is sometimes smothering in close interpersonal relationships, especially in the younger Cycles. Students can change this. Souls in Passion expect others to give their “all” and expect that all to equal their own. The disappointment therein is not too surprising.

The soul in Power has an outward appearance of strength and inspires confidence in others because of this. The soul in Power, in order to be in Essence, must be at or near the top in all situations, even if this means creating a brand new situation. These souls are the innovators, the inspirational [Expressive] people. Souls in Power are very apparent. They stand out in a crowd.

Liz: It feels to me that I'm not in the Power Mode, but in Passion.

Liz, you are not in the Power mode. If this was an error in transmission, it is unfortunate and it must have felt wrong to you. Souls in Power offer a rocklike shoulder for the world to cry on.

Ted: Question about a temporal-type goal for his life.

Actually, Ted, you have provided yourself with a lot of necessary skills to bring your Essence to bear on the Physical Plane. Your [Slave] Role demands that you supervise the physical needs of many and thus satisfy it fully. You can do this easily with the ammunition you now have. As for a temporal goal, we will only repeat an earlier question. Do you wish for a fuller life on the Physical Plane or do you desire spiritual growth? If it is the former, then there are many groups geared for this. If the latter, then this teaching is for you and there are no temporal goals. We could, of course, suggest some satisfying activities, but you can and will intuit these on your own. We will not substitute our true purpose in this way, as it is possible to obtain this on the Physical Plane. This is not to in any way downgrade this pursuit. It is just to say that we do not feel that it is valuable in the path toward spiritual growth. The steps you have already taken have helped you immeasurably, but you must allow for the quiet space to look at them objectively.

Liz: Growth doesn't occur in a vacuum. One must immerse himself in something — relate with someone — in order to grow, right?

Liz, spiritual growth is an extremely active process, but many times, it isolates you from the mainstream — this is what we are saying. Spiritual enlightenment, which is indeed a byproduct, is an ecstatic experience to which nothing can possibly compare.

(More followed ... transcribed separately.) [Next session.]

29 September 1974 — Sunday

Location: Chambers' home, Oakland, California

Present: Liz and Ted, Elizabeth, Gene, Sarah and Richard, Alice and Dick.

...after 2 hypnosis sessions using “the box” [device for helping with meditation and hypnosis] and a discussion leading to misunderstanding among those present:

Understand that we are now remote from you physically and unable to exert any particular influence on your thought patterns. This is not the case when we are able to manifest. At that time, we are able to precipitate much in the way of needed work. It would not suffice merely to commend Richard and Gene to air their differences. The resultant imbroglio would be lukewarm at the very best. We welcome the opportunity and expect that, with practice, much can be accomplished. Your perceptions are valid.

(There were so many perceptions voiced, that we asked for which ...)

We spoke in particular of the perception that a manifestation often precipitates needed work. The experience was, in our estimation, exceedingly valuable. It should give you much work on knowing that we are quite accessible, and as near as your little box.

(Brain wave synthesizer)⁷⁷⁶.

⁷⁷⁶ This might have been the “hemisync” device invented by Robert Monroe. It was a set of headphones and a tape player that fed different sounds into each ear, thereby supposedly synchronizing the brain hemispheres, leading to greater

Gene asked if he should go outside to ask Elizabeth to come back in.

If that is what you wish to do, then you should, yes. Why should our advice mean more than your own emotions at this point? Objectively then, if you do this from any space other than the Emotional Center, you will be taking upon yourself the responsibility for someone else's anger.

Can souls experience other Entities or planes even if they are young or troubled or full of anger?

The difference, of course, lies in the level of the contact and the amount of volition involved. It is true that all of you spend a portion of your day on a plane other than the Physical and we have suggested to you an exercise whereby you can open your eyes and perceive this as it is. Certainly, beings other than Adepts can arrive on these planes, usually under the direction of others. However, their control of the experience is limited and their perceptions are largely based upon physical standards and, of course, largely inaccurate; but, yes, they can glimpse this. The Adept controls the visits and moves about at will. Often group work leads to an experience of the high planes, and many times this is due to the strength of the leader. If you were in the presence of an Adept, the travel would be easier, yes. It is a part of the Balanced Man and is not available to these occasional voyagers.

Liz: Is my automatic typing valid? Should I stop?

Of course, some of it is. Some is self playing through, but Liz, why stop? Why not try to avoid the histrionics and play it straight and just let the words flow?

Liz: Am I trying too hard?

Oh, yes. You are really trying and we need no help.

Liz: I'd like to ask about my unreasonable fear of reptiles, dinosaurs, and snakes. (A suggestion was made by someone for her to try marijuana.)

This is an avenue that is open to you, Liz, to experience out the fear you once hid from, as you were in that cold room knowing that there were ritual snakes all over the grounds and that you were powerless to escape, not so much from them as from your experience. Try this [marijuana]. We would advise that you do it soon.

Liz: Was that [fearful experience] in Egypt?

Yes.

Ted: We have not looked at man's place in the universe, as was suggested last time.

Since it was 2 AM, we decided that that was a heavy one and to be put off until next session.

01 October 1974 — Tuesday

Location: Vallejo, California at Carolyn's home

Present: Carolyn, Alice and Dick and Victoria, Louise and Allyn and Leslie and Glenna, Shirley and Glenn, Mallory and Ralph, Joan and Jim, Beverly (first time), Gene, Abdullah, Elizabeth, Betty, Sarah.

Joan asked the group to please not fail to Photograph her as she is very open for it. Prompted by information indicating group was timid to Photograph those in an Exalted Role. [Joan is a Priest]

Louise: What does the Scholar seek?

The Scholar seeks to define the Logos.

Priest?

The Priest seeks — as the King and the Sage — the Tao.

Artisan?

The Sage.

Slave?

The Priest.

(The Warrior seeks King.)

Who does the Scholar seek? The nearest Scholar?

All seek to exalt their Roles to the nearest power.

The nearest power?

awareness.

The one with the closest affinity in the Exalted Roles is sought by the Balanced soul with an Ordinal Role. Since the Scholar does not have a particular affinity for any of the Exalted Roles, the seeking, like the Role itself, is peculiar to this Role. This is a neutral, genderless Role. As you already know, coupled with other genderless Overleaves, this can be an excellent platform from which to begin the search; but often this very genderlessness causes multiple diversions into more exotic pursuits before the goal is reached. If you meet with extremely Old Souls in Exalted [Cardinal] Roles, you are certain to notice that their goals seem no longer earth bound and temporal, and there is a steady increase in otherworldliness in their behavior. Sometimes, this succeeds in setting them completely apart from the mainstream. It is unusual for these Exalted ancients not to seek some type of esoteric teaching. Many devote their entire lives to this pursuit and their capacity for dedication is very great.

Louise: SRG of Verna? (Mid-Cycle Mature Sage, Growth, Idealist, Venus / Saturn, Intellectual Part of Emotional Center, Stubbornness, Passion?)

This lady is not in the Passion Mode, but is in the Intellectual Part of Emotional Center; a flagrant Idealist on the romantic side, giving her the mask of Passion; otherwise valid. In the Passion Mode. A troubled Mid-Cycle [Fourth Level] Mature Soul.

Louise: Irene? (Early Old Warrior, Growth, Realist, Saturn / Lunar, Moving Part of Intellectual Center, Impatience, Power mode?)

Yes, Louise, this lady was known to you before three times, in fact. This is a Sixth Level Mature Warrior, not in Impatience, but Stubborn. All else is valid.

Discussion about Overleaves — positive and negative sides. Acceptance seems to be Richard's strongest, maybe Shirley's strongest, Joan's? She wonders about it.

The Acceptance [Goal] combined with the Caution Mode have been, in the past, your primary stumbling block, and until six months [ago] would have been obvious as your prominent Overleaves.⁷⁷⁷ Now, the Acceptance commands the forefront as you have attempted work with your Caution [Mode] and have managed to throw caution to the winds in several instances. By doing so, you have almost rendered this Overleaf neutral and workable. The Acceptance [Goal] can be quite positive, yes, but it must come from what you have learned⁷⁷⁸ to call "External Consideration" and not from the Personality's "Internal Consideration."⁷⁷⁹ When the manifestation comes from Personality, it can be very negative in terms of the energy drain to you.

Joan: It seems like I've given up Acceptance and not given up the Caution. Like "less caution about saying no."

Please don't misunderstand us. Acceptance is not a negative Goal. It is a powerful, Exalted Goal and can be particularly useful in the realm of External Consideration.

Shirley: Is my greatest need to work with Caution rather than Acceptance?

Joan: Lately, I've felt more materialistically oriented — not otherworldliness.

It is also transient, but it is something that is necessary for you to experience out. It is also not that prominent in your life and you are not that attached to it. It is simply that you have stumbled upon a couple of tools that do make the environment more pleasurable and to this end, you practice materialism. We do not see materialistic success as a primary life goal for you.

"Championing the underdog" discussion. What Overleaves do this? Is it a need to win? Self-deprecation? Is it some sort of projection?

Gene: What Overleaves account for one standing up for what one perceives to be an underdog?

In the first place, most underdogs are Martyrs. Many of them [are] also in Rejection; they simply cannot win. Those who champion them normally have as their strongest Overleaf Acceptance, or as the man Gene has offered, it is a projection of their own Martyrdom. Some simply seek to avoid what they perceive to be the terrible consequences of a "group trounce". The latter souls are usually in Acceptance and foresee all sorts of dire consequences to that procedure and must "spare" the victim.

Further discussion ---

You see, the Martyr says to the world, "Just look at the enormous cross I bear." (?) He does not wish your help, only your admiration. The soul in Rejection is at the same time saying, "I will make you reject me no matter

⁷⁷⁷ Applies to Richard, Shirley, and Joan who all have Goal of Acceptance and Caution Mode.

⁷⁷⁸ Learned in the Gurdjieff teaching.

⁷⁷⁹ Internal versus External Considering is explained here: ><http://fourthwayschool.org/considerouter3.html>< and here: ><http://fourthwayschool.org/considerinner5.html><. The Goal of Acceptance has a lot of trouble with Inner Considering.

how hard you try to accept me, for my pain is more important than your pleasure." (?) Can't you see the dynamics here? By the way, the human soul is not a fragile item.

(**** See end of transcript for this discussion and comment from Michael.)

Ralph: SRG [of] Alfred North Whitehead⁷⁸⁰? — (Old Scholar, Growth, Realist, Mercurial, Intellectual Part of Emotional Center?)

This man was a second level Old Scholar in Observation, in Growth, a Realist in the Intellectual Part of Emotional Center, yes, mostly Mercurial, some Lunar.

Ralph: [Are] Ralph and Alfred North Whitehead related by Fragment or Sequence?

No, but the Overleaves are so similar⁷⁸¹ that it would be difficult to err.

Ralph: SRG [for] Chris, (wife) (Late Young Artisan, Self-deprecation, Pragmatist, Intellectual Part of Moving Center, Passion?)

[She is] a Mid-Cycle [Fourth Level] Young Artisan, yes, in the Caution Mode. The Self-deprecation is strong and in this Cycle, can sometimes be confused with "passion," in the ordinary sense of the word [suffering].

(Carolyn on the board)

Sarah shared some of her experience in hypnosis. Who was looking through Sarah's eyes and who shared the space with her?

In our attempt to focus through Sarah, the blindness was a part of the non-physical. Sarah's companion was the Artisan friend. It is necessary for the participant to "step" off into the corridor for us to gain control of the physical and speak. We have been willing to come in this form, but had never before found a willing trance medium that was as Sarah that evening.

Her fear is [of] the False Personality losing control. Until her False Personality becomes accepting of this, the same total fear will gain control and block us. Sarah will be able to overcome this fear with all of your help and assistance. More practice will be necessary. It is a great help for Sarah to open these doors. You have been exposed to similar experiences previously and were unable to open yourselves to this. The time has come [that] you will either be able to accept and grow, or will experience complete denial.

Sarah: Who was the Artisan friend?

This was Carolyn. Even though she was not identifying the corridor, she was there.

(Carolyn had spent this identical time alone at home playing records, writing letters, and feeling extremely strong emotionally. Liz (with the hypnosis group), kept hearing music.

Liz was hearing parts of Carolyn's transmission, though not hearing enough to identify the music. The phrase, "I've seen the saucers" is one you will know. ("I've Seen the Saucers,"⁷⁸² by Elton John, was played three times by Carolyn during the course of her evening.)

Sarah: Been thinking of Ann Landers and her place in the scheme of things. Her reason for existence is part of alienated society. We are isolated; can't ask anyone else for help. Sad commentary on our existence. Should I write about this?

Of course.

Sarah: Since coming back from Italy, I keep feeling contact with my Essence Twin. Is this person studying Gurdjieff?

Your feelings in this are valid. Your "twin" is near to your Personality and [you] will be meeting soon. You are in similar circumstances. When this happens, you will bring him to a meeting and all will know. No, he will not think you are crazy. He will believe, for the first time, he is sane. He will have found home. He is searching. It will be by "accident" that he finds you. This should help Sarah in the knowledge there are no accidents in finding twins.⁷⁸³

(Board back to Sarah)

Joan: Michael has said "soon" to two events. What does this mean in reference to Gaius? Teaching talents?

Of course, Joan, you must realize that there are alternatives open to these Fragments as well as to you. When we say soon, however, it is meant that all (underscore the all!) of the alternatives are roads leading in one

⁷⁸⁰ From Wikipedia: Alfred North Whitehead, OM FRS (February 15, 1861 – December 30, 1947) was an English mathematician who became a philosopher. He wrote on algebra, logic, foundations of mathematics, philosophy of science, physics, metaphysics, and education. Whitehead supervised the doctoral dissertations of Bertrand Russell and Willard Van Orman Quine, thus influencing logic and virtually all of analytic philosophy. He co-authored the epochal *Principia Mathematica* with Russell.

⁷⁸¹ Ralph's Overleaves: 6th Mature, Scholar, Growth, Observation, Skeptic, Emotional Center, Intellectual Part, Arrogance, Impatience, Mercury/Saturn. He and his then-wife divorced a few years later. He later married Mallory.

⁷⁸² Elton John's eighth album, *Caribou*, containing the song "I've Seen the Saucers", was released in June 1974.

⁷⁸³ So far as we know, Sarah never met her Essence Twin during the OMG, or afterwards.

direction and they will come about. It is true this may take the greater part of one temporal year, but this is a drop in the bucket when compared to a lifetime or two of working. The Fragment that was Gaius has not left Spain yet, but all alternatives point in that direction.

Carolyn: Things have been happening which seem to point to me changing Modes. What is the outlook? Is it Growth?

This is a continuation of the growth process and means, Carolyn, that you are moving into the Positive Poles⁷⁸⁴ of your Overleaves, prior to final manifestation of the Old Artisan. You are coming to this place years before the average confrontation, which is not surprising given your years in the Teaching. Incidentally, the lady Victoria is also reaching this point.

Sarah posed a question for Delia, concerning Lanita, her boss: What are the dynamics or Sequences or what is going on here and what can Delia do about it?

First of all Delia, it is not necessary to have either Karma or Sequences in order to have poor relations with souls in conflict. In this case, there is none. The problem lies in the lady and the enormous conflicts therein. This is a Fourth Level Baby Warrior in Submission. She is a Realist, mostly Lunar, some Jovial.

This Fragment resents being female so much that she is in constant conflict with her environment. Also, the Warrior Essence is ill suited for the role that False Personality has assumed, that is, supervising professional people. If she were supervising clerical workers or laborers, she would probably not have the same bad dynamics with them. This lady is also in the Passion Mode and ill suited for a scientific career. You have armed for battle many times. We would suggest that you do so now.

Abdullah asked if the pressures asserted by the full moon (astrological moon) were influencing behavior of certain ones at the place he works.

It is common that troubled souls react to the full moon with far more intensity than more Balanced out souls. The thing that these young men had in common was that they were all troubled Mid-Cycle Mature Souls. Troubled souls can sometimes be guided through this difficult period by someone who is able to recognize the ego disintegration, who is in tune with the lunar cycle and also close enough to the involved souls to recognize the restlessness and disorientation that precedes the break.

Abdullah: Any astrological force involved in this other than the waxing of the moon?

Abdullah: One of these boys died with apparently no bad health and no known cause. Last night, I perceived this and made another aware of the full moon. He went through many trips — set fire to the house, tried to overdose, etc.

At this time, the lunar force is the strongest.

Mallory: I have been offered two jobs, one at the same place Abdullah is. I feel uncertain about both. Comment?

The best advice that we can give is that which we have given many times before: if it feels wrong, don't do it. Let your intuition drive you to your spot. Don't run this kind of risk unless you are very confident that it fits completely. This does not come from Intellectual or Moving Center — it must be intuited. If you have doubt, don't jump.

Abdullah asked about his Body Type.

Mostly Jovial, but Lunar yes

Ralph: SRG [of] Alice Coltrane⁷⁸⁵: (Old Priest or Young Warrior, Growth, Spiritualist, Emotional Part of Moving Center? Jazz musician.)

⁷⁸⁴ Positive and negative “halves” or “sides” of Centers were part of the Gurdjieff teaching. Positive and Negative halves or sides of Overleaves were mentioned earlier in this session and previously, but this is the first unequivocal mention of Poles. So far as we can discern, the actual names of the Poles were not revealed until late this year 1974 or early next.

⁷⁸⁵ Per >https://en.wikipedia.org/wiki/Alice_Coltrane: “Alice Coltrane (née McLeod; August 27, 1937 – January 12, 2007), also known by her adopted Sanskrit name Turiyasangitananda, was an American jazz musician and composer, and in her later years a swamini. An accomplished pianist and one of the few harpists in the history of jazz, she recorded many albums as a bandleader, beginning in the late 1960s and early 1970s for Impulse! and other record labels. She was married to jazz saxophonist and composer John Coltrane, with whom she performed in 1966–1967. One of the foremost exponents of spiritual jazz, her eclectic music proved widely influential both within and outside the world of jazz. Coltrane’s professional music career slowed from the mid 1970s as she became more dedicated to her religious education. She founded the Vedantic Center in 1975 and the Shanti Anantam Ashram in California in 1983, where she served as spiritual director. On July 3, 1994, Swamini rededicated and inaugurated the land as Sai Anantam Ashram. During the 1980s and 1990s, she recorded several albums of Hindu devotional songs before returning to jazz in the 2000s.”

It is sometimes quite difficult for the student to pick up on the Overleaves in souls of different cultural backgrounds. In fact, this takes real skill. This lady is a Seventh Level Young Priest. The other Overleaves are valid.

Abdullah: SRG on Nazmeen, his wife?: Mature Priest, Growth, Moving Part of Emotional Center, Caution?

This lady is a Sixth Level Mature Priest in Growth, also in Arrogance. Yes, in the Caution Mode. A Spiritualist in the Moving Part of Emotional Center.

Ralph: What does Michael think of the teachings of Krishnamurti?

This method of teaching is most valuable in those souls Trapped in the Emotional Part of Moving Center, or in the Emotional Center proper.

Yes, Abdullah, he makes one think and this leads in some ways to contact with intellect. In other words, the barrage leaves little room for emotional reactions until its over and by that time some has been absorbed. The teachings themselves are in part inspired by higher sources and in part by Krishna[murti]'s vivid Personality.

***** [continued from above] *****

Dick: Discussed vacillating beliefs in life after death or not, and fears of having or not having a soul, etc.

Louise: One almost has to have lived before to have a fear of it [death].

This fear, Louise, is only shared by other ensouled beings. By the way, your insight is valid.

Dick, recalling vividly some of your own countless deaths would strengthen your belief. This anti belief was literally pounded into you at the age when you were storing your most profound philosophies on the nature of physical things. This is why it has been so difficult to shake. There are stages through which all Creatures of Reason pass⁷⁸⁶, at which time certain selective bodies of information can be much more permanently imprinted than at any other stage.

05 October 1974 — Saturday

Location: Oakland, California

Present: Sarah and Richard, Gene, Joan and Jim, Alice and Dick, Narra; Belinda, Sara, Alisa [three daughters of Joan and Jim]; Dorothy.

We had a hypnosis session in which Sarah allowed the teacher to speak through her for very short periods of time, in three separate events. Sarah expressed her concern that people present would be disappointed. Also, she didn't like to stay away from the body long, because she feared it would behave inappropriately.

The fear of failure is strong and is, of course, a part of this soul's Chief Feature [of Arrogance]. It becomes almost desperate when it struggles with the modulation of the voice.

(Michael's own voice in trance).

The eye problem will just have to be coped with as it is necessary that she not look into the room. We prefer that she not be able to see.

(Sarah became quite anxious in the trance on several occasions when she opened her physical eyes and could not see).

If she is unable to see, it will be possible for us to establish visual contact with all of you.

After the second hypnosis session was through, Dick asked a question about a very private internal space. He acknowledged that he allows no one in his space. He wondered if others allow beings into their mental space. This occurred to him on two occasions.

Many can allow access to this easily. This is again dependent on an enormous trust level. Only those who are trusted absolutely are granted access. You find it easier at this point to only allow those who are disembodied (to enter). The next step, of course, is to allow access to one who is still entrapped [in a physical body].

Dick stated that Michael was wrong on one point — that he allows no one in his space.

You do allow limited access to those of us who have no clear-cut form to you, as long as you cannot focus on an image. Your Personality cannot detect the intrusion, but your Essence can. Those with physical bodies bring with them their images unless they are very high students and have learned to block these out. You see, you have in this state of which you speak, something akin to radar that effectively warns you of approaching intrusion and gives you time to bar their passage. If you wish to continue, this is all right, but you can stop it by

⁷⁸⁶ These "stages through which all Creatures of Reason pass" are probably the so-called "Milestones" aka "Internal Monads" that were not revealed during the OMG but which Yarbrow revealed in *Messages from Michael*.

an act of will. We cannot assure you that it will be without fear. In fact, it will probably be terrifying; first times usually are.

We would like also to speak to an earlier issue.

Dick visioned that life should contain joy and rapture. He felt that no barriers were between us and that experience [except] imaginary ones created by us.

True. You can have it any time you wish. It is not a difficult transition, but it requires that you cease denying yourself the pleasure. You see, this culture places pleasure on a high shelf marked "reward" and it must be earned. Ironically, Mechanical Man is totally unable to experience this as joy, and continues to strive toward an elusive goal that always remains just beyond the fingertips. This is truly sad, Dick, perhaps the only sadness on the Physical Plane, for it is really within your grasp all the time. Give up the idea that joy must come as a reward for faithful service. This is nonsense; you can have it free.

When Mechanical Man expresses verbally a negative emotion, you see, there is a compounded energy leak. It is fine to just admonish you all not to [verbally] express [negative emotions], but we understand that you must know why. When you compound the leak, you step completely back and allow the lower Centers full control, and it is a soulless, automatic response, and much overloading of the circuitry occurs. However, when you merely acknowledge to yourself that you are having a negative reaction, why then you are immediately reducing the force of the reaction, simply by the internal Photograph, and also by sending the reaction up a notch instead of downward. In other words, this process requires, in and of itself, the use of Intellectual Center in order to Photograph the inappropriate action. This enables the hot wires to cool down a bit, and allows the time to formulate a dispassionate response. This also many times results in a cooling off of the trigger. Also, when that happens, there is a neutral energy flow, and this in time can provide access to Higher Centers and, therefore, positive energy.

The only positive energy we know of is that which we have elected to call "Agape". Other sources may be either neutral or negative. The high states are free of the complexity found in the lower states. This should explain the purity of the energy flow. The lower states, being more complex, require more complex emotions to feed upon and be fed upon.

Dick: Many teachings speak of an inner fire that needs to be turned on to achieve consciousness. I cannot turn it on consciously. Can Michael give us the secret to turn this on?

To answer your question, Dick, let us speak of belief systems for a moment. For you see, if the belief system is strong enough and tenacious enough, the Lower Centers can effectively block out all information conflicting with that belief system and all of its attendant emotions. In other words, if you do not believe that there is a state of Agape, you can effectively block out any experience of such. The secret for you, Dick, is in that space of which you have spoken. If you can ever once allow yourself to feel the presence of one who loves, then experience that state vicariously, you can incorporate that into your belief system. Right now, your belief system does not allow for that experience. You may have it by experiencing this Entity and knowing that this state does exist. You must feel it before you can give it yourself. You must be at a point where you know beyond the shadow of a doubt that it does exist and the only way you will is to experience it from one who is there. You almost felt it with the man Robert [Burton] because he was very close to achieving it. He could, at times, bring his entire following to that neutral energy flow, which for Mechanical Man is a very high place. This neutral energy force is within the reach of this group, if you wish to strive for it and once there, you will find the access easier to allow. But all of you first must feel, then you can love. Mechanical Man does not like innovation or change. This explains the reason. Experiencing this feeling will light the fire.

Comment: We need a teacher to pass on to us the Agape — like passing the torch in the Olympics. A discussion was held about the experience of looking into other people's eyes without speaking for an extended time. This was an EST process.

This would bring up many taboos and would be a rewarding experience. We would suggest that you start off with only a few minutes and then increase gradually. You see, this is a more powerful experience than you think, for there are now in your group souls who are beginning to trust, and looking at them closely will produce strange emotions.

Jim, during the session, looked at Sarah and saw three faces.

The man Jim was sufficiently mellow to allow this contact. He can do it again if he wishes. It is, or it would be, nice if you all would try to enter Sarah's space with her. This experience of the man Jim should give you impetus, for, you see, he was almost there.

Comment: During the trance, Sarah was aware of another presence with her, feeling it was someone in the room.

The presence she experienced was the man Jim attempting to make a link. He did establish a link with this Entity, but could not establish the three-way link. By the way, we can aid you all in this way when you are ready to try the linkage.

Joan: I felt I was in a good space too. Where was I?

You too could try this with Sarah now, Joan. You see, there is a dynamic here that does not exist yet in the whole group and that is that the two of you have nothing in your data bank that you would not wish the other to know.

Jim: I had an experience with a man — both of us felt we had known each other before — and I told him that maybe he was my Essence twin. SRG: late Mature Scholar in Growth, Realist, Intellectual Part of Emotional Center, Impatience, Caution Mode?

This man is not your Essence Twin, but it is not from this life that the memories spring. He senses the knowing or the acquaintance at a deeper level from a previous life. [He is a] Sixth Level Mature Scholar in Growth. Yes, the rest is valid.

Comment: During hypnosis, Dick asked the question, "Is the power in the present moment?" This was in relation to material he had read in the newest Seth book.

You see, there is truly a power in the present moment, but it can only be felt when that moment is expanded to include all that you have been and all that you are now. If you are erecting and maintaining barriers against past pain, then how are you going to do this? When two souls meet again and there is recognition, this can be a powerfully positive experience, if it is felt by both. It can also be scary, as it was for this man, because his belief system does not go beyond the grave.

Should Jim tell his friend about this?

Please know that belief systems permeate all lower Centers in their control. Although this man can intellectually rationalize on alternatives, this intellect eventually comes to reject these alternatives, as the belief system does not allow them room. It is like the mountains of evidence versus the shred of proof of which you have all spoken before. You will cling to the shred of non-proof tenaciously as long as the belief system is in control.

Belinda and Dorothy wanted to know about previous lifetimes, so they would know how to dress for the Halloween party.

Interesting that these children are both far closer than you suspect to becoming students, but you must understand the enormous peer pressure being exerted on them now, toward total conformation to the norms. This, of course, still does not include forays into the occult. Children born into a teaching have a far easier time accepting it as a way of being, and they seldom fall prey to the temptations of peer approval. The little Artisan (Belinda) has, of course, been an American Indian chief. She has also been a concert harpsichordist, at the time that the man Wolfgang Mozart was composing. She has been an itinerant musician, a poet, a wanderer, [and] a sculptor in ancient Greece. The little Sage (Dorothy) has been a lawyer four times, once in Rome at the time you were all there. She has been an actress and an actor on the Greek stage. She was an actress in Norway. She also has been a bishop and a cardinal.

Joan: Did my father and Dorothy know each other in previous lifetimes?

The man was a cardinal, yes, at the time she (Dorothy) was a bishop ... close link in the hierarchy. They once traveled over fifteen hundred miles by carriage and horseback to attend a very important meeting together.

Joan: Was there a lifetime when Dorothy and Belinda were together?

The only time their paths crossed before was in Athens at the time of Pericles.

Was Dorothy an actress then in Greece?

Actor. There were no actresses on the Greek stage. They were both male.

(Regarding Belinda:)

Many statues that she created still exist.

Comment: A friend of Alice's is being divorced by his wife, who is taking everything ... and he's having a hard time. Is he a Mature Artisan in Growth? Is this Role reversal? Has he done this to her in a previous life?

The roles were not strictly reversed, as they were not man and wife, rather, client and patron, but yes, that is essentially what occurred.

Alice: My friend feels great negativity from his wife. I feel he is in the Repression Mode.

In the first place, the lady is not feeling negativity, just boredom, and this is perceived not as a negative emotion, but simply as a lack of emotion, by him. But you are correct in that this man is in the Repression

Mode. With his other Overleaves, he could unleash great talent on an unsuspecting world. Except for the Repression, he has the identical Overleaves of some of this world's great musicians. This man is a Spiritualist in the Intellectual Part of Emotional Center, more Impatient than Stubborn. But this is self-directed and there is much frustration at self for repressing the drive.

08 October 1974 — Tuesday

Location: Walnut Creek, California

Present: Sarah and Richard, Alice, Shirley, Ted, Louise, Arthur, Edgar, Cheryl and Victoria, Merrill, Phyllis, Ralph and Mallory, Narra, Elizabeth, Carolyn, Gene.

Cheryl: Has [my] Chief Feature changed? Feels strongly, was Self-deprecation.

It may seem that way to you, but it is merely the continued dissolution of the Self-deprecation and this [is] giving you more confidence [that] looks like vanity [Arrogance]. Caution, don't just trade Chief Features. One is not preferable over another. Work to dissolve it altogether.

Discussion: We thought dissolving would seem to be experiencing both sides of it, therefore, change.

If she dissolves her Self-deprecation, she will have some Vanity [an aspect of Arrogance]. You all have some of all of these. The Chief Feature is just that; the most prominent behavior you exhibit.

What would you be without a Chief Feature? Blah? There was a discussion about Balance: appropriate amount of Chief Feature — quit reacting and act — inordinate amount of self love; Chief Features as defenses.

We would prefer to hear Vanity defined as inordinate self adoration than as self love, for the latter is a by-step on the past [path?] while the former is defensive shielding against the possible external blemishes.

Gurdjieff said Pride and Vanity⁷⁸⁷ are the two shields leading/pushing others out of the way.

SRG of Carolyn's brother: First Level Old Artisan, Emotional Part of Intellectual Center, Saturn, Idealist, Stubborn, Stagnation, cusp of Pisces?

Yes, this is a Sixth Level Mature Artisan in Stagnation, an Idealist in the Caution mode, in the Intellectual Part of Emotional Center, mostly Saturn.

About witnessing an apparently illegal act in San Francisco on O'Farrell Street — the Shock of seeing something as we interpret it — [was this] a warning?

We would call it so, yes. You see what happened then happens often to Mechanical Man. He is in his customary state of slumber, and all of a sudden awakens briefly from his dreams and attempts to interpret a scene in that split second before he sleeps again. Often, his momentary vision is grossly distorted, and then the Emotional Center or Emotional Parts of Centers takes over and directs the action.

These experiences are good for students in that they often call attention to the depths of the trance in which you go through life. It is true, students do often witness heinous crimes of violence, but then usually the alert student is prepared to spring into action and do what must be done from the proper perspective. It is not true, however, that the high planes arrange convenient accidents to aid the students. We just hope that you do notice those experiences that come your way as growth experiences.

Narra: Asked for an SRG on a friend (G.): early Old or late Mature Warrior, Spiritualist, Passion, Acceptance, Emotional Center, Martyrdom?

This lady is not in the Passion mode. She is, however, in the Moving Part of Emotional Center, which gives her an emotional flair. She is a Fifth Level Mature Warrior in Acceptance, an Idealist with a Chief Feature of Martyrdom. Yes, she knows this well. Caution Mode.

Mallory told us about a Jungian workshop she went to over the weekend and asked an SRG about a teacher there: Joseph Campbell,⁷⁸⁸ who wrote books. Late Young Sage in Growth, Moving Part of Intellectual Center, Saturn, Power, Vanity, Idealist?

Not in the Power mode, but Passion; a Fifth Level Young Sage. All else [is] valid.

Shirley: My father's Mode? Caution or Passion?

He is in the Caution mode, in the Moving Part of Emotional Center.

⁷⁸⁷ +Pride and -Vanity were later revealed as the Positive and Negative Poles of Arrogance.

⁷⁸⁸ From Wikipedia: Joseph John Campbell (March 26, 1904 – October 30, 1987) was an American mythologist, writer and lecturer, best known for his work in comparative mythology and comparative religion. His work is vast, covering many aspects of the human experience. His philosophy is often summarized by his phrase: "Follow your bliss."

Yes, often in the very elderly, the Overleaves are as blurred as in children.

Dick: Patient with a perfect marriage and home life, who cries all the time. Is she in the Passion Mode, a Mature Artisan, a Spiritualist, in Self-destruction?

The Goal is Growth and this lady's perfect marriage is boring her to death, quite literally. Since her [Chief] Feature is Self-destruction, she sees no way out and the alternatives now existing is that she will make a gesture. This lady has been a fine artist in the past and could be something more than her present life allows. Yes, she is in the Passion Mode. All else is valid.

Why choose Self-destruction?

Self-destructors sabotage themselves in many other ways than actually pulling the trigger [suicide]. Often, they have continuously poor health. They deliberately make themselves unattractive and at times obnoxious. They show up late for important appointments, never with a good reason and are completely shattered when the other person reacts unfavorably to this. Self-destructors will often ruin perfectly harmonious relationships with cool deliberation on a subliminal level. This can be readily differentiated from Rejection, though.

What kind of a Karmic debt is being paid off?

It is sometimes a way to pay off difficult Karmic debts; no other reason. Many times, complex monetary debts are repaid in this fashion, as well as the more serious ones, such as deliberate homicide.

How could this Synthesis be used in psychotherapy?

We would say go ahead and tamper. You can do [no] harm, for if they cannot look at it, they will just go on their merry way.

For those we know as Self-destructors, we would recommend a very radical approach, such as that of the man Arthur Janov⁷⁸⁹ [or] regression hypnosis if their belief system does not include the possibility of reincarnation. The latter will still often be successful, as the memories are still buried there, and in the trance can override the belief system. However, these souls are experts at rejecting solutions to their problems. It still remains that you cannot force one to change his Overleaves, but if you are successful, it will simply mean that one was ready to seek the change.

Is it guilt or is it actually Karmic?

[Self-destruction] is not chosen out of guilt but out of expediency. Guilt is a phenomenon of the Physical Plane. You feel the guilt only when you are incarnate.

Why pay debts like that? Discussion: Is this needed for their goal? The fastest way?

Primarily, as learning experiences. Often, they complete Monads of great importance. Knowing your internal definitions of "guilt," we would prefer that you think of this natural guilt as acquired sensibility.

Physical guilt versus natural guilt (no morality — bastardized it — the soul doesn't feel guilt — not guilt but debt? Should this be the only type of guilt?)

Ideally yes, of course, if you follow our advice in not doing that which intuitively feels wrong, then why should you feel any guilt? Guilt implies that you did something intuitively wrong.

Ralph: Is expediency to [the] Astral Plane as guilt [is] to the Physical Plane?

Yes, it is.

Edgar: Why do we have to pay our debts?

Yes, responsibility is perhaps as good a word as any.

What is guilt on the Astral Plane? Three Centers on the Astral Plane? Emotional, Intellectual, and Spiritual?

That is fairly accurate, yes, except that we would place the Spiritual Center on this [Causal] plane rather than the Astral and substitute Intuitive on the Astral. You are correct, of course, in that these Centers are those you now call Higher [Centers].

Louise: Regarding the man Norman Lynches [sic] help.

The man Norman would be of help.

Abdullah is compiling a book on the tree readings — would like comment on the shape it is being given.

⁷⁸⁹ From Wikipedia: Dr. Arthur Janov (born August 21, 1924) is an American psychiatrist, psychotherapist, and the creator of primal therapy, a treatment for mental illness that involves repeatedly descending into, feeling and expressing long-repressed childhood pain. Janov directs a psychotherapy institute called the Primal Center in Santa Maxine, California. Janov is the author of many books, most notably *The Primal Scream*.

We would suggest also that since you plan to first publish this in this culture, you have the help of an editor familiar with the nuances of this language, but otherwise, yes, the format is fine.

Arthur: We sold our house and are moving, having new friends. What direction to move in now?

For you, Arthur, this has been an enormous step. The next one will be when you are able to move with the other students [into a commune], and experience this growing group. Only then, can you fully appreciate its influence on your present trend. Perhaps now that you have given up much glamour, you can continue to study and apply, and then further steps will be self evident, as they have been with other students. Your progress is so good right now.

Cynthia: How is she doing?

Cynthia will be doing more on the positive vein when she eliminates the concept of doing for the world. She can move in more truth in a limited sphere than this expanded viewpoint would allow, but her own growth is continuing and she is breaking through to a more realistic place from which to analyze her movements and emotions. Perhaps we should amend that [realistic] to rational. She has developed some skills at Photographing her own excessive enthusiasm that tends to be so exhausting. This is not to say that enthusiasm is negative. Far from it, but the Emotional Center combined with the Passion Mode can be utterly exhausting, when the False Personality has the upper hand.

She naps four times a day — that kind of enthusiasm leads to frustration. Is this inborn? Essence?

Yes, in other words, the exalted part of self; the higher self.

Ralph: Roles are in Essence, not changeable. What are Roles on higher Astral Plane, if any?

The Roles are, of course, retained on the low Astral Plane where the souls [Fragments] remain separate. As the integration [of the Entity] begins to take place, the Roles become more and more blurred, until they are dissolved, or better yet resolved, on the high Astral Plane. They are not transcended here, but the memory of them is retained. If you like, you can compare it to a racial mixture that eventually leads to assimilation.

Your observation is valid except for the judgment about it. There is a great difference in the power, but it cannot always be equated with a higher spiritual being.

What level (section) is Billie's information from?

This lady is what we would term a "broad band receiver" and is able to receive many voices. She has contacted Entities on this plane at times, as well as on the high Astral Plane. The latter are of more concrete help to her in what she has chosen to do.

Comment: She avoids the Astral Plane unless they come in with light. (Light in truth.)

Most experienced travelers do avoid low Astral beings. There is nothing to be gained by such confusing contact.

Alice: Question about nightmares since [her] bed faces north and south. [Is she] contacting lower Astral beings or what?

No, Alice, there are not frightening contacts, but more frightening insights that you run from even in your sleep. Often, these are gained on the Astral Plane. You are right about that, but they are not the result of encounters with anyone but self. The practice of remembering your dreams is doubly important for you, Alice, as this would enable you to explore your insights.

Shirley: My father has bad dreams — could I have a comment on these? Are they typical of a Baby Soul?

Some of them are genuine conflicts and memories. Some of them, however, are fears he has, doubts concerning his beliefs that he does not consciously explore. Yes, but some fears surface in the very elderly in other Cycles [Soul Ages].

Ralph: Can we talk about Centers on higher planes being counter part?

Not really. You see, the need for the Roles is a Physical [Plane] one, but the need of Centering is found throughout [the planes]— at least in our experience it is. We have only this [Causal] plane to draw from in reality, but we have evidence that points to the fact that it [Centering] applies to the higher planes as well.

How blurred is your sexual activity?

The only sexual activity would be found in the low Astral Plane and there it is not truly analogous to physical sexual activity. Reproduction is a function of the Physical Plane and the Tao. Since sexual activity does have a generative motive, however blurred that may be, the reason for its existence disappears with the dissolution of the reproductive function.

What is man's proper function in the universe?

We have presented this material in such a fashion that we hope you are now having some feelings for the orderliness of the cosmos and that there is nothing chancy about this. The Physical Plane, of course, has its place in this natural order of things. Truly, the evolutionary process is continuous throughout the planes until this reaches the point of origin. The planes can also be likened perhaps most easily to the Goals. For instance, on the Physical Plane there is much resistance and Rejection, particularly of those things beyond the physical.⁷⁹⁰ On the Astral Plane, there is much Submission⁷⁹¹, particularly on the lower levels, where the painful lessons are being learned. This can be extrapolated on up to the Tao, which represents Growth⁷⁹² in the highest order. Souls experience this "over all goal" in very subtle ways, almost imperceptible, except to the highest student. The learning process, therefore, is very different on each plane, with Physical [Plane] inhabitants learning primarily through rejection. You prefer to call it experience, or more often, "bitter experience". More often than not, it is merely a rejection of intuition. Therefore, the errors made on the Physical Plane often are the result of cognitaling [cogitating?] and eventually rejecting the intuitive selection for the more profitable or culturally-acceptable one. These errors are not usually resolved until the Physical [Plane] student meets with a [high spiritual] Teacher, this usually occurring in the later Cycles [mid-Level Mature and higher]. These lessons, of course, provide the groundwork for the lessons yet to come, as the Entities work progressively toward the Tao [on planes beyond the Physical].

You see, there is an overall synthesis of which your synthesis is a component. We wish to resume this discussion when this group next gathers without fail. If progress is to be made, we must work with you in the way you have now begun to accept. This we would call great progress. There is far less scattering in this group now than ever before. Many have come to a seriousness of purpose that was previously absent. It is possible now that real growth will commence.

09 October 1974 — Wednesday

[Present from those mentioned: Carolyn, Sarah, Mallory and Ralph, Abdullah, Gene, Dick.]⁷⁹³

Carolyn on Ouija board.

We would suggest a period of group concentration prior to beginning the sessions.

As for words to guide Sarah, we would believe a soft continuous flow of soothing memory reproductions. It is not at this time likely that we will be "bumped" as your concentration is completely with Sarah, guiding her down the corridor. In the near future, we will give the phrase that will assist. In the near future, we will give this.

Sarah's anxiety will gradually diminish with patience on her part. Sarah is experiencing unfulfilled expectations. She would prefer to snap her fingers to be in the corridor.

Abdullah can aid by remaining physically close to Sarah tonight. This will allow absorption of energy. The ring⁷⁹⁴ is an excellent gift.

The "teasing" is a part of you, Sarah. This is your own projection because of your impatience from one part of your Personality, while another projection would hesitate giving up control of the physical. A true Adept does not tease. There is no time for this. The Adept is here to assist you and he is well aware (of?) that best way to your self (underline self, please). This Adept is part of your Fragment. You have a deep feeling of prior knowledge because the knowledge is there and part of you. When you allow the blending in on the bench of the Adept and your self (underline self, please), many of your anxieties will be relieved.

⁷⁹⁰ This passage is garbled: Rejection is on the Expression Axis, and therefore belongs with the third (Mental) plane, not with the Physical Plane as stated.

⁷⁹¹ This passage is garbled: Submission is on the Action Axis, and therefore belongs with the first (Physical) plane, not with the Astral Plane as stated..

⁷⁹² This passage is garbled: Growth is on the Inspiration axis, and therefore belongs with the sixth plane, by whatever name it is called, not the seventh Plane as stated.

⁷⁹³ Mallory documented this session in her own handwritten notes, and in April 2011 she provided us with a photocopy of those notes. (She had no other sessions that we did not already have at that time.) It appears to be a session held for the purpose of helping Sarah learn to trance channel instead of using the Ouija board. This session did not become a part of the official shared collection of transcriptions. Carolyn, another founding OMG member, used the Ouija board.

⁷⁹⁴ In our interview with Abdullah, he mentioned a special ring that supposedly had special powers. Abdullah remembered that he had used the ring to help Sarah at one time. The ring was previously discussed on 17 September 1974.

It will also help you, Sarah, if when there is resistance, Gene will speak of the reproduced memories again. If this does not help, then we would suggest returning for a short while, and then another attempt after group meditation.

Facing north is a wise move. Another suggestion is to turn on the machine when Sarah experiences difficulty with anxiety, as this does offer a great amount of soothing, calming effect. Another is to keep outside interferences to a minimum. Cigarette smoking is a dulling effect on sensorium. Students who wish to learn are completely willing to abstain during this relatively short time. As a matter of fact, this is a good idea for any serious student, as consciously dulling of the physical is the False Personality once more fighting rather effectively. If she has difficulty with it then, of course, the answer is obvious.

We would not advise incense during the sessions. We would prefer the meditation now and questions through Sarah or later on the board. We are concentrating on Sarah and this is the pull she is experiencing.

[Question not recorded.]

No distraction to us; yes, [distraction] to Sarah. The question of testing Sarah directed toward herself and then she blocked us. This was not a test. The difficulty in speaking will pass. It would be of help if questions were not complicated as Sarah will for now try to cerebrates⁷⁹⁵ and this blocks our transmission.

Questions should be of course directed to us, but for now if the question confuses or misleads Sarah, she will block nicely. This is a defense, and not to be unexpected. Time will smooth out difficulties.

[Question not recorded.]

This is valid. The first session in an evening should be a "practice." The more sessions in an evening, the more trusting the Personality and the deeper each successive trance.

[Question not recorded.]

All three perceptions are valid. Fatigue does, as Mallory stated, lower defenses. However, extreme fatigue or exhaustion is inadvisable as the likelihood of interference is higher. The interference would be from other entities, as in the case of extreme fatigue defenses are too low to allow us to assist. The physical does have a limit. Also, a word about illnesses or an extremely confusing or negative day makes a session speaking with hypnosis inadvisable. This is, of course, an excellent tool in combination with this machine as it is also calming and masks the background distractions.

(Yarmulke, or head covering?)

Yes. This practice in religion has a basis in truth, or "reality" if you prefer that word. It is a ritual of conserving energy and providing protection for the medium.

[Question not recorded.]

The answer to this is obvious. Sarah has been so relaxed, [it] takes the form of being tired. Mallory's point of concentration was a drain. Carolyn has received the lost energy. Mallory, in attempting to send Sarah a positive energy, managed to transmit. Almost all of the energy was received by Carolyn. It is not wrong to transmit positive energy. It is an error to send negative energy. With practice, it will be possible to direct the energy more accurately.

*Ralph: Is my recent good feeling about writing misleading?*⁷⁹⁶

This is not at all misleading but is only the first of many true observations. We believe you will experience more of these. There is a strong pull toward activity within (?) Now that the trust level ... (?) Carolyn feels it now, Dick, also. More will follow. We would say: follow your drive and respond to these feelings, Carolyn. You can do it astrally or physically, whichever you prefer. You and others are able to pick up on the wave lengths that signal a group concentration of some sort.

[Question not recorded.]

You are not Photographing the inappropriateness of the reaction; you are allowing the reaction to fulminate. The secret is in the Photograph outside of self, of how ridiculous the reaction is. If you can ever stand apart and look at self in a tantrum, you will be unwilling to have another. It is the ability to rationalize the inappropriateness that acts as a coolant. If you merely "get with" your anger and have a good go at it, you will naturally expend an enormous amount of energy. A negative source. While you are examining your reactions, however, you cannot help but dampen its ardor.

⁷⁹⁵ Cerebrate: to use the power of reasoning or thinking.

⁷⁹⁶ Ralph (1939 – 2012) soon earned a PhD in philosophy, and later wrote a book that was published in 2005.

15 October 1974 — Tuesday

[My guess is that this meeting was held in Walnut Creek because of the presence of Kathryn and Victoria.]

Present: Donna and Bill and Ron [Bill's brother], Leslie, Mallory, Ralph, Elizabeth, Louise and Allyn, Sarah and Richard, Alice and Dick and Kathryn and Victoria, Narra, Joan and Jim, Liz and Ted, Marissa, Abdullah.

Most of the group feels the need to incorporate. We need a name. It is easier to incorporate as a church rather than a school, so we need each person to bring a name they would like to have our group called. We discussed the need for small groups and personal questions, and to save large meetings for messages from Michael, e.g., man's place in the universe. We could send or phone personal questions to Leslie and when time permits, Sarah will answer or whoever the medium is at the time.

Elizabeth: I'd like a comment on the inner space, or other plane experience I had: I saw a person in the metaphysical bookstore that fit the person I met while in my inner space. I feel we have had past lives together.

When the student is in the meditative state or is otherwise attentive to the teaching, it is possible to experience what we choose to call the "pan-dimensional" universe, and that, of course, includes the Akashic Plane. In order to answer your question, Elizabeth, we would explain to you what the term "precognition" really means. In those possessed of tremendous psychic energy, it is possible in the meditative or inner conscious state to "flash" on all of the alternative frames for a future that is close at hand. The problem is in the retaining of these flashes. Most souls do retain only the most dramatic fragments, discarding the mundane. Then, if they recognize this as precognition, they also regard it as fact and accept the most awesome consequences. This is, of course, not true, for in the time you flash, it is merely an alternative, but sometimes you do set the wheels in motion on a subliminal level and the incident does take place. Elizabeth, this is essentially what takes place when you flash on a meeting that may take place in the near future. You can, in some instances, bring this about, but also, there is the very real attraction there that we have told you before happens when Older Souls come together after an Astral interval for the first time in this life. This attraction can be negative or positive, and can result in a coming together or a going away, but it does provoke an emotional response that is difficult to suppress.

Elizabeth: What, if any, are my connections with this man?

This man has been known to you in the past, not once, but several times, most recently in the beginning of the last century.

Elizabeth: Was that when I was supposed to be Anton Chekov?

Yes.

Elizabeth: Was that where our strongest bond was?

Yes. You were a writer; he [was] a patron of the arts.

Elizabeth: What happened in the fourteenth century with them?

He was a Spanish nobleman. Elizabeth, his lover, [was] not a Catholic or at least not a true believer, which did pose some problems in that era. As a matter of fact, she was Jewish.

Leslie: Could Michael clarify a confusion I have about time, time frames and physical existence? I get from Michael that we cannot co-exist in two separate time frames simultaneously. Seth says that we can and calls this reincarnational dramas. Is this the pan-dimensional or close to it?

Your own Fragments of your own Entity do not ever cross the time frames, as this would be the antithesis of progress or in some instances, propulsion into a far future to which you could not adjust. However, when you chose an alternative course from the many alternatives, you acted this out. The other alternatives are also acted out in other time frames. For instance, in a time frame Dag Hammarskjöld⁷⁹⁷ will not get on that plane. In still another, he will, but it will not crash. In still another, he will be assassinated.⁷⁹⁸

Crossing the time frames serves no purpose, only slows the growth. It is possible, Leslie, as we told the lady Elizabeth, to see options open to you. This can be then looked upon as viewing all the possible time frames, and, of course, is available to you as a very real segment of the pan-dimensional universe. A reverse or repetitive

⁷⁹⁷ From Wikipedia: Dag Hjalmar Agne Carl Hammarskjöld (July 29, 1905 – September 18, 1961) was a Swedish diplomat, economist and author. An early Secretary-General of the United Nations, he served from April 1953 until his death in a plane crash in September 1961. He is the only person to have been awarded a posthumous Nobel Peace Prize. Hammarskjöld remains the only U.N. Secretary-General to die in office and his death occurred en route to cease-fire negotiations. President of the United States John F. Kennedy called Hammarskjöld "the greatest statesman of our century."

⁷⁹⁸ We call these other alternatives, "parallel universes."

[reincarnation] Cycle would be an antithesis of the natural [sequential, progressive, developmental] order and would only be created in the mind of a Mechanical Man intent upon his comfortable belief system that rejects [sequential, progressive, developmental] order.⁷⁹⁹

Richard: Are the Essences similar, parallel to this one? (?)

No.

Richard: Is there an analogy Michael could give us to clarify this?

A “doppelganger”⁸⁰⁰ perhaps would be descriptive. The Essences are quite separate, as they exist in a parallel time frame, but except for the differing alternative choices, they are identical. These are the lives you did not lead.

An analogy, of course, would be three travelers coming to a three-way fork in a road, each choosing to take different forks, all of the travelers possessing identical Overleaves and similar imprinting. The choice would then include all of the experiences along the road they have chosen.

Richard: I would like a comment on something I got in meditation, concerning a spiral and a “delta” between segments of the spiral.

This is a model commonly used to describe the progress of evolution of the interwoven planes along the time plane. The time plane, as we have stated before, is stationary. You move along it. It [time] does not pass; you pass. All of time that has ever been is now.

Richard: Is it like time is the nut and we are the bolts turning through?

Somewhat better.

Leslie: From where is Seth speaking?

This Entity speaks from the Causal Plane. The bias through which he is speaking lessens now. (The medium’s bias is lessening.)

Joan: Regarding Rev. Kathryn Jarvis⁸⁰¹, a Unity teaching minister who does healing and is a spiritual teacher. She seems highly evolved. I feel she was probably with Christ and is continuing this.

This is a Seventh Level Old Priest, transcendent [Karma-free], in Growth, a Spiritualist. Contact with her can certainly be rewarding. Her source is valid, certainly. No Chief Feature.

Joan: Did she read where I was? There was something about her eyes. Could she see that I am a Priest and a Spiritualist?

That, among other things, but foremost, that you are a student of the path. You see, this teaching does not always follow the same pattern you have set up. The information is always the same, but the order in which it is given and the semantics by which it is transmitted are many times worlds apart, but, we would add, reconcilable.

Elizabeth: I have a great aunt who died, and I feel responsible for carrying out her wishes to be cremated and spreading ashes. I do not know whether this is silly to carry out the ritual or what. I’d like a comment please.

Positive thought emanations, of course, are more valuable in these situations than Mechanical Man’s [ritual] action. Of course, you can combine the energy with the [ritual] action for your wish.⁸⁰² Remember that these younger souls usually experience the transition between planes as shocking and are not in a coping state. Contact at that point is usually fruitless. However, the positive energy flow can always help, even if it only acts as a reassuring cocoon for a time. The body is, of course, beyond caring. The Essence no longer cares about the body, at least, not for the time being. So many must spend prolonged periods sorting out the acquired beliefs from the truth of the experience before they can possibly respond to the experience. In the case of souls in Sequence, there is often a desire to monitor the [other] soul left on the Physical Plane once the sorting is over — curiosity, nothing more. Sometimes this is accomplished by Older Souls.

⁷⁹⁹ From the point of view of a Fragment, there are allegedly ‘parallel’ universes where alternatives choices and events are played out, and from its perspective everything is not happening at once. It does not say so here whether or not the entire cosmos is subject to developmental processes, but I would say that the immanent aspect of Tao (within Physical Plane spacetime and its higher-plane cognates) is in development and that the transcendent aspect of Tao is not.

⁸⁰⁰ A doppelganger is a “double,” look-alike or ghost of a living person.

⁸⁰¹ Per ><http://www.lakesidetemple.org/>< (mentions that CDs are available for Sunday services by Unity minister, Rev. Kathryn S. Jarvis; Oakland, CA for the years 1975-1983.

⁸⁰² Rituals are worthless unless accompanied by the appropriate and intended state of consciousness. So what comes first? Ideally, they would be concomitant, but sometimes the ritual evokes the state of consciousness, and sometimes the state of consciousness evokes the ritual.

Bill (age 21): I have recurring dreams of a tank rolling over me. I feel I may have returned too soon to this life, like the past life was not finished. [I have] trouble breathing.

Richard: I felt that he accelerated in the past life. Intuition told me this.

Bill: I also have a recurring dream: I'm in San Francisco and I fall off something, and I drown.

Discussion: Attempt at SRG [of Bill]: Priest, Impatience, Lunar / Mercurial, Fifth Level Mature, Growth, Acceptance, Observation?

This is a first level Old Artisan in Acceptance, a Spiritualist in the Observation Mode, in the Emotional Part of Intellectual Center, mostly Lunar, some Mercury, with a Chief Feature of Impatience.

This soul in the immediate past life died at Auschwitz.⁸⁰³ We would add that all those placed in the burial trenches had not left the Physical Plane and so the experience of not being able to breath is a valid memory. This Fragment was female; was thirteen years old.

Bill: What about Richard's intuition that he [Bill] accelerated in the past life?

(He went) from Sixth Level Mature [to First Level Old]. Ironically, these death camps provided an environment for rapid spiritual acceleration, especially for those who were able to stand aside and see their torturers as False Personalities rather than as monsters. Many accelerated during their last days of life, when they were able to come to grips with the impermanence of physical reality in the face of a blameless existence. In other words, the realization that no crime had been perpetrated and yet they were to die in answer to a mad man's [Adolph Hitler] dream.

Bill: What is the meaning of his dreams of San Francisco? Have an affinity for the old San Francisco.

The area is familiar to this man. He was here with the Franciscans long before the city stood. The falling into water took place in Switzerland.

Bill: Was it near the Italian border?

That is an excellent guess, since most of the large Swiss lakes are, but yes.

Ron: SRG? Priest? Artisan? Scholar? Slave? (all were mentioned) ... Power, Self-deprecation, Spiritualist, Growth?

Why so much confusion? This should not have been so difficult. Most of you now have this within you, but are not following the intuitive line.

This is a Fifth Level Old Priest in Growth, a Spiritualist, yes, in the Power mode, with a Chief Feature of Self-deprecation. With this extinguished, the man could realize the full potentials of the exalted Overleaves he has chosen. Without this extinguishment, he will not. He is quite close now to the point where he will manifest, in so far as the Soul Level is concerned. Yes, this body is Mars-Jovial, but this should not have you confused. In the Emotional Part of Moving Center, which right now is a barrier, also toward full potential, as the enTrapment is truly strong. He can look at this, also.

These two (Bill and his brother Ron), are closely bonded. They have been physical twins nine times before.

Bill: Was Donna (his wife), my mother when I was in Auschwitz?

We went on to the SRG of Donna: Scholar, Mercury / Solar, Fifth Level Mature, in Growth, a Spiritualist in Observation, Emotional Part of Intellectual Center; seems her Chief Feature is blunted.

Yes, it is.⁸⁰⁴ The Chief Feature is vanity [Arrogance], but you are right, it is blunted. They were not related, but shared this experience, yes. [Auschwitz past life.]

Donna: How old was I?

Twenty four.

Donna shared with us some unusual experiences she had in this life at age fifteen when she visited Israel and viewed a memorial to those who died in death camps in Germany.

Kathy: SRG: Fifth Level Old Priest, Spiritualist, Growth, Mercury / Lunar, Observation, Emotional Part of Emotional Center, Passion Mode? She said: "I feel I must love and that is all I can get excited about." She shared some beautiful feelings for the group, beyond words...

⁸⁰³ From Wikipedia: Concentration camp Auschwitz (Auschwitz Birkenau German Nazi Concentration and Extermination Camp (Unesco)) was a network of Nazi concentration and extermination camps built and operated by the Third Reich in Polish areas annexed by Nazi Germany during World War II. It was the largest of the German concentration camps, consisting of Auschwitz I (the Stammlager or base camp); Auschwitz II-Birkenau (the Vernichtungslager or extermination camp); Auschwitz III-Monowitz, also known as Buna-Monowitz (a labor camp); and 45 satellite camps.

⁸⁰⁴ Louise tells us that Donna has a very clear/clean Personality.

This lady is a Third Level Old Priest in Growth, a Spiritualist in the Passion Mode; yes, mostly Mercurial, but in the Intellectual Part of Emotional Center, with a Chief Feature of Self-deprecation, not sharp. Again, this is what stands between her and her full potential. This is a true pair bond⁸⁰⁵.

It was suggested that each of us attempt to meditate or concentrate on the tapestry, with whom and why we have been together.

19 October 1974 — Saturday

Present: Mallory and Ralph, Leslie and Beverly, Narra, Liz and Ted, Sarah and Richard, Alice and Dick, Abdullah, Carolyn.

(Through a misunderstanding, the "box" was not here tonight for trans-mediumship so the board was used.)

Are Leslie and Beverly twin souls?

Yes. That is valid.

How will whales reincarnate if they become extinct?

They will not, of course, be able to complete their Cycle if this happens. They will have the choice of choosing the line between terrestrial or aquatic species or finishing the Cycle on another world. There is a difficulty here, as the life they have led so far has not prepared them for life on land here. It would be easier to choose another world.

Have any humans made the transition (from human soul to whale soul)?

Some have, though not here, but on other worlds. The current fight for survival should prove, beyond the shadow of a doubt, the level of intelligence of this species.

Comment: Seems as though they were not smart enough to see that the early whaling ships were a threat and should have knocked them out in the beginning. There is no sanctuary for whales and they choose not to run.

By and large, they choose not to fight, if that is what you mean. They are essentially peaceful and non-aggressive.

Is there any connection between the spread of the teaching and the Ten Lost Tribes of Israel?

Essentially, yes. This phrase was originally used metaphorically describing the lost civilizations known but gone in the Euphrates Valley.⁸⁰⁶ All of these had, to their intellectual limits, access to the teaching passed to them, of course, in the tongue of the times, but substantially the same. The truth of this, of course, became lost in legend.

In the beginning [ensoulment] of Creatures of Reason on this world, this had a very literal meaning, as early man did form tribes, becoming nomadic as the food supply steadily decreased. Man [humans] became dispersed throughout the world, some even crossing the Bering Straits on this continent, and these souls, of course, were physically lost to the other tribes.

Are the Golden Tablets of the Mormons valid as being left there by God or whatever?

This entire [religious] body is founded upon man's eternal gullibility. This is, of course, another beautiful example of man's efforts to complexify the natural order. It was not enough to have myths limited to the Middle East; they had to expand to this continent.

What is the preponderance of soul levels in Salt Lake City?

The average level in this area is Second Level Young, with a preponderance of Priests.

Abdullah: I would like to ask about my friend, a fifty-two year old divorcee who has made four previous attempts at suicide and just finished another attempt. She refuses to receive any help. Is there any way that I could reach her? (She had a Mormon Temple marriage, which to her means they are married for eternity.)

This lady, of course, had great expectations of the institution of marriage, of course, as her choices were made from Personality. These expectations were largely unfulfilled.

She made the bad mistake of not choosing an alternative course for herself. This, based upon expectations that her marriage would be the answer, she would now like to die, as there is nothing else around. Her belief

⁸⁰⁵ Pair bonds were mentioned and described earlier in the year, 09 February and 24 February 1974.

⁸⁰⁶ From Wikipedia: The Euphrates is the longest and one of the most historically important rivers of Western Asia. Together with the Tigris River, it is one of the two defining rivers of Mesopotamia. Originating in eastern Turkey, the Euphrates flows through Syria and Iraq to join the Tigris in the Shatt al-Arab, which empties into the Persian Gulf.

systems are quite tenacious, even though she tries to deny this intellectually, and now she is lost out on the goal of her particular dogma, and that is frightening.

The question remains, is there anything Abdullah can do to help this lady?

Unfortunately, the lady will continue to do so. You could, of course, to satisfy your need to aid in you, tell her what you know to be true from your experience already. You know that this will largely fail, of course. The lady is blocked from seeking an enduring human relationship now and this too stands in her way. Since she has a Chief Feature of Martyrdom, she is especially difficult to penetrate. Her suffering is so splendid at the present.

Would a hypochondriac be a Martyr or what?

This syndrome runs the gamut and permeates the [Soul Age] Cycles. It is also another example of the alienation on this world, as often it is an honest plea for some attention, even though that attention might hurt or otherwise be unpleasant. It often takes the form of an uneducated person's reaction to scare propaganda; also, a need for punishment of family members who have not been nice; also, the result of imprinting by an over-concerned parent. Rejection seldom takes this form, as these souls tend to reject also the medical profession along with everything else; Retardation often does [take this form], however.

Carolyn says she has never asked for her past lives and would like to have some information.

The lady knows of one life in which she was a courtesan around the French court. Just because it ended badly, it cannot be discounted.

The lady has also been on the sea twice, once under the Union Jack and once under a pirate flag, both times as pursuer. The lady has also been a rug maker in what is now known as Iran. She has been a teacher. She was in Greece at the time of Plato and in Babylon as a noble lady earlier. This lady has been a teacher three times.

Liz: Do the names "Iolantha" and "Stavros," which came through automatic typing, signify anything? I feel I may have had a life in Greece.

It is true that you have had a life in Greece, Liz, but these names are the names of two Fragments of your Entity now alive in Greece, one in Athens and one on the isle of Cyprus.

Liz: Could I be told more of my life in Greece?

As a matter of fact, you were there twice, once in the sixth century before the Common Era, and again in the eighth century of this era, both times as an actor.

Liz: Were there snakes involved?

No.

Ralph: SRG of my friend Bill G? Second Level Old Sage, Intellectual Part of Moving Center, Cynic, Stubbornness, Stagnation, Submission?

You are mostly right. This is a First Level Old Sage, a Cynic, but not in Stagnation, in Growth. The Cynicism is by far his strongest Overleaf. The Chief Feature of Stubbornness sometimes allows him to pursue something through Growth.

You are right: this is not the first time you have met this man. There are no Ribbons, but you have been closely enough associated for the recognition to have taken place. This man has not been a priest. That was not the life. This was in the early part of the sixteenth century in what is now Yugoslavia that he knew this man.

Mallory: Was I there too?

Yes, you were there.

Mallory: Were we associated?

Very definitely. The threads established then persist now and are the source of some of the present conflict.

Beverly: I have a strong feeling some of my past lives were in the Middle East. Comment?

Everyone in this room, without exception, has lived in the Middle East, you in Turkey in what is now Israel and then in Syria-Palestine, in Trans Jordan and in Tyre [Lebanon].

Ted: It has been said that I was a runaway slave and also an Indian whose chief is now my son. Was I a runaway Indian or what?

You were Black then.

Ted: Runaway from where?

From a cotton plantation in Georgia.

Ted: Could I have more information on past lives, please?

Notably, you were a scribe at the court of Ptolemy Soter. You were old enough then to remember Alexander [the Great]. You were again a scribe at the time of Julius Caesar and again the second century of this era. You have also been on the sea three times. Once under the Viking exploration, with DeLeon⁸⁰⁷ and again in the early fourteenth century, again under the Spanish flag.

Jim: I'd like to hear of some of my other past lives.

Jim has been a teacher five times. Twice as a tutor, three times in organized schools, one of these philosophical. Jim has been a librarian at the time this was a coveted profession. Jim has also been a carpenter before, in the Middle East. Jim has also been a sailor again (he was one in this life), the ship's carpenter and something of a poet, writing long lyrics praising the sea.

Jim: Asked when he was ship's carpenter in the Middle East?

This was in the second century of the Common Era, in Jerusalem.

Cynthia: Wasn't he ever female?

Yes, he has been female fourteen times. Females have been long repressed on this world. Notable females have been chronicled as they have come up.

Dick: There was an offer by Michael to weave a tapestry of past lives. Are they ready for that now? Should we ask specific questions?

There is no need to ask specific questions. We would think you would examine your various reasons for evading this particular question; it is an interesting phenomenon.

We have told you before that those of you now on the Physical Plane and others who have lived within the past three decades and even perhaps most of those who lived in the past five decades and all those who will live again in the next two decades, have all lived during what we choose to call the "cardinal points" of these Cycles. In other words, you have lived during the centuries in which the most sweeping changes have occurred: philosophically, spiritually, culturally, and scientifically.

Five of you were present in the immediate area in each instance when the Infinite Soul manifested on this world. Those five knew each other well, as their lives were interwoven at the time. All of you had access to the words then and at the time of the last manifestation [of Jesus as the Infinite Soul].

All of you have been exposed to the occult brotherhood in the cradle of its existence, three of you becoming initiates but never Adepts. All of you have been, at one time, associated with the education of youth at a time when there were sweeping philosophical changes. All of you have this in common. You did not listen. We have more.

Is Michael speaking of those people present in the room this evening, or of the entire group?

We refer to members of this cadre, which includes souls not in this room.

Mallory: What about the people present who have not been present at cardinal points? Are souls excluded as far as the teaching goes?
...

Who are the five? Gene, Edgar, Delia?

Those five were the man Gene, the lady Delia, the lady Cynthia, the man Abdullah, [and] the lady Liz.

Ok, who were the three in the brotherhood?

This was the man Dick, the man Ralph, and Sarah.

Four of you heard the words of Socrates: two from his student Plato and two from him.

Six of you knew the man Jesus in his childhood. Two of you knew him well, but when word came of his teaching, it was discounted.

We remember Cheryl and Joan heard about Socrates from Plato. Who were the other two?

The other two were Narra and [her son] John.

(Four were) not childhood friends but Romans who were in the province at the time.

(The two who knew him well): The lady Leslie, and Sarah. The other four (of the six) were the lady Louise, the man Jim, the lady Alice, and the man Richard.

How did we know of him?

The man Cary was not a soldier, he was a king.

⁸⁰⁷ From Wikipedia: Juan Ponce de León (1474 – July 1521) was a Spanish explorer. He became the first Governor of Puerto Rico by appointment of the Spanish crown. He led the first European expedition to Florida, which he named. He is associated with the legend of the Fountain of Youth, reputed to be in Florida.

(A thought pattern apparently picked up from Cynthia, as she said she was thinking what kind of a soldier Cary was.)

The man Jim was a Syrian. He was in Alexandria the [life] time he tutored the children. He returned to Rome with the children and then home to Syria.

Alice: Where was I?

The lady Alice was in the household of the man called John [actually Joseph] of Arimathea⁸⁰⁸. She was a household servant. The man Gene belonged to the procurator, Pilatus, and was a Greek at the time.

The man Edgar also was Greek, the brother of the man Gene. The lady Louise was a rabbi⁸⁰⁹ and the man Dick a sandal maker on the road from northern Syria to Jerusalem, in a town then called Kepherhanan (Could this be Arabic for Copernium?⁸¹⁰)

Many of you, however, had nagging doubts that carried over into other lives that kept you searching. During the crusades, four of you were with Saladin⁸¹¹ and two went into the strategic town before it was to be destroyed by the crusaders. The motivation at the time was memory and you were not under orders. This again, was the lady Leslie and Sarah. Soldiers again.

Again, when Dick left the continent, he had with him six more of you dedicated with equal fervor to the destruction of the pagans armed mostly with elusive memories. Again, during the inquisition, you tried vicariously to implant these dim memories into the culture.

Most of you have searched unceasingly for the answers and all of your lives have been tied up with this expression of loss since that time. Five of you were with Alexander [the Great]⁸¹² and came close to a vision of unity and world government under a man who expressed less negativity than any other ruler since the civilization began on this world. Four of you served under the legions of Rome, at the time when another vision of peaceful world dominion was taking place.

History, at least the written chronicles, often lack much in the spirit of the age that they chronicled.

All of you now have the chance again to hear the words and be a part of the manifestation of the Logos. Also, a chance to sit at the feet of the master. All of you also now have the opportunity to participate in a movement toward peaceful world dominion — this time without the bloodshed of the past.

We have said that this planet will not be destroyed. That is true, but we do not discount the possibility of a devastating, inter-continental nuclear war. This is a very real alternative at the moment. The only method of escape will be the choosing of one of the other alternatives. This also can occur at the moment — none of them more likely than the other. At this point, it does not really matter: your course has already been chosen and you have begun to carry out the Agreement that you made between lives and in the past.

Whether or not the bomb comes, there will also be a philosophical and spiritual revolt, and that has already begun. The bomb can be a truly frightening possibility to the Personality, especially the ones not involved [in the transcendence alternative?].

The other alternatives to this are not all attractive, either, but one certainly is. This civilization has now evolved to the point where it can, as a whole, begin to look at the concept of unity. Before, this has only been a dream of old visionaries and not a possibility. True, in the past, there has been always bloodshed in conquest, even though peaceful intervals followed, during which great strides were made. In spite of the bloodshed, in these periods there was little real enmity involved.

The morality of war was not questioned until this century. Think about that before you become trapped in your pessimism, because this is the greatest single step that your civilization has taken. It is a sweeping movement, also and there is hardly a man alive today who does not question it. This has always meant change in the past.

⁸⁰⁸ According to the Bible, Jesus was buried in a tomb owned by Joseph of Arimathea, a wealthy person, capable of having servants such as Alice was in that time and place. Wikipedia has an article on him.

⁸⁰⁹ Channeling subsequent to the OMG revealed that Louise has been Hillel, a very prominent rabbi who died in about the year 10 AD, >https://en.wikipedia.org/wiki/Hillel_the_Elder<.

⁸¹⁰ Possibly: Capernaum from the Greek or Kfar Nahum in Hebrew.

⁸¹¹ From Wikipedia: Ṣalāḥ ad-Dīn Yūsuf ibn Ayyūb (c. 1138 – March 4, 1193), better known in the Western world as Saladin, was an Arabized Kurdish Muslim, who became the first Sultan of Egypt and Syria, and founded the Ayyubid dynasty. He led Muslim and Arab opposition to the Franks and other European Crusaders in the Levant. At the height of his power, his sultanate included Egypt, Syria, Mesopotamia, Kurdistan, Hejaz, and Yemen.

⁸¹² Alexander the Great was a King, Dominance, Power, Idealist, Moving Center, Greed, according to one channel; they don't all agree.

When the question is asked, the answer normally follows close on its heels. The possibility is great that this is the last generation that will actually consider armed warfare as a solution to any problem on this planet.

This is not the first time that many of you have been pessimistic about the ability for man to change, but this is truly a giant stride. The question is simply that it was not posed before, and it was not offered that there was any other way. Those who went into Gaul for the legions often felt [no] enmity for those they conquered and were just as avid about building up as they were about tearing down. The same was true in the time of Alexander [the Great].

There have been exceptions to this, notably Scipio Africanus⁸¹³ and Adolf Hitler. They did have a great deal of enmity toward those they conquered and destroyed. Both were dissembled⁸¹⁴ and "mad." Today, there are alive two men who could conceivably fit this pattern and trigger a global holocaust.

This is one alternative; the others: contact with worlds beyond this one is one — this would provide the Shock of which you have spoken.⁸¹⁵ Spiritual communities and widespread resistance is another [alternative].

When asked if any [of the potential world-destroyers] were American?

One is, yes. One is now in China.

Ralph: I have the impression that within our group, the articulation of the teachings emphasizes the static, the intellectual, and the hierarchical. Is this primarily a distortion arising from my biases or the group's or the languages? Or is this an accurate transmission of the teachings? Please comment.

In the beginning of this group, the primary concern was in the development of the belief system in the language necessary to explain it to each other and to oneself. This is a necessary step in the formation of any group, but in most, becomes a barrier toward further growth, and eventually becomes the belief system itself. In this group, there has been evolution of a sort that now points toward continuance in growth. The possibility still exists, however, that you will continue to concern yourselves with the intellectual hierarchical aspects and neglect the spiritual, yes, but you do not have to. You can put this belief system to the acid test⁸¹⁶ and see if it works [leads toward transcendence]. Until you do this, yes, you are still trapped in the beginning stages. This is where most of the other belief systems remained throughout their existence, including the world's great religions. The concern remained hierarchical and primarily intellectual and never got off the ground spiritually. You are right, of course; you are trading one belief system for another; but there is a unity here that has not been before, and there is a trend toward integration that you are capable of verifying implicit within the [belief] system.

22 October 1974 — Tuesday

Location: Fremont, California

Present: Liz and Ted, Joan and Jim, Alice and Dick and Cheryl and Victoria, Sarah and Richard, Narra, Shirley, Allyn and Leslie and Beverly, Charlotte (1st time), Mallory and Ralph, [Gene, Delia].

[There was a] Short business meeting regarding incorporation. Narra⁸¹⁷ indicated the need for officers, and we elected Dick president, Joan secretary, Cheryl treasurer. A quorum was present. We discussed and shared possible names for the group: "Spiritual Community", "Associated Souls", "Church of the Path Seeker", "All Souls Spiritual", "Pan-Universal Spiritual Sanctuary".

Man's place in the universe should, of course, have become a little more apparent to you since we opened the discussion on complexity. As we have intimated before, the Tao is the epitome of simplicity, and therefore the simplicity toward which we all strive in our return to the primeval. Therefore, the Physical Plane, with its enormous complexity, offers by far the most challenge and also the most barriers to spiritual liberation. Man, or

⁸¹³ From Wikipedia: Publius Cornelius Scipio Africanus (236 – 183 BC), also known as Scipio Africanus and Scipio the Elder, was a general in the Second Punic War and statesman of the Roman Republic. He was best known for defeating Hannibal at the final battle of the Second Punic War at Zama.

⁸¹⁴ "Dissembled" means concealed under a false appearance.

⁸¹⁵ Considering the many books written and movies made about the Shock that would result from unequivocal contact with extraterrestrials, one wonders if humankind is being prepared for this eventuality. It might be as Shocking as the manifestation of an Infinite Soul.

⁸¹⁶ Probably referring to the psychedelic method of blowing one's belief system 'out of the water': "The Acid Tests were a series of parties held by author Ken Kesey primarily in the San Francisco Bay Area during the mid-1960s, centered on the use of and advocacy for the psychedelic drug LSD, commonly known as "acid". LSD was not made illegal in California until October 6, 1966." [https://en.wikipedia.org/wiki/Acid_Tests — retrieved 10 April 2023]

⁸¹⁷ Narra was a lawyer.

rather, Mechanical Man, must then cut through the glamour and allurements of the Physical Plane in order to see the light of truth. Nowhere else is this as difficult, for on the Physical Plane, all is glamour and all is complex, even compared to the Astral Plane, which to the high planes can seem quite complex.

Man must strive uphill in the battle to free the Essence. By “man”, of course, we refer to all Creatures of Reason. For in all languages we know of, there is a word meaning “man” [in the sense of human as distinct from other animal species]. This uphill battle is growth-producing and also provides the strength to persevere through the several Cycles spent on the Physical Plane. The lessons learned on the Physical Plane are necessarily [psychologically] painful just because they are so complex. With simplification, there is analgesia [less pain]. On this world, there have been significant cultural and religious barriers to growth. On other worlds, there have been hostile natural environments and threats from without to contend with.

Man is the first rung on the cosmic ladder and must take this rung slowly, learning to place one foot in front of him at a time. Here on the Physical Plane, there are limitations placed on size and speed, on senses and acuity, with which man can perceive his universe. Until he realizes that he can break these barriers, he is trapped. We say trapped by Maya, and this is precisely what it amounts to, because he becomes so immersed in life crises that he fails to contemplate even the purpose of his sojourn here until quite late in the [reincarnation] Cycle. Then he must race to make up for lost time. By that time, however, he has usually experienced the greater part of life, and can relax and get down to the real business of study and contemplation that allows him access to the pan-dimensional universe.

You have been told [by Gurdjieff] that Mechanical Man cannot love, and that is true. Love is the highest truth of all, and isn't it said that ultimate truth is sealed off from man? Man also cannot “help”. In fact, man cannot do anything at all, at least from the standpoint of will or volition, because of the two imperative senses he chooses not to use: we speak of the intuitive sense and the telepathic sense. One would think that these had suffered the atrophy of disuse. This is not the case at all; they are simply held in abeyance until such a time that Mechanical Man can willingly look behind the barriers he has constructed about these very frightening senses and put them to use. This is usually the last lesson learned on the Physical Plane, and the hardest one, because it, or rather they, are the one that the Personality fights the most. Of course, it fights these, and it is a fight for survival, for once the door is open in this direction, only the Essence can go through it, and behind the barrier is knowledge. Man must meet with a cosmic teaching in order to look behind the barriers. Psychology will not do it for you: for, if the psychologist is a Mechanical Man himself, he also has adaptive behavior taking place, and he cannot look behind your barriers or very well allow you to, either. It would be too scary for him — he would then also have to look behind his own barriers. The broad purpose of the Physical Plane, of course, is then to cut through the first layer of complexity.

Comment at this point: Richard asked how can we prepare ourselves? What can we do to help ourselves see through the veil?

You are right, Richard: “veil” is a word we would prefer for these barriers — from our vantage point — are as insubstantial as the morning mists. But man chooses to solidify them to the point where he cannot destroy them. This brings them into line with the solidness of the Physical Plane. “Solid” is very much like ponderous to us. The weighty philosophical battles, battles waged by Mechanical Man, are his attempts to solidify even thought and make it more complex. He must first come to the point that he can verify for himself the tenuousness of that which stands between him and the pan-dimensional universe, and the path toward simplicity and therefore perfection. All in this universe is truly perfect; it is only faulty perception that renders it imperfect. Once the perception is full, the imperfection is gone and the liberated Essence can perceive all there is on the higher planes, and can move about without the solid limits of the Physical Plane. Many of you have had a taste of this and know of what we speak. The heavy weightiness of the Physical Plane is a burden you have chosen to bear in order to come to this point. Now you wish to throw off the yoke and this is why we have chosen to assist you. If you were not ready, you would simply not hear the words. We have stated, essentially, the purpose — succinct to be sure, but still essential.

There are steps, of course. Man's purpose, then, being to learn that there is love and that it is accessible, and that it is accessible only through those “extrasensory” perceptions that he chooses to deny. The foundation we have given; the application you have agreed to try. Until you manage to open these doors — or at the very least, verify that they are there — you will notice no significant change in yourself, although that change may be readily perceptible to other students, but not to the one stuck with it. The application of this teaching in a loving, trusting environment could enable you to verify the presence of these blocks. If you choose to take advantage of this, of course, we will be there to assist.

Essentially, what Mechanical Man is saying when he says, "I do not trust you," is, "I do not trust you not to show me what is behind those blocks." Perhaps this, then: "If I allow you to come too close, you will violate my barriers and I will be naked in the void." Once the stripping happens, the work, of course, becomes far easier and Personality begins to lose ground. It can do nothing else at this point. The Essence knows no shame, no guilt. If you can learn to share your fears, however childish they may seem to you, you will have gone a long way along the path. The realm of unfulfilled desires is fraught with Maya and one that must be conquered. What you are saying, in saying that you do not trust, is also, "I am so terrible that if you knew it, you could not love me," and on a Personality-to-Personality basis, this is, of course, probably true; but the level of comprehension in this group is such that very little has not been met and dealt with already. It is doubtful that you could peel away the acceptance with your escapades. In fact, this would invariably bring you all much closer, and at this moment that is the goal. You have all been told about the utter foolishness in setting up impossible goals for yourselves: fixating on a goal years in the future is another of the Personality's defenses against the Essence's experiencing of the moment.

Comment: Wants, shoulds, and have to's — If you'd let Essence do what it wants, you'd survive ...

The time for doing this exercise is whenever there is intuitive consensus.

Time was taken at this time to answer questions that were submitted to Leslie during the week.

Gene: Wants to know what percentage of people in the goal of Retardation are actually mentally or physically retarded.

In this culture, almost 90% of those who choose the Goal of Retardation are mildly to severely mentally deficient. This deficiency ranges all the way from perceptual disorders to the more severe manifestations. Congenital heart difficulty is another example of the physical Retardation, also children born with sensory difficulties of a severe nature and without limbs.

Delia: Wants to know if Mendocino, California, on the coast, is a power spot?

No, but there has been an influx of older souls into this area. Some are attracted there because of the financial picture. This gives the illusion of power. Do not misunderstand us; this area is not a negative spot, just relatively neutral.

Dick: Would like some clarification of the word "Agape."

We use this word to express the unqualified acceptance of another person's being as the greater part of self. We know of no other word that would be appropriate. This is the love of the Tao.

Is there a familiar word in another language familiar to this medium?

There is no word in the tongues of this culture that would express this concept. It is the releasing of self to the flow of the pan-dimensional universe. It is the recognition that the solid isolation of the Physical Plane is only the Personality's faulty perception, and that in truth there is no separation — there is only one. You have heard it said by one who is an Adept [Jesus] that, "I am all that there is and you are with me." This is Agape.

Allyn would like to know how far back we should weave the tapestry, before Christ?

This is our ultimate intention, yes.

Do Warriors twin with Roles other than Scholars? Please elaborate.

Yes, they do. It is just that Scholars seldom twin with other than Warriors. Warriors often twin with other Warriors, with Kings and with many others also. Scholars do not often twin with other than Warriors.

Discussion of Glenn's question regarding sexuality of Essences. Since it has been said that Essence is neither masculine nor feminine, why does Michael speak of the masculine or feminine Essence in Roles? It was compared to the Yin and Yang polarity, often times the way a Role is played out, an identity word, a cultural thing.⁸¹⁸

Did Jim twin?

We have said that all of you have twins, yes.

Joan: Was Shirley a female during Richard the First's life and did she know me?

The lady was a female, yes.

Joan: On Richard the First's side?

⁸¹⁸ Not everyone in the OMG understood that Role and Essence are not the same thing. Essence, the innermost core of the soul, assumes a Role during incarnations. Essence itself is neutral, neither masculine nor feminine, but Roles can take on a masculine or feminine flavor depending on gender and/or Body Type and/or imprinting. Elsewhere it is said that Kings, Warriors, and Scholars tend toward the masculine, and the other Roles tend toward the feminine. However, in channeling post OMG, it is said that souls have an inherent masculine/feminine ratio that lasts through all lifetimes.

Basically, yes. Women were not terribly involved in the political mainstream.

Joan: Was she employed in the household of Richard the First?

Not employed, no, but a friend of yours, yes. Shirley was a high-born lady, a friend of yours since childhood. She traveled with you.

Cheryl: Is Thaddeus part of my Entity?

That is valid, yes.

*Shirley: Is [my niece] Denise's problems with her husband Jake one of Karma?*⁸¹⁹

Not Karmic, no, but a difficult enough Sequence.

29 October 1974 — Tuesday

Location: Oakland, California

Present: Shirley and Glenn, Allyn, Liz and Ted, Marvin, Betty, Dan, Thaddeus, Leslie, Rick, Charlotte, Joan and Jim, Mallory and Ralph, Cheryl, Gene, Alice and Dick, Narra, Carolyn, Sarah and Richard, Elizabeth.

There was a discussion about the long weekend planned for November 9 and 10.

Thaddeus related an experience with Liz that happened on October 26, at the Halloween party. A power foreign to him tried to overwhelm him while he was reading her palm. He pushed out this foreign entity, forced it away from Liz and called back Liz. The entity seemed as if it didn't care for Liz's body. Thaddeus had a lack of fear.

Discussion about this experience, with Liz's impressions added, along with others who were present when this happened. Liz had fear when he began reading her palm and then it faded out. Thaddeus felt he had drained energy from everyone there, to force out the entity. Liz felt he had tried to teach her before in Rome as Peter and she wouldn't listen. Ted expressed the point that Liz was very weird going home.

Would like Michael's comment.

The lady Liz and the man Thaddeus have, of course, all of the necessary prerequisites for becoming excellent trance mediums, but more importantly, they also have within their grasp — telepathy. This does cause a tremendous shock wave the first time it occurs. You are quite right. We cannot come into your space unless you allow it. You must be willing, but the Personality does not always give the same permission that the Essence does. This can cause the most astounding reactions.

However, at this point we wish to reiterate a previously stressed point. There are no "evil" spirits in the universe with sufficient power to affect manifestation. There are some very superficial spirits inhabiting the low and mid Astral Planes, but they do not have this ability. The energy force of the universe is neutral and simply flows. Psychic energy in the hands of such as the man Thaddeus is a very positive source. He is right. He can draw at will, but does not do this indiscriminately. He uses the discretion that we would wish. We would see both of these people develop these talents, or truly "senses," to their fullest extent, even to allowing us access.

You see, in your culture, power is often read as aggression, or worse yet, "evil." Yes, we are strong. This is not to be denied but this is benevolent strength and cannot be used against you. Negative energy must be generated singly by the False Personality and only rarely can it be coordinated and used in a material way for destructive purposes. More often than not, it is simply expended in the moment. This, of course, can result in an act of violence, but usually does not.

The lady Liz is still unsure that she does indeed wish this experience, but we are patient. Please do not delude yourselves that we are present only at your business sessions and not your social excursions. This would accomplish little and expend much.

Now, the man Thaddeus remembered something quite significant when he saw the lady again, for she was wearing the same gown she wore when he first saw her in Atlantis.

Thaddeus wanted advice on furthering his telepathic powers — toward trance mediumship.

Thaddeus, you must first remember that this telepathic sense is a two-way street, at least until you are quite strong and confident, so practice with one with whom the trust level is very high will produce the best results. Those who are not willing or are hiding will give superficial permission, but at the last moment will deny access to all but the most superficial strata. For the development of this sense, meditation of some form is imperative. Until you go into this deep space, you cannot quiet the head enough to hear. This is, of course, why we still

⁸¹⁹ Denise and her husband William (Bill) filed for divorce in January 1975. They had a daughter together in April 1974.

stress this with you all, but as we have said before, we are patient. You can begin working with those around you, with whom you have established the trust level. Meditating together would be effective. You need not be in the same room.

Dick: Question about the new [Carlos Castaneda] Don Juan book — Nagual & Tonal — two concepts.⁸²⁰ Could we have the meanings of these and clarification?

Dick, you can use as analogous to “Warriors” — the Balanced Man — to a man with Don Juan’s frame of reference. This is a natural term — another problem of semantics to scale. This man, of course, grew up with “the Lord of the Dawn” legend and this was the frame of reference necessary to communicate with you, as all of you have grown within other frames of reference. We are not leading you to any disintegration, but there is indeed a danger of this [disintegration], if you do let go of the [physical] life force before learning to harness the more universal [spiritual] force, but these energies are those utilized by the Personality and the Essence. They are also the physical expression and the spiritual expression respectively. The reason it is not clear is perhaps that we have not stressed these analogies enough. Many of you came with a built-in vocabulary [Gurdjieff’s] and rather than introduce more words, we choose to use these. As we go on, we will have to enlarge upon these.

The spiritual expression to the Essence is, of course, quite powerful and taps into the universal flow. The physical expression of the Personality, which sustains the body, is in comparison quite weak and can be overpowered and the body killed, if one is not careful. Yes, it can be harnessed and used effectively. The best check-point we know of is the fact that the student not ready to harness this is seldom willing to use the time necessary to produce good result at will. It takes someone close to Balance to accept the discipline necessary to effectively use these [telepathic and intuitive] senses. When we tell a student that he is capable, that does not always mean that that student is either willing or ready — just capable. The man Thaddeus has at the moment an excellent start, and if he is willing to accept the discipline, he can do this without any problems. Those who tap into the spiritual expression, letting go of the physical expression without the conditioning, often go “mad” or die.

Ralph: Differences between the “intuitive” and “telepathic” senses?⁸²¹

Actually, there is as much difference in them and of a similar nature, as between sight and hearing. The telepath hears and the intuitive person sees, but in a far more developed sense.

Richard: Is the primary frequency for the group the third harmonic of 17 cycle spike wave?⁸²²

You need to try this, Richard. There is much static⁸²³ in this group, owing to the different levels as students. This would work for the group on the most part.

Liz: Same question as Thaddeus — regarding the development of my telepathy.

The answer is the same. There is no other way to develop this sense. As for the trance mediumship, we are always available for this.

Shirley: Past life (from a friend) near the Rhine river?

The man’s déjà vu is quite accurate. By the way, it usually is, but is mostly discounted. He lived in the Rhine River Valley, in a small village near Cologne, yes, in the early seventeenth century. He was female then.

Liz: Mother withdrawing, disoriented, wants to diet [sic: “die”?]. Anything I can do?

⁸²⁰ From >http://www.encyclopedia-of-religion.org/tonal_nagual.html<: “Nagual” (the non-material world) and “Tonal” (the world of material objects). We communicate with the world of matter through the so-called ‘first awareness.’ To become able of cognizing the Nagual, one has to develop the ‘second awareness,’ that is, clairvoyance.

⁸²¹ In the session from a week before, the Michaels mentioned these two “senses” that are beyond the usual five. If one were to correlate them with the Centers, my preference would be this: intuition = Instinctive (aka Impulse) Center, and telepathy = Higher Intellectual (aka Concept) Center.

⁸²² Richard was an Artisan by Role and an engineer by occupation, hence the propensity for nerdiness.

⁸²³ In the science and engineering of so-called “information theory” — which concerns itself with the quantity and the quality of communication — there is the notion of ‘signal versus noise’. The “static” mentioned in this quote is like what one hears on a radio station that is not perfectly tuned, or like the ‘snow’ that one sees on a television screen when the station is not perfectly tuned. People at different levels of studenthood are like different people who are attuned to different radio stations or different television channels, each having their different ‘frequency’. As one can reasonably expect, there is a lot of ‘noise’ or miscommunication between students on the Physical Plane who function at different levels or stages in the spectrum of all phenomenology.

Although it is a shock, it is not surprising given this lady's Overleaves, that the disintegration is taking place. She could be helped by the proper therapy; Gestalt would help. We would not advise that you do it, only that the therapist also be a Mature [soul level] therapist.

Gene: I spent hours supporting a lady having spontaneous happenings. Mid[Fourth]-Level Mature Priest in Stagnation or Growth, Self-deprecation and Passion? Trouble separating from her husband. Recently had visions or past memories, like watching a movie. Interested in coming to the teaching. Comment?

This lady is a Sixth Level Mature Priest, not in Stagnation but Submission. Yes, with a Chief Feature of Self-deprecation. Also, in the Passion mode, in the Intellectual Part of Emotional Center. Would make a good student, as she no longer wishes to submit and is tired of running herself down as she begins to see her own worth. The problem of giving up the marriage, of course, stems from the fact that Mechanical Man finds his suffering very hard to give up and seldom does this willingly. It only comes with the struggle for Balance. This marriage does provide excellent suffering, since it is so incompatible. It is simply the first time that she has allowed herself this experience. Many times those in Self-deprecation will not admit to themselves that they can have a legitimate experience. The screen is always available and the protection is ready to go at an instant's notice. The memories are good ones and should not be discounted. She does not see them as memories now, still because of her own self doubts, but can learn to see them as such.

What does Michael mean by memories?

When we refer to memory, we refer to the total recall of the instance. What you call memory is the recalling of a reaction to a happening. This may or may not be accurate, even to the correctness of the reaction and many times, becomes embellished. With age, memories, like wine, get better, as time goes on.

Thaddeus: Visited Pompeii as a child; full memory of the city as it was before the disaster.

You and several others here present traveled throughout Magna Grecia during the second century before the Common Era. You saw it then as a prosperous city. Others among those present remember it as it was at the time of the manifestation [of the Infinite Soul] through Jesus.

Ted: Can False Personality from a previous life occupy the body in this life?

No. The Personality dies with the body. It is, you see, a composite of the Overleaves, and no combination is ever the same, even if it only differs as to level of soul.

Thaddeus: Does Michael see any point to Liz and I working together, and value of me being here?

The purpose should be obvious. It would further your own development and also, if the other student was willing, his own. This would be a valuable experience for the lady Liz as it would require her concentration in the moment to produce any results and this would aid her in many ways. Other students would benefit in this way also. Also, Thaddeus, any activity that brings serious students together in work is beneficial, simply because it provides additional closeness.

There was a discussion about Soleal and Tomas. Should we or could we, contact Soleal during the 72 hour weekend?

At some time during the seventy odd hours, this would be possible or early in the morning now or soon. Perhaps at the end of this week.

Thaddeus: What would Michael suggest in work to further myself?

We have suggested that you meditate. We also suggest that for you, creative silence is something you might find valuable. This must be done with another student; otherwise it is not effective. Although you have been known to talk to yourself, you are much more inclined to do this when in the presence of others. You have a noisy head and must work to quiet it down. This is not unusual with your Overleaves, but as a student, you must choose to override it. Also, you can practice concentration, augmented [with psychedelics] or not. Also, for you, periodic fasting would be of great value. Spiritual food is what you crave, but the Personality demands the substitute. If you can stand not to gratify the body's demands, the hold of the Personality will weaken. The movement you are now doing is good — don't stop. In fact, you could increase it.

Joan: Asking about sickness, assuming it is chosen, what do people get out of it?

Please remember that the choice here is quite unconscious in most persons, and there is usually a factor of needing to manipulate, either the physical environment or the persons around the Fragment in question with no other options open. Most minor illnesses come about when the body needs rest. More serious illnesses respond to more serious needs. When you realize that it is all right to take enough rest, then most minor illnesses will cease.

Joan: Is that all I need to do, rest?

Yes.

Narra: Robert having a bad time breathing now. Can he be helped?

This man could choose to work through his serious illness, yes. The agreement to work with Gene is the first step. Realization that the decision is his own to make is the second. It is conceivable he could survive a good many years, if he were willing to give up the depending that the illness affords him. Also, it will require a discipline he is not willing to observe. You see, also, what the man Thaddeus sees in someone is a great deal [of] potential. The man [husband] Robert does have this longevity type potential, greatly diminished by other Overleaves, stronger than the Body Type and the particular combination of parental gene pools he chose.

Narra: [His] Body Type?

Yes, mostly Lunar with Solar modification.

Elizabeth: Bookkeeping: would the job help me get in touch with Intellectual Center?

Mostly, it would help you get in touch with the negativity of life and throw you more into Emotional Center than ever. You can if you wish.

Joan: Would Michael help my neighbor?

Unfortunately, the lesson here to be learned is for the man and is not [for] the lady. This knowledge comes hard to those involved in what is a true Physical Plane crisis — a no-way-out situation. But the man's own awareness will be enriched a thousand-fold through his experience. It is he who needs the shock. The lady has led many exalted lives and can come through this one with some empathy. The man Gene could talk with her, but it would be more effective if she were to request it. She would, at a fairly profound level, understand the reasons for this Sequence.

03 November 1974 — Sunday

[This is the first of several session transcriptions that we received from Louise Briggs, where her daughter Leslie was using the Ouija board. The session notes were handwritten. This session and the others were not photocopied and given to the OMG membership, so they did not become a part of the 'official', shall we say, OMG collection, but we include them herein anyway. After the OMG disbanded and then assembled a different batch of students, Leslie Briggs became the channel for several groups in the late 1970s and early 1980s. Her work has been published in *Michael Speaks: The Legacy of Leslie Briggs*, published by The Center for Michael Teachings, Inc.]

[Present: Not recorded, but Cleo, Bill and Donna, Beverly, Penny, and Lesley asked questions.]

Cleo: Seth? Past, Present time? Don't understand.

That is valid. All of this was Agreed upon. Greetings. Time frames exist because of Order. Periods signify blocks in time that refer to the time's 'pointing'. Time frames are solid and do repeat 'points', [which] gather forces, and develop resistance.

Bill: How did the various meditation courses [work], et cetera.

Trust yourself. Freedom can be gained in many ways. Trust is gained in one way. Trust of self can be hard, yes! Especially when coming from feelings of freedom unrecognized. Results will be yours if you can comprehend this. Yours is self anywhere [sic]. The fear is not present today.

[Not recorded.]

No! Seek! Yes. Seeking is a deeper part of questioning. Seeking does not ask about the weather.

Cleo: Bay Area. Turn off. Move.

The fear of growing failure is reflected in this Vortex. Growing concern is felt due to the concentration of older souls. Growing concern will move many into better areas. Fear creates guilt which creates fear. The circle will be unbroken in this instance. Fear is lessening in this lady already.

[Question not recorded.]

No! The purpose is clouded because of guilt about not having goals. The key is trust in the purpose.

Bill: How do I use ...?

Intuition is not shallow. We will go into this further. Recognition is yours if you would not block the feelings and not think on it so much. Your intuitions seem strongest when you are the most confused about where they come from. You have therefore created a double frustration.

[Question not recorded.]

The man will come soon. Do not feel sad.

Donna: [Question not recorded.]

Your positiveness is strong now because of the valuations [?]. Yes. Specific questions will come. Ask, and you will receive.

Donna: [Question not recorded.]

The matter [?] is not valid to your Essence and the False Personality knows this. The necessity is self-induced and yes, Maya. The 'crap' we must go through to become conscious is often a heavy burden, yes. This is false for you, and you only have to 'make' your mind up for itself. Your Essence is strong and will not be destructive. This fear is not valid. The whole [?] trap of Maya. You did pick these things to experience. When will you see the freedom [resulting] from this decision? This validity will come to you, one way or the other. Worrying is wasted energy.

Bill: [Question not recorded.]

Again, the confusion here will clear when you learn the difference in [between] intuition and just feelings. Intellectualizing will always cloud this in you. Looking at the Centers as steps⁸²⁴ also will aid you in this. How will you remember those things you want to?

[Question not recorded.]

The affinity felt is valid. This comes from great strengths and growth. Growth is a strong bond here.

[Question not recorded.]

The mother is not necessarily aware. But, that is valid.

[Question not recorded.]

In the first century of the common era.

[Question not recorded.]

Your mother played the piano as well as the clarinet and oboe.

Bill: Why are we together?

Hearing these words are a threat now. This will cease as time progresses. The sounds were what were received, not the feelings.

Donna: [Question not recorded.]

Love of children is not "love". Rather, [it is] a feeling for the "Agape" wanting expression.

Bill: Geo [?]

This [w.i.] was a strong influence on you. He felt the growth within you and was supportive.

[Bill: Question not recorded, but probably about his time at Auschwitz. Auschwitz was a Nazi concentration and death camp located in Poland in WWII.]

Yes, you were on detail and had just dug the trench that they were put into. You were going to dig another one and then return to the camp where more arrivals awaited sorting.

Donna: [Question not recorded.]

Not happy, but aware of short-comings. You will notice shortly a regression. He is strong and did not have much to do with his indecision.

SRG on Penny?

Third Level Old Artisan, Acceptance, Emotional Part of Intellectual [Center], Mercurial-Martial, Passion Mode, Idealist, Stubbornness.

Beverly: What do I doubt so many times? Why do I doubt Lesley?

The fear of rejecting is not valid. We come in love. Freeing these feelings soon will result in much recall. For you this is a must. Getting in touch with the Moving Center and combining this with temperance will give [you]

⁸²⁴ The steps are Moving > Emotional > Intellectual > Instinctive > Higher Intellectual > Higher Emotional > Higher Moving.

much. Trust, or rather the lack of this when dealing with emotions, will cause mistrust of the intellectual. Giving to self will not limit the 'good' feelings.

Penny: SRG [of a man]?

This man is Sixth Level Mature, Growth, yes; Stubbornness, Observation, Artisan, yes; Growth, in the Passion Mode, Stubbornness, Intellectual Part of Moving Center, Mercurial, yes, but also Solar.

Lesley: I was a wife of a king. Comment please.

Gaul was involved in this man's life. Tirerius [sic] The Province, yes.

Michelle's SRG. Why was ...

Fear is only a part of the apprehension. Parting with beliefs can be trying but not harmful. You have a very strong feeling for the Teaching and this will come out as soon as you can trust yourself not to go overboard. Trust that this will not split but rather bring together [and] will help free these feelings. Growth is not impossible and deeply desired by you. Giving yourself stomach problems is not necessary. You know this, and will feel better soon. This is not needed and you know this. Soon you will forget the stomach. That is not the most strong of the feelings. Split of self [is]. The False Personality is not going to give up easily, and the False Personality is strongly entrenched in the belief that it will be totally destroyed. That is not valid. It will change and accept the Teaching. The Essence will not destroy the body. It needs to be here. You will change and be happy with the change. Freedom is not tiring.

[SRG on ??]

Second Level Mature Warrior, Growth, Observation, Arrogance, Jovial-Lunar. Maturity is not reflected in the levels but rather the False Personality [is]. Old Souls are not especially old, et cetera.

[Question not recorded.]

This is valid. Many things [and people] will point the way, including the lady Mandy.

08 November 1974 — Friday

[This was the first session on a long weekend, with sessions this night and the next two weekend days.]

Location: Oakland, California

[Assumed present by questions: Leslie, Liz, John (husband of Narra, maybe she was there), Gene, JimH, Abdullah, Richard and Sarah, Ralph, Victoria.]

Leslie on the [Ouija] board.

Is Michelangelo alive today? Is he artistic? What is he doing?

Yes. He is a sixteen-year-old boy in Texas. He is not artistic. He is very aware of the teaching.

Was Liz previously Claudia Procula,⁸²⁵ wife of Pontius Pilatus?

[Yes.] She was aware of the total effects of the whole thing going on. She was definitely trusting of her husband and his turmoil. Great trust in her husband was what caused her turmoil and resulted in separation of their common goals.

John: Asked if Stuart Robinson was a part of his Entity.

No. He is a (twin soul). (This was blocked.)

Victoria is planning on bringing a new student on Tuesday. She has a feeling of affinity for him, almost like talking to herself.

This man is not a twin, but you have known him several times. You were quite close the last time you knew him. They were husband and wife.

(Lost question here.)

The choices were yours. The bonds are real. The bonds are strong. The history of the Physical Plane is not necessary. The strength of ties comes from the search of not only the path, but also the rejection of the

⁸²⁵ From Wikipedia: Pontius Pilate's wife is unnamed in the New Testament, where she appears a single time in the Gospel of Matthew. In the New Testament, the only reference to Pilate's wife exists in a single sentence by Matthew. According to the Matthew 27:19, she sent a message to her husband asking him not to condemn Jesus to death: "While Pilate was sitting in the judgment hall, his wife sent him a message: 'Have nothing to do with that innocent man, because in a dream last night, I suffered much on account of him.'" Origen's 2nd century *Homilies on Matthew* suggest that she became a Christian or at least that God sent her the dream mentioned by Matthew so that she would become one.

teaching. Getting in touch once again is only reflective of the strength of the bonds. Growth is this group's will, and once again a choice. Great feelings can be experienced by members because of the strong anti-bonds and indeed, real bonds. Trust of this will lead to the answers asked.

About the Tao as mother — the Infant Soul is symbiotic.

No and yes. The Casting is not casting out, but rather casting into. The Tao is not just the mother, but you know this. The Infant Soul is close, but furthest from the goal. The ladder must be climbed and the Infant [Soul] is aware of this. Its closeness comes from this knowledge. Beyond this, the knowledge is not expanded. The Infant Soul is in this way unique, and it is as close to its "mother" as the infant man who wanders to the Astral Plane continually and loses contact immediately. In the Casting, the total awareness is lost, but not the feeling of loss. The Infant Soul then experiences the loss and the closeness simultaneously. The Infant Soul is again unique in this sense of loss, and must start the sorting that later becomes the seeking of the Tao. The confusing life of the Mature Soul will, and indeed does, Balance this great sense of loss in the Infant [Soul]. The sense of loss is not present in the Mature Soul, and this "heavy" involvement into the life stream will help the Infant [Soul] to learn to seek what it has lost. This is what is meant by Balance.

Rejection bonds? Baby and Young [Soul] Cycles rejecting what is remembered, and getting heavily involved in life. Anti-bonds? How are they related to Monads?

Anti-bonds are meant loosely as rejection of the teaching, as opposed to acceptance.

Who is Pontius Pilatus?

The man Pilate was a Scholar in Submission. He was a "victim of circumstances" and of choice. This event was strong in the group. It did have much to do with bonding of the individual souls and the purpose of the choice this life, the choices of interaction on this plane. This time and parallel time frames does figure in, yes.

Question lost — personal type.

She is going to become a close friend this time also, but you will not depend on her as much as in the past. She also will feel this, and indeed the meeting is not chance.

Some SRGs were verified along this time in the meeting. Gene had been said to be a Third Level Old Artisan, in Growth, Arrogance as Chief Feature, Emotional Part of Intellectual Center.⁸²⁶

[Gene is a] Scholar, yes. This man is in Growth, but Dominates at times. This man will dominate in groups due to the combination of other Overleaves. The Artisan [Role] is not necessary to be a surgeon: this [occupation] is from the Emotional Center. The man Gene is not unique in this confusion. The feelings of confusion come from the inability to read the Growth combined with the Scholar, in a common job [surgeon] that involves an Artisan. He is trapped in this job for a reason that he could relate and will see soon. The Scholar in this job is indeed confusing to this group of "head" Scholars.

Does it have to do with counseling the dying?

The reason has to do with this and more. He sees the futility of the merging of philosophy and life, as viewed by others and their reality.

SRG on JimH: Third Level Mature Sage, Growth, Observation, Impatience, Idealist, Intellectual Part of Moving Center?

Fifth Level Mature; all else is valid. The Impatience in you is not as apparent as in a Personality that expresses total impatience with the life situation. Your Impatience is rather with life in general, and you are very content to sit back and observe this.

Comments: Use more intuition, let them go by before — more and more can follow up.

Leonard Cohen⁸²⁷: Mid-Cycle [Fourth Level] Mature Scholar, Moving Part of Emotional Center, Idealist or Cynic, Passion Mode, Martyrdom?

This man is a Sixth Level Old Scholar in Growth. He is in the Emotional Part of Moving Center; Passion, yes. A Realist. Stubbornness. You have known him several times, once in Greece, where you and he were close and shared the common goals of experiencing the feelings of poetry together. You wrote these poems about your relationship.

Was he Pindar⁸²⁸?

⁸²⁶ Gene's other Overleaves not listed here are Idealist in Observation Mode.

⁸²⁷ "Leonard Norman Cohen (September 21, 1934 – November 7, 2016) was a Canadian singer-songwriter, poet, and novelist. His work explored religion, politics, isolation, depression, sexuality, loss, death, and romantic relationships." >https://en.wikipedia.org/wiki/Leonard_Cohen<

Yes.

Was I his lover?

Yes.

Abdullah's SRG — First Level Old Scholar in Observation, Dominance, Moving Part of Intellectual Center, a Spiritualist with a Chief Feature of Stubbornness (tenacity), Lunar-Jupiter Body type?

Valid. Yes, Richard, [Abdullah is] Third Level Old.

Comments: Working with people — extinguish Chief Feature — rise above it in meditation.

This man [Abdullah] is aware of the areas needing work, as well as the feelings of growth. He is gaining in the area of insight. As to the Stubbornness, the battle is less tiring. He will have much clearer insights as time goes on and the present pressure is relieved. The Dominance is the Goal that gets in the way of Stubbornness.

Ralph: Fifth Level Mature Scholar, in Growth, a Skeptic, Arrogance, Observation, Intellectual Part of Emotional Center?

Sixth Level Mature.

False Personality will detract yes, but if you look hard, you will see the Balance of the group as far as Centers. This group is not as scattered as you see on the surface.

Comment on Ralph?

The Centering is not important, but rather the combination of Impatience with Arrogance. The strength of the combination within you can be devastating. The work here is important for you to understand the depth of this. It is yours to understand if trust in your Centers is allowed. Getting Impatient about Arrogance, and vice versa.

Per esempio:⁸²⁹ the facilitator.

Yes, peak and fall (energy leaks).

Sarah made a comment on threads bringing us together.

Getting in touch with the threads is a very strong feeling, not only from the standpoint of merging Entities, but also getting in touch with the emotions connecting the threads that are so strong. You, Sarah, are struggling with the dichotomy of the strength of feelings and the strength of Entities. You must realize the effect of this on the False Personality, and its ramifications. You must deny the feelings to get in touch with the flow of the thread. The feelings are stronger than the thread, although appearing the opposite. You, Sarah, must deny these feelings as part of the Overleaves. Get in touch with your emotions; let feelings flow. This process will free much more, and you, Sarah, will experience the depth of the gift. You were attempting to get in touch with support in the great times of trial that you were going through. The denial will not be much longer. The support of Agape. The tension will cease with the adjustment. The feelings are not as buried as you think. The trust has been there longer than you would admit.

09 November 1974 — Saturday

[The beginning of this session was typed on the same sheet (page) as the end of the previous session.]

Location: Oakland, California

[Assumed present by listed questioners: Liz and Ted, John, Gene, Bill, Leslie, Carolyn, Dick.]

This session was the second [Ouija] "board" meeting held during our weekend together. There is no record on the Physical Plane of the many experiences that occurred during other sessions.

Who [among us] was Pontius Pilate?

This man is not yet in this [OMG] cadre. He will learn about the group and may choose to become a member.

Did Jesus die on the cross as is said in the Bible? Was Judas really a betrayer? Who is Judas in this lifetime?

This was, of course, a common form of execution for a non-Roman citizen. Yes, the body died that way. The task was finished. It was as it should have been. The man Judas did no more than he was asked to do. Still, he was confused and overcome by remorse, even though he understood that the man was long gone at the time

⁸²⁸ From Wikipedia: Pindar (ca. 522 – 443 BC), was an Ancient Greek lyric poet. Of the canonical nine lyric poets of ancient Greece, Pindar is the one whose work is best preserved.

⁸²⁹ Per esempio: is Italian for "for example" or "for instance".

the body died. The man Judas at that time was a Mid-Cycle [Fourth Level] Mature Priest in Submission. This gave him little option to refuse the King [Jesus]. It would be Good Work to determine this (who Judas is).

Is the former Judas a student in this group?

Peripheral to it, yes. Many of you know this Fragment.

Is it Yorgos?

This was a logical guess, but it is not valid.

How did Judas die?

The man suicided.⁸³⁰

Liz asked if she was Cleopatra when she died from snakes.

There were no snakes when this King died. That is a legend that attached (and is) not fact. The lady took poison administered to her by a loyal friend. No, Liz, you were close to being born in Rome at that time. You were in fact born twenty-eight years following her death [in 30 BC].

Liz asked if her experience was before that life. Liz has a fear of snakes.

You see, Liz, you and a few others were around for several manifestations of the Transcendental Soul. Also, among them, Amenhotep⁸³¹ (an Egyptian King).

Was it then that I saw snakes?

Ironically, Liz, your experience with snakes was not a negative one, then, as you used them in your rituals. But it just happened that there were two of them in the room when you died and it was one of the last things you saw.

John asked about past lives.

Remember, John, that a certain number of your lives have been spent as females. Females have long been oppressed in this society and there have not been many options open to them. For these reasons, we prefer to mention only notable departures. For example, most of you show in your pasts certain repetitive patterns. These were perpetrated in more than one life. Sarah, for instance, resented being female and chose to live outside of the societal mores as a female most of the time. The locale changed but the profession did not. And much of the experience was blunted.

Gene asked why there have been errors in Soul Levels and Roles — are they purposeful? He had been told by Michael much earlier that he was an Artisan, and during a session the night before someone in the group had asked about his Role and was told it was Scholar, which seems to fit him better.

The errors occasionally happen [purposefully] with growth in mind, yes. Often, they are [unintentional] errors [due to channel bias or ignorance or stupidity]. The man is right in one respect. The test is not testing⁸³² [the channel], but rather a lesson to be learned [by you] in trust and getting in touch with intuition. The soul level discrepancies are not reflective of too much more change [actual advancement]. The coincidence of the changes just happened to come in order of the questions.

Ted asked for verification of his SRG: Fourth Level Mature Slave in Dominance, Stoic, Intellectual Part of Emotional Center, in Observation, with a Chief Feature of Arrogance.

The blunted Stoic is due to the Emotional Center and the Goal. Getting in touch with the Moving Center may clear this misperception. Stoics are not always heavy into the negative.

Discussion of soul level knowledge and benefit of knowing whether we are First, Second, or Fifth Level of any Soul Age.

The only benefit we can see in knowing the age of one's soul is to help the student understand perceptions at variance with one's own. Perhaps, also to understand reactions and drives it is valuable. Traditionally, the Stoic

⁸³⁰ From Wikipedia: Judas Iscariot was, according to the *New Testament*, one of the twelve disciples of Jesus. He is best known for his betrayal of Jesus to the hands of the chief priests for 30 pieces of silver. *Matthew 27:3-10* says that Judas returned the money to the priests and committed suicide by hanging himself. They used it to buy the potter's field. The Gospel account presents this as a fulfillment of prophecy.

⁸³¹ From Wikipedia: Amenhotep IV, who changed his name to Akhenaten in the fifth year of his reign, apparently tried to change the religion of Egypt from polytheism to monotheism. He lived from 1353 to 1336 BC.

⁸³² A search for the words test and testing indicate that several times students tested the channel during the OMG, hoping to discern the level of trust that the students could place in the channel. This is not the right way to do Validation; rather, students should learn to Validate their own internal intuitive faculty, and otherwise upgrade their epistemic sophistication via such external measures as academic, historical, scientific, and philosophical exploration.

has always represented the eye in the hurricane. At least to us, if this is negative, our perceptions are quite at variance.

Ted: Who is my Essence Twin? Have I met the Twin? Someone in the group?

Yes, you have [met the twin]. No (not in the group), but again, peripheral to it.

Sarah asked for verification [of her SRG]: Second Level Old Scholar in Dominance, in the Observation Mode, Moving Part of Intellectual Center, Idealist, Mercurial –Saturn, Arrogance as a Chief Feature?⁸³³

Leslie asked if her Goal had changed from Acceptance to Growth. She is a Mid-Cycle [Fourth Level] Mature Warrior in Acceptance, Intellectual Part of Moving Center, Idealist, Passion Mode, Stubbornness as Chief Feature, Body Type Mars–Lunar.

As we have told you before, the Goal of Acceptance is in itself a powerful Exalted [Cardinal] Goal from which spiritual enlightenment can spring. With this [Goal], there is no need for a switch in Overleaves — merely extinguishment of the Negative Pole [–Ingratiation], which in this case is the desperate need to be accepted universally by others. In exchange for this, you come into the Positive Pole [+Agape], which is, of course, the unqualified acceptance of others, just as the Negative Pole of the Growth Goal [–Confusion] involves tremendous scattering of energies as the soul rushes from school to school searching feverishly for that illusive “way”.

Bill asked what some of his past professions had been and what he did with them.

As you may have suspected, your paths have crossed with other students here present. You have been a Jesuit — a Benedictine and Franciscan. You have been a rabbi, a Sadducean. In fact, you have been [a] herald at arms. You have been a duke, a baron — the latter in Germany at the time of Luther. You have five times carried the banner of religion into war.

Carolyn wished verification of [her] SRG: Third Level Old Artisan, Passion Mode, Stubbornness as Chief Feature, Moving Part of Emotional Center, Saturn / Mars, an Idealist?

We agree with that. The lady is firmly trapped in the Emotional Part of the Intellectual Center. We believe that this is as it was originally stated. Perhaps the lady equates education with Intellectual Center. For shame. The lady has strong [Chief] Features of Stubbornness and Impatience. Right now, the Impatience seems to be winning. This is easy to trade. To extinguish, now, is another question.

Gene asked about the Emotional Center development he feels he has been experiencing. Has he changed from Observation Mode to Passion Mode?

We would agree with the man Gene that he has touched genuine Emotional Center and now has access to this. It could now be at will, but this must be a conscious act on your part. This is what you are interpreting as the Passion Mode, since it seems so strong to you.

Dick asked if there were any Scholars in their Entity. They were told earlier that Gene was part of his Entity and as Gene was earlier told [that he was an] Artisan. That fit, but with Gene's Role as Scholar, it was not clear. No Scholars in this Entity.

This was an error, yes. The man Gene is a part of the Entity that contains the lady Alice, Sarah, and Ellis.

How do we recognize a Fragment of our Entity?

The recognition of a Fragment of one's Entity is usually a casual one. Sometimes, the one who recognizes is startled at first, but this normally is not a relationship fraught with much tension. In fact, it is usually marked with ease, as these are old friends and you would not expect fireworks. With twins, there is normally a desire for closeness of an immediate nature, and barring social constraints this proceeds rapidly and is usually fixed from that point on. This bond is by far the strongest on the Physical Plane and not much can come between twins. Karma of an adverse nature can pull twins apart, and sometimes the Goal of Rejection will repel a twin even though it does not wish to be repelled.

What about Sequences?

You see, there is a sense of unfinished business hanging over Sequential partners, and they feel this tension, which is only relieved by completion of the Sequence. This does not have to be negative. There are positive Sequences, but still the tension for completion of the task is felt. These souls often seek each other out more often than casual friends would, for the obvious purpose of working on the Sequence.

Do twin souls have Sequences?

Oh, yes, and Karmic Ribbons, too.

Thaddeus had been in hypnosis and the teacher [Michael] had seemed to talk through him. We asked about this.

⁸³³ No answer is shown in the transcripts. In her later years it was said that she was a Pragmatist, First Level Old.

This is an easy body to come into. Not much struggle at all. Much desire. It could be facilitated much by fatigue. The man is not tired. One way you will be able to measure the trust level in this group will occur when the diehards begin to drop their guard. With the man Thaddeus, there is not much guarding and he finds it easier to let go because of this.

Gene asked about a woman he had met and felt a strong attraction to. Joanne Trout. Early Old Artisan in Stagnation?

The Overleaves were pleasantly complimentary and there was physical attraction, but you are not Strangers; you have met the lady before. You are correct, though, in that this is not an Essence Twin, nor are there [Karmic] Ribbons. No, this lady is a Sixth Level Mature Scholar.

10 November 1974 — Sunday

[The beginning of this session was typed on the same sheet (page) as the end of the previous session. This is the third session of three held at the Chambers home on a single weekend.]

Location: Oakland, California

[Assumed present by questions: Leslie, Ralph, Alice, Jim, Jackie, Thaddeus, Liz and Ted, Gene, Narra.]

We had a meeting with Michael after Soleal was here.

Remember this creature [Soleal] was raised in silence. It is difficult still for him to speak, even in his own milieu.

They do not speak on his world. His teacher, when he was quite young, forced the silence as a discipline.

Leslie: Commented they do [not?] speak, but have telepathy?

That is valid for him and a few others.

Ralph: Asked if the telepaths were selected.

Very carefully. Remember, also, that this is a young being with still some softening going on.

Alice: Can Soleal help us with our blocks?

If you allow it, yes. The high planes [where Michael resides] have absolutely no control over interstellar commerce. But it is our very fervent desire that the first face-to-face contact between your world and another be with this young student, and for this reason, we have been literally shoving this through. It would certainly lessen the "cultural shock." Ironically, there are many worlds populated by creatures almost identical to you, with which there would be far more shock upon impact than with this student, who although not of your species, crosses, or better yet, transcends these differences. We will tell a tale out of school now. When we first suggested to him (Soleal) that he take this task upon himself, his own emotional storm raged for many days and there was blocking that would put you to shame.

Jim asked where we would meet Soleal.

That will depend a great deal upon the orbital speed and the distance from the surface. Hopefully, these creatures know how to operate their vessel and can put their landing crafts down wherever they wish.

Presumably, they will not encounter difficulty in placing one within reasonable proximity.

Jackie and Thaddeus were born on the same day and asked Michael of their connection.

There is a bonding between you because you have been physical twins more than once in the past. This is a close strong bond and it now strengthens again. The desire to return together was strong. Actually, the identical date was coincidental, but you did experience the desire to be born again together.

[Regarding Soleal:] The contact will be most interesting from the standpoint of the vast cultural differences. All of you within inflated "body bags" will be certainly uncomfortable at first. That is a culture that does not have the "touch-me-not" taboos.

Thaddeus asked if he and Liz should smoke grass to help get into the trance state.

This would perhaps help facilitate, yes. It would also help you in your telepathic practice.

[Regarding Soleal:] That culture (Soleal's) also places great value upon direct eye contact. It would be Good Work to prepare for this.

Ted asked what we could physically do to prepare for this visit.

The emotional preparation will be by far the most trying. Spiritually, you can accept this, but emotionally, many of you have fears, some great doubts and then many are ambivalent. The exercises we have suggested to disengage the rationalizations would help. More closeness between members on an affectionate basis is now

beginning. True affection is the beginning of the long road to Agape. This is difficult for some of you and we know this, but we will persist in recommending that you at least try. When you can express this affection openly with no expectations of gain on a physical basis, you will have come a long way. The exercise that the man Robert proposed to his students that they refer to themselves as "it" could be valuable to you in a very different sense. It would consciously help you in dropping gender.

Will Soleal's visit be a precursor for the Infinite Soul manifestation?

This student will not be a vehicle for the Transcendental Soul on this planet, no, but it will be a part of the initial surge, yes. He has taken as his task the "proof" of the universality of the Logos, that truth there [on his planet] is truth here [on Earth].

How about Kathryn going back with Soleal?

That is definitely now an alternative. The exchange would be of much value. The same exchange would take place. This Old King has within herself the proof of the Logos.

Comment by student Gene: "That is the ultimate foreign student exchange program!"

Ted: Does Michael concur that Soleal will arrive five months from now?

We cannot predict within this time frame. There is still some procrastination going on, but we would hope so.

Ted asked if the procrastination was on our part or on Soleal's?

You students are aware of your own day-to-day fluctuations.

This student [Soleal] also has many doubts about his own capabilities in fulfilling this task and fluctuates about his readiness. You see, the Essence travels Astrally relatively free of the Personality in an Adept, but the vestiges of the Personality come roaring back when this student is back in his body. Although he is at a firmly fixed Balance, there is still part of him that wants to maintain a certain comfortable status quo. By the way, this student is uncomfortable with the knowledge that we were going to share this with you.

Jim asked if his Essence Twin was in the group?

First of all, perhaps we should reiterate a bit. There is, of course, a very special relationship between Essence Twins, and, of course, this is desirable and many want it. But the knowledge of this should come in on an intuitive level in order to be verifiable. For us to simply tell you that so and so is your Essence Twin would only lure you into perceiving a false set of specifications. If you verify this on an intuitive level, it would be easily verifiable.

This group is, as we have said, a bit unusual in that you all twinned. Some of you know your twins. Others have simply taken rather wild guesses, based upon strong physical attractions.

Please be assured that twinning does produce an almost unbreakable bond — a strong bond you are usually aware of on an intuitive level, long before you can express it verbally.

The man Jim's twin is not in the cadre.

Jim: Is my lawyer's wife/friend [my] Essence Twin?

The lady is not your twin.

Narra asked if she had met her [Essence] Twin.

No.

Jim asked if he had met his [Essence] Twin, and was it male or female.

You have not met this man.

Margaret's SRG: Seventh Level Young, Lunar / Venusian, Growth, Idealist, Arrogance, Caution or Observation?

This is a final Level Young Artisan in the Caution Mode, a Spiritualist with no Chief Feature manifested, mostly Venusian, with some Lunar. Yes, in the Emotional Part of the Intellectual Center.

Jackie asked for her Body Type. We thought it might be Solar / Saturn.

We would agree with that. Much Solar modification here.

Jackie asked if anyone in the group was a Fragment of her Entity.

Not yet.

11 November 1974 — Monday

[This appears to be another Ouija board session with Leslie Briggs. It was given to us by her mother Louise.]

[Present: not recorded but Donna, Bill, and Allyn asked questions.]

[What about] Bill's dream?⁸³⁴

The dream was Soleal showing you the force of energy used up in your Impatience. This energy could be used by your Moving Center. Yes. The deferring that occurs is to be expected when you block not only your energy but his. Not 'wasting' but rather 'leaking' it. The energy could be put to better use by the Moving Center rather than the Impatience. Your Moving Center wanted out of Auschwitz. She helped the deferment that occurred there. There was no way you could escape and move. Your dependence will cease as you come to accept this deferment and you accept the movement on your own without her permission. There were twelve children with you, Donna. This feeling, Bill, is partly the False Personality and in part wanting to pay a debt that you feel with this woman.

Allyn: Burning Question.

Soleal will affect this man in this way. Allyn, his energy is great and did scatter you. Not a 'definite' scatter but rather a 'fear' scatter — the fear of allowing Soleal to come in touch with your Essence. Soleal was touching you when you were downstairs. You did not acknowledge the call upstairs; the scattering did start upstairs because of denial of the call. This scattering you described physically started upstairs. The scattering that occurred downstairs was part of the call. Put it in perspective. Get the fear 'down stairs'. You must see the fear and apprehension of the group and your own fear as [two] separate [experiences]. The physical scattering has a grip on you because of the confusion. The group, Allyn, is more afraid than you. The box is there for you to use. This is valid. The bridge was indeed long to cross. You are beautiful. You, like Bill, have trouble separating the intellect from intuition.

On Evelyn:

This woman does have a gift, but [she is] not [an] Adept. Scholar. The rainbow is Evelyn's way of seeing the light. Colors are hers. The light would get clearer if she could learn about the energy flow out of False Personality. The colors are her way of explaining the field of vision and the other colors she sees. Not now; she has great fear with confrontation. Heard, but not heard. No. She will apply this information in time. She must experience the loneliness before the gift will grow. The people are a way of blocking, yes, but she blocks in another way that she knows. The Sequence does involve the block, yes.

SRG on Ellen.

Fifth Level Priest in Repression, Passion Mode, the Intellectual Part of Emotional [Center], Yellow-Orange [aura]. It is green with a veil of blue.

[Question not recorded.]

The discomfort is valid. Error. The feeling of Pragmatist of this [man] can be confused with the frustration of getting into such [?] with disappointment of ideals.

Louise: [Question not recorded.]

Mirror of consciousness. Is often reflected within the wonder of it all. When man can trust this, he will come to realize the significance of this fact. You are indeed going to have great insights in this area. The strong recall is the proof you need to feel this mirror. EST will open many doors. Growth is the Goal and will not be stopped at any risk.⁸³⁵ The feeling of fear can be identified through this Center. Growth is not nebulous. It is a positive, creative force to be reckoned with. Having these feelings is not strange to you. Now is the time to accept the fact that this is truth. The question in question was not verbalized. The fear of your husband was brought before us without knowing this was felt strongly. The fear is a valid one for your spot in growth. Growth can be painful, yes, especially on the Physical Plane. Emotions are often valid in the moment.

[Question not recorded.]

Yes. That is valid. You were in that country at the time of Christ.

[Question not recorded.]

This is valid. Getting to know this fact will aid these questions. Sometimes these feelings are valid and sometimes not. The picture is clearing for you and will get clearer as time goes on and becomes just a concept to you. And you can use this in a more positive way. Great things come to all when least expected.

[Question not recorded.]

You were his husband.

⁸³⁴ The OMG transcripts from 15 October 1974 discuss Bill's recurring dreams. Michael through Sarah mentioned that Bill had died at Auschwitz when he was a 13 year old female, buried alive.

⁸³⁵ EST = Erhard Seminars Training, a self-help forum for defeating False Personality.

Why do I look so much to the future?

Study can be beneficial now. Do not push the program. Get in touch with self and [ws.i.] will follow. Youth is hard enough. Don't misunderstand the fact that these things will come clear in and as time and maturity come to you.

[Question not recorded.]

This is a situation not uncommon to the manifestation into the physical. Getting with the doctor and clearing of the aura will help. The medicine will not effect the colic but it will help in the adjustment of the body and will not hurt this child.

[Question not recorded.]

Yes.

The test is over?

Yes.

[Question not recorded.]

The validity is not necessarily needed to result in the positive force being brought out tonight.

[Question not recorded.]

This is valid. The man in question has a very strong hold on the lady Glenna.

[Question not recorded.]

The child is beautiful.

Allyn: [Question not recorded.]

The man is right in assuming this position. Today, getting in touch with Growth is real. Going to start this trip will benefit all involved. Gain is real for the first time in this area. Freedom can be accomplished by the end of this life. Goals are not the important thing to accomplish. Getting there is valid. Getting here starts the game all over. Study finishes the game. Freedom has time within itself. Gaining this is important, yes. Trust is there. Great harm cannot come to those thoughts that have occurred.

(Second after read.)

Growth is the main thing now. Capturing this is strong within you now. Gain is possible. Have you come to the bridge yet?

[Question not recorded.]

The isolation is not valid. If anything, it will bring you together. It will bring purpose into this life; not a specific goal, but rather a time for drawing into the Logos.

[Question not recorded.]

You were in these areas several times. England at the time of Elizabeth the First. Near the realm of the Duke of Gloucester, Scotland.

[Question not recorded.]

Seeking the teaching is the hardest step for these people. From your standpoint, this is again confusing. Hearing the message will help in the deepening of this state. Freedom is just around the corner. Coming up with the guilt will also help — quite the contrary to the way you have felt before. Guilt is clouding this thing that we attempt to convey. Freeing this will make this mean more sense. Going to the purpose has the goal of clearing the mind to the point of gathering the [w.i.] asked.

12 November 1974 — Tuesday

Location: Walnut Creek, California

Present: Sarah and Richard, Alice and Dick and Cheryl and Victoria and Rick, Abdullah, Gene, Carolyn, Edgar, Joan and Jim, Mike, Thaddeus, Billie, Eugene, Mallory and Ralph, Louise and Allyn and Denise and Leslie, Narra, Elizabeth, Liz, Dennis.

We held a group discussion of experiences and impressions during the weekend we spent together. Many of us experienced verification of Soleal, Emotional Center experiences, and a cohesiveness of the group. We then asked Michael for a comment about the weekend the group had spent together, specifically about trust.

We would hope that those of you who were exposed to the verification of the presence of our other student [Soleal] and who were exposed simultaneously to the joy of communication without the need for subterfuge

and verbiage, would attempt within the next few months to perfect, or at least awaken, these skills within yourselves. This is perhaps the most exciting breakthrough that this cadre has yet experienced.

Those students who did not experience this at least now know where the work is, and yes, we would agree there will be much focus on this and other similar teachings in the coming years, and it will be up to the students to lend credence to the words. This [teaching] will be far more believable coming from a Balanced student than [if it were from] a scattered one.

It was excellent work to have the group pressed into a crowded situation and yet come away with far more positive emotions than negative ones, even though many privately held belief systems concerning the need for alienation were violated. Those of you who made the experience count will not lose the ground gained. Those students who refused to penetrate the experience are in precisely the same spot as they were before the experience.

It does not worry us that you wish to go into this [cohesion] gradually; we have much time. It is, however, gratifying that at least the ball is now rolling, and many students are now looking at alternatives that in the beginning were untenable. This is some progress. The rest must come about at a comfortable rhythm. The more time that you can spend in close proximity, the easier the Work will become. It was graphically clear to many students, for instance, that they were not restricted by the fact that the other students were present, and that they were able to function in many spheres and with a far keener appreciation of the action undertaken. This is a valuable lesson and a valid group Photograph.

This is an old group. There are no desires to mold you. You can interact casually with one another, and we think that within a very few months (could) manage to give up many of your remaining expectations of how that interaction should feel. When this happens and you are able to express genuine feelings to one another, you will be ready for an alternative life, such as the [communal] one we have suggested.

The reason for the psychic Photograph should be fairly clear at this time. It is primarily a warm-up exercise, leading to non-verbal communication. Many students who are also teachers err in trying to speed up this process, and for that reason the desired communication does not take place. The telepathic silence is anything but silent, but students cannot be shielding if this is to come about. If you first learn to express your feelings to one another without shame or guilt or any of the other myriad barriers, then you open the door to silence. Only then can you be truly comfortable without the chatter. Chattering is usually just another shield so the Personality does not have to be honest. You see, the Essence cannot lie; therefore, the Personality cannot tell the truth; it can only lie. This is an important point to remember, since the chattering emanates from the Personality. The Essence does communicate. There is no need for mindless silence in the path toward Balance, but it might as well be truthful communication, and until you can knock away the barriers, this cannot come about. The Personality will always be around to conveniently lie in order to satisfy the Goal. If this Goal happens to be Acceptance, for instance, think of how much energy is lost.

Dick: Asked for a comment from Michael regarding his own experiences during the weekend. He felt in an obligated emotional state, non-relating, alienated, didn't feel well, a psychosomatic type illness. He asked if this was a past life carry-over, and if there was a rewarding answer, he would like to hear it.

With some students, and we include you, Dick, in this, the desire to experience the experience was counterbalanced by the feeling of unreadiness and unwillingness to verify that on a strong plane. Also, the belief systems of some students includes the "I'm not psychic" fact and this was strongly operative during this group gathering.

It was surprising even to us the amount of fear that individual students had concerning other student expectations of their behavior, even to developing unpleasant physical symptoms. There were also many expectations of the gain, if any, to be had through the experience, also counterbalanced by preparations for the almost certain disappointments. As long as you maintain this belief that you cannot open up these skills, they will remain closed forever, closeting you off from the rest.

The feelings of alienation always surface more strongly when the alienated student is in a situation where he senses on some level that the other students are in contact, either with each other or with the teacher. This happened to you this time. You even anticipated that it would happen, and yet your presence was felt and acknowledged by many other students, and they would have felt a definite loss had you not conquered your fears and attended. It would probably astonish you if you could transverse these barriers and feel the cohesiveness.

Allyn told us of an emotional experience he had during the weekend, many feelings, and after leaving the Chambers' for home, had a strong flash that he had in the past been Judas. He talked of the necessity to work out guilt from the experience (as Judas) and his feeling that it was necessary for someone to betray Christ, which role Judas filled, and that the Judas experience did not incur Karma, as someone had to fill the role.

Ralph commented that he was faced with the power of Allyn's experience, and the apparent contradiction of the SRG of Judas [a Priest] and Allyn [a Warrior]. Ralph felt that the answer to this would bring us to a new aspect of the teaching.

There was much discussion on Sarah's reluctance to answer (Michael through the Ouija board) the apparent contradictions.

The process of becoming a trance medium or a suitable transmitter cannot be accomplished in one session or even in what you consider many sessions. This process, like all other processes in this teaching, requires work, practice, and a high level of trust between the teacher and the student. Also, one must remember that in the beginning, there is a tremendous emotional response to the awakening communication. Often, this is intensified by the student's Overleaves.

In many, there is a natural flair for drama. For instance, this group has had experience with this, and has been repulsed. This medium [Sarah] has a desire to soft-pedal all things because of the construct of the Overleaves. Other mediums have a desire to 'gild the lily', and the stripping away of these tendencies takes patience and time. There can be no doubt in anyone's mind that the student had an emotionally overwhelming experience when he first came in contact with direct evidence that he had indeed lived before. We would not soft-pedal the importance of this, nor could we.

This verification is always shattering as it usually strips away belief systems of long standing. There is on the Physical Plane, many alternatives, time tracks, as we have told you before. This cadre [of Students] is traveling down one of these. You are separated from the other time tracks only by the solidification of the Physical Plane; the "nature" of this plane requires that you remain limited in this respect. The time tracks are, of course, available to all of you when you are not encumbered by the physical body and they certainly do exist simultaneously in the pan-dimensional universe. The experiences of alternative Fragments are as available to you as any other of the Akashic recordings.

(Refer to the Seth books for specifics on alternative Fragments.)

Of course, as all is recorded, nothing, not one second of eternity, is ever lost. If you chose to experience this as a dimension of growth, this is an option open to you and this experience can appear very real to you at the time you encounter it. The pan-dimensional universe is not retrogressive, but you must also keep in mind that time, as you know it, does not exist, and that the past, present and future are simultaneous.

The student does not glimpse this on the Physical Plane except in a very fragmented fashion. The recall of lives in the past is an emotional experience that cannot be adequately handled by any other Center and for the student who is not accustomed to feeling this Center in operation, this can be, as we have said, an overwhelming experience. There can even be a high degree of denial when the flash does not please the Personality.

Many of the recalls in this group have been startlingly accurate. Some have been colored somewhat by students' own feelings of guilt and unworthiness in the desire to associate with certain nefarious characters of the past. The guilt surrounding the act with Judas is a guilt felt almost universally and it is a needless guilt, as this man was merely playing out a script that, for him in that life, was not a particularly favorable one.

Suggesting [past-life] retrogression to us is another example of Mechanical Man's desire to complexity, but also it suggests to us Mechanical Man's need to be punished for what he calls sin. We must somehow make it known to you that there is no sin — only Karma — and this you do repay, but not by retrogression, just by hard work. There is no one "up here" to punish you. You will have to find someone down there to do your flagellation.

Therefore, in another alternative time track the man Judas did not choose to betray his teacher, and this act fell to another close to the inner circle. This alternative was played out, and that Fragment is an alternative Fragment to the student Allyn, also. We would liken these flashes to the experience of seeing a moving picture of another's life that so parallels your own that all of the emotions are felt rather than rationalized.

Also, we would point out now that many of you students who are curious about the dispersion of Fragments of your Entities will go searching for them in your dream states. You will be able to contact many this way that you would not otherwise meet because of physical distances, etc.

19 November 1974 — Tuesday

Location: Oakland, California

[Assumed Present: Sarah the channel, and questioners: Joan and Jim, Thaddeus, Bill, Mallory, Ted, Victoria, Leslie, Sandy, Alice, Dennis, Edgar, Narra.]

The meeting began with a discussion of business. A dinner and meeting at the La Petite Village, Berkeley, California, was announced. James Bolen, the editor of a metaphysical magazine, will be there.

Joan asked for a comment as a teacher from THE teacher [Michael].

Then it would be Good Work for us not to comment, as then you would be forced to break patterns. Your looking for a comment is an expectation of us. Do you photograph that? Also, we sense in some the need to verify that we are indeed on tap. Yes, we are.

Thaddeus asked for a comment about the tie felt between he and Leslie, and the power felt by them. He asked for a comment on the validity of the Soleal experience and contacting the teacher. Why does he run away from the experience?

Once you met with this Warrior [Leslie] in Syria-Palestine, before the manifestation of the Infinite Soul [Jesus]. You did not then know the man Jesus and to you, this Warrior was simply another Roman general to be scorned. Then later, the impact of the encounter returned to your consciousness; but by that time, the Warrior was no longer on the Physical Plane. The encounter was brief, but powerful for both. Then again, you met this Warrior in the later part of the twelfth century. Again, the encounter was a powerful one and this time you could not evade again. You faced each other across the lines as enemies, but the common cause was greater and more compelling than the battle at hand.

Yes, Thaddeus, you do run from us still, but we will keep trying and perhaps you will, too. The contacts with our student [Soleal] should become far more frequent now for those who are open to it and should help cushion the “cultural shock” when it happens.

Thaddeus asked who he was in the twelfth century.

In that life, the man Thaddeus had taken the holy orders, but when the call came, joined the forces of Richard⁸³⁶ as a knight. He was from a wealthy family in the south of France and died at Acre.⁸³⁷

Thaddeus commented on his belief that he had contacted a memory of his most previous past life, of starving at age three years at Auschwitz. Sarah made the comment that no children had lived past 24 hours in the camp.

We would answer by saying that most of the youngsters who are now searching with so much fervor have this experience as their impetus. The movement toward simplicity that this generation espouses has arisen from these still fresh memories. About seventy percent of those between fifteen and twenty-five [ages in 1974], have this or a similar experience in the recent past: the Nazi prison camps, the devastation of Hiroshima [and] Nagasaki,⁸³⁸ and other deaths attributable to the two global conflicts [World War I and II].

You are correct in assuming that most of the souls Cast [into incarnation] on this world are now alive or just have been or will still live within this present century.

Bill asked for a comment on a dream he had had — was the teacher behind it? [He] felt psychic after the dream. In the dream, there was a red robe, handcuffed Christ, then handcuffed Thaddeus — maybe he was Pilate or Gaius — he is not positive who he was.

⁸³⁶ From Wikipedia: Richard I (September 8, 1157 – April 6, 1199) was King of England from July 6, 1189 until his death. He also ruled as Duke of Normandy, Duke of Aquitaine, Duke of Gascony, Lord of Cyprus, Count of Anjou, Count of Maine, Count of Nantes and Overlord of Brittany at various times during the same period. He was known as Cœur de Lion or Richard the Lionheart, even before his accession, because of his reputation as a great military leader and warrior. The Saracens called him Melek-Ric or Malek al-Inkitar - King of England. By the age of sixteen, Richard was commanding his own army, putting down rebellions in Poitou against his father, King Henry II.

⁸³⁷ From Wikipedia: The Siege of Acre was one of the first confrontations of the Third Crusade, lasting from August 28, 1189 until July 12, 1191 and the first time in history that the King of Jerusalem was compelled to personally see to the defense of the Holy Land. It was also the deadliest event of the Crusades for the Christian ruling class of the east.

⁸³⁸ From Wikipedia: During the final stages of World War II in 1945, the United States conducted two atomic bombings against the cities of Hiroshima and Nagasaki in Japan: the first on August 6, 1945 and the second on August 9, 1945. These two events are the only use of nuclear weapons in war to date.

In the life at that time, you were one of the Seventy or one of the Sanhedrin⁸³⁹. You voted with the majority. The rest of the dream is symbolic, of course. You did not actually lay hands on either of these men. None of you did, but your vote was counted.

Bill asked if he was Isaiah.⁸⁴⁰ Why does it feel like a burden connected with Thaddeus and Allyn?

When there are harsh Sequences still riding from the past, the response is usually charged with ambivalence, usually interpreted as negativity. This recedes then with understanding. In your case, there was still a remembered guilt and when you saw him again, this produced ambivalent feelings in you that you could not interpret as what they were. As for the verification, we would ask you to meditate upon this information and try to look at your own insights.

Jim asked for a comment about the trauma of birth: Is a Cesarean section more traumatic for the baby? Babies cry so hard at birth — why? Is there blocked recall or memory at birth?

The first cry of the newborn is usually response to outrage and pain. This is in part spared in the animal kingdom as the mother animal is usually a bit more solicitous, but yes, operative deliveries are just as traumatic for these babies.

The abrupt removal from the warmth and comfort of the uterus into the open cold room with the necessity to struggle for breath is harder sometimes for these little ones. Those born normally do acquire some strength on the trip out.

Jim asked if he had incurred any Karma — and if so, with whom. He also asked if he had started to work on it.

We have told you of the Ribbon with the lady Joan [his wife]. This you have begun to acknowledge, yes. There are no other Ribbons payable in this life. Ribbons usually pop up during lifetimes where similar circumstances exist. For this reason, many do not come due for several lifetimes, but the soul remembers.

Don Juan [of the Carlos Castaneda books] was referred to in the past tense. Has he died or does it involve the Transcendental Soul taking over the body?

No, the Transcendental Soul has not manifested, but this soul [Don Juan] has become an Adept, and for this reason much does not apply in the same sense. We referred, we believe, to Overleaves that no longer apply, such as Chief Features and entrapment in Centers. If more was inferred, this was an error in transmission.

Mallory asked for a comment about a perception she had about a patient she is working with. Mallory felt it was her own mother's mother and that she had abandoned her. Is there anything that could be said to help here?

She did not abandon the child, but perhaps should have. There is a heavy Karmic Ribbon here. This child was sold into slavery by her mother and yes, the reversal is true.

Ted asked for a comment about the past two weeks with [his wife] Liz and the problems she has had with her mother — is there Karma between Liz and her mother, and is it still going on?

This is not a Ribbon, but a dependency Sequence that they started many lives ago as brothers. The relationship has not been an easy one because both of these False Personalities fight against the Sequence on the Physical Plane. This is not an uncommon happening. In fact, many of you fought bitterly against fulfilling the Sequences you agreed upon in the Astral intervals, sometimes with eventual refusal. The lady Liz is now in a position to acknowledge the Sequence and work on it.

Ted spoke of his feelings that there was a strong attraction between Liz [his wife] and Richard: [Is this] from previous lives? False Personality? He asked for a comment from Michael about his feelings in this.

These two [Liz and Richard] have had many Sequences in the past and many lives have been interrelated, but the insight is valid.⁸⁴¹

In this culture, those on the Physical Plane have a tendency to sexualize all encounters with one of another gender. If they feel powerful emotional discharges around this other person, they interpret them as Eros or sexual attraction and the False Personality demands gratification. In the soul in a teaching or the soul going into

⁸³⁹ From Wikipedia: The Sanhedrin was an assembly of twenty-three judges appointed in every city in the Biblical Land of Israel. The Great Sanhedrin was the supreme court of ancient Israel made of 71 members. The Sanhedrin was dissolved after continued persecution by the Roman Empire. Over the centuries, there have been attempts to revive the institution, such as the Grand Sanhedrin convened by Napoleon Bonaparte. The Sanhedrin trial of Jesus refers to the Canonical Gospel accounts of the trial of Jesus before the Jewish Council, or Sanhedrin, following his arrest and prior to his trial before Pontius Pilate. It is an event reported by all four Canonical gospels of the Bible.

⁸⁴⁰ From *Isaiah 10:27* of the Bible, King James version: "And it shall come to pass in that day, that his burden shall be taken away from off thy shoulder, and his yoke from off thy neck, and the yoke shall be destroyed because of the anointing."

⁸⁴¹ That Liz and Richard had the hots for each other was so obvious that another OMG member mentioned it to me (Phil).

Balance, this gratification can sometimes bring about startling Photographs of the Personality at work and the expectations they had of the other, based upon the interpretation of the emotion. Souls on the Physical Plane, until they meet with a teaching, have no mechanism with which to interpret emotions accurately. They must merely interpret according to the dictates of the culture. The Physical Plane and its pervasive atmosphere demands that you “do” something physical about ethereal matters. Consequently, when the Essence awakens for an instant and feels love for its Essence Twin or an old [physical] twin [from a previous lifetime], the False Personality immediately goes to work on this emotion, converting it into something it can understand. This is what is meant by some spiritual leaders who exhort their followers to rise above the Physical Plane. Mechanical Man has not learned to rise above the desire for instant gratification; therefore, he experiences much frustration, since the culture largely denies him that gratification. Cultures that impose rules of social conduct and interpersonal relationships usually arise out of the frustrations of unfulfilled expectations. The sexual experience never attains the height that it is expected to, as it is used in place of love so many times, and the Personality, not knowing any better, blames the partner for the failure to produce bliss, when the responsibility lies within self and self’s ridiculous expectations of a biologic act which comes basic to the organism. Man considers himself civilized because he has risen above estrus⁸⁴². What an aspiration!

It has been said that Peter and Judas were Priests. Were all of Christ’s disciples in the Priest Role?

The apostle Paul was also a Priest, yes. The disciples Thomas and Matthew were both Warriors. The disciple John was an Artisan. The others were Priests.

Ted asked if any members of our group aside from Thaddeus were among the twelve [disciples].

This insight has occurred to one member of this cadre. We would defer a definitive answer until this student has had an opportunity to verify his insights.

Is it Cheryl?

No.

Joan asked for an SRG on a Greek student of hers. She has placed him as an Old King in Acceptance, Power Mode. He zooms into class.

This is a Third Level Old King, yes, but not in the Power mode. In the Moving Part of Emotional Center, in Acceptance, an Idealist in the Passion mode, mostly Mercurial, some Lunar, but not much modification here; mostly Mercurial, with a Chief Feature of Arrogance, with much vanity, in part culturally induced. Could be a seeker if he desires.

The King [Role] often gives the illusion of Power Mode, especially when young. If this King was in the Power mode, he probably would have gone to Cyprus instead of here.

Joan asked if he was a Fragment of her Entity.

No, but you have been in a Sequence with him before. Not this time, just old friends, Recognizing each other.

Joan asked if the student was bothered by the Recognition.

Yes, because he cannot logically explain the feeling, except as we stated earlier, other than sexually.

Leslie’s soul Level [Soul Age] needed verification.

We understand the conflicts here, but we find no quarrel with this level. You have lived a total of twenty-five times on the Physical Plane, and the perceptions you are now experiencing are those of the midpoint of the Mature Soul. You, in particular, however, have a good choice of Overleaves, not leading to the tempestuous conflicts of Mature Souls in harsh Overleaves.

Victoria asked for verification of an SRG on a friend, Lisle. She thought First or Second Level Old Priest in Growth, Arrogance or vanity, Idealist, Observation Mode, a Spiritualist, Mercurial / Saturn or Venusian / Lunar, Intellectual Part of Emotional Center or Emotional Part of Moving Center?

This is a First Level Old Priest in Growth, mostly Mercurial but some Jovial. This produces the challenge. In the Intellectual Part of Emotional Center. A Spiritualist in the Observation Mode, with a Chief Feature of Arrogance, very much subdued.

SRG on Rusty: Third Level Mature Priest, in Caution, Spiritualist, in Growth, Lunar / Venusian or Lunar / Saturn, Moving Part of Intellectual Center or Emotional Part of Moving Center?

This lady is a Second Level Mature Priest in Acceptance, in the Emotional Part of Moving Center, an Idealist with no Chief Feature manifest. In the Caution Mode, mostly Lunar, some Venusian, but you are right, not much.

⁸⁴² From Wicktionary.com: the word comes from the Latin oestrus (“passion,” “gadfly,” “breeze,” “sting,” “frenzy”).

Thaddeus asked for verification of Body Type. He had been told Solar / Lunar by someone and after discussion the group, [he] thought he was Jovial / Mercury.

We would agree with mostly Jovial, some Mercurial. If this man was [identified as] Lunar then there was an error, but alert students caught it then, as this body shows no Lunar influence.

Sandy asked for an SRG verification on her son Sollie: Scholar, Power, King? Intellectual Center, Saturn? Lunar / Mercury?

This little one is a Sixth Level Mature King in the Caution Mode, in Dominance, in the Moving Part of Intellectual Center usually, though because he is so young, he still fluctuates here and could easily become Trapped in the Intellectual Part of Emotional Center. A Stoic, mostly Lunar, some Mercurial.

Alice asked if she was ever Agatha,⁸⁴³ a friend of Brahms.

No. This is not a very old name. In the recent past, you were French. Prior to that, Yugoslavian.

Sandy: SRG verification [for herself]: Sixth Level Mature Scholar in Growth, an Idealist, Jovial / Mars, Observation, Moving Part of Emotional Center, Passion Mode, or Power subdued?

This is a Sixth Level Mature Scholar, mostly Saturn, some Mars, a Spiritualist. All else is valid.

Sandy: Chief Feature of Self-deprecation?

We would agree with Self-deprecation.

Dennis asked about his attraction to healing. Is there a connection?

Well, this "connection" can successfully be made by many of the students, but you do have more affinity for it. You have a deep green aura, which would indicate success in this area to us. The Essence understands this and, therefore, the desire.

Are Sandy and Mallory Essence Twins?⁸⁴⁴

That is valid.

Edgar asked for information on past three lives: is there any connection to anyone in the group? He feels an affinity for some.

In the immediate past, you were a librarian in London. Prior to that, a teacher in Barcelona; prior to that, a merchant in Dubrovnik [Croatia]. Your affinity with members in this cadre stems from several lives: one in which you were an occult teacher and in the life at the turn of this era, during which you were a Greek physician in the service of an influential Roman family.

The man Dr. Leland is a Fragment of your original Entity, which caused recognition.

Mallory asked if she and Ralph knew Edgar in Dubrovnik.

Yes, you did know him then.

Alice asked if she was there too.

Yes, you were, Alice. You were teaching in a convent school; [teaching] music.

Sandy asked if she were there.

Yes. It is unusual for Essence Twins not to appear on the Physical Plane together, although many Scholars do sabotage attempts to move toward their Twins.

Narra asked if Essence Twins are usually born in the same locale.

Not always. Some must travel many miles and spend many years searching.

Edgar asked if Fragments of his Entity are at his work.

You are in Sequences with several Fragments of your Entity, yes. You will meet with them. One will probably become a student [of Michael].

There is no Sequence with the man Leland. He also spent a long interval on the Astral Plane attempting to burn Karmic Ribbons in that way, but was largely unsuccessful, which accounts for some of the choices made in this lifetime.

How do we burn Ribbons on the Astral Plane? Was Tomas on the Astral Plane burning Ribbons? Is it easier that way?

⁸⁴³ From Wikipedia: Johannes Brahms' String Sextet No. 2 in G major, Opus 36 was composed during the years of 1864-1865 and published by the firm of Fritz Simrock. Brahms did most of the composition in the comfortable country surroundings of Lichtental, near Baden-Baden. According to Brahms' biographer Karl Geiringer, it conceals a reference to the first name of Agathe von Siebold (with whom he was infatuated at the time) in the first movement, bars 162-168, with the notes a-g-a-d-h-e.

⁸⁴⁴ These two remained in contact until Sandy's death in 2010 at the age of 77. Mallory died in 2015 at the age of 78.

It is less painful in a physical sense, but that does not mean that it is pain-free. It takes much longer to accomplish anything this way, as all [that] can be offered is guidance to those who are on the Physical Plane and to whom the debt is owed. It involves patient monitoring and the establishment of rapport through the barriers of the planes. We would discuss this when the energy level is better; there is much scattering now and transmission is difficult.

20 November 1974 — Wednesday

Location: Oakland, California

Present: Sarah and Richard, Carolyn, Alice and Dick, met Gene and James Bolen (magazine editor) at the La Petite restaurant in Berkeley, California, and had dinner.

Afterwards, we met at the Chambers [home] for a session with Michael. Jim joined us there, and Abdullah.

We first asked for verification on the SRG on James Bolen. We felt he was an early Old Scholar, in Growth or Acceptance, an Idealist in the Intellectual Part of Moving Center, in the Observation Mode, with Impatience as a Chief Feature; Body Type possibly Mercurial / Jovial.

This is a Second Level Old Scholar in the Observation Mode, in Acceptance, in the Intellectual Part of Moving Center. Yes, an Idealist. Yes, with much vanity [Arrogance], but more Impatience. Could be a seeker if he so desires. Mostly Mercurial, some Jovial.

James Bolen asked the purpose behind extraterrestrial exploration.

Their purposes are legion. Some worlds are crowded. Some care only for exploration. Others, such as the world where our student (Soleal) lives, care only for spiritual growth. There is much curiosity throughout this galaxy — curiosity such as the kind that Creatures of Reason on this world exhibit when they try to break from the prison of this world. Please do not misunderstand us. Mere curiosity could not, of course, account for such an expenditure, but many times, it serves as an impetus in that many worlds exploit their technologic[al] strength on the basis of unrequited curiosity.

Exploration has always appealed to Creatures of Reason. As soon as they learned to conquer their native environment and subdue it sufficiently to insure long-range survival, their thoughts automatically turned to the stars. As their technological might increased, their horizons broadened. We believe that the man Bertrand Russell hit upon a basic truth when he described the “utter terror of cosmic loneliness” that man feels when he contemplates the cosmos. Man is not alone in this; all Creatures of Reason experience it; it is part of the evolutionary process on the Physical Plane and cannot be avoided. Our student [Soleal] feels that this [visit of his to earth], perhaps, will result in a cultural, as well as spiritual exchange, leading to much spiritual growth on both worlds. This remains to be seen.

Creatures of Reason, of course, retain the knowledge of the pan-dimensional universe within their Essences, and at a far deeper level than most are in contact, and resent the limitations placed upon them by the Physical Plane — the ultimate speed limit, the ultimate this and that — impedes their progress, and eventually they rebel against this, and literally burst from their finite prison into the pan-dimensional universe. This ultimately brings them in contact with other civilizations, some of which are far beneath them on the evolutionary scale. Most of them, by the time they have reached the stage in which they can travel between the stars, can detect the readiness on a world for contact. Most have Adepts who know this long before the venture is undertaken.

But you are quite correct — there are worlds that have advanced technologically with no parallel spiritual development and they represent quite a sizable number of visitors to this sector of the [galactic] spiral arm. They have no other purpose beyond exploration and contact with them would be arid, to say the least.

James Bolen's aura was seen as green with blue overtones and we asked for verification.

This student has an aura that is mostly blue, but with green overtones.

Carolyn asked if the interstellar travelers on the Causal Plane are teachers. Information that seems discrepant could be biased because of the medium involved.

First, we should assure you all that the intention of travelers spanning the void between the stars must be benevolent in the sense that malignancy or malevolency is not possible at those distances and at the cost; they simply cannot expend the necessary energy to wage interstellar warfare. At least at this point, no one within easy reach of you can, nor would they wish to. You see, unfortunately, your world is not the paradise you think

it is. It is almost expended as far as valuable resources are concerned. In the race for total “gutting”, you have almost won.

Secondly, yes, there are many Entities on this [Causal] plane who are working with groups and with single souls, on this and many near worlds. You are not unique in this and you are quite right, the individual bias through which we come [via human mediums] does distort the words somewhat, in some cases, beyond verification. We choose [channels] on the basis of desire and ability to serve as a transmitter. This does not always prove successful, and the only positive feature arising from this is that the resulting distortions are readily discerned and discarded. Those who perpetrate them are quite quickly branded as “crackpots” and forgotten. Those who make the most unbiased transmitter–receivers are those with the most Neutral Overleaves⁸⁴⁵. Unfortunately, these are also the ones who normally resist their intuition the longest and sometimes never span the chasm.

Could Michael give us some of James Bolen’s Agreements on the Astral Plane?

This student has elected to reach a large number of souls with what he discerns as the Logos. This to us represents a good beginning. Although on the surface this may seem to be a commercial venture, the observations are at a deeper level, and the Essence here has more influence than you would think. Although he is still quite “asleep”,⁸⁴⁶ he does follow many intuitive drives.

James Bolen asked about past lives. He has an attraction to the American Indians and wondered if he had lived in this capacity before.

We would also tell you that this student also has heard the words before, four times in fact. At the feet of [Infinite Souls] Lao Tsu, Sri Krishna, Siddhartha Guatama and the man Jesus, as well as from [Transcendental Souls] Socrates and Mohammed. He did not choose to listen. He may choose to this time.

Yes, the student James Bolen has lived before in the new world but on the Yucatan Peninsula, not on the mainland, in the early eighteenth century and before that, at the age of the explorations of the man Cortez.⁸⁴⁷

James Bolen asked what must we do to become awake.

We have, of course, outlined to this [OMG] cadre the steps that they must take if they are to ever become sufficiently awake to hear the words. We have told them of the highest truth, which is Agape, which is the unqualified acceptance of other creatures as the greater part of self. We have given them the tools for attainment of this state, which are yes, meditation, concentration, fasting, and study. We have endeavored to warn them, or rather apprise them, of the pitfalls they may encounter on the Path. We have recommended that they simplify their lives, that they may free the necessary energies for pursuit of this objective. We would give you the same advice. It cannot change. This is as we have said many times, the shortest Path of which we are aware. The most penetrating barriers on the Physical Plane are the “I cannot” belief systems that stand in the way of spiritual evolution. The easiest way we know of to break through these barriers is to eliminate the alienation, the frustrating isolation that your culture now imposes.

James Bolen heard from another medium that some aliens have been able to program all individuals on this planet and monitor them, so that if our race is destroying the balance in this part of the universe, they (the aliens) will destroy us, not allowing us to do it.

Unfortunately, we would classify this as altruistic wishful thinking. In fact, the destruction of the planet, however premature, would not throw the universe out of harmony. Premature destruction of the star itself would, but minutely so. There is, or rather are, races with this capability, but none with this clouded thinking. This would be a devastating Karmic Ribbon, which no Creature of Reason would knowingly take upon himself. The capability for this is, of course, well within the reach of your own scientists. The “annihilation” would not take much effort at all, but this type of thinking is the result of extremely harsh Overleaves, and on all the worlds we know intimately this is screened from those venturing into interstellar space — even by those worlds exploring pure technologically. They, of course, call it psychological screening, but as the man William [Shakespeare] once said, “A rose by any other name, [is still a rose]” etc.

Dick asked if his painting⁸⁴⁸ was for him a form of concentration.

⁸⁴⁵ Mature, Scholar, Stagnation, Observation, Pragmatist, Instinctive, Stubbornness. Sarah was a Scholar, a Pragmatist in the Observation Mode, so three out of Seven.

⁸⁴⁶ “Asleep” is a Gurdjieff term for those not fully in contact with Essence.

⁸⁴⁷ From Wikipedia: Hernán Cortés de Monroy y Pizarro, 1st Marquis of the Valley of Oaxaca (1485 – December 2, 1547) was a Spanish Conquistador who led an expedition that caused the fall of the Aztec Empire and brought large portions of mainland Mexico under the rule of the King of Castile in the early 16th century. Cortés was part of the generation of Spanish colonizers that began the first phase of the Spanish colonization of the Americas.

⁸⁴⁸ Dick had a painting studio in a large shed behind his home. He was said to be a reincarnation of Renoir.

Oh, very definitely, as is some vigorous physical activity for Moving Centered individuals. Swinging [a type of dancing] is for Sarah. Many mundane chores also can be employed to keep the body busy while the Essence awakes and concentrates.

Could watching television be a form of concentration to some?

It can very well be so for some individuals, yes. Anything that distracts the Personality, for this is what a mantra does.

Is prayer a form of concentration?

Prayers, of course, are nothing more than the Personality's petitioning the Essence to come to the rescue. Some do come from the Emotional Center, but organized prayer, such as that promulgated by Rome, is purely intellectual.

A question was asked here about a mineral common on our planet that Soleal's world uses to obtain energy. James Bolen asked if this mineral could be used as an explosive, like to blow up the world. Could it be used for that?

We would not go that far, but recommend it as a cheap, easy source of fuel.

26 November 1974 — Tuesday

Location: Oakland, California

[Assumed present by questions: Narra, Billie, Liz, Joan, Dick, Carolyn, Bill, Betty, Marty, Leslie, Edgar, Rick. Others present not named.]

33 people were present.

The meeting began with a discussion of business. Narra is having difficulty filing incorporation papers, as a name for the group is needed first.⁸⁴⁹ The name "Fellowship of Souls" was suggested, motion made, seconded and passed. We also discussed dues, officer's roles, board of directors, etc.

Billie asked for the Overleaves of a friend, Stanley. She felt he had been the Rabbi she had been married to in a previous lifetime and there was some type of tie between them: Mature Sage, Caution, Stubbornness?

This is a Sixth Level Mature Sage in Acceptance. Yes, Stubborn, and in the Caution Mode. A Spiritualist in the Emotional Part of Moving Center. Yes, this Fragment has been a part of your Sequences before, many times. He is a Fragment of your original Entity and yes, you were married to him when he was a rabbi. There are no Ribbons between you. This man is mostly Lunar, some Jovial.

Liz described an experience she had had during the past week with Soleal in the trance state.

Joan asked if fear is a part of the Caution Mode.

All of your experiences will vary tremendously over the next several months, much according to the Mode of approach by which you live. Naturally, those in Caution or Repression and, of course, those in Observation, will continue to put a distance between themselves and the experience. Those in Passion will perhaps experience more, sooner than the others, but sooner or later, students will be able to work through the barriers. At this moment, it is a temptation for some students to discredit the experiences of those students, without taking the difference in Overleaves into consideration. This is greatly in error, for no one student in this cadre is now guilty of completely manufacturing an experience for the benefit of the other students. It is simply that those students who are Emotionally Centered or in the Passion Mode will tend to have a far more "intense" experience. Several of the other students have had similar experiences that were observed matter-of-factly and not shared, but nevertheless, were experiences. Caution could, of course, be interpreted as fear, yes, but it is so much simply the fear of risk-taking rather than what most think of as fear, that it is distinctly different. Most souls in Caution are not truly frightened by much.

Dick commented that he would like to contact Don Juan through Abdullah's ring. Some people believe he (Don Juan) is made up — fiction.

Carolyn asked about using John Lilly's and Robert Monroe's techniques together to have an out-of-body experience. Some in the group have had "accidental" out-of-body experiences and are interested in trying to use techniques in controlling the experiences by an act of will.

The most valuable technique we know of is to consciously turn the "accident" into a directed voyage. As soon as you realize that you have left the Physical Plane, begin to visualize where you wish to go and put your powers of concentration into play. It would be interesting to monitor these trips with a record made

⁸⁴⁹ Narra was a lawyer.

immediately upon return. Be careful with your imagery. Visualize the intended target carefully. Develop an eye for detail. This spells success.

The technique of holding up your hand is a good one for getting your bearings and determining the qualitative difference between Astral travel and ordinary dreaming. This technique was suggested by Don Juan, but others have used it successfully.

Monroe's techniques are excellent for directing your self out of the body. The man John (Lilly) has techniques for directing the voyage that are sometimes successful, but try the simple technique first until you are accustomed to this experience.

Carolyn asked if it were necessary to have someone with us on the Physical Plane when an attempt of this sort was made.

It is not necessary unless you are in an unprotected environment where there might be physical danger.

Bill told us he is taking a course from Transcendental Meditation and would like a comment from Michael about anything he could do prior to the experience that would help him.

Prior to this, fasting would help, yes, for at least twelve hours. Also, a brisk walk and openness. This is a highly successful form of meditation for beginners and works most of the time.

Betty asked about Centering and what force makes one achieve Balance.

The achievement of Balance is an act of will. The force behind it is the combined energies of the true "Center of gravity"⁸⁵⁰ within you. You always have this energy, but normally you allow it to dissipate unused. When you work toward Balance, you learn to conserve this energy and divert it into the [spiritual] Work. This energy does not run out, by the way. It is part of the neutral universal flow and is infinite. You must learn to tap it, however. Your Centers of gravity are now top heavy or off true center. When you go to Balance, it is centered — ergo — Balanced. Not very mystical, but far more practical. There is no Leakage of energy in Balanced Man, and all of this energy can be diverted into the [spiritual] Work — whether this be meditation, concentration or study. The trap into which most fall is simply a continuation of habit patterns picked up early in life. This happens in part because of the [adult role] models that an adolescent observes. There is beneath that a chosen direction of flow, but unfortunately, this can be overridden easily by the influences; for instance: a hysterical parent, a parent with serious dissemblance, a parent who is unduly stern. The direction then takes a reactive turn and the trap is exchanged for another. With students then, there is another pitfall. They begin to go toward Balance, find new experiences and make a subliminal choice to stay there [unBalanced] because it is a richer experience. This is as in the case of Johann (Bach).

Marty shared her experience about her separation from her husband James. She asked if James was heading toward the teaching for the first time. She shared some material that had been received on Sunday and asked if James had gone past what Michael had said Sunday.

We spoke before of the dichotomy in this man's psyche. This is perhaps the most startling example of his ambivalence. This, of course, comes from that which would seek in this man. The Mid-Cycle [Fourth Level] Mature Soul is "ripe" for the teaching, but unfortunately, in too many, there is the constant conflict of interests brought on by their perceptions of the world. The conflicts he is now experiencing are not unusual. It is still possible that he will resolve within himself and then seek. This also means that he must not burn the bridges between his options. Leaving the door open is the best solution for him and, at many levels, he knows this.

Marty asked if James's Essence Twin was Frank.

This man is not the Essence Twin of the man James. The Essence Twin of the man James is a Fourth Level Mature Scholar.

Bill asked about his affinity to animals — if it has anything to do with past lives and his intense dislike of birds. He described a bad experience with crows when he was young.

We have told this group once that most Older Souls do find comfort and do have affinities for other creatures. Most Older Souls inspire confidence in the animals and the animals respond quite naturally to this. Some Older Souls even find this affinity extends to wild and fearful animals. Several in this group have demonstrated this. Any bad experience with animals at an early age will cause some abhorrence. This is clearly what has happened here. The Older Soul does not generally extend beyond the offending species nor does it reach the phobic stage, as in the case of primary experiences dating back to previous lives.

⁸⁵⁰ "Center of Gravity" is a Gurdjieff term for the Centers: Intellectual Center, Emotional Center, Moving Center. Balanced Centers is when the appropriate Center is used for its normal function: Intellectual Center for thinking, Emotional Center for Feeling, Moving Center for physical activity.

Leslie asked if other Overleaves, aside from Goals, contain the Poles (Positive and Negative) found in Goals.

We have told you that there is yin and yang in everything — polarity if you will. Therefore, yes.

Edgar asked Michael about other Agreements he made on the Astral Plane, besides the two mentioned before.

You make all Sequential Agreements during the Astral interval. This pertains to all of the physical lives. No, those two are not the only ones that you made. You completed three Sequences before coming to this country. You have met with two Sequential partners here in this country and will meet with another.

Most Sequences have to do with the completion of Monads, and are agreed upon to facilitate this completion in basically short periods of time. However, there are some Sequences that involve the entire duration of the physical life and require that the Sequential partners stay with each other or in contact throughout. Usually, these latter Agreements involve being close relatives such as brothers or sisters, parents and children, etc.

Edgar asked if the two Sequences he had already experienced had been in the time period between 1957 and 1958, and in 1968.

The latter period, yes. That Sequence is not entirely resolved. The former definitely was Sequential.

Edgar asked about his work recently in trying to get into the Moving Center by using hobbies. He is trapped in the Intellectual Center and, by using the hobbies, is trying to Balance this.

Yes, this is a good attempt on your part and could be successful if pursued.

Rick told us of an experience he had had during meditation, where he saw a clear picture of the back of a man, close up, then far away. He asked if this had been Don Juan.

This imagery concerns a Fragment of your Entity. There are only seven Fragments of this Entity still on the Physical Plane, and there is a tremendous drive on the part of the remaining Fragments to reunite. This will happen again, and soon the image will become clearer and last longer. Then you will have some recognition.

This Fragment will also be known to Kathryn [his sister]. It is not Don Juan.

A new student (didn't write down his name, sorry!) in the group asked a question about imagery he had during meditation. He saw a little blue man inside a little flower, inside a pond, which was in the center of a temple made of stone columns. Who or what was this? He told him to go away.

This type of imagery is quite common in meditation. It is usually the Personality's attempt to distract from the meditation by providing an interesting diversion. Most Eastern meditative paths such as Zen warn against this type of distraction, saying to their students to ignore all interferences, even if all of the Bodhisattvas cast, come and dance upon the palm of their hand. We would not be that strong. We could only say that this is a distraction and appreciate it as such.

Positive and Negative Poles of the Overleaves

[In the 26 November 1974 session, Leslie asked if there were Positive and Negative Poles for all the Overleaves. The answer was yes. We do not have a transcript of a session or sessions in which of all these Poles were given. The subject does come up in later sessions as if they knew what they were, so this is as good a place as any to list them, assuming they were channeled about this time. We do have a number of sheets from the original Michael group showing them in graphic form,⁸⁵¹ represented in the following table. In the same group of sheets, there was one showing the "Levels of Being" of Gurdjieff. The bundle of sheets was dated '3-75' = March 1975.]

CENTERS:	POSITIVE	NEGATIVE
MOVING	+ Enduring	– Energetic
EMOTIONAL	+ Sensibility	– Sentimentality
INTELLECTUAL	+ Thought	– Reason
INSTINCTIVE	+ Atomic	– Anatomic
HIGHER INTELLECTUAL	+ Integration	– Telepathy
HIGHER EMOTIONAL	+ Empathy	– Intuition

⁸⁵¹ Versions of the charts and other material we obtained with the transcripts are included in *Michael Speaks, Volume 2*.

CENTERS:	POSITIVE	NEGATIVE
SEXUAL	+ Amoral	– Erotic

MODES:	POSITIVE	NEGATIVE
PERSEVERATION	+ Persistence	– Immutability
REPRESSION	+ Restraint	– Inhibition
CAUTION	+ Deliberation	– Phobia
OBSERVATION	+ Clarity	– Surveillance
POWER	+ Authority	– Oppression
PASSION	+ Self-actualization	– Identification
AGGRESSION	+ Dynamism	– Belligerence

ATTITUDES:	POSITIVE	NEGATIVE
CYNIC	+ Contradiction	– Denigration
STOIC	+ Tranquility	– Resignation
SKEPTIC	+ Investigation	– Suspicion
PRAGMATIST	+ Practical	– Dogmatic
IDEALIST	+ Coalescence	– Abstraction
SPIRITUALIST	+ Verification	– Faith
REALIST	+ Perception	– Supposition

CHIEF FEATURES:	POSITIVE	NEGATIVE
MARTYRDOM	+ Selflessness	– Mortification
SELF- DEPRECATION	+ Humility	– Abasement
SELF- DESTRUCTION	+ Sacrifice	– Immolation
STUBBORNNESS	+ Determination	– Obstinacy
GREED	+ Egotism	– Voraciousness
ARROGANCE	+ Pride	– Vanity
IMPATIENCE	+ Audacity	– Intolerance

GOALS:	POSITIVE	NEGATIVE
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SUBMISSION	+ Devotion	– Subservience
RETARDATION	+ Atavism	– Withdrawal
REJECTION	+ Discrimination	– Prejudice
STAGNATION (RESTING)	+ Suspension	– Inertia
ACCEPTANCE	+ Agape	– Ingratiation
GROWTH	+ Comprehension	– Confusion
DOMINANCE	+ Leadership	– Dictatorship

ROLES:	POSITIVE	NEGATIVE
WARRIOR	+ Persuasion	– Coercion
SLAVE	+ Service	– Bondage
ARTISAN	+ Creation	– Deception
SCHOLAR	+ Knowledge	– Theory
SAGE	+ Expression	– Oration
PRIEST	+ Compassion	– Zeal
KING	+ Mastery	– Tyranny

BODY TYPES:	POSITIVE	NEGATIVE
VENUSIAN/VENUS	+ Voluptuous	– Obese
LUNAR	+ Luminous	– Pallid
JOVIAL/JUPITER	+ Grandeur	– Elephantine
SOLAR	+ Radiant	– Ethereal
MERCURIAL/MERCURY	+ Agile	– Frenetic
SATURNINE/SATURN	+ Rugged	– Gaunt
MARTIAL/MARS	+ Wiry	– Muscle-bound

LEVEL OF BEING:	[THESE COMMENTS WERE ON THE SHEET:]
MAN NUMBER ONE	Instinctive–Moving man
MAN NUMBER TWO	Emotional Man (feeling)
MAN NUMBER THREE	Thinking Man
MAN NUMBER FOUR	Balanced Man
MAN NUMBER FIVE	Integrated Man (the Adept)
MAN NUMBER SIX	Conscious Man
MAN NUMBER SEVEN	Perfected Man (the Master)

Comments on these tables are as follows:

1. Each Overleaf trait within an Overleaf category is listed per the Natural Sequence order. This information was not known to the OMG; on the original charts, there was no particular consistent sequence shown.
2. Most of the Poles are named in noun form, with only a very few given as adjectives.
3. Unlike all other Overleaf categories, which are given in noun form, Centers are give in adjective form because of their inheritance from the Gurdjieff teaching.
4. Sometimes in the OMG transcriptions, Body Types are given as nouns and sometimes as adjectives.

07 December 1974 — Saturday

Present: Elizabeth, Alice and Dick and Rick, Sarah and Richard, Mallory and Ralph, Mary and Walter [only visit], Eugene, Joan and Jim, Abdullah, Allyn and Leslie, Thaddeus, Narra, Donna and Bill, Sandy, Seth [Leslie's brother and friend of Thaddeus], DavidP⁸⁵² [1st time].

David asked if he had accelerated along wrong lines, outside of his boundaries, too quickly and without enough knowledge. If so, what does he have to do to Balance himself?

You are well aware of the fact that you have a marked tendency to overreach your available energies. This is no exception. The only way out of the morass is to again give yourself space. This is something you did not allow for in your present prospectus. This is the well-known danger of which Dick spoke earlier.

Planning does take energies away from growth and the more complex the planning becomes, the more energies are expended uselessly. Any venture too well planned is bound to die aborning. This cannot be emphasized enough. Dragons aplenty will rise up to be slain. Your own case is no exception. In your planning, you forgot to allow for enough space for your own continued work, which is with self.

Please remember, all of you, the first and only obligation is to self. This is only true if spiritual growth is the goal. In all other cases this is, of course, not true.

If spiritual growth is the goal and Balance is one step toward the goal, then space must be allotted to be sure that this comes about. This, in the case of this [OMG] cadre, means much interaction to reprogram the bio-computer. Many of these students have not allowed for this either, and so you are not alone.

Your own growth over the near future will depend solely upon your willingness to allow those closest to you to hold up the mirror so that you can begin anew looking at the many facets of the Personality still cropping up in your dealings with your own students.

You wish to teach and we do not feel that this is an unreasonable aspiration for you; but for you to be a valid teacher, you must also be a dutiful student. This you need.

⁸⁵² This is the Warrior who, in less than three months, with his militant Gurdjieffism, offended Sarah and tipped her over the precipice, which resulted in the cessation of the large gatherings of the OMG. Abdullah brought him, and he told us in 2011 that he regretted it.

All of you can take heart here. All of you can now be teachers, but not by laying aside the student's cloak. In fact, we are somewhat gratified that some of you have begun to show more spunk in teaching. We will not hesitate to remind you of the precepts when a schism occurs.

David asked if he had made a discovery along the lines of magnetic center⁸⁵³ through Intellectual Center. Had he been doing a great deal of intellectual work — if a Center attracts, could we use it to repel? Can a weak Essence be built up by breaking down that which attracts the un-useful? Persons who are the dregs of society may have been a prince or something earlier — Karma to learn all of love — can they be separated and chosen from? Can we separate the experiences of pain and pleasure? Can we begin to determine what we need? How can David attract people, the dregs, and create conditions where they are forced to have an inner experience?

When you take upon yourself the task of forcing growth, you, of course, create a totally false environment in which you merely enable individuals to trade Chief Features and in some extreme cases, other harsh Overleaves. For you, David, we would suggest first that you study the Overleaves and look at where you are in them and why you have chosen this task. If you do in fact need to connect with another because you have made such an agreement, you most certainly will — we can guarantee that. But yes, the magnet can be reversed, causing the desired repulsion.

Knowing your own Overleaves will start you toward more understanding of yourself. The ability to spot the Overleaves in those who come to you will force you to look at them in a different light. You can come eventually to knowledge of just who might benefit from this knowledge and who will not. For instance, some of these "dregs" are in the Cycle where they could be able to look at their own destructive Overleaves and choose to change them. But at the present time, you do not know the reason why they have become dregs and, therefore, you cannot possibly help them to look at it themselves, except on a most haphazard basis. If you wish to do this, we would suggest that you start here.

Of course, you can use the Negative Pole of all Centers to accomplish the reverse of that which can be accomplished by utilizing the Positive Pole. The Intellectual Part of Emotional Center happens to be the one that attracts students to a School. The reverse can be true using the Negative Pole of this Center's Part.

SRG on David: Late Mature Slave or Warrior, in Acceptance, Spiritualist, Emotional Part of Moving Center, Martial-Mercurial or Jovial, Chief Feature of Martyrdom or maybe Self-deprecation, Mode of Caution or Observation, Intellectual Part of Emotional Center?

There is a tremendous internal battle being waged here, which is why we suggested that he study the Overleaves carefully. For instance, this Essence desires to lead. This Personality desires to "help" because of the combination of Overleaves here. This results in the love/hate, attraction/repulsion complex. You were not far off the track in the beginning and then wandered far afield.

This is a First Level Old Warrior in Acceptance, with a strong Chief Feature of Martyrdom, but yes, with much Self-deprecation, a Spiritualist in the Caution Mode, yes, mostly Mars, but with some Jovial modification, in the Emotional Part of Moving Center.

Whenever there is this strong an element of repulsion towards one's chosen life task, you can be certain that there are major Overleaves in conflict, as is the case here.⁸⁵⁴

Once the soul is liberated to the point where it can gratify certain of its basic needs, such as the Artisan's need to create, then this conflict begins to resolve; but until then, it must remain on the plane where David's attitude lies. Until the Essence, or soul if you will, is free enough to have this lead, the Personality has the upper hand and directs blindly from the Overleaves and it is truly a Trap; no way around it. The victim is held fast in the steel jaws of his Overleaves.

This man may now develop some insights into his enTrapment. At least we know he will begin to Photograph himself as the victim [in Martyrdom] from now on, and in his case this would be positive [Good] Work, for then he can begin to see ways of not being the victim if he wishes. He has tremendous drives toward leadership: just photograph his use of the word "boss" in line with the terminology he has developed — this is a dead giveaway to his space.

⁸⁵³ Magnetic center is a Gurdjieff term. From ><http://www.philosophia.bem-vindo.net/modules/glossary/entry.php?entryID=1161><: The results of the influences whose source lies outside life collect together within him, he remembers them together, feels them together. They begin to form within him a certain whole ... And after a certain time they form within him a kind of magnetic center, which begins to attract to itself kindred influences and in this manner it grows.

⁸⁵⁴ Two instances of Overleaves in conflict within David are Acceptance Goal versus Caution Mode, and Spiritualist Attitude versus Emotional Part. This is a pattern that I refer to as "Diametric Opposition" of traits. Internally abrading Overleaves create neurosis, and it even makes proximate people neurotic. David's nuttiness made Sarah so upset that she discontinued the large OMG gatherings 2.5 months later.

Much discussion ensued about “boss,” “partner,” “servant.” Our perception of it and how David sees it. Other similar triads were brought to mind — parent, sibling, child, etc.

All of these “triads” are, of course, valid in describing the various combinations of interactions of the Personality, but you must not overlook the fact that there is an “over-truth” that supersedes all of these. That is the truth of the Essence, or truth as the liberated Essence perceives it, which is far less complex than any truth that is perceived by the enTrapped Essence, and the key is in the simplicity with which the truth is perceived. The more verbiage needed to explain a truth, the more deeply entrapped that truth has to be. Many fine-sounding psychological words having five or more syllables have been coined to describe obnoxious behavior stemming from harsh Overleaves. These are all true, of course, and they all say the same thing to one from this vantage point: they are the enTrapped Essence working overtime to produce a truth.

Richard commented and asked about the relationship between Trapped Essence and Personality.

The Personality does not even perceive that much of the truth. The Personality does not look at truth, only at the needs of its systems for perpetuation and even these are quite often false. Just look at the obese person’s “need” for food.

We asked for a comment about the “third force”⁸⁵⁵ of which Gurdjieff spoke ... the need of this to go from Personality to Essence.

We have spoken many times of the neutral universal flow. This is what they try to put into words as the force acting upon you. Yes, this does exist and yes, does have the influence that the student [Gurdjieff] is trying to explain. When the fulcrum tips too widely to one side or the other though, the neutral force has no effect on the action. Only when the middle ground is reached or at least approached, can this [neutral force] be effective. This is why it is so difficult for students to put [it] into words. It is illusively [elusively?] felt by all but the most powerful Adepts. It is almost never recognized by the others who come into its range unaware. In other words, although they are benefited, they do not know why. They only feel the neutralizing effect, but cannot describe the feeling.

Discussion was held about the speed of light — eternity — and Gurdjieff’s concept of eternal recurrence.

Only that light exists only on the Physical Plane in the form that you now perceive it and behaves in a finite way only because your instruments of perception have finite limitations.

From this vantage point, there is no conceivable end to this eternal Cycle and nothing that we have been taught differs with this. If the yardstick is finite, then what it measures must by definition be also finite.

If you are to accept the concept of eternity, then you must also accept the concept of infinity, for they are synonymous. You cannot have one without the other. If it stretches out in time, it must correspondingly stretch out in space, for there is no essential difference. In fact, of the two, time is the more stable, more stationary.

Are all things really physical, even on the Astral, Causal and Mental plane, etc., as stated by Gurdjieff?

Within the framework and terminology in this group, we would not have used that word, but of course, all things including the Causal plane have substance of a sort.

The substance that makes up the Causal plane has a sense of being very durable and real to those inhabiting it. This is what is meant by most when they use the word “physical” in describing a thing, whatever that might be — a table, a chair, a thought. Of course, what is substance to us would not seem at all substantial to you in terms of hardness or realness and coining “higher hydrogens”⁸⁵⁶ to describe this difference is as valid as any other terminology we know of.

For instance, interstellar space appears to many as an empty vacuum, but, of course, it is not. It is quite substantial in a different sense from, say, the atmosphere surrounding the planet Jupiter. The density of an object, in other words, determines its physicalness to most on the Physical Plane. The man Georges Gurdjieff tried to show his students that this is not the only criterion for determining physicalness, or better, substantial realness. We would prefer the word “substantial” to the word “physical.”

⁸⁵⁵ In Gurdjieff’s language, the “third force” is Neutral. Polarity is often thought of as only Positive or Negative, however, Neutral is the third part, which could also be a catalyst, an emptiness or a space that allows something to happen, rather than forcing something to happen.

⁸⁵⁶ “Higher hydrogens” is a Gurdjieff term. From ><http://www.fourthwaycult.net/glossary.html><: The Fourth Way system tends to view knowledge as matter and, therefore, different “levels of being” are associated with different physiological states; i.e., a person with a higher level of being is considered to have accumulated more higher hydrogens. Hydrogens is a name synonymous with “matter.” Hydrogens come in many varieties, from the “coarse” to the “refined.” Coarse hydrogens are associated with heavy matter and lower negative states of consciousness, whereas refined hydrogens are associated with light matter and higher subtle states of consciousness.

14 December 1974 — Saturday

Location: Oakland, California

Present: Allyn and Leslie, Seth, David, Carolyn, Betty, Joan, Phyllis, Alice and Dick, Sarah and Richard, Donna and Bill, Shirley, LeslieR, Dennis, Marta, Judy, Liz and Ted. [Gene and Lyle asked questions.]

SRG on Judy: Mature Scholar, Saturn-Jovial, Idealist, Arrogance, Observation, Spiritualist?

This is a final Level Mature Scholar in Growth. Yes, a Spiritualist in Observation, mostly Jovial, some Saturn, with a Chief Feature of Stubbornness. Emotional Part of Intellectual.

SRG on Marta: a Jovial, Priest, early Old, Skeptic, Growth, Caution, Intellectual Part of Emotional Center?

A second Level Old Priest in the Caution Mode, yes, a Skeptic in the Intellectual Part of Emotional Center, mostly Jovial, some Venusian, in Growth. No (Chief Feature). You did well on that one, yes.

SRG on LeslieR: Mercury / Solar or Martial, Stoic, no Chief Feature, Growth, Intellectual Part of Moving Center?

Yes, a Sixth Level Young Slave in the Observation Mode. You did well here too. Yes, Stoic, in Growth, Intellectual Part of Moving Center. Mostly Mercurial, some Mars.

Dick saw a Transcendental Soul on television — Archbishop [Fulton] Sheen,⁸⁵⁷ a very opinionated and arrogant man — he spoke of death. Dick commented that he loses much energy around the experience of a patient dying.

Well, unfortunately, in this culture, death has long been associated with punishment, and this spills over onto the family and those in attendance. In cultures accepting the teachings of reincarnation, even this occasionally happens, especially in those that espouse reincarnation to a lower order [animal]. If you regard death as “bad”, then naturally you are going to lose energy when this “bad” happens. Also, if you project expectations of healing upon the patient and his attendants, you are going to feel a sense of failure when you do not fulfill these expectations. Yes, you can go to great and heroic lengths to prolong the physical life, but often to the great discomfort of both the patient and his family. Often, the death of someone who has been painfully ill for a long period of time comes as a distinct relief to the members of his family, even though they would be unable to verbalize it. Sometimes you can do them a disservice by prolonging agony that they must suffer vicariously. If healing is to take place, it will be far more dramatic than mere analgesia [pain reduction], and these are those cases in which you may put your skills to the task. But in cases where there is no healing possible, the most you can offer is comfort, and usually this would be better directed toward those to be left behind. Many very ill persons have an acute awareness of their impending death, and the opportunity to discuss this is many times more valuable than any useless last drastic treatment. We would hope to see in the future more counseling directed toward those who will be left with a life to live, after the death has occurred. Many times during a long illness, these persons need the most help, certainly more than one who has died. We wish we could graphically illustrate the awareness that a dying person feels. We feel that it would put your fears to rest. Many times, this awareness even becomes an intense longing toward the last. You all know where the line can be drawn between a case in which there can be a healing and the case in which there will be imminent death. Leveling with those involved when this line is drawn, can be therapeutic for both the physician and the patient. The guilt, of course, stems from the concept of death as a punishment. After all, you are sending this soul to meet his fate and are, therefore, responsible. This is quite a burden and we are not surprised that this produces fatigue. It need not be that way, but you yourself must begin to look upon the physical life as merely a transitory thing and not to be mourned. In the Older Souls, this becomes far easier, as almost all of them will accept some concept of perpetuation. With the Younger Souls, this may require more skill, but still can be smoothly handled by one with strength of convictions.

Yes, we do see much Arrogance in the man Fulton. This is a final Level Old Soul transcendent [Karma-free] and not a manifestation of a Transcendental Soul; there is a difference.

Can it be seen in a patient's eyes when they are going to die soon or in their aura?

Interestingly enough, there is also a thermal change in the aura that is measurable as it changes from its usual color to black. But yes, many good students can see this in the eyes just as clearly as they can see the Overleaves. The lady was aware of the positive thought forms.

⁸⁵⁷ From Wikipedia: Fulton John Sheen, born Peter John Sheen (May 8, 1895 – December 9, 1979) was an American archbishop of the Catholic Church known for his preaching, and especially his work on television and radio. His cause for canonization for sainthood was officially opened in 2002, so he is now referred to as a “Servant of God.”

Bill asked about his relationship with his sister-in-law. He has much negativity toward her. She is psychic. What is their conflict? Is it from the past? It is a strongly negative reaction.

This is a very interesting example of an extremely Exalted [Cardinal] soul who is expending much of her psychic energy uselessly by working out of the Negative Poles of Exalted Overleaves. For instance, the scattering comes from the Negative Pole of Growth [–Confusion], the hostility from the Negative Pole of Passion [–Identification]. The Exalted Overleaves in the Negative Pole will resemble the corresponding Ordinal Overleaves at their strongest manifestation. In other words, Passion at its most Negative point will be almost Repression; Growth with this amount of scattering, will amount to some degree of Retardation.

This student here present (Bill) operates close to the midline and sometimes far to the Positive Poles of Growth and other Overleaves, especially the Passion Mode. There is much negative attraction here as a result of this. Also, there have been many Sequences in the past. The lady was once in a position where her power as a [Catholic] Cardinal extended over much of the known world — or rather her influence certainly did.

This desire to do away with [Overleaf] labeling is not at all bad, and in its more positive stance approaches Zen Buddhism. Labeling for this [OMG] cadre is now only an expedient of communication. At a later point, we would hope to be able to dispense with this. Right now, it is easier this way and more understandable.

There is magnetic attraction here and the feeling that is known (felt) is interpreted as negative. This is what we meant by negative attraction. This student (referring to Bill) is in Acceptance, not Growth.

Gene asked if Walter K. was a part of his Entity.

No. We would suggest though that you pursue the feeling for the other alternatives.

Bill M. asked if Gene and he had known each other in religious causes.

Yes.

Lyle asked what stops him from submitting to love — growth — what is the barrier there for him to the emotional experience? His SRG is Old Priest, Spiritualist, Arrogance, Emotional Part of Intellectual Center.

First of all, we would like to correct a semantic slip. That is, [the erroneous notion] that “knowledge” is understanding. What has not passed into understanding with you is “input” — nothing more — into the [bio-] computer to be stored. The transformation [from knowledge to understanding] only occurs when the choice has been made — the commitment. The methods you suggest would, of course, be impossible for us to enforce, although we do, of course, recognize the method. In this light, we have suggested to you an alternative method wherein much stripping [of the barriers of Maya and False Personality] would occur and you would all be forced to confront your own and other student’s Personalities. When you commit yourselves finally to a cause, whatever that cause might be — Christianity, occultism, revolution, *et cetera, et cetera* — there is too much at stake to pull out, and you are forced to confront your blocks and either sink or swim with them. The concept of extended community or family is one environment in which this can come about. The students can sometimes overcome these blocks or barriers rapidly when their livelihood depends upon it. Right now in this cadre, nothing real is at stake. There is nothing to lose if the students are unable to work through their blocks.

The barrier between you and the Emotional Center is one that many in this cadre share. You are not alone. The sacrifices, yes, are necessary in yours and other cases, for only through these “sacrifices” will you be able to have this experience. As it is now, there is no good reason, and your Personality is well aware of it. In many ways, you and other [OMG] students are much like the Sunday Catholics throughout the world, who do not have the experience [of transforming knowledge into understanding] either, because there is no commitment.

We would see you all examine your short-term goals with relation to this teaching. That is ... what is it you hope to gain from our association? If this includes the possibility of spiritual growth, then we would suggest that you reexamine the steps toward that goal that we have outlined. If you only expect to gain data, then this will surely be a disappointment to you in the long run.

Many of you are looking for the experiences you sense the other students are having, but you are unwilling to work for this in the ways we have suggested. You are content to sit back, sigh and say, “Oh, shit.” This is, of course, an option, but one [that] we do not encourage. How many times have we repeated the steps you must take? Examine the tenets of the world’s great religions and the greatest teachings now extant on this planet. You will find this same advice again and again, perhaps clothed in different semantics, but nevertheless the same ... That upon which Christianity was based, that upon which Judaism has survived for the centuries, the pillars of Islam, the teachings of Siddhartha Gautama, the Tao Te Ching.

Until this teaching becomes a way of life for you, there will be no experiences for any of you. The only way we know of to experience anything is to live it, whether you be on the Physical, Astral, Causal or the High Plane ... it does not matter. Committing yourselves begins the transformation. The concept of "pilgrimage" in some of the best teachings extant on this planet do a marvelous job of stripping [of False Personality], if the pilgrimage is performed in the proper state of mind.

We have suggested to you something even harder in this culture — that of living together. Some of you would much prefer to walk across the desert from Medina to Mecca than even to contemplate living together. This is why it would, in the long run, be valuable. It is perhaps the hardest task you would ever undertake on the Physical Plane, for everything in your culture mitigates against it. The entire culture is achievement-oriented, and this alone implies alienation and competition. Anti-achievement groups [such as spiritual communes] are frightening and, therefore, anti-culture and to be eliminated. Financial integrity is the watchword of this [materialistic] culture and, therefore, fraught with Maya. This can always be easily seen in any culture. That which is held up as the goal of society is the goal of False Personality and, therefore, opposed to spiritual growth.

Now, we are not suggesting that you plunge yourselves into poverty. We would see that you live well so that there is no struggle to survive, for the main reason that if you must struggle to live, you cannot devote the amount of time necessary for spiritual evolution. This is a lifetime commitment. It is not something that you can work on on Saturday night [when the OMG usually met] and forget about for the rest of the week. You could not keep it tucked away in some dim, dusky, cerebral corridor and only take it out when company comes.

We have spoken to you many, no countless, times about what you and we choose to call a "trust level". This trust level is, of course, essential to Agape or a spiritual love. The Personality can never experience this. The Personality cannot trust, therefore cannot love. If this trust level is to develop, it must develop in an environment of almost constant exposure. If Agape is to develop, it must develop in an environment where students observe each other in all facets of life, not just when the students are on their good meeting behavior. It is easy to love most of you during the weekly comings together of this cadre. We doubt that this would hold true twenty-four hours a day without much work. Most of you trust each other only superficially. Not one of you feels the bonds that we would foster in this cadre, but the ability is there, and a start has been made several times. However, when it becomes frightening, it is quickly aborted, and the subject is changed rapidly over to something less scary.

We have recently decided that this will no longer be the case, at least where we are concerned. We will no longer go along with the whims, the capriciousness, of various students who do not wish to face their barriers. Perhaps then we should say, the winnowing has begun.

Anything else?

Only that the choice is still yours. You can walk out of this teaching now or you can stick around for the excitement.

21 December 1974 — Saturday

Location: Walnut Creek, California

Present: Sarah and Richard, Alice and Dick and Rick, Carolyn, Donna and Bill, Shirley, Narra and Robert, Dennis, LeslieR, Liz and Ted, Eugene, Abdullah, Sandy, Mallory and Ralph, Maxine and David, Edgar.

We first asked for a general comment from the teacher. This is what we received.

As long as you continue to play the game of the culture and undergo the constant role-switching that occurs day in and day out, there will not be too much outward change in you. But this does not mean that there has been no change. It is merely that the role-switching uses up a tremendous amount of psychic energy that could be utilized for Work on the Path.

Some students are able to remain in life roles and become Adepts, but this requires total detachment — or "non-attachment" if you prefer. You see, as long as you are involved in the conflict of the Personality against all other Personalities, then the Essence is held back. If the Student is performing in a capacity that allows the Essence to bloom, it is possible for him to remain in the mainstream if he wishes and yet not lose contact with the Teaching.

Most of you students still lose contact with the greater part of the teaching the moment you walk out into your life role. It is even at times, spectacular, to observe as you don your masks. There is still some need in many of you to hide the fact that you are “into” something like this from those who still have your permission to organize your lives. Do you wonder then why you do not live the teaching or why there is no outward visible sign at all that you have grown through this teaching? As long as this remains something to be hidden, your Personality will be externally vigilant to ensure there is no slip-up and that no one suspects you might be a little strange.

When souls are first Cast into a dominant species, some, or rather many, of the instinctive drives of the creatures-of-no-reason⁸⁵⁸ still remain embedded with the bio-computer. The Personality makes no attempt to override these instinctive behavior patterns and fights against the intrusion of any outside source. This suggests that they can be overridden.

One who observes from this [Causal Plane] vantage point is struck by the commanding, overriding trait of this culture, that of loneliness. You are the loneliest people we know of. This, in part, relates to your not attempting in any way to override the embedded instincts left as vestiges of a more primitive self.

Before souls were Cast [into incarnation], the creatures-of-no-reason from which you [Creatures of Reason] have ascended were largely governed by fear, and their lives were taken up in many ceaseless battles for survival. This is no longer necessary on this world, and yet it goes on ceaselessly in spite of this. There are few large carnivores roaming the city streets, and yet most behave as though there are. The battle for survival is but another Tape Loop that plays on and on, even to the point of starving large portions of the culture, while the others waste and hoard. This only provides for the realism in the drama, for this is no longer necessary at all.

There are abundant resources on this planet. Even though it has been rather ruthlessly plundered, there is still much to spare. The loneliness is heartbreaking, literally, as it is so unnecessary, and something that the Personality elects as a method to keep the battle going. If the Personality no longer felt threatened and alienated, there would be no incentive to continue the instinctive drama.

You see, the instinctive drama is safe and easily learned, for the memories are all still there. The dominant species from which you ascended ran in packs. There was a dominant leader. This has continued, for it enables the Personality to abdicate self-responsibility. In other words: “The boss told me to do it”; “Hitler told me to do it”; “God told me to do it”.

Whatever your particular persuasion happens to be, you can always manage to delegate the response[ibility?]. Even in emotional battles, it is always someone else who is ultimately blamed or credited for the action, whatever it may be. This is animal behavior and is widespread in this culture. We see examples of this every day, even in this cadre, where the responsibility is given over to someone else, while the choice and the result was distinctly yours.

On some planets, even on this world, the distinction has been made by good Students and Adepts, and the instinctive patterns have been overridden. But it is not easy, especially since so many of you have chosen to be “top baboon” and the pecking order is well delineated. This top space is just as hard to give up as the bottom rung, even though the latter does afford much more magnificent suffering.

To be “bottom baboon” in this culture is an enviable spot, as everyone can feel sorry for you and offer sympathy and comfort. “Top baboon” requires independence and is rather difficult in this culture, as you are told from the cradle that someone else, or many someones, are in charge of your lives — your parents, your teachers, your bosses, God, your clergy — though no one is in charge but you.

You even choose to live with terrifying organizations within the fabric of society, just to keep the conflict going. This is the only reason. If these organizations were eliminated, then the war would be weakened.

You choose to continue to live with terror only because the instincts for survival in a terrifying environment are still so strong.

You raise your own dragons. They are carefully nurtured in the bosom of your society and equally as carefully released as the need arises, to fan the fires.

If this ceases, then again, the war is weakened, and all those instincts begin to spin wheels and leak energy. Without a Teaching, you do not know that there is any alternative to this, and you do not have a chance to break the patterns. This permeates all facets of your living. Even your eating and sleeping rituals are stylized and smack of earlier times. Few break from these patterns, and even those who do, feel pain when they do.

⁸⁵⁸ “Creatures-of-no-reason” is a term for animals. Humans were descended from the ape species.

Sexual behavior in this culture is largely instinctive to the point where any gesture of friendliness is interpreted as a sexual overture if it comes from one of the opposite gender, and the fantasies and expectations begin. When you behave as society wishes you to, you can know for certain that instinct has a large part in it, unless of course it happens to coincide with what you really desire, and this is rare.

The dictates of this culture are severe and stern. We doubt that it is much fun for anyone. This is not necessarily true of the entire Physical Plane. Although the Physical Plane is by nature solid, ponderous and complex, you make it even more so by trying to analyze these behavior patterns in terms other than instinct.

You have been taught that to even think of instinctive behavior in conjunction with human beings is bad. Well, this is nonsense. It is so strong that it overrides your pleasure and your growth.

Creatures of Reason have it all over their fellow inhabitants, as they alone are able to experience awe and delight. But the Creatures of Reason in this culture seldom allow themselves this luxury. They instead find devious methods of avoiding these experiences. The denial of pleasure and the pursuit of pain is high on your list of priority, and it should be clear now why this is true, but there is no reason for it other than the instinctive memories. This is the strongest reason we know of for working on the separation from your Personality and allowing the Essence to free itself. Only the Essence can experience ecstasy. We have told you this before and we emphasized it again and again, to keep you aware of the goal. Separation from the Personality's conflicts allows the student to override the instinctive behavior patterns that now govern your actions.

This culture erects tremendous barriers in the name of progress to keep you from sighting the goal. Many of these are in the forms of false organizations that supersede the true organizations and keep you from seeking your cadre. When you align yourself with these false organizations or barriers, you become completely caught up in their dogmas and lose sight of any alternatives.

All of these organizations purport to have a lofty goal, but since the goal of none is Agape, again, they can only lead to more entrapment and more isolation from the goal. Examples of organizations that act as barriers are: the Democratic Party, or any other party; the Catholic church or any other dogmatic church; the cult of the Ku Klux Klan or any other terror organization; the Central Intelligence Agency or any other espionage agency; Black Panthers or any other separatist organization. The list is endless, and they are real barriers to growth if you align yourself solely in them to where you become identified in their dogma and accept it as your own.

Other barriers can be found in the educational system. Many have seen this and have written about it, but their words have fallen largely on deaf ears. The moment that you Identify with any of these barrier groups, you move off the [spiritual] path, and Personality likes this and struggles to keep you Identified.

Changes in government cause the Personality great pain as they result in a failure of the chosen barrier, and those identified with the barrier feel fear. Naturally, they would, as they associate their personal barrier with the "good" while all other barriers are "bad". Even the barriers [of] liberalism and conservatism are fear-producing if you happen to be on the other side. The alignment with one or more of these barrier groups rules out effectively a positive change in any other direction, especially if the alignment occurred early in life, childhood for instance.

When we speak, for instance, of a totally different economic system than any so far introduced on this planet, all of you go through an exercise — some mental, some verbally — in which you ultimately conclude that it will not work. This without any evidence that it will not work, because it has never been tried, and even though we assure you that it has indeed worked quite successfully elsewhere. Now this defeatist attitude is not limited to members of this cadre — far from it. Most of you, in fact, are a little more optimistic than average. But this attitude prevails throughout your culture because the alignment with barrier groups is so strong that you must fear change of any kind.

Belonging to these barrier groups gives the illusion of taking the edge off the loneliness. After all, if you can be a party in an organization of several million members, how can you be alone? In fact, these barrier groups only serve to alienate you even further, as they separate you from a larger segment of the population that does not belong to your barrier group. Then, of course, prejudices and hates arise from the perpetuation of these barrier groups, and these serve to fan the fires even further. The war is strengthened and you continue to struggle against the hostile environment, which you must continuously create for yourselves, as it does not exist any longer. This land has been tamed and this is the time to enjoy the fruits of your labor. Why are you not doing so? Oh, of course, if you identify with this group in the same manner and to the extent that you identify with barrier groups, it will serve as an isolating factor and a very good one at that.

On the other hand, you can take the teaching for what it is — a liberating, growth-producing force and expand your love to include all man. You see, this teaching does something that these barrier groups do not like very much. It gives you *carte blanche* permission to love and it does not specify that you must love only white American Protestants or any other barrier group members.

Of course, there is a method by which you can override the instinctive behavior patterns that separate you from the truth. We believe it was the man Lewis Carroll who first suggested that you do at least six impossible things before breakfast.⁸⁵⁹

Just gradually forcing yourselves to attempt all of these impossible things, such as meditation and even communal living, which is the most impossible thing of all, since it violates all of the precepts of all the most prestigious barrier groups in this culture. To admit that this might be a viable alternative to some of your struggles would be to give up all of your cherished concepts of how you should suffer.

The reason that this concept of communal living has been such a dismal failure when tried on this world is fairly easy to understand when we reflect upon the foregoing. We do not even suggest that you would be able to solve all the problems that would arise, but even a positive discussion would be a step in the right direction, as all previous discussions have revolved around how none of these problems could ever be solved.

We will now give response words we would like to see Photographed in yourselves and they are: “never,” “forever” and “always.” These irritate us far more than “very,” “a lot,” *et cetera, et cetera, et cetera*. Yes, it would be valuable for a while to photograph these in each other. We will tell you when you have become identified with the exercise, when it has become mechanical. It would be interesting to tabulate all those situations to which you apply these absolutes. There are truly few conditions and most of them are cosmic, to which these do apply.

Discussion about maintaining silence while working on a project, maybe on a weekend thing, with one day of silence.

That, too, would be a valuable experience for all of you, but we would suggest a creative silence rather than a strained one. One day set aside to work on an important project of your choosing in silence, but together, using other than verbiage to communicate your needs. Writing “bullshit” on little pieces of paper does not differ from saying it out loud. This is not silence the way we mean it.

Note: The group is making tentative plans for another weekend together, on January 17, 18, 19. Please plan on bringing sleeping bags, interesting food, etc. On this weekend, small children are welcome. If we move into a communal type community together, the small children will be growing with us ... and now on weekends

26 December 1974 — Thursday

[The date was handwritten on a copy of this session, with the word “(ARTIFICIAL)” following the date. It is possible that Gene’s expertise in hypnosis was used to induce trance. The person in trance is not identified (my guess is Liz because she contributed a few other sessions in this time frame), and the source of the information is not identified (my guess is Michael). Attendees were not listed, but questions were asked by Abdullah, Gene, and Ralph.]

Transcript of an early trance session

We have [control of] the body now.

Abdullah: Will you speak to us some words of wisdom?

The words we speak, the words we would speak, would not be individually directed, but rather directed to the group at large. You see, this individuality that Mechanical Man seeks is but another example of his never-ending quest for complexity. The soul is tranquil now, so you see, it can be achieved.

Speaking of the depth of the trance, there was at this point a sharp noise in the background!

This soul has an observing, curious mind, and all distractions within this room cause a vortex of energy flow. Reason: man has always endeavored through the creation of chaos or of a chaotic system (they’re one and the same) to create the illusion of complexity that exists on the Physical Plane. This illusion of complexity, that which

⁸⁵⁹ From *Alice in Wonderland* by Lewis Carroll: The White Queen: “I’m just one hundred and one, five months and a day.” “I can’t believe that!” said Alice. “Can’t you?” the Queen said in a pitying tone. “Try again: draw a long breath and shut your eyes.” Alice laughed. “There’s no use trying,” she said: “One can’t believe impossible things.” “I daresay you haven’t had much practice,” said the Queen. “When I was your age, I always did it for half-an-hour a day. Why, sometimes I’ve believed as many as six impossible things before breakfast.”

we choose to call “false order”, by its very chaotic nature creates order of a sort easily incorporated into the belief systems of those who are limited to it. The concept of a physical God was created out of this very chaos — the necessity to solidify. The solidification of the cosmos — in an ironic sense, is true, of course, since there is no such thing as nothing — no-thing — but the solidification of the cosmos is man’s first step toward explaining away those unexplainable phenomena with which he is confronted when he first confronts the physical universe. He must, of course, reduce it to the smallest possible limits. Don’t limit us! Retaining control of this body!

Gene: Is there any way that we are limiting?

No. This struggle is internal [to the channel].

Abdullah: How does the experience feel to you? Or is it a common experience that you have had before?

This experience is not new to us, nor is the struggle.

Ralph: Going toward simplicity, is there anything more simple than the Tao?

More simple, no. The Tao, you see, is the absence of complexity. We will try again. Yes?

Abdullah: Does the soul travel in depth or height or both?

You see, the soul is capable of existing in all dimensions. Travel implies physical space, physical speed. This [Michael] soul now exists in dimensions beyond the three dimensional limitations that Mechanical Man imposes upon himself. The freed Essence has no such limitations and is free to travel or free to move or free to exist in a multidimensional universe.

Abdullah: How many multi-dimensions can be experienced by the evolved Essence?

Theoretically, the evolved Essence can experience a pan-dimensional universe. In truth, even the evolved Essence sometimes places limitations upon this experience. In truth, there are no barriers toward experiencing this pan-dimensional universe.

Abdullah: Is there no center to the universe?

There is no center.

Abdullah: And yet, we speak of Essence. Does the universe have Essence?

There is a point toward which all moves and from which all emanates.

Abdullah: Is this a pan-dimensional point?

Yes.

Abdullah: Besides space and time, what are some of the other dimensions we commonly experience?

In the first place, time as you experience it does not exist in the pan-dimensional universe. Time in the Physical Plane is seen as that stationary plane, through which, around which, beneath which, the physical universe revolves. Space is a concept limited to the three-dimensional physical universe. The present moment contains all of the past. The present moment can be expanded to encompass all that has gone before. The pan-dimensional universe embraces both the concepts of infinity [in space] and eternity [in time] — limitlessness and expansion outward, as well as a contraction inward. The limitations that you place upon yourselves, which prevent you from experiencing the pan-dimensional universe, we would describe as perhaps a five-point program beginning with affectation, acceptance, assimilation, absorption and adaptation.

Abdullah: How about Balance?

We speak of blocks now. Coming to Balance entails removing those blocks. Blocks experienced, blocks erected, by those in this room have been largely predicated, yes, we would agree, upon three incidents involving withdrawal, retreat, dissemblance. This is the same for most of you, not limited to the one who asked the question. Don’t limit us! Go back!

Ralph: Is there some dimension we might call “feeling” or “love” or “value”?

Or truth or light. Of course. Value, truth, love, feeling, intuition, understanding, knowledge. Synonyms. No substantial difference. Knowledge is understanding, is Agape, is the goal. Once there is understanding, there is knowledge, there is love.

Abdullah: Can we on this planet participate in this knowledge?

Only if you desire to do so; only if you seek; only if you allow it to uncritically flow into your consciousness; only if you open yourselves to the experience fully; only if you allow the experience to become the life. You now experience the dichotomy between what you perceive as your spiritual side and what you perceive as your

physical side. In truth, there is no dichotomy and there cannot be. If you are to experience this pan-dimensional universe — this truth, this knowledge — there is no dichotomy. There is no spiritual side to your Essence.

Ralph: You have told us about man's habitual rendering complex — the way he complicates things. If we have moments of knowledge and love, it seems difficult to maintain them in this culture. Can you comment on this?

These moments are moments of utter simplicity. Of course, it is difficult to maintain in this state, in the false order, the complicated chaos that this and other cultures like it have created. As we have said before, to explain away the unexplainable, man must create for himself the answer to all those questions, those imponderables for which there is no proof. Man, in order to be satisfied, must define, within the limits of his belief system, all those phenomena that he observes. In moments when the Essence breaks through the barriers, the true order — the natural order — becomes perceivable. Man takes the simplest activity and renders it complex by analyzing, examining, granting it priority, granting it precedence. We should not limit this simply to man. This is common to Creatures of Reason throughout the Physical Plane. This is not unique to that which you call man. Man takes the simplest function and renders it complex in order to give an illusion of importance to his life.

Ralph: Is The Synthesis simpler than the [belief] systems that man erects?

In its most evolved form, yes. In words suitable for communication with the members of this enclave, it becomes complex. Again, Creatures of Reason take the simplest activity and render it complex through symbols. The Synthesis is not complex. The Synthesis seeks integration, simplicity. Creatures of Reason seek to justify their existence through expressions of individuality, isolation, alienation. Creatures of Reason seek to justify their existence by assigning themselves a role, even a negative one, if that be the case, of subrogation, taking the responsibility from themselves, assigning that responsibility to a higher power, conveniently beyond the five physical senses and, therefore, unarguable, unprovable, unassailable, safe, comfortable, complex. Go away! This soul grows restive!

(End of trance.)

28 December 1974 — Saturday

[This seems to be a continuation of recent sessions where Michael was “shifting into a higher gear” with the group. The channel seems to be Sarah. The transcript does not indicate who might have been present.]

Location: Oakland, California

The Personality strives to maintain the separateness by perpetuating the myth of uniqueness. The Essence, of course, is aware that it is only a Fragment of a greater whole. The Personality fights all inference that it might be categorized or neatly slotted. This explains perhaps some of the hostility met with in explaining this teaching.

In giving you the Overleaves, we give you only a tool to enable you to better understand the differences in your brothers, so that you might accept them at the place where they now are, rather than to spin wheels and waste energy in attempting to change them. The Overleaves are given in much the same spirit, but perhaps couched in very different semantics, by other Causal teachers. Many Astral entities [Fragments] rebel against this, as they too still rebel against integration, whether it be of Fragments of Entities or simply cadres attempting to live together.

We spoke before of instinctive behavior in man and we will continue with that information this evening. Only the Personality that is enculturated retains this animal-like instinctive behavior. The Essence behaves in quite a different manner if it is allowed to bloom. When the manifested Essence wishes to make a decision, it merely does so, without the endless debate and fear that accompanies life decisions, based upon the Overleaves. Only the Personality is governed by the Overleaves, and these are non-reasoning and incapable of manifesting the higher emotion. Our use of the simile of the “top baboon” is not far from right in describing the behavior for many aggressive young exalted in this culture, driven by primitive instincts to remain at the top of the pecking order. All of the mating behavior and rituals are borrowed or brought forward from more primal times, and can be observed in the animal kingdom extensively if one takes the time.

Food gathering is also instinctive. Just witness the hoarding that takes place when a favorite food stuff may be in short supply. Recently, there was supposedly a copper shortage and there immediately began a hoarding of copper coins just as though they were intrinsically valuable. They are not, of course, and this culture would

certainly survive if not a single penny⁸⁶⁰ were ever minted again. This behavior reminds us much of squirrels storing up for winter and there is no reason for it.

Private stores of food stuffs in this affluent culture are enormous and yet there is ample [food] available for everyone. No longer is it necessary to stock up on anything, especially in the urban areas, and yet the need for hoarding is perpetuated by manipulation of the economy. This is subtle indeed but, nevertheless, necessary for the Personality to retain control and to be allowed to perpetuate old safe habits such as food-gathering and maintaining one's position in the pecking order.

The desperation evidenced by mateless humans is certainly a holdover from previous times when the "bachelors" were driven from the herd. Barren females were of no use to the herds and so were quickly starved, or at least isolated and made to feel useless. This remained after the dominant species was ensouled and when women became extensively involved in witchcraft and the ancient priesthood, it was first and foremost to ensure their survival in the herd.

The necessity for barrier groups and their perpetuation, of course, belongs back with the time when there was safety in numbers. At first, this necessity was perpetuated by warfare. Now, warfare has become so awesome that no one wishes to try it — but there is still the longing to wage the territorial battles and the need to actively "do" this thing, so there is terror on the streets and dissident groups ready and able to do battle at a moment's notice.

The Personality likes being scared. It is vaguely or even overtly uneasy when it is not frightened. The hunted animal is always frightened and is constantly alert to lurking danger. The [human] Personality maintains this alertness and manufactures dragons of stupendous size to keep the conflicts going.

This planet has evolved to the point where it could certainly have a stable economy and an effective global government based upon something besides whim, and yet even discussion of this produces delicious fear, enough to keep it from ever getting past the conference table.

Tribes are still necessary, you see, in order to keep the conflicts going. If the tribes were eliminated, then there would be no more territorial battles and then where would all that lovely negative energy go? It would never occur to the Personality to yearn for peace on Earth, and yet it frequently parrots this in its speeches and exhortations — but pin it down, and peace on Earth is the last thing it wants. It has now scared itself nigh unto death, though, with the nuclear weapons it has devised and this has effectively put a moratorium on war on any grand scale for awhile.

This is precisely why there is now a resurgence of effort on the part of Causal teachers to bring cadres such as yours together in this brief respite. If enough are brought together, it could turn the tide, but only if the teaching is lived.

The transcendental meditators are quite right in their contention that if enough people began to meditate, it could turn the tide. The percentage necessary to affect this is quite large, though, at least sixty-five percent of all humanity would have to be involved in this effort. The cumulative effect of that many meditators widely dispersed upon this planet would have the effect of the little poster that asks, "What if they gave a war and nobody came?" Meditation has this one side effect — even on the souls in this culture.

On this continent are perhaps the most isolated mass of humanity in this sector of the galaxy. They pride themselves on their isolation and call it "independence" — a very pretty and useless euphemism. There is no such thing as independence where the Personality is concerned, and the Essence has no need for this isolation. The Personality fears independence perhaps more than any other condition. It even contracts incompatible matings in order to avoid this independence, and yet it sets this up as the goal toward which to strive — the lesson to be taught to one's children, the unreachable goal. It spells only discontent for those who do achieve it to a degree, since one of its byproducts is a loneliness even more awesomely complete than the generalized loneliness that afflicts this culture.

Other worlds have this problem also — even in this, you are not unique. Yet, some have managed to overcome past instinctive behavior patterns and evolve to something more stable. Our student Soleal's world is an example of a place where evolution took a positive swing through the rise of technology, to the point where it satisfied all material needs of the population, leaving them with much time to spare. They used this time to grow spiritually.

⁸⁶⁰ From various sources: During the copper shortage of 1974, the U.S. Mint started experimenting with other metals for pennies. Since 1982, U.S. pennies are now made of 97.5% zinc core with 2.5% copper plating instead of the 95% copper previously used since 1793.

This culture is frightened to death by leisure and it cannot use this time effectively, even though the technology has advanced to that point. All mundane chores can now be effectively performed by machines in this culture and if the war technology were diverted into peaceful channels, even more along this line would come. But as it now stands, this culture will not allow it to happen, because this culture knows only how to do — it does not know how to be.

The phenomenon that surrounds the production of a working technology is an interesting one indeed, for you see, what spurs it on is the need for more sophisticated weaponry. Nothing more. All others are merely by-products of that. All labor-saving devices, all computation devices — all are byproducts of weaponry research of some type. Even life saving drugs normally come about in this fashion and are sometimes quite incidental to what the research intended to produce.

In order to produce more sophisticated weaponry, you must then have a continuous cause or at least the threat of invasion from without. As long as this lasts, as long as you have an enemy, then your technology will grow more and more sophisticated, if only to prove that you are still top baboon. This is all it is anyway.

If this were suddenly to stop, then there would be panic and more fear than the average Personality could handle. This entire planet is now involved in the weapons race, which should within the next several years, produce an astonishingly sophisticated technology, not to be surpassed by many worlds.

The only advantage that any other world now has over this one is interstellar space travel and that could be yours in the twinkling of an eye. The only important difference between your world and a more advanced world is the level of spiritual growth that spells cooperation within its society. Without this cooperation, the concept of peace is ridiculous. It is not even a usable term, for as long as you retain the instinctive behavior of the herd animal, this is not a goal for you.

When a society decides to break from this instinctive behavior pattern, it usually comes directly on the heels of a shaking catastrophe — something on the order of a nuclear war. This is unfortunate, but true, in most cases. Knowing this should aid in forestalling this type of catastrophe, but it usually does not. What happens is widespread scorn at the very notion and increased weapons race.

Personality is terrified by the very thought of spiritual growth on a worldwide scale. It would serve to destroy all of those safe, well-worn patterns that it knows and perpetuates. We cannot emphasize this enough, if only to show you that it is the Personality that is in control of you right now.

It is the Personality that fears this teaching and what lies beyond. It is the Personality that refuses to commit itself to the path, not the Essence. The Personality is clever in the way that a wild beast is clever. It learns to avoid traps that might lead to its death, which is precisely what happens in a Teaching when a Student becomes an Adept.

The concept of cooperation is so frightening to the Personality that it fights this, even on a very limited scale, such as a small commune. The knowledge that concessions would have to be made and the Personality would have to give into another, keeps even the discussion down on a theoretical level.

There are other examples of course, but we use this one simply because it has been thrown out to this group, and you have all had an opportunity to observe and Photograph the various reactions to this concept.

We would also like you to now Photograph this cadre's reaction to information that they do not like. The energies here this evening are extremely scattered, and students are not present [in the here-now]. We would prefer that the remainder of the evening be spent in discussion of your fears concerning the new direction of this teaching among yourselves.

We, of course, have no quarrel with the suggestion to begin the coming together of this cadre with silence and meditation. Handling the negativity that will arise from this will be excellent work for those who fear it and seek to avoid this. Many of you seek to placate and this is not Good Work. You are quite right in that many forms of meditation now exist, simply because meditators have discovered that they respond to one form more profoundly than another and they settle upon that form that enables them to quickly reach the desired state, which is, of course, mindlessness — or perhaps we should say "Personality-lessness."

We have only suggested transcendental meditation for beginners because the ritual is sometimes of help in overcoming the resistance and reticence, but other forms, such as focusing on mandala, candle flames and the like, are equally effective. [Knowing your] Centering is, of course, vital in determining which method will work for you. The man Dick has discovered one method that works well for him and for a few other Students. Others have also discovered this within themselves. Moving Centered souls generally respond to a form of meditation

that gives them something active to do when they are ascending to the mindless state, such as reciting a mantrum. Emotionally Centered souls respond to emotionally-laden crutches, such as flickering candle flames, roses and other blossoms, etcetera. Intellectually Centered souls generally respond to the techniques recommended by the man Chogyam (Trungpa).⁸⁶¹

28 December 1974 — Saturday

Location: In Oakland, California

[Ted is mentioned in this transcript. Other attendees, and the channel, are not listed. It seems likely to me that this was channeled by Ted's wife Liz, who was learning to channel at the time, and who contributed a few brief sessions to the collection of OMG transcriptions late in its life. The following was transcribed on a different typewriter than the previous session, although it was held on the same day in the same city.]

The work done here this evening is valuable. We wish to continue.

The Infinite Soul manifested through the man Jesus and taught you to "resist not evil". We would concise this to say, "Resist not." All of resistance comes through the False Personality's inadequate perception of reality. For if you truly open the inner eye to perceive that which is, how can you resist being unconditionally loved? Open your inner eye and see the beauty, energy and "rightness" of this.

Meditation is indeed the path for you, Ted. Pursue it with a newly-found diligence.

We are one.

Again, we say, until you finally understand, that love is the highest truth and truth is the greatest good.

We have spoken to you earlier of fear. The fear of closeness in your culture is quite a phenomenon. Living communally is a frightening thing. It is, therefore, an experience through which you may learn to move through and beyond fear. Alienation is not synonymous with aloneness. Aloneness is essential for spiritual evolution — aloneness as experienced in the meditative state. You must ultimately stand alone. Alienation is not this spiritual aloneness, but merely a defense mechanism of the False Personality, which wishes to enjoy its illusion of uniqueness.

28 December 1974 — Saturday

Location: In Fremont, California

[The following session is on the same page as the preceding session, and the same typewriter was used. Attendees and channel are not listed, but my guess is that it was Liz again.]

Fear of your brother is certainly not new. 2,000 ago, that same fear aborted the realization of truth manifested within man [the Infinite Soul in Jesus]. The opportunity will, of course, come again and again until you learn to love.

This medium senses the division existing within the psyche of most of the [OMG] cadre, and it is the fight for survival. Only the ego needs to survive; the Essence "survives" already in eternity. Impatience, lack of trust, and a stubborn clinging to the "I am not psychic" belief hold you all from experiencing truth, as it is available to all. Group living, your most menacing new horizon, is an opportunity for embracing growth. You may, of course, make another choice. That choice leads to further apartheid, further alienation and further desire to compete — further desire, in other words, for war.

"Lead us not into temptation," the prayer says.⁸⁶² You are the ones who lead. Take heed the words: it is not some god or devil who leads; it is only you.

⁸⁶¹ From Wikipedia and other sources: Chogyam Trungpa, 1939-1987, was a Tibetan Buddhist guru who taught a type of meditation in America beginning in the early 1970s. His method recommended focusing on the breath to keep the mind busy: "You identify with the breath, particularly with the out-breath. The in-breath is just a gap, a space. During the in-breath, you just wait. So you breathe out and then you dissolve and then there is a gap. Breathe out ... dissolve ... gap. An openness, an expansion, can take place constantly that way."

⁸⁶² That is quoting the so-called "Lord's Prayer" delivered in the so-called "Sermon on the Mount" by Jesus, as recorded in Matthew 6:12 and Luke 11:4.

Open yourselves to the possibility of being at one with all that lives. Rather, open yourselves to experiencing of this, for it already is.

“Good will to men,” a cliché in your culture, can be taken to a much deeper level. First of all, “will” — it begins with an ability to accept what is real, then a “willingness” to follow wherever the intuitive sense leads.

“Good” is merely a word that implies the absence of evil. Goodwill is the essential mind-set for those on the path, if understood in this way.

The yin-yang is a most valid symbol to ponder and learn to comprehend.

All exists within you — the capacity for goodness and the capacity for evil. The choice is always yours.

There are no aggressors. Action is a choice of the will and good will is the essential choice of those who seek the spiritual evolutionary process.

02 January 1975 — Thursday

Location: Walnut Creek, California

Present: Alice and Dick and Cheryl and Rick, Sarah and Richard, Joan and Jim, Donna and Bill, Liz and Ted, Elizabeth, Maxine and David, Ralph and Mallory, Dennis, Leslie, Stephen [McCord] (1st time), Sandy, Ann, Gene, Eugene, Narra, Shirley.

Group meditation for ten minutes to start the meeting.

Discussion regarding the good vibes we felt at Leslie's and Beverly's party involving music and movement. Should we try more of this sort of thing? Moving Center — is it possible to experience this by observation?

We have no quarrel with the plans to introduce the principles of disciplined movement within this [OMG] cadre. However, we would stipulate that there be no spectators present when this is put into effect. Spectators at any group activity will only serve to drag down the energy level and cause a rise of Internal Consideration⁸⁶³ among the participants.

The members of this cadre are reluctant enough to participate without having others sitting in judgment of the activities. Therefore, when an activity such as this is to come about, we would ask that only those who intend to participate attend. We would extend this to all activities of this cadre from now on.

Many of you now feel the loss of energy when the concentration of the group drops because of the intrusion of outside sources. There is no mystery about this and it will always happen when there are some present in the body who are elsewhere with their minds. This happens often with Students who are not firmly committed and who are attending merely with Intellectual Center or the Intellectual Parts of Centers. Incidentally, we have no quarrel with the need for neutralizing force⁸⁶⁴ in actions involving the Centers. All yin-yang activities do require this neutralizing force for stability.

Discussion regarding “neutralizing force” or forces — one flows into the other — has part of another within — there is no “control” — positive force, use of the Intellectual Center to start the Moving Center, et al.

We have, as we have informed you before, eternity at our disposal and we can spend the rest of the time that this cadre has on the Physical Plane couching the Teaching in varied semantics to be heard and appreciated by the Intellectual Centers of all concerned, in the meantime, frustrating the Emotional and Moving Centers of all concerned. Or, you as Students, can elect to begin to apply what we have already given and experience this Teaching from the inside. You have nothing to lose either way, but stand to gain more satisfaction in the long run from the latter, as there are many ways to gratify the Intellectual Center than listening to us in an endless but varied repetition of this wordy Teaching.

Sandy: Seth seems to give more personal help with private situations. Why not Michael also?

We are most willing to act as a guide or help you in all of those areas involving spiritual growth, such as meditation, concentration, fasting, and the like. We have in the past, recommended aids in this regard. We are, on the other hand, most unwilling to interfere in the so-called life crises, as that would take choice out of your hands, and we would suffer in the long run as that would represent a loss of ground for us. The responsibility

⁸⁶³ “Internal Considering” is a Gurdjieff term for inhibitory self-consciousness.

⁸⁶⁴ From the book *Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky*: The Neutralizing Force or Third Force in a triad brings the Active Force and the Passive Force into relationship. Without the Neutralizing Force, the Active and Passive Forces would cancel each other out, because they are opposed to one another. They are opposites. A connecting or relating force is necessary.

for your interpersonal relationships lies always with you. We can, of course, help you to understand why you approach a given set of circumstances in a certain fashion. In fact, this is why we have given this [OMG] cadre the tool of the Overleaves. The teaching here is somewhat different than in groups where no preliminary groundwork has been done. In this cadre, many have learned to accept full responsibility long before meeting with us and, for that reason, we started at that point. We would hesitate at any time to force a decision in any of you in any life crisis situation. This would be detrimental to you in the long run. However, in any teaching involving spiritual growth and the application of this Teaching, we are grateful for the opportunity to spend as much time as necessary in facilitating with life crisis situations. The growing closeness of the cadre should help, and if the trust level grows to the point where you can share your fears and conflicts, you will find that the crises become less urgent and are eventually eliminated.

You will lose students within the next several months, and you will also gain others who will be prepared to go forward with the new direction of the group. The loss of the old students will be felt and mourned, and this is the way it is in all spiritual teachings. In life, it is not the great loss that it is in spiritual teachings for in the latter, it is truly a severing of all that binds you together. It is not like disassociating yourself from a barrier group for in that instance, you are still free enough to move within the same circles. Such is not the case in this teaching, for the teaching is dynamic and moves and the student who leaves is soon left irretrievably behind.

We speak in a broader sense of leaving the teaching. We do not delude ourselves in thinking that we are the only teachers around. The other teachings we embrace in this also. Leaving this [OMG] cadre to go to another teaching similar to it would not necessarily cause the breach, and the association could be maintained if the desire were great enough. We speak now of those students who will leave this and all teachings.

Discussion and frustrations shared revolving around not receiving notes from sessions promptly. Reasons for delay, what to do about broken typewriter, etc. Elizabeth asked for a comment [about] the need for the sore arm if there are no accidents and if this fit the delay. Agreed to ask for an agreement.

We see a dependency upon the written word that even more clearly points to the Intellectual [Center] enTrapment of the majority of this [OMG] cadre, but that is not the point in question. We realize that all of you are using the crises of the missing sessions as a stalling mechanism to a degree; some more than others. There is nothing in any of those papers that will elucidate spiritual growth to any of you unless you are willing to apply that which has already been given. How many times must we point this out? The growth is up to you. The lady and her symptoms are apart from the problem now at hand. Although interesting, the exposition of the psychological motivation would in no way help you at this time, particularly since this student is not present and could in no way be aided by such an exposition.

SRG for [David's wife] Maxine — Mercury-Saturn, early Old Priest (?) or Slave, Growth, Spiritualist, Stubbornness?

This student is mostly Mercurial, some Saturn, yes, congratulations, a Spiritualist in Growth with a Chief Feature of Stubbornness; a Second Level Old Slave in the Passion Mode, Intellectual Part of Moving Center, yes.

SRG for Stephen McCord [Sarah's brother] — Sage, Sixth Level Mature, Mercurial-Lunar, Martyrdom, Passion, Emotional Part of Moving Center, Stagnation, Idealist?

Yes, a Fifth Level Mature Sage in the Passion Mode. The softness you see is the Goal of Stagnation and in this mostly Lunar Body Type with some Mercurial modification, in the Emotional Part of Moving Center, and Idealist with a Chief Feature of Martyrdom, yes.

SRG Ann Bartlett-(Wales) — Passion, Lunar-Venusian, Self-deprecation, Slave, late Mature, Emotional Part of Moving Center, Growth, Idealist?

This Student is a Sixth Level Mature Slave in the Passion Mode, yes, Venusian Body Type with considerable Lunar modification, an Idealist in the Moving Part of Emotional Center, in Growth. This student has a Chief Feature of Vanity [Arrogance] which occasionally masquerades a shyness which is more coy than real.

SRG Paul Silva (Ann's fiancé) — Jovial-Mars, Acceptance, Arrogance, Old Priest?

This is a Second Level Old Priest in Acceptance, yes, in the Observation Mode with a Chief Feature of Arrogance. Still in spite of great disability, only the body has suffered in this life and not the Essence. This is a Realist in the Emotional Part of Intellectual Center, mostly Jovial with Martian modifications.

There is a bonding here from the remote past that is even stronger than that which would bond the lady to this cadre, that of Essence Twinning. In this case, of course, the amount of physical disability becomes scalable where in other circumstances it would not be. You are right that this is Sequential from the past. And also the student Gene is on the right track with this thinking.

Ralph: [Regarding] *The Essence experience on the Physical Plane and the relation to Roles: If meditation attains Personality-less-ness, is this experience without Role and is it on the Physical Plane?*

We would not describe this experience as being wholly on the Physical Plane as it does indeed transcend the planes and yes, it can happen to you within this lifetime. It is well within the grasp of all of our students; you have only to set it as the transient goal and apply what you now know. The Overleaves affect you only when you are strongly committed to the needs of the Personality. Once it [the needs of the Personality] has been achieved [satisfied], it will no longer be the goal.

Regarding Steve's friend who suicided. Liz was asked to go into trance for this information.

Suicide is indeed not always the result of having chosen the Overleaf of [Self-]Destruction. There is a timing — a kind of knowing when all to which one has agreed for a particular lifetime is completed. The choice may then be made to leave the Physical Plane. This was indeed the case here.

With the Infinite Soul, it was manifest only in the man Jesus in that period [when his soul was superseded by the avatar] two thousand years ago. (This applies to the discussion around Transcendental Soul of Jesus and John, etc.)⁸⁶⁵

[Channeling] back to Sarah:

The final choice to allow the Infinite Soul to displace and manifest is not an easy one, especially for a highly exalted soul who is enjoying some measure of success on the Physical Plane. That the man John [the Baptist] was able to impart to his student [Jesus] was the discipline necessary to allow him to let go at the proper moment. John did not return; he was finished on the Physical Plane. It mattered not to him that he died in the manner in which he did.⁸⁶⁶

09 January 1975 — Thursday

[Dr. Gene met Dr. Elisabeth Kübler-Ross at a medical convention in Florida some time before this session and felt an immediate connection with her. He introduced himself to her, they had dinner, became friends and the friendship lasted until her death in 2004. Dr. Elisabeth Kübler-Ross had become interested in spiritism a few years earlier.]

Location: Walnut Creek, California.

Present: Dr. Elisabeth Kübler-Ross⁸⁶⁷ (Death & Dying), Alice and Dick and Cheryl and Victoria and Rick, Sarah and Richard and Dorothy, Eugene, Ellis, Liz and Ted, Elizabeth, Leslie and Beverly and Denise and Louise and Allyn, Shirley, Sue and Dwight, Carolyn, Gene, Joan and Jim and Belinda, Phyllis, Delia, Ralph.

This was a special meeting, called for us to meet Dr. Elisabeth Kübler-Ross, author of *Death and Dying*. We had a potluck dinner and then a [Ouija] board meeting.

We asked for an SRG on Dr. Ross — Saturn-Solar, Old Priest or Scholar, Intellectual Part of Emotional Center, Passion Mode?

This lady is mostly Saturn, yes, with Solar modification. In the Emotional Part of Intellectual Center. A Fifth Level Old Priest, in Growth, in the Observation Mode, a Spiritualist, yes, and with a predominantly blue aura, yes, with green undertones. The lady's Chief Feature is Self-deprecation, but she is indeed Impatient; it wars within her.

Dr. Ross asked what she could do about the warring inside her. Gene stated that Dr. Ross was the first person he had met that he thought could be his Essence Twin. He asked if they had been together before.

Oh, yes, many times. Elisabeth Ross was the monsignor in Spain when you and the lady Susan knew each other, as well as Sarah and those students who were together in the convent and its adjoining monastery. You were together briefly in Syria-Palestine,⁸⁶⁸ also, as well as in Greece, and again in the eighth century in northern Italy.

⁸⁶⁵ Elsewhere in the transcripts, it was said that "Old Souls Transcendent" have no Karma, and that this was the case with Jesus and John the Baptist. This is not the same as a Transcendental Soul.

⁸⁶⁶ From Wikipedia: John the Baptist died about 36 AD (age 38-42) at a feast where he was beheaded in favor of Salome, Herodias' daughter.

⁸⁶⁷ From Wikipedia: Elisabeth Kübler-Ross (July 8, 1926 – August 24, 2004) was a Swiss-born psychiatrist and the author of the groundbreaking book *On Death and Dying*, where she first discussed what is now known as the Kübler-Ross model of the stages in dealing with grief and facing death. She moved to the United States in 1958 to work and continue her studies in New York.

⁸⁶⁸ From Wikipedia: Syria Palæstina was a Roman province between 135 and about 390. It was established by the merge of Roman Syria and Roman Judæa, following the defeat of the Bar Kokhba Revolt in 135. In 193, coastal Coele-Syria was

You were also together in Egypt at the time of Amenhotep, and Elisabeth was present for the [Infinite Soul] manifestations of both Lao Tsu and Siddhartha Guatama.

Phyllis commented that she had read Dr. Ross' book when her father was dying and that she felt close to Dr. Ross. She wondered if they were of the same Entity.

Yes, Phyllis. You also knew Elisabeth in northern Italy and in Greece. She has also known [to] Belinda and Leslie previously on this continent.

Dr. Ross told about a memory she had of riding horseback as an American Indian and feeling very proud.

This was in the early seventeenth century in the northwestern United States. The three of you represented three separate tribes: the Apache, the Comanches, and yes, the Utes.

(This is referring to Belinda being a Comanche chief, Leslie as an Apache, and the Utes (in Utah), which was the tribe Dr. Ross was in.)

Ellis asked a question about his new feelings into other person's battles and new insights.

When a student begins to do some really serious work — and that only comes after the realization is made that the material needs are easily satisfied and not gratifying in the long haul — then, often the Essence demands to be heard. There is nothing more that the beleaguered Personality can do to fight in what becomes a losing battle. This is quite in line with the school that demands that you experience out all of your desires of the Personality, in order to free yourself for study. We have discussed this many times before, but perhaps it is worth repeating, for it seems that there is some confusion in this. Only when the Personality knows that it has played out its last hand, does it begin to give way to the demands of the Essence. This Essence is called by you students many names — “the small, still voice” *et cetera*. But it is all the same — the call to the inner self — the voice that commands you to look within and satisfy the deeper urgings of the soul and then forget the destructive cravings of the physical. This is what happens to you people each day. You, at some time in the near future, will be forced to stop and listen.

Elizabeth asked who her Entity [mate] is in the group.

This lady is a Fragment of the Entity that contains Alice, Sarah, Ellis, and Gene.

Delia asked about the carryover of Self-deprecation from lifetime to lifetime, referring to when Dr. Ross was a Ute.

The tribe as a whole did indeed exhibit the “poor me” syndrome. However, the student Alice is correct in that this is the other half of that Monad for Elisabeth, for she was very much in Arrogance during that life, so much so that she jeopardized her life several times by being arrogant with the wrong people.

Delia asked for the SRG of her father, Abraham Martin.

This man is in conflict with you primarily because of early training and orientation. It does not solely rest with the Overleaves, for they are not that incompatible if he were within your time frame. In fact, you would be rather compatible. This man was raised in literally a different world.

This is a Mid-Cycle [Fourth Level] Young King in Submission, in the Observation Mode, in the Intellectual Part of Emotional Center, a Skeptic.

Elisabeth has had a feeling that her husband will die this next winter and that she needs this for her growth — being alone — and she yet feels guilty about the feeling. Did she create this feeling of his impending death?

Unfortunately, what the Essence wishes often conflicts with what society has told the Personality that it is “nice” to wish. For instance, it is certainly not nice that a burdensome relative should die and thereby free the Essence for its work. There is a better than average chance that this man's life on the Physical Plane will come to an end within the next several months, but yes, Elisabeth, it is merely sad that communication on the Physical Plane is so bad, particularly between those bound together by strong legal ties rather than Essence ties, that the need for freedom cannot be expressed. Of course, it is not possible for you to hasten something like this without an overt action on your part, so the amount of guilt is inappropriate, to say the least. It is not an unusual wish for one who is involved in the work of the Essence.⁸⁶⁹

split from Syria Palæstina, to form a separate Roman province. Syria Palaestina had become part of the splinter Palmyrene Empire for a brief period that lasted from 260 to 272, when it was restored to Roman central authority. Eventually the province became reorganized under the Byzantine Empire as part of the Diocese of the East, which divided it into the provinces of Syria Prima, Phoenicia, Palaestina Prima and Palaestina Secunda.

⁸⁶⁹ From article at >http://articles.sfgate.com/1997-05-31/news/17749844_1_elisabeth-kubler-ross-terminally-dying/3: “In her autobiography, Kubler-Ross says her new interest in channeling and spirits also took a toll at home. On Father's Day, 1976, her husband told her he wanted a divorce. He remarried and died in 1992.”

It is, again, merely a sad commentary on the Physical Plane that communication is so poor. It is hoped that with this cadre, for instance, a trust level will be developed where these conflicts will fade away. When the trust level is such that one student could say to another, "I wish you would die and leave me alone," that statement will be totally unnecessary, as the other student will already know to give the necessary space. This can only be gained by the highest of trust levels, and comes through hard work. We digress from the focus on Elisabeth, but this is a question pertinent to you all, and Elisabeth is a definite integral part of this cadre's functioning. Knowing her is no accident, please believe us.

We asked for an SRG on Dr. Ross's husband — Perseveration, Self-destruction, Late Young Scholar, a Skeptic?

What you see here are Overleaves in conflict and you are right that this man is currently transitioning the Cycles. He is a Seventh Level Young Scholar. The most horrendous conflict lies in the Goal-Mode Axis⁸⁷⁰, that of [your] Growth against, yes, [his] Perseveration. This has held him back from acknowledging understanding that has come about in his studies. This is a Skeptic, yes, but his Chief Feature is not Self-destruction — that is far too strong. The man is basically Impatient, but appears on a Self-destructive bent now to you, primarily because of his steadfast refusal to listen to the inner call.

*Sarah commented how she blocked contact with her Entity. She had been told that a Fragment of her Entity had been someone she had admired in this lifetime. She felt that that could only be Robert Oppenheimer, who she has admired greatly and she does want to have this experience [of Entity contact]. How can she stop the blocking? Is the Entity Fragment Oppenheimer?*⁸⁷¹

Leslie was on the board.

That is valid.

How can she erase the block?

The blocks come from the desire to escape the emotional experience that would follow the expression of the experience. Fear is great and the fear is what is blocking.

Leslie commented: The teacher just bowed out! Another Entity appeared to be present.

How to avoid emotional expression? How to avoid emotional experience?

Trusting your intuition.

Sarah said she wants to hear what the Fragment had to say.

Destruction is not imminent. Man must face the responsibility for his choice.

Sarah asked if the Fragment would tell us of himself.

You, Sarah, are right in your assumptions. Detering factors did indeed enter into your admiration of this Personality. [Edward] Teller was an egotist. You sensed this strongly and resented this equally as strongly. Teller⁸⁷² is also a Fragment of this Entity.

09 January 1975 — Thursday

[This is another Ouija board session with Leslie Briggs, given to us by her mother Louise; this session was handwritten, not typed, and it did not become a part of the OMG collection.]

Pleasant Hill, California [Briggs home]

[Present:] Lesley, Louise, Allyn.

Lesley on [Ouija] board

Allyn asked for a comment or clarification of the Teacher's comment of 12-14-74, saying that we should set aside personal agenda. Allyn asked if the Teacher meant all personal agenda such as doing other things when the group was meeting, or personal questions during general meetings.

⁸⁷⁰ This is a hint that Goal and Mode are Ordinal and Cardinal Poles of the Action Axis of Overleaf categories.

⁸⁷¹ From Wikipedia: Robert Oppenheimer (April 22, 1904 – February 18, 1967) was an American theoretical physicist and professor of physics at the University of California, Berkeley. Along with Enrico Fermi, he is often called the "father of the atomic bomb" for his role in the Manhattan Project, the World War II project that developed the first nuclear weapons. The first atomic bomb was detonated on July 16, 1945 in the Trinity test in New Mexico; Oppenheimer remarked later that it brought to mind words from the *Bhagavad-Gita*: "Now, I am become Death, the destroyer of worlds."

⁸⁷² From Wikipedia: Edward Teller (January 15, 1908 – September 9, 2003) was a Hungarian-American theoretical physicist, known colloquially as "the father of the hydrogen bomb," even though he did not care for the title. Teller emigrated to the United States in the 1930s, and was an early member of the Manhattan Project charged with developing the first atomic bombs.

The agenda [is] in reference is the personal questions at the general meetings. The agenda of the group and its social gathering will evolve as the group pulls together. The agenda at meetings is loose and needs confirming. Explanation: needs to confirm the group. The group actions are what the group needs to discuss in the large meetings. The confirming of the group comes with the insights that the group discovers together.

Are Hank and Allyn [brothers in the flesh] in the same Entity?

That is valid.

Are they Essence Twins?

No.

[Are they in a] Sequence?

That is valid.

Allyn: Not completed?

That is valid.

Louise: Is [my sister] Neta in my Entity?

Valid.

Louise: Is [our daughter] Lesley [in my Entity]?

No.

Has Allyn met his [Essence] Twin in this lifetime?

Yes.

Is Allyn's twin in [the] group?

That is correct.

Will be?

That is valid.

[SRG of] Allyn's Essence Twin?

Sixth Level Young Scholar in Growth.

Is [our son] Larry's Role Artisan?

Scholar.

Penny?

In the Sixth Century he and you were twins, brothers. You were very close and led similar lives together. This was in Gaul.

Elephant?

That is valid — Hannibal of course had African warriors handle the elephants.

Was I with Hannibal?⁸⁷³

That is valid.

[Is there an] 'inner circle'?

The inner circle of course does exist at this time. The members of the group are already forming. The group now has two members within it who have regained [?], the feelings of the times. The inner circle will rejoin if all the members choose the alternative of rejoining the inner circle. The inner circle is not important to the growth of the individual or the group as a whole. Other participants of the Christ drama will not necessarily have to pick the alternative of rejoining the circle. The inner circle is not such a selective a group as the Mechanical Man would like it to be. The inner circle for the coming drama will form also and the attraction will be strongest as the new drama unfolds. More participants from the Christ drama will be drawn into the group because of the coming drama. The thoughts are what attracts. There will be strong feelings within the group on this subject and this will be an excellent block to work on. The feelings are the False Personality's way of accepting the involvement in the drama. The False Personality must protect itself in the recall.

[Allyn:] Comment on the drive to know of past lives?

The False Personality must accept this previous life to give the student Allyn the peace of mind he seeks. The False Personality is strongly involved, [and also] the guilt of the loss created by the whole [Christ] drama. The individual

⁸⁷³ Hannibal was a Carthaginian military commander, 247 to 183 or 182 BC.

growth does not 'hang upon' the rejoining of the inner circle. The growth does not necessarily come from 'reliving' the whole experience.

Was Allyn ['Doubting'] Thomas, [apostle with Jesus]?

That is valid. The Judas experience [of denying Jesus] comes from the willingness to accept the guilt guided to you in the alternative frame, and the recall of the guilt of the doubts and questions that came from a skeptical [and] cynical struggle in comprehending the total effects of the drama on the lives of the inner circle. Trusting your intuition is valid and the insights are your own; you know when they 'fit'.

[Was his name] at the time Judas?

Not the first name but used as such. It was a family name.

[What is] Ethel's Entity?

She is not a member of your Entity, but that closeness comes from the previous [life]time's experiences and compatible Overleaves of this [life]time. She befriended you and helped you recover from an illness of some serious nature in the Fifteenth Century, in Scotland.

Meditation — seven blocks?

Just an arbitrary number of seven blocks that you are working on.

Davis — John M?

That is not valid but close — John Muir.⁸⁷⁴

Is Davis?

That is valid.

Was I at [the] meet[ing], Sunday night, January Fifth, where Uncle Omar came through?

This is valid.

Most of [the] group was there, upstairs, late, the session they were playing music.

Yes.

Dream [of] opening doors.

You were definitely looking for someone who was there and as you could not see then but saw [them] later.

[Is] Carolyn [in] my Entity?

We have said before that [this] is valid.

Did I pose for Renoir?⁸⁷⁵

This is valid.

Is it the painting of the man dancing?

Valid.

Is the Lautrec ...?⁸⁷⁶

[No answer recorded.]

Is Tahoe [a] power [spot]?⁸⁷⁷

This is [a] positive spot — not part [of] the Tahoe power [vortex].

[Louise: What about my son] Larry?

This family has been together several times involving the Sequential aspect of the reincarnational 'string' or threads.

Allyn asked if it was our extended [family]?

Both have had much to do with each other several times. This immediate family has been together as it is now seven times; the extended family five times.

⁸⁷⁴ Nineteenth Century, Stewartish-born American naturalist.

⁸⁷⁵ Pierre-August Renoir, Nineteenth Century French painter.

⁸⁷⁶ Toulouse-Lautrec, another Nineteenth Century French painter.

⁸⁷⁷ Lake Tahoe is a large fresh water lake in the Sierra Nevada Mountain range in the United States, shared by California and Nevada.

11 January 1975 — Saturday

[Soleal, not Michael, was the source for this session.]

Location: Stockton, California

[Assumed present by questions: Maxine and David, Sarah and Richard, Liz and Ted, Shirley, Louise and Leslie, Gene, Elizabeth.]

One student has just communicated a ponderous insight of his and it is worth sharing, of course. Many in this group still earnestly desire to acquire spiritual growth through some magical process of osmosis, and, therefore, are slow to get into the Work. It is certain that you will acquire some measure of personal growth merely by associating yourself with a teaching such as this. However, you are cheating yourselves by remaining on the periphery, for the inner circle provides all of those miracles that you earnestly desire. The magic is there, not out on the perimeter. If you persist in skirting the issues, you can only stand on the outside looking in, and only sense frustration and longing. "Go on, take the plunge — you can always retreat if you wish to."

There was a change of energy source. Who was it?

The necessity to slot even the energy being discharged is an interesting phenomenon. However, yes, the sources did change. You see, I am quite free to push, and it is something that I dearly love to do with recalcitrant students on the brink of understanding. Pushing is not limited in any way to your species.

David asked if we could have a name. We don't know who said this.

No.

Sarah felt this was Soleal.

During the Crusades, Liz feels that she was with Saladin⁸⁷⁸, who was Rick [in this life]. She saw him transform into Saladin.

Then, why do you doubt your insights — if you see the transformation? Or, is it that you do not trust the space you are in when the transformation comes? There is no reason why you should doubt this particular insight. Verification from me is quite a crutch and it is still necessary for most of you. The teacher [Michael] hounds you over and over again to learn to trust your insights. It is more than simple belief that all of your neat "head stuff" is springing from the foundation of knowledge. It is the ability to separate the wheat from the chaff — to determine at that instant how much of your own Personality and its attendant longings come into play, and how much is genuine insight. I must tell you that the need to follow my own particular goal, or my "task" if you will, becomes imperative, and I know that the time is at hand. I, too, must make a choice the same as you, and there comes a time when I can no longer stall for time.

Liz asked if Soleal was with her a few nights ago.

I have much more time available at the moment to spend in this endeavor.

Some have asked of my perceptions of you. It is, or has, a dream-like quality. I cannot deny that and perhaps I do not perceive sharply. But remember that your points of reference are very different than mine. There is much of me that still wishes to deny the reality of the experience. It is not easy to establish the contact without ever having seen or touched any of you and come away with a clear, sharp image.

Your own encounters on the Astral Plane are not remembered with clarity, and in the beginning mine were not either. As a child, I experienced many of what you would consider nightmares, and some of these experiences in learning to direct the focus of my Astral wanderings has approached that also.

Shirley asked what we could do to help him perceive us better or us perceive him better.

I am afraid that it is my own task to perceive you, and I must do it in my own time. However, you have access to the same energy that I do, and you are welcome to try any of the teacher's [Michael] gimmicks whenever you wish. My own perceptions are colored a little by my own imagination, which is by no means extinguished. This is also among the last vestiges to go. During the waking hours, I can maintain a high level of vigilance over my fantasies. At other times, this becomes difficult, and unfamiliar sensations assail me, and I lose all of my comfortable landmarks.

⁸⁷⁸ "Al-Nasir Salah al-Din Yusuf ibn Ayyub (1137 – 4 March 1193), better known simply as Salah ad-Din or Saladin, was a Sunni Muslim Kurd. He became the first sultan of both Egypt and Syria, founding the Ayyubid dynasty. Saladin led the Muslim military campaign against the Crusader states in the Levant. At the height of his power, his sultanate spanned Egypt, Syria, the Jazira (Upper Mesopotamia), the Hejaz (western Arabia), Yemen, parts of western North Africa, and Nubia." (><https://en.wikipedia.org/wiki/Saladin><)

It is perhaps not possible for me to convey this to you so indirectly. When I can be among you, it will become far easier. The process involved leaves me with a dual feeling of anticipation and dread. I can share with you all of my fears and trepidations that I have in the waking state, and thereby let you glimpse the chink in the armor, and perhaps this will above all things boost the trust level for a few of you. Go ahead now, experience it; don't stop it. It is amazing the strength of some of the blocks I am encountering now [in trying to get through to you]. It is like beating my head against the stone ramparts surrounding my home.

David: Please name yourself.

If you wish to communicate with me telepathically, you must allow it. You cannot just sit there and challenge me to prove my existence. This only keeps me out, for I refuse to violate those blocks. It is even stronger than that — it is more like an expletive — a kind of “Come in, you bastard — show me.”

I am known to you as Soleal, which on my world simply means “brother”. I have dropped all other names here and there, as this is sufficient unto itself. I am called by my people, Brother, as this is the highest honor we can bestow upon each other.

Louise: Does Soleal pick up on us individually?

[Yes, individually] and selectively.

We have fire walkers on our world. You have it, too. Do you all know what fire walking is? Well, it is no great feat to fire-walk, but it is a great visible signal to these people that my head is still in the right spot. Fire walking is not necessary. I use it only as an example of the profile I have chosen.

You as a group do have a very low profile and are almost invisible, one of the reasons being that you do not trust your Level of Being⁸⁷⁹ at all, and there is ample reason for this mistrust. Yogis are extremely visible and have a high profile. The energy wasted in concealment could just as easily be consumed in more meaningful ways. Many of you are even apologetic in your acceptance of this teaching. You apologize all the time for embracing such irrational beliefs such as reincarnation and the like — the mere fact that you are now sitting here reflecting on the fact that you might well be crazy sets you apart from the Creatures of Non-reason or from the unensouled universe. On what laurels rests your doubts? What audacity gives you the right to question the awe and the majesty?

The sun sets on our world quite regularly, also. How can you observe the sunset and not feel the awe? And feeling the awe, how can you call yourself a non-reasoning creature and merely a happy accident of time and space? — Which is exactly what you do each time you deny the existence of soul. The Emotional Center cannot deny the existence of the soul. It is too close to the source, and for that reason many of you run and hide each time the Emotional Center threatens to rear its ugly head — you even run from each other. Can you ever call each other “brother” when you fear each other so much?

I am not surprised that you fear me. I am an unknown quantity, and some of your perceptions of me are hilarious and straight from science fiction horror movies; but you are equally fearful of contacts with the minds of your brothers. Two Intellectual Centers cannot come into rapport with each other. It takes Balance between the [three lower] Centers to do this. Stop shutting me out if you wish. That is ridiculous. You say, “I want to feel you” and then slam on the shields.

All of want or desire is played through the [subconscious] Tapes that the Personality has accumulated. What has happened was a touching in Essence and a perception occurred by the man David, which can now be assimilated into being. The teacher [Michael] and the student [Soleal] are not in conflict except as those roles are seen through the veil of ego.

Of course, we all teach and we are all the students of one another; such is the pattern of this cadre. Accept the interchange in roles as the ebb and flow, much as your experiencing of the mirror image of movement this day.

All of you come to this teaching from a myriad of disciplines, beliefs, philosophies, and *et cetera*. Validation within each other is the only criteria. “Judge not, lest ye be judged.”⁸⁸⁰ Judgment is Bad Work. Acceptance of all and verification through experiencing is the only Good Work.

We are with many of you now. We hope you continue the discipline of meditation, as it is one of the doorways that we seek. The group meditation need not necessarily occur by all the bodies being present in the same room. The level of desire for this must somehow exceed the level of skepticism about its occurrence.

⁸⁷⁹ “Level of Being” is a Gurdjieff phrase identifying the seven phases of spiritual development.

⁸⁸⁰ From >Bartleby.com<: Christian Bible (King James version), *Matthew*: “Judge not, that ye be not judged.” *Luke*: “Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:”

Only that which your mind has decided [belief system] and your heart has become committed to [value system] can occur [behavior system]. All is possible when you give up the dearly held belief systems and open your being to the new.

I just thought that I would like to share with you an experience. Verification does not always come rapidly or when you wish it to. Many times, it takes years. The reason being, of course, the barriers you yourself set up to prevent the verification. I was told this many years ago and it took years for me to verify it.

When I was ten years old, it was brought to my attention that I was a final Level Old King, and I thought that that would be a fine lever from which to spring — perhaps “fulcrum” [rather than “lever”] is the more proper word. I had absolutely no insight into perceptions or how mine differed from anyone else’s, except that I was open to telepathic experiences.

On my world, all of the volcanoes have long become extinct, yet many reminders of their former majesty remains near my home. There are some beautiful obsidian cliffs with a sheer drop to a rocky beach. It is perhaps my favorite spot with the dew sparkling on the stone. When I was nineteen years old and perhaps faced with the most grave crisis of my life, I went alone to this spot. All of a sudden, I could see myself in all of my blown up Arrogance, as well as the beauty — the raw stark terrifying beauty of the shining black cliffs. I realized that this beauty would remain long after I could no longer physically appreciate it, and that the world upon which I stood would continue long after erosion had taken its toll and the cliffs passed into memory, and that our star would remain long after my world had passed from the Physical Plane.

And soon, with an ultimate glimpse of the Tao and my own part in this magnificent scheme, there was no longer the sense of apartness — only the feeling of oneness that characterizes the acceptance of the teaching, and it was with joy and not disappointment that I received this insight.

I think that this is what frustrates me in your attitude. I remember going home and writing poetry of great joy, and yet I remember several of you experiencing a feeling of deflation upon this same perception.

Until you open yourself to the joy of this verification, you cannot experience the “key”, as you have called it. You have asked for this key many times and it can only be given in love and joy; it cannot be given to an alienated Personality. There is no meeting point where the gift can be transferred. When the meaning of this perception of oneness comes, only then can the gift of higher expression be given. It will then become a gift to your self. It cannot come from the teacher [Michael], nor can it come from me.

I can only tell you that I have glimpsed this oneness and I have experienced the joy. Long after we have passed from this time, the leaves of the Tao will continue to fall in ever-changing patterns. What more awesome poetry could you possibly desire? What more majestic goal could you possibly seek? To be a part of this, an infinitesimal part of this magnificence fills me with joy.

I know your fears and I feel compassion. Your fears are not all of me. I speak also of your fears of oneness. Please believe me; I have not only vestiges but full bloom components of my Personality left. I am often, no, usually, more sarcastic than need be. I see this and I deplore it, but it is still there. I experience the luxury of anger and feel the drain. The price I pay for this is perhaps even more dear than what you pay for the same. I experience lapses into feeling aloneness. The aloneness is an illusion, but the pain is just as sharp.

Liz: I feel Soleal wants to be silent with us. We should terminate and be silent with Soleal.

I sense the desire for a more intense and personal experience on the part of these students, and that is all right with me. I can tolerate the change in the level of communication. In fact, in some ways it is welcome, but remember that in asking for this at this point, you eliminate all of those students who cannot allow the creative silence. Let me tell you that this “Oh, shit!” state is very close to enlightenment on several levels. Now, with that in mind, try it.

Leslie: Is there any way I can help by keeping my Agreement to help others in the group experience, Soleal?

It always helps for one to live up to any Agreement.

11 January 1975 — Saturday

[Same date and location as the previous session. Apparently, Sarah was not the channel in this session; Leslie was on the Ouija board so that Sarah could ask some questions. The same (electric) typewriter was used in the three transcripts, not Alice’s manual typewriter. As far as we can tell, Alice and Dick were not present.]

Location: Stockton, California

[Assumed present by questions: Maxine and David, Sarah and Richard, Liz and Ted, Shirley, Louise and Leslie, Gene, Elizabeth.]

Discussion was held about Sarah not being in touch with her emotions.

The Personality often chooses that which most emulates the Personality's belief around its environment, yes. Getting past this will seem great, but consider the Entity member you chose (Robert Oppenheimer).

Sarah made the comment that her feelings about Gene McCarthy⁸⁸¹ were deeper than his political beliefs. She felt that he was trying to destroy a part of her.

The Personality will pick these things to use to assimilate the beliefs and the Essence will indeed transpose the beliefs into its expression. In other words, the Essence will use the Personality to gain expression. Think of the possibility of a child expressing the strong feelings coming from places it is not aware of and hitting it on the button. The child has no reference to go by. The Essence guides these memories in the easiest way it can.

(Leslie felt that Robert Oppenheimer's energy was coming through the board.)

Liz felt this experience went back to the 12th century.

Many were there. Also, many have been together in other places and frames.

Sarah asked why she didn't like Edward Teller.

Teller was an egotist. He played a large part in making the project run with some difficulty. He and I often locked horns and it never was resolved. He evoked these feelings in many.

What was Teller's Role, Warrior?

I was the Scholar. Teller was the Sage in Rejection.

Sarah: I feel I have something to experience out of this. I keep on killing him [Teller] symbolically.

The teacher has directed me to instruct Sarah in the goal of getting in touch with emotions.

Sarah described a feeling of loathing and disgust whenever she thought of Gene McCarthy. There was a bad taste in her mouth and she was even nauseated.

Do you not remember the stench?

Sarah: Of what?

The battle. He fell and the stench was overwhelming.

Sarah: Was he trying to kill me and I killed him instead?

Yes.

Sarah commented that Gene McCarthy "makes her sick. He came close to destroying me ... "

The battle lasted over one half an hour. The forces of Richard [the Lionhearted] had advanced as far as Charlemagne.

The city Charlemagne?

The town outside Hapthia.

Sarah flashed on the fact that McCarthy had said something to provoke her to kill him. Leslie asked if "Akbar" meant anything to Sarah. Sarah said that [Akbar] was Mohammed's son.

The statement concerned the validity of Akbar.

Someone made the statement that maybe McCarthy was Sarah's brother [in that lifetime]. Sarah said, "I don't want to look at that." The suggestion was made that Sarah killed her brother in a personal conflict during the battle.

No philosophical disagreement could evoke the strength of emotional response that this has produced, even to this day.

This is a comment from the teacher [Michael] about a lifetime prior to the Sarah / Gene McCarthy time, that caused this feeling.

⁸⁸¹ From Wikipedia: Gene Joseph "Gene" McCarthy (March 29, 1916 – December 10, 2005) was an American politician, poet and a long-time member of the United States Congress from Minnesota. He served in the U.S. House of Representatives from 1949 to 1959 and the U.S. Senate from 1959 to 1971. In the 1968 presidential election, McCarthy was the first candidate to challenge incumbent Lyndon B. Johnson for the Democratic nomination for president of the United States, running on an anti-Vietnam War platform. The unexpected vote total he achieved in the New Hampshire primary and his strong polling in the upcoming Wisconsin primary led Johnson to withdraw from the race, and lured Robert F. Kennedy into the contest. Fellow Minnesotan U.S. Vice-President Hubert Humphrey also entered the race after Johnson's withdrawal. McCarthy sought the presidency five times unsuccessfully.

Brothers, many times... Jealousy... He was a favorite son... Jews... the first [son] was always favored. You were by far the more talented, intelligent and yes, arrogant about your superiority. He got it all and you got nothing. That was the beginning of the enmity.

Sarah asked if she was there when the Transcendental Soul manifested in Mohammed.

Yes.

Sarah: Was I one of the scribes?

Who you were is not as relevant as to be in touch with what you are feeling right now. Silence and to be alone with what is going on within you.

Sarah found herself reciting parts of the Koran.⁸⁸² She noted that she used religious rituals as a way to release emotions.

This soul has searched through the ages for truth. The Scholar has sought to intellectualize all experiences of ecstasy and has, therefore, denied the experience. Being now in touch, however timorously, with truth is both threatening and incredibly inviting. To allow the experience, ritual, or some form that will enable the intellect to recede, could be beneficial. More talking about it is not Good Work, and merely prolongs the agony that must, of course, precede the ecstasy. We patiently await your trying another doorway.

12 January 1975 — Sunday

[This session is the third held on this weekend. Some questions were asked about ancient Roman history. Sarah was an expert in that realm, so it is likely she was the channel for this session rather than Leslie as in the previous session.]

Location: Stockton, California

Present: Maxine and David, Sarah and Richard, Liz and Ted, Gene, Elizabeth.

Ted asked for previous lives at the time of Jesus.

Oh, yes, you were around both in Rome and again in Syria-Palestine.⁸⁸³ In fact, you were well acquainted with those here present. Your life role at that time was that of soldier, professional type, but you had advanced to the point where you were captain of the elite corps and served as protection for the governor at that time, Sulpicius Quirinius.⁸⁸⁴

Ted: Did I know [my wife] Liz at that time?

Yes, the relationship was, though, that of a soldier to a nobleman's lady, although at one time the lady considered returning prematurely to Rome and petitioned to the legate for permission to go, accompanied by legionnaires, and you would have been one of those selected.

[Pontius] Pilatus⁸⁸⁵ was far from noble, both by inheritance and by demeanor. Lucius Aurelius⁸⁸⁶ was far more so.

⁸⁸² From Wikipedia: The *Quran* literally meaning "the recitation" — also transliterated *Qur'an*, *Koran*, *Qur'ān*, *Coran*, *Kuran* and *al-Qur'ān* — is the central religious text of Islam, which Muslims consider the verbatim word of God. It is regarded widely as the finest piece of literature in the Arabic language.

⁸⁸³ From Wikipedia: Syria Palæstina was a Roman province between 135 and about 390. ...

⁸⁸⁴ From Wikipedia: Publius Sulpicius Quirinius (circa 51 BC – 21 AD) was a Roman aristocrat. After the banishment of the ethnarch Herod Archelaus in 6 AD, he was appointed governor of Syria.

⁸⁸⁵ From Wikipedia: Pontius Pilate was the fifth Prefect of the Roman Province of Judea, from 26 – 36 AD. He is best known as the judge at Jesus' trial and the man who authorized the crucifixion of Jesus.

⁸⁸⁶ From Wikipedia: Lucius Aurelius Commodus Antoninus (August 31, 161 – December 31, 192) was Roman Emperor from 180 to 192 AD.

Liz: What was the relationship of Lucius [Silanus]⁸⁸⁷ and Claudia [Octavia]⁸⁸⁸ prior to the time when Lucius thought that she was insane?

Strained, primarily because of the animosity between Tiberius⁸⁸⁹ and Claudia's father [Claudius]. Sometimes, the insights would be far more valuable than myriad transmissions.

Was Mike (Liz and Ted's son) there?

Yes, in fact, he was commander of the Praetorian Guards⁸⁹⁰ during the reign of Caesar Augustus.⁸⁹¹

Ted asked if Mike was under him (Ted) when he was the captain of the Guard.

At that time, no. He had died.

Sarah: I feel that there is disappointment in us that we have not realized something. Where were Maxine and Elizabeth at that time?

Elizabeth at the time of Caesar Augustus was valued for his secretarial skills and continued with Tiberius, living until the twenty-third year of the Common Era.

Maxine at that time was a legionnaire, first stationed in Transalpine Gaul, later with the house guard and lived until the thirtieth year of the Common Era.

What was David's role? Was he in the household?

No, but was a traveling man, Greek by birth, an entrepreneur who was much as he is now with only a lower level of perception to deal with. His path crossed with all of yours, as the miles he traveled were many. He sensed, for instance, the troubled soul who was Claudia and the arrogance in Lucius.

Perhaps at this point, we could employ a cliché — all roads lead to Rome.

SRG on Dewitt — Observation, Emotional Part of Intellectual Center, Priest, Stoic in Growth, late Young, Vanity, Jovial-Lunar?

This is a First Level Mature Priest with much vestiges of the late Young comfort left. In the Observation Mode, yes. A Stoic in Growth, in the Intellectual Part of Emotional Center, mostly Lunar, some Jovial, with a Chief Feature of vanity [Arrogance].

This man was then a native of what is now Lyon [France] and was there from eighteen years before the Common Era until the forty-fifth year of the Common Era, and saw service in what is now Germany.

What was different for most of you in that life besides Soul Level was the Mode. Most of you were in the beginning of that life in your present Mode's polar opposite. Something in that life caused you to change Modes. For instance, the experience that Claudia had in Jerusalem caused the swing from Repression to Passion.

Richard [an Artisan]: Is imagery a tool for the Artisan?

It certainly can be if one wishes to be creative from an innovative standpoint.

Richard: Liz and I had the feeling that we had experienced Soleal in childhood.

No, because of the age difference, this would not have been possible. However, you did experience Astral travelers from other physical realities.

⁸⁸⁷ From >http://www.third-millennium-library.com/MedievalHistory/Bury/Roman_Empire/From-Principate-to-death-of-Marcus-Aurelius/15/5-Agrippina.html<: Vitellius, the Emperor's colleague in the censorship bore a grudge against Silanus and was ready to ruin him. He informed Claudius [Claudia's father] that [Lucius] Silanus had committed incest with his sister and the horrified Emperor immediately broke off the engagement of his daughter.] [See next footnote about Nero's step-mother's role in the drama.

⁸⁸⁸ From Wikipedia and ><http://www.tumblr.com/tagged/claudia+octavia><: Claudia Octavia (Late 39 or early 40 – June 9, 62) was a Roman Empress. She was a great-niece of the Emperor Tiberius. From Claudia Octavia was Nero's step-sister and first wife. Claudia did not have a happy life. Her mother was executed by Nero for conspiring to murder her father Claudius. Her step-mother (Julia Augusta Agrippina) arranged her marriage to Nero in order to ensure her son the future as Emperor, cutting off Claudia's previous engagement to Lucius Silanus. Nero may have poisoned Claudia's brother (Tiberius Claudius Caesar Britannicus, about 14 years old) in order to become Emperor. Claudia was often caught in power struggles between Nero and his mother, which Nero ended by murdering his mother. Nero found his wife boring and cheated on her rampantly, apparently tried to strangle her many times and eventually divorced her. After the divorce, Nero exiled Claudia on false charges of adultery, torturing her closest maids to death when she protested. His exile of her made the Roman people extremely angry. Nero decided to solve this problem by having Claudia murdered.

⁸⁸⁹ From Wikipedia: Tiberius Caesar Augustus (November 16, 42 BC – March 16, 37 AD), was Roman Emperor from 14 AD to 37 AD.]

⁸⁹⁰ From Wikipedia: The Praetorian Guard was a force of bodyguards used by Roman Emperors. The title was already used during the Roman Republic for the guards of Roman generals, at least since the rise to prominence of the Scipio family around 275 BC. The Guard was dissolved by Emperor Constantine I in the 4th century.

⁸⁹¹ From Wikipedia: Gaius Caesar Augustus (September 23, 63 BC – August 19, 14 AD) is considered the first Emperor of the Roman Empire, which he ruled alone from 27 BC until his death in 14 AD.

David has had a sensation in the past of feeling something in his head. Was that a soul coming in?

Our student [Soleal] has tremendous drive to contact all of you. He attempts this during these group experiences, and even though you do not always allow the full experience, you do feel the attempt physiologically.

Elizabeth: Experienced a loving presence in Carmel at the home of an old woman. Last week, felt a shimmering strong perception of beauty. What was this?

The Entity of which you are a part contains many Fragments that you would describe in this fashion — the poet [Henry Wadsworth] Longfellow, for instance.

Many of these Fragments are now on the Astral Plane and do make their presence known to the living Fragments of their Entity. If you are receptive, you will experience this affinity.

Liz: Are there Fragments of my Entity in this room?

Yes.

David asked if [his wife] Maxine was a part of his Entity.

No.

Richard: Sarah and I have experienced a feeling for infinity, and this produces awe, reverence and deep emotions. We have an obligation to work as a group as activity to help.

Of a certainty, it would be of value.

Liz: Am I part of the Entity with Gene, Sarah, Elizabeth, Ellis, Alice, Henry Wadsworth Longfellow and Robert Oppenheimer?

Yes.

Maxine asked if part of her Entity were here?

She is a Fragment of the Entity containing one now here present.

Ted?

Maxine is a Fragment of the Entity containing Ted.

David is a Fragment of the Entity that contains the student Shirley.

Maxine felt that she had had no previous experiences with David.

That is valid, but now examine the common linkages.

Liz in trance:

You all exist in a state of love. It is merely the acknowledgment that is denied. We will amend our previous statement to say love recognized, accepted, and acknowledged with one is love of all. That is Agape. You refuse, for various reasons, to know when you are loved. Therein lies the dilemma. Often, it must be an intensely personal experience before it can grow and envelop all of life; which, of course, already lies awaiting your love. Awake to the reality, or rather the truth, of the oneness of all that lives.

15 January 1975 — Wednesday

Location: Oakland, California

This was a private session with Carolyn, Gene, and Sarah.

Carolyn: Do Gene and I have any Sequences together or Karmic ties?

Many times in the past, you and Gene have been friends, just as have most drawn by bonds to this [OMG] cadre. This is the first time, however, that there has been an opposite-gender attraction. This was partially determined by the agreed-upon Sequence.

Carolyn: Which was?

Once in the past, you were on opposite sides in a major conflict, but even then managed to cross the lines long enough to establish the recognition. In this life, the Agreement was made to facilitate the student Carolyn's search for the [OMG] cadre and thus growth.

Carolyn: So this is the only Agreement and it is fulfilled?

An Agreement can be considered fulfilled only if there is agreement and mutual satisfaction.

Carolyn: I have no Agreement to do anything for him?

In a sense, the Agreements made benefit both parties. In the long haul, this will be evident. Remember that the conflicts felt are the result of, first, the individual belief systems, which are part of the Mechanical Man, as well as some rather rigid master Tapes on the part of both students.

Carolyn: Will this recur if I allow it to?

If you allow it to, and if he persists hanging onto old patterns, yes.

Carolyn: Where is this coming from?

First of all, we do not recommend rigid structured male–female relationships where there is no room for blooming or growing, if you will. But we do recommend that if you accept the more open approach [polyamory], then you select for yourself those partners who understand this approach and seek it themselves. This type of an approach can come from a quite enlightened and Balanced space, but in you, there is still much fear of repeating old patterns and finding yourself again cut off from the path.

Other insights into the relationship of Carolyn and Gene?

In this culture, unfortunately, once a firm commitment is made in relationships, the partners often undergo a startling change in their interpersonal relating, to the point that living becomes so strained that they begin looking for the escape route. Of course, this stems from imprinting and the lessons learned insofar as what may be expected in an ideal mate is concerned. You are perhaps more aware of this than most and seek to avoid the “tender trap”. With a committed student, an interpersonal relationship “should” be free from this danger. Ideally, it would be, but the other student at this point in your growth would not satisfy your projected needs.

Gene, you must still verify for yourself the fact that no one person can possibly fulfill the needs of another Personality. You have come to this knowledge intellectually during the past year. Now, what you must do is to truly feel it emotionally at many levels. The Personality searches for the ideal.

In your culture, the desire to seek out a permanent mate on a one-to-one basis is still largely predicated upon the loneliness and isolation that the technological society breeds. It is a terrible price to pay for civilization, for in the long run, especially where there are far-reaching legal ramifications, it breeds discontent and much needless negativity, and thus much wasted energy, which could be used for [spiritual] growth.

Gene, above all, tranquility — or at least a measure of it — is needed for growth. This tranquility must come from within, never from externals, for the latter is a false tranquility, and any third force can destroy it, utterly shatter it, in the twinkling of an eye.

Now we do not speak entirely against the custom of marriage. It is that we do disapprove of it being a legislative imperative. We would speak of rather personal contractual commitments. This, of course, is an alternative to the more open approach, which we have often recommended for advanced students. This latter works only in the presence of a high level of Balance on the part of all concerned.

Carolyn: My problem is in not accepting Gene's inability to be with me — his care level.

We would say that both of you have enormous expectations of each other, certainly not only the student Carolyn but also Gene. There are expectations on the part of Carolyn that the relationship will be progressive, while there are expectations on the part of Gene that the relationship will remain intermittent. Unfortunately, in keeping the relationship intermittent, Gene feels forced at those points to undergo a “cooling off”. This results in the rather real rejection that Carolyn perceives at many levels. There is some real rejection going on at those times. It is not all erroneous perception. It would be possible to establish a warm and close constant relationship, only if the fears of both could be erased. Gene must begin to perceive his own tendency to fluctuate in the intensity with which he gives of himself. In the Balanced Man, there is no fluctuation of this sort. Carolyn must begin to look at her short-term goals with this [OMG] cadre and decide if her commitment is there or if it is on a more personal basis. If it is the latter, then she must discover why and what expectation of hers have led to this. If the former, then the support of the brothers and sisters [in the cadre] can become adequate during those periods of vacillation. For one thing, with Gene, others will feel the fluctuation in the close living afforded in a commune. They will not hesitate to Photograph this.

In the climb toward Balance, Gene, this is one of the very real lessons that must be learned. Balanced Man is, above all, constant in his relationships. This constancy stems primarily from a lack of fear, for Balanced Man knows that he cannot be “trapped” by another less-Balanced Personality.

In true Agape there is, of course, an intensive, constant flow of love and caring from one to another. The Personality rejects this out of hand, of course; it cannot even admit the possibility. That is why it is so difficult for you to photograph yourself intermittently dispensing affection in your interpersonal relationships. This is not

limited certainly to Carolyn. Most astute brothers and sisters feel this cool wind blowing and they are sometimes more able to separate from it, only because their expectations are less, or at least different. At least one other student has revised his expectations to coincide with the observed fluctuations.

Carolyn: I am uncomfortable in the relationship when Gene puts restrictions on it. I haven't done that [put restrictions on Gene].

When students in this teaching leave the school, it is usually for this kind of reason. Few leave because of discomfort with the teaching, but you see, this culture places such an enormous value on the quality of individual relationships that it is almost impossible for the student still struggling with Balance to separate from this in a confined relationship such as a resident school or commune. To see this and choose to separate from it as a task is a strong sign of progress. To choose to separate yourself geographically is not wrong, if coming from a positive place. That is, if the probable resolution of the conflict comes with the separation. This would be in the case of Overleaves in conflict, surfaced anger and violence, *et cetera*. Otherwise, you run the enormous risk of never resolving the conflict and setting up the same pattern again with another set of circumstances and players. If the conflict can be resolved here, it will result in enormous growth on the part of both of these students. For instance, if Carolyn were to look at her feelings of self-worth and worth to the others in this cadre and if Gene were to look within himself for the strength necessary to maintain a constant flow of warmth without the necessity to flee before the threat.

Carolyn: I refuse to continue with this unresolved thing, to be put upon or shit upon.

There is, of course, the risk of involved game-playing developing — of the “No, please allow me to make the sacrifice,” if this is carried too far. This is a risk one always takes when one tries to convince another to retract a valid choice. Even if there is a game being played on the part of the one making the choice, the choice must still be considered valid. Often resolution comes about in a strange way when one makes a choice from a far-from-ideal space and then Photographs Chief Feature keeping him from retracting that choice and admitting that it was from a less-than-ideal place. We have recommended that you not burn bridges. In this case, we would certainly reiterate: leave the door open, because, you see, on many levels you are far more committed to the Work than you understand. The Work has in fact penetrated deeply into your entire life structure, to the point where total separation would be difficult.

Carolyn: I don't feel I am playing a game. I haven't said I am burning any bridges.

In very advanced students, there is a degree of detachment from the master Tapes that sometimes works against them in strange ways. For one thing, it sometimes makes them unaware of behaviors that are still continuing on lower levels, mostly by rote, to some degree. There is always, until Balance has been achieved, the risk of slipping back into these behavior patterns. In this cadre, there are students at all levels [of spiritual growth] and you can observe this easily. In society, most contracts and most interpersonal relationships are based upon manipulative behavior patterns. In the male-female relationships, this is especially apparent. In this cadre, there is an increasingly low level of this type of behavior, but in this case we do see some evidence of manipulative behavior on almost an entirely instinctive level, with detachment from the feeling of wanting to manipulate.

On whose part?

On the part of all concerned. You see, in the structured male-female life relationships, there is a conscious desire to manipulate the other toward the desired aim. In this, we see nothing that overt; there is not a true desire. In fact, we would say the opposite — a desire not to. But in the behavior being exhibited by these students, there is evidence of the same patterns seen in the more overt societal relationships. If this can be looked at by both and be verified, progress will be made.

Facilitating growth can be a difficult Sequence, for it entails far more than simply being a “friend” — in the accepted definition of friendship. The desire to complete the Sequence should not in any way destroy the closeness of an interpersonal relationship based upon a commitment to the work. But until each of you is able to look at your own fears and conflicts in relation to each other, this is a real danger too that you face.

It is true, Gene, that you have brought many to the door, but at many levels, you must still walk through that door yourself, and until you do you will continue to feel the confusion.

Carolyn: Is it possible to relieve someone of an Agreement made?

Yes. They must also wish to be relieved for it to be a permanent and comfortable Agreement.

Carolyn: Did I agree to help him or just him [agree] to help me?

Not so much to help you, but in many ways to free you for this without entrapping you with his own expectations. You see, facilitating means making it possible or probable. He did not Agree to be your teacher, only your facilitator.

Carolyn: If I agree to relieve you (Gene) of the Agreement, then that takes care of your Sequence.

Carolyn: Other comments?

Only that we would, whatever your choice may be, hope that our choice to stay in contact will not be ignored.

Gene: Other comments for me?

We would hope that you will reflect upon those Photographs that we have made of you and use them to facilitate your own progress within the next several months. This could be an extremely exciting transition period for all serious students. It could also be an emotional disaster for those unwilling to effect the necessary change.

16 January 1975 — Thursday

Location: Oakland, California

Present: Donna and Bill, Liz and Ted, Sarah and Richard, Alice and Dick and Rick and Cheryl, Sue and Dwight, Carolyn, Lyndon (new), Abdullah, Beverly, Louise and Allyn and Leslie and Glenna, Narra, [Narra's son] John, Shirley and Glenn, Delia, Maxine and David, Ralph and Mallory.

Comment?

Only that we would be gratified if indeed what has transpired this evening is converted into dynamism and becomes reality. It will, of course, require a high level of commitment and also trust level of which we speak. But we do not say it cannot be done. Some have chosen already. Perhaps more will choose when they can verify the risk involved is minimal in terms of return.

Narra: Torn between her husband [Robert] and the group. What is the Sequence with him? Is it complete?

To be complete, a Sequence must be satisfying to all concerned. That is, all involved must be put to rest. In this instance, it is not.

Narra asked for more information.

Just imagine how easy it would be for you to accept Robert's Rejection [Goal] were it not for the Mode you selected. [Your] Repression [Mode] automatically erects a barrier between you and the Positive Pole of your Goal [Acceptance]. To scale this barrier is a significant feat. You have begun to feel this change and are on the way to verification. It is not an easy lesson. The block or barrier stems from the Mode of Repression. Even the Acceptance [Goal] of one [such as yourself] who has chosen this Mode is repressed. To find the ability within to feel +Agape [the Positive Pole of Acceptance] in spite of this, [is a] formidable task and it requires a yardstick to measure the progress. The ideal yardstick, of course, is the polar opposite, in this case, one in Rejection [Robert's Goal]. For you to go to and remain in the Positive Pole of Acceptance requires much work and you are still not entirely able to work from there. This is simply another Balancing tool that Older Souls often choose. It would be possible, for instance, for Robert to choose to utilize the same tool [Balance] were he so inclined. This is usually possible in all Sequences; that is, the motive can become easily the motivator. Of course, the hallmarks of the Negative Pole of Acceptance [–Ingratiation] are conciliation, placation and ingratiation. Do you now have the feeling for the fact that in most souls not acquainted with a teaching that the Mode stands forever as a barrier between the Positive and Negative Poles of the Goal? No matter how exalted that Goal may be, this principle stands between all Modes and Goals. We would say so, yes.

All Teachings?

A comparable teaching that has as its goal Agape through Balance. It may be Gurdjieffian in origin or may have true religious grounding, as long as that remains as the goal (Agape).

Balancing seems to involve more than just Centers. Other Overleaves?

Not only can Mechanical Man not "do," but he also cannot think, and if this is denied, how can you possibly choose to change an Overleaf? All that Mechanical Man can possibly achieve is the continual playing out of the master Tapes around the beliefs. A good beginning would be for each of you to look within and discover, once and for all, those hard-core beliefs that are running your life. Then, stand apart and listen to Mechanical Man

play out the Tape. It will be enlightening, to say the least. For each belief, there is a Tape: a master Tape for each core belief, an auxiliary for each auxiliary belief. In the latter case, many are Tape Loops.

Narra asked if we had some "good" core beliefs.

You have some core beliefs without which you could not [physically survive], yes.

Dick: Are these the only legitimate ones?

These core beliefs and master Tapes are the property of the Personality, and aside from the rules for survival [of the physical body], are unnecessary. The Balanced Man is flexible above all. You remember the teaching of the man Robert [Burton] insisting that you learn to turn on a dime. By becoming Balanced, you replace the master Tapes with [conscious] thought [versus unconscious thought, feelings, or behavior].

Dick spoke of realizing that as you get older, you get tired of thinking Tapes [and emotion Tapes] and action Tapes.

Mallory asked about a decision she and Ralph are trying to make about moving. Is now the best time? They are hung up on issues.⁸⁹²

Always, we would recommend a change of patterns only if it comes from a positive space. This would, of course, mean that you both were in this space and could see the change as opening, rather than closing doors. As long as one of you holds onto the latter, it will only result in one giving way to the other. This, of course, is a bad place to move from. For you, the change could be quite positive. Resolution of this conflict could be brought about by less intellectualization and more expression from you, Mallory, on these emotions you only have begun to surface. Perhaps, this would lead to some rather surprising insights about what still remains hidden in your relationship. Perhaps, you may choose to no longer hide it. It, or rather, all still hidden in many relationships stands in the way and acts as a permanent barrier to Agape, even on that level, to true cooperation. Most life relationships resemble icebergs in that most truth about the partners remains hidden below the surface. The partners then attempt to modify their behavior around what they perceive as the expectations of the other and what they have set as a goal. We see vestiges of this behavior in all of you — not certainly you alone, but all students here present. True, you have expressed, but you have been received intellectually, and to a certain extent even rationalized your emotions.

Mallory: Michael stated I have not expressed emotions. I think Ralph has some unexpressed emotions also.

Oh, yes, that is entirely valid. He also has much of the ice beneath the surface, and it is also valid that when a wish becomes "an imperative", it must be acted upon in some very concerted fashion or you run the very real risk of erecting another block around that imperative.

Abdullah asked about Jack Schwarz.⁸⁹³

The "ways" of Gurdjieff can be differentiated primarily by their level of visibility. The "way of the Fakir" is, for instance, a highly visible high profile way, while the "way of the Monk" is almost invisible, low profile way. The esoteric or hidden teachings are, of course, the most invisible lowest profile way of all.

This man is highly visible. (He is a) Fifth Level Old Sage in Dominance, in the Passion Mode, a Spiritualist with a Chief Feature of Arrogance. Yes, mostly Mercurial, some Saturn, in the Emotional Part of Moving Center most of the time, but able to move into both the Emotional Part of Intellectual Center, and at times, into the Emotional Part of Emotional Center.

We asked for clarification of "visibility." Most visible are often mostly in False Personality.

Visibility is not necessarily related to Mechanicity. Visibility in the case of a teaching such as this could come from the Essences of committed students, willing to share their space with others. This cadre is by no means all together. If you do succeed to begin to "peddle your wares," for instance, you will find that many of these still missing will find you.

Please comment about Uri Geller.

We would agree that he is both visible and Mechanical.

Richard: How do we avoid that?

⁸⁹² Mallory and Ralph eventually married and moved away.

⁸⁹³ From Wikipedia: Jack Schwarz, N.D. (April 26, 1924 – November 26, 2000), a pioneer in holistic health education, was a naturopath, minister, author, humanitarian, and philosopher. His long career concentrated on integrating the whole person in body, brain, mind, and spirit. He founded the Aletheia Foundation in 1958, which is dedicated to self-health research and education. He distinguished himself as an internationally-recognized authority on voluntary controls of internal states and human energy systems.]

By continuing to climb for Balance in the way we have outlined and by continuing to look within for the motivation. To become visible merely to reach for [aspire to be like] the Sage would be Bad Work for you, Richard [an Artisan]. On the other hand, surfacing to spread the teaching would not.

19 January 1975 — Sunday

Location: Walnut Creek. Private or special session.

Present: Steve [and] Jane, Patricia, Elizabeth, Alice and Dick, Sarah

On erasing tapes ... to achieve Agape eventually ...

One thing we might suggest that perhaps could be a start at least, would be to determine those core beliefs in you regarding your ability to achieve a state of Agape or consciousness. When the belief is brought to the surface, often the tapes that accompany it are clearly heard for the first time. For many reasons, this process is more effective if performed in a group setting, as quite often it leads to what you might term psychic surgery. You have only an inkling of the strength of these master tapes and the hold they have over you. Only when they are found played out and discarded does serious accelerating begin. Once the process begins, however, it does have a tendency to snowball, and it is difficult, if not impossible, to slide back into old patterns once the tape has been erased. Sometimes, the behavior patterns continue for awhile, but even they eventually cease, as there is nothing supporting them. By the way, you are quite correct in assuming that you have both negative and positive programs on all of these and that you do play them one against the other, constantly.

The sexual Tapes are only strong in the culture because of the spectacular expectation placed upon this simple biologic process, while ignoring the tremendous energies available through the Sexual Center if it can only be tapped. When you once tap this energy and have a taste of it, of course you want it again, and it can be yours, but only after you release all of the unreasonable expectations placed upon the physical act itself and on the partner, and take responsibility for your own experience. We have said this before, but cannot emphasize it enough.

For you, Richard, in order that this be of help to you, several events must take place. First of all, you must give this cadre permission, something that they do not now feel. In other words, you must place yourself in the student role in such a way that they feel this from you. Otherwise, the group process will only be another session of bullshit. Then you must make an agreement with both yourself and the cadre that you will not stop the process at the point of break-through, as you have done in the past. You must promise your essence the experience it wishes to have, in other words. We admit this is a scary proposal, but it is a way and it does work. This is not to say that you cannot at a later time, even the same evening, resume your leadership role. But for the time set aside for a Tape-playing, you must be a student. Merely revealing yourself in this fashion will boost the trust level tremendously, as this is a side of you that not many of the group has been privileged to see. Many students regard you as a teacher, much more than a student, and most are reluctant to Photograph for you while not for themselves. We have knowledge sure and certain that this cadre will be positive toward such an experience and will welcome it.

I'm curious about the Negative Pole of Growth [—Confusion].

A scattering of attention, the relentless search for the answer to a not yet formulated question, the quest for spiritual experiences without any clear-cut feeling or intuition as to what that might be. Students in the Negative Pole of Growth often go from group to group for many years not knowing for certain what it was that the experience lacked, but knowing that they did not find it. Many in the Negative Pole of Growth become quite prominent philosophers; the man, Emmanuel Kant, for example. Many others go from religion to religion for surcease from their internal torture. In addition, they fight any real growth within themselves with [whatever is] the degree of strength provided by the Mode.

What characterizes the Negative Pole of Dominance [—Dictatorship].

First of all, the soul in the Positive Pole of Dominance is quite a nice soul to be around during a crisis, as this is the quiet, take-charge, do-the-job type of Dominance; the one who can come in, size up a situation and restore order out of chaos and then fade away. The soul in the Negative Pole of Dominance merely blindly seeks to dominate the immediate situation: his relationship with others, all facets of his life. He is unhappy if he feels that he is not "captain of his own ship." He is skeptical of the decisions of others and usually unwilling to act upon the suggestions of others, preferring his own, even though they might be disastrous. The woman in the Negative Pole of Dominance is the most tenacious of all in hanging on to the control of her children long after

they cease to need even any advice. She seeks to mold their lives and their character, convinced that she is right. The soul in Dominance finds it difficult to delegate authority, even if it means more work for himself.

SRG Steve (law student).

Steven is a Sixth Level Young Sage in the Passion mode, in the Intellectual Part of Moving Center. Mostly Mercurial but with some Jovial modification, an Idealist in Growth. As for the Chief Feature, this young person still fluctuates a great deal between Martyrdom and Impatience.

Patricia: What accounts for the uncomfortable situation when I'm around my daughter?

Extremely incompatible Overleaves here; not so with your son. It would be good for you to acknowledge this with her and suggest alternative living situations. Unless you allow your own growth, Patricia, you will never be friends, as in life the Overleaves abrade.

SRG: Jane (law student)?

The lady is Fifth Level Young Sage in Observation, mostly Lunar, some Jovial modification, in the Intellectual Part of the Emotional Center, a Realist, yes, in Growth.

Jane asked why she blocked memories of her mother who suicided when she was 12.

The lady blocks her memories of her mother primarily because of the level of resentment over the mother's abandonment. This is, of course, not a nice attitude to have and must be hidden. Realize that it is natural to resent this cop-out and we would be surprised if she did not.

Jane asked if she needed to acknowledge her own resentment. She then asked why she and her boyfriend fought so much.

The level of enthusiasm and diverse interest, most of the time. Both of you are extremely verbal and independent.

What is needed to calm?

If the desire for tranquility ever overrides the excitement now derived from the scrapping, then the work can be done merely through Photographing your tendencies to spar for dominance.

Jane: I'd settle for equality. I do not want to dominate.

Equality here would be a rather crowded, explosive pedestal.

Jane: Does that mean that someone is supposed to dominate?

Not at all. It is simply that at this point in your lives, it is the battle for dominance that provides the excitement and not that which is achieved. It would be an uneasy truce should one of you decide to capitulate.

Jane: Is it worth it to stay together or is it to be an affair of months? Is there any Karma here?

You are not Essence Twins nor are you Fragments of the same Entity, but basically like each other. Whether or not you decide to devote the energy is another question again. Unless you wish to pursue the spiritual path, the drain is not that great.⁸⁹⁴ Should you choose to examine [spiritual] growth at a later time, then you might wish to examine the energy loss. We will say that this relationship will never be dull or prosaic. Nor will it ever be calm. There is no Karma here. The man is a Fragment of the Entity that contains Christopher.

Patricia: In what direction do I need to grow in order for me to be compatible with my daughter.

It would take close pursuit of what we have outlined for these students here present. Were you able to let go of your negativity and maintain a high level of acceptance of her, then she would cease to regard the relationship as abrasive. Many of your Overleaves are incompatible in life, and only in a Teaching do these become workable. Usually in life, they merely continue to frustrate and confuse. Perhaps you could examine your own anger from the standpoint of your own internal energy drain, and in this light bring yourself to a more calm acceptance of this King. Now, there is little acceptance and constant frustration. Only through striving toward Balance can you truly eliminate this. By more conventional means, you can always delude yourself into thinking that you have reached acceptance, but you are only erecting a barrier around your non-acceptance and adapting your behavior accordingly. Behavior thus adapted results in an enormous drain in usable energy. Society, you see, dictates that you must love your children, and in order to do this, much adapting must take place, even, in some cases, to allow them to live in the same home.

Patricia: I do not want to lose her. I feel if she were to leave now to live elsewhere without some resolution, she will never be able to be friends with me. Patsy has said she is afraid of me because I am "ballsier" than she. Is she really afraid of me? (It was suggested that there might be some Karmic Ribbon here.)

⁸⁹⁴ An incompatible mate can prompt much learning and growth, but can also be a drain and a distraction for someone who gets on a spiritual path. People in such situations have evaluations to do and decisions to make.

There is not a Ribbon here, but this is a Sequence to complete a Monad that must be completed in the Mature Cycle. It is sometimes a difficult one and many times failed. The child is not truly afraid, no, but she does perceive anger and suppressed violence and does not enjoy it when this is directed toward her as she would certainly fight back if the chips were down. This she perceives as somehow wrong.

Jane: Is there some way I could get closer to my father in this life?

We would say that it is quite a bit involved. This is a Fourth Level Young Artisan in Dominance, in the Observation Mode, a Skeptic in the Emotional Part of Intellectual Center; much more yin than yang, and the reverse is true in his Exalted [Role?] daughter. Of course he feels threatened. In fact, he is terrified of being dominated by this lady. It would help perhaps if he could look at this in himself, but that is doubtful.

25 January 1975 — Saturday

Location: Oakland, California

Present: Narra and Robert, Joan and Jim, Shirley and Glenn, Sarah and Richard, Donna and Bill, Liz and Ted, Alice and Dick and Victoria, Maxine and David, Leslie and Denise, Tom K (new), Ethel and Dorl (new), Ralph and Mallory, Sandy, Cherine, Elizabeth, Eugene, Jackie, Dusty, Joyce S (new).

Joan asked if we can ever experience total death of the False Personality. Are there lapses [back into False Personality]? Does it always continue?

There are instances that we remembered well where there has been total death or extinguishment of the False Personality, concomitant with the emergence of True Personality of the Essence. This was indeed gratifying to behold, but it happens rarely on the Physical Plane, even in Adepts who are at a high Level of Being.⁸⁹⁵ They must be constantly alert to prevent the instinctive behavior reactions of the False Personality from sneaking in.

Joan asked if the Essence has a Personality. Does this relate to the Positive Poles [of the Overleaves]?

In order for the True Personality to emerge, the student must be in a firm [unperturbable] state of Balance, and if the Centers are Balanced, all work will be from the Positive Poles of all Overleaves. In fact, at that moment, the whole concept of Overleaves becomes obsolete. Balanced Man is not a victim of his Overleaves any longer. This is, of course, why the Work is to strive for Balance, and why we attempt to effect those exercises that will allow you to choose the Work you need tailor made.

Joan commented that she thought she had perceived her Essence while in hypnosis to be fragile. Was this a valid perception of her own Essence?

In the Essence of the student Joan, there is an undeniable quality of softness of which she is well aware, but we would certainly not consider this fragile.

The True Personality of the Essence is, in fact, tough enough to withstand anything the Physical Plane can throw up as barriers. Students expressing the higher Centers can, for instance, withstand physical torture that the Personality would buckle under in the first five minutes. This is readily observable in the behavior of some Adepts under fire.

The False Personality has difficulty differentiating between conditions such as fragility, softness, and the like. These are called by the culture “feminine” characteristics and therefore there is a tendency to lump them all together and perceive them as the same. The False Personality is perhaps the most fragile, as it is one that can be extinguished. After all, the True Personality cannot be, no matter how deeply you bury it in “bullshit”.

Dick asked about Centers ... disturbed that his concept of Centers is so hazy. What part of the brain would correspond to the Centers? Is it a set [part], a gestalt [whole]? Or what?

More than anything, this [Centering *per se*] can be seen as an appropriate reaction to the situation. In the case of the lower Centers, it means that there is no leaking of energy and fatigue buildup as a result. You see, if you respond to an intellectual situation with an emotional reaction, it is usually totally inappropriate and it comes not from Emotional Center, but usually from the Emotional Part of the Center in which you spend your life. If you respond to an emotional situation in a Moving Centered way, there is a tremendous downward relegation of energy and fatigue follows. You can readily determine wrong use of Centers in yourself by the way that you feel after the situation has passed. If you are tired, angry, or any of those negative things, you can be sure that wrong use of Centers is to blame. If you feel high, elated, joyous, *et cetera*, then perhaps good use of Centers has occurred. Any situation that produces a negative reaction is wrong use of Centers and therefore Wrong

⁸⁹⁵ “Level of Being” is a Gurdjieff term for the level of spiritual development.

Work for students on this path. This is why we ask that you look at your negative reactions, even in retrospect, and determine what happened to your energy when you expressed. Centering or [rather] Balance is, above all, appropriate. That is what it means — the loss of all of these unreasonable[unaware, unconscious, automatic] lapses in the volition. When you react negatively, you are certainly not in control — your [unconscious, automatic, “mechanical”] False Personality is in control. The True Personality of the Essence merely looks at the script and makes the appropriate response at the moment it is called for — from the Center equipped to handle that situation with dispassion.

Dick: In reading Penthouse Magazine, I had a negative reaction ... I felt wrong ... seeing the Negative Pole of Sexual Center?

We would agree with that, but also the most Negative Pole of Emotional Center.

Dick: I feel the only route to Positive Pole of Sexual Center is love.

We have no quarrel with that, either. The only ecstasy that we know of occurring during the sexual act has occurred in Adepts who are Balanced and who do express Agape.⁸⁹⁶

How can one tell whether one is in a Negative Pole of an appropriate Center, or if one is in the wrong Center entirely?

Whatever portion [Part] of a Center provides an enTrapment for the soul who is still a victim of his Overleaves becomes the Negative Pole of that Center. All Creatures of Reason have this in common — you [personally and individually] are not alone. This is, for many, a no-exit situation and becomes Wrong Work, but still not wholly inappropriate, as in the example given. It is still an emotional reaction to an emotional situation or a sexual reaction to a sexual situation. We would call it unschooled rather than inappropriate. It is not inappropriate, for instance, for your children in this culture to giggle at salacious pictures and this is an appropriate reaction from an unschooled Center.

In order to become successful in life in this culture, it is usually absolutely necessary to act out of the Negative Poles of Centers. In order to survive, some of the Negative Poles of the Overleaves produce behavior that is laudable by the culture. For instance, mothers in the Negative Pole of Dominance [–Dictatorship] are often admired for their unflagging devotion to their children. However, what produces success in life produces failure in a Teaching, for the very visible reason that the goals are diametrically opposed.

Leslie asked for a comment on something new happening within her. Is it awareness of mis-Centering or is it learning to use the correct Center?

You are now beginning to Photograph wrong use of Centers in yourself and others. It is still a bit retrospective, but it is Good Work. In order to use the appropriate Center, you must be constantly alert. The exercise suggested by the student Thaddeus would help in this.

(Thaddeus plans to work with us [for] one hour during the next weekend together.)

In order to use the appropriate Center, you must be ahead of the game, at least ahead of your human brain, the great computer that plugs in all the Tapes.

Leslie: What can I do differently to help through this block? Is there anything to help her?

Suggest the exercise to her.

Is there a correlation between energy Centers and chakras?

When one becomes Balanced, there is tremendous correlation, yes, for you feel the use of the energy in these spots described as, or called, chakras with the higher Intellectual Center being, of course, analogous to the highest chakra or the chakra of liberation that places it above the physical body. All the chakras would be felt as energy Centers, yes. At the moment that the Emotional Center was responding to an appropriate situation, this would be felt in the “gut” chakra.

Jackie asked about an experience she had about twenty months ago. It was an awful experience — she felt as if her mind had totally went away. It freaked her out. There was a tunnel and she was unconscious.

The experience of nothingness and dissemblance is a common one, for students still see themselves as alienated and alone. Even though you have a close interpersonal relationship at the present moment, at many levels, there is still much fear in you of being alone or symbolically cut off from the rest — in a tunnel so to speak, able to see, yet unable to touch. As long as you feel that alienation from those close to you, the use of these expanding techniques will occasionally produce these bad results. You have conflicts, yet, about those with you forging ahead and leaving you behind. Give them up and you will give up your tunnel vision at the same time. You have as much ability to make the choice of growth as they have — you need only to make it.

⁸⁹⁶ Statements elsewhere [where] indicate that close kindred souls who are not Adepts can experience ecstasy via sex.

Louise: I would like to ask about my niece's experience with a strange lady, who told her things about herself. She said she was psychic.

The lady is a Mature Soul who does have some developed psychic energy at her disposal, but mostly she uses her enormous perception to make educated guesses.

Louise asked if she was from another planet.

No.

Question regarding part of the group that experienced something with hand clasping to tell whether they were predominantly yin or yang.

It is a phenomenon of genetics such as the others suggested. In this group, there is much more yang influence than yin. Therefore, if your hypothesis were correct, there would be a higher proportion of the opposite phenomenon.

Mallory: During meditation, her cat had settled on her lap; observed that she experienced the top of her head on the left side. Why? What is this sensation?

The animal's attraction is to the positive energy being expended. These sensations are neurological and directly related to the energy exchanged. In other words, you receive a shock.

Is it an exchange of energy?

Oh, yes, it is an extremely positive exchange.

Why do transcendental meditators tell their students to meditate in the absence of animals?

The interpretation of these sensations is that of a distraction, which it sometimes is. If you wish to exchange this with the cat, you must learn to look at it as not a distraction.

Mallory: Why is the sensation on the left rather than on the right side.

Only that that happens to be the neurological pathway involved. The cat settles in a more or less pre-selected spot each time and delivers the energy up the same pathways. Sometimes, this is merely a comfortable spot for the animal and it goes back to it time and time again.

Thaddeus asked for a comment on his growth during the past few weeks.

We have no quarrel with the work in movement. In fact, we regard it as significant. Those areas that are producing the question are the areas needing the work. Continue with the Moving Centered activities. Also, continue with your explorations in working with younger students. In fact, working directly with younger students rather than with the authorities is even better work for you.

Ralph: I had an experience influenced by [the book] Tales of Power by Carlos Castaneda. I was perceiving personalities of people in shapes of an egg, a mushroom, colors spinning and colors flashing. I had some appear in ways similar to others — saw similarities never before seen by me. I felt like I was seeing Overleaves, not translated images into words. Was this a valid experience?

What makes an experience such as this one so fascinating is that the ordinary person in life never is able to perceive the whole of another self. You ordinarily perceive only that part of the other that he wishes you to see at the moment, especially in life, where proper forms mean so much. We do not question the validity of the experience, but acknowledge the fact that your skepticism forces you to question it, and that is certainly not Bad Work. In fact, we would sometimes applaud a little Skepticism on the part of this cadre's Idealists. It is when you begin to attach great significance to rather mundane experiences that you fall away from the teaching and into the Glamorous false side of the occult. However, when a verification comes in this fashion, it cannot be ignored. It would be Good Work to apply concentration to those similarities that you observed.

David asked for an SRG on [his daughter] Iona. Have I known her before? Sequence or Karma?

This is a Second Level Old Sage in the Observation Mode, an Idealist, not entrapped as yet, and with no Chief Feature manifest, with a Goal of Acceptance.

Yes, he has (known her before). They have been sisters once and the child was once his favorite uncle.

David: Comment about the favorite uncle, please.

You were male in that life. The relationship was very close. Your own father, who was the brother, died in battle and this man raised you in his home, in spite of the fact that he had ten children of his own. You were his favorite, also.

Thaddeus: SRG on Jade (guest of Thaddeus).

This is a Mid-Cycle Mature Scholar in the Caution Mode, in Growth, with a Chief Feature of Stubbornness; a Spiritualist, now Intellectually Centered, not yet enTrapped. Mostly Lunar, with some, but not much, Jovial modification.

30 January 1975 — Thursday

Location: Walnut Creek, California

Present: Sarah and Richard, Alice and Dick, Cheryl, Rick, Maxine and David, LeslieR, Beverly, Louise and Allyn and Leslie, Narra, Shirley, Joan and Jim, Eugene, Gene, Carolyn, Billie, Thaddeus, Dennis, Donna and Bill, Edgar, Connor, Jackie.

Carolyn: In hypnosis, she experienced something that seemed like a skipping from one lifetime to another. True? Also, experienced a feeling of physical expansion and feeling very small at the same time.

In answer to the latter question, while in the hypnotic state, the person experiences both the Astral and Physical Plane in an incomplete symbiosis, and thus the distortion of physical boundaries with the accompanying unpleasant sensation. This same applies to all other instances wherein the Astral Plane is experienced in the waking or the trance state, where the Personality remains vigilant.

Yes, there were many memories crowding into play here. Many times, this does happen in regression, which does much for discrediting the experience to those wishing to discredit. When this happens, you can always go back to the starting point and move forward more gradually, for instance, day by day, until you are thoroughly oriented to that life you wish to pursue.

Incidentally, this form of remembering is far more valuable than myriad transmissions of information from the Akashic Plane. The experiencing of the past directly through recall triggers many more insights than receiving this indirectly from this Entity. You see now that by our reading of this into your memory banks merely facilitates the manufacture of a new Tape.

Did Carolyn experience the united Fragments of her Entity?

Yes, it was.

Carolyn: Why is it so cold during hypnosis?

If you wish to have heat on the Astral Plane, you must create it for yourself. Heat and cold do not exist as you know them on the other planes, but you do experience the absence of heat or cold, as that is as far as Mechanical Man's imagination will stretch.

First, a comment. Most interesting of all is the fact that the student Carolyn studiously avoided all contact with this Entity [Michael] — even though this took true talent and will. The best method we know of for allowing yourself the forward movement is to balance the gains against the possible losses, as the student Gene has suggested. You will only lose the body if the desire is great enough and then there will be no feeling of loss.

What is difficult for you all to comprehend at this point is that there could be forms of living just as attractive as being in a physical body. Those of us who no longer have the call to reincarnate on the Physical Plane, do not mourn this. Only Mechanical Man, of all creatures, regards death as a punishment.

Gene asked a question about a book he is reading, written in 1860.⁸⁹⁷ He asked about the book's reference to Atlantis.

The information contained in this volume is for the most part a fairly good description of the civilization of which you were a part, embellished by time and the medium's bias, but still fairly good. This was an advanced civilization that would have had interplanetary space travel within fifty years of the time it was destroyed. The source [channel] at that time was Astral, many Fragments [of] which have been since reincarnated. Of those who were Mature Souls at the time of the destruction of Atlantis, many have waited these many centuries for a similar time frame in which to experience out their physical lives. The same is true for all who were Older Souls at that time. Most of you were Baby and very early Young Souls at the time, and it was necessary for you to experience some of the interim.

Question about antigravity devices: Did they have them in Atlantis?

Yes.

Are there any physical marks, e.g., an "M" on the palm, to show who were Atlanteans?

⁸⁹⁷ This might be referring to *Atlantis: the Antediluvian World*, written by Ignatius Donnelly, published in 1882: >https://en.wikipedia.org/wiki/Ignatius_L._Donnelly<.

There is no distinctive physical mark, but all of those with Atlantean memories will seek a teaching.

Was there an Infinite Soul manifest in Atlantis?

The Infinite Soul did not manifest in Atlantis, but the Transcendental Soul manifested three times.

Louise had a reading last year and was told she was "Temah" in Atlantis. Was this male or female?

This, or a word similar to it, was not a proper name, but a title: that of priestess.⁸⁹⁸ In this case, "keeper of the word." You were female, yes, and because of the annals, did not predict a cataclysm. There was widespread disbelief. You see, at that time more, but not enough, credence was given to the power of intuition. Obviously, though, it was not enough to prevent the destruction of what was then [the] civilized world, even though it was within their grasp.

Louise said she saw a white door in meditation with gold and emeralds. Was this associated with Atlantis?

In part; also, the student Alice has a similar memory of a stairway in her home.

Dick commented that not just an earthquake could sink that much land, that it had to be something more.

But a shifting of the magnetic poles could.

Dick asked if the people in Atlantis (their activities) caused the poles to shift?

What was the capital of the Atlantean civilization lies buried beneath the northern tip of Greenland.

Are the Basque⁸⁹⁹ people a remnant of Atlantean culture?

Small scattered bands of survivors did appear on the European continent. This was one, yes.

SRG on BarbaraS: Saturn / Venus, Scholar, Caution, Acceptance, Realist, early Old, Stagnation?

This is a Third Level Old Scholar who is mostly Saturnine, with some Mercurial modification, in the Emotional Part of Intellectual Center, with a Chief Feature of Stubbornness. The Goal is Growth. The Mode is Repression. She is a Realist.

SRG on Connor: Jovial, King, Stubbornness, Stoic, Young, Emotional Part of Moving?

This child is a Third Level Mature Sage [corrected below] in the Caution Mode. He is a Stoic with a Goal of Dominance. He is primarily Moving Centered at this time, but is not yet firmly trapped. There is no Chief Feature manifest yet, but you are correct that it could easily become tenacity [Stubbornness], which he now displays.

Sarah felt she had blocked on this information. Much discussion was held about the Role being wrong. Why was the word "child" used?

This selection of the word was the bias of the medium. It does not matter to us. The Goal of Dominance [which Sarah had] will often display the confusion in the Role of Slave. The Mode [Observation, which Sarah] will at times border on Stubbornness and Power, yes. The Mode will not block, but rather clarify the Role and Goal, as this child manifests. You, Sarah, are correct in the feelings of blocking and this is the one area we hope to work on. He is a Third Level Mature Slave. We would not argue.

Dick asked for a comment on parental pride.

Ideally, pride in the accomplishments of another would not be based upon the parentage at all, but as this society is far from ideal, the inability to Photograph in your own children that which is readily apparent in the children of others is excessive pride. If you see other children as hellions and your own as merely spirited, there is excessive pride. When you reach the point where you can give loving, positive Photographs to your own children as though they were no longer related to you, then you will have eliminated most of the excess.

This is not limited to the student Dick, who by and large handles this rather well, but is directed toward all of you. When we say "you" it is meant collectively.

As regards the Role of Slave, why associate this with weakness? There is weakness only in the connotations that your society has mistakenly given to the word. There is no inborn weakness in the Role. Being sold into slavery has nothing to do with the Role of Slave, as given in this teaching. All of you here present have experienced bondage, even king Rick [Dick's son].

Dick asked why Michael uses the word "Tao" and not "God."

⁸⁹⁸ Louise was said to be a Scholar in Role, but my impression, after meeting with her in person on three occasions, was that she was Priest-Cast. She was also said by the Michaels to have been the famous and influential Rabbi Hillel in the time of Jesus, Rabbi being another priest-ish profession.

⁸⁹⁹ Refer to ><https://en.wikipedia.org/wiki/Basques>< for an introduction to these inhabitants of the western Pyrenees area.

Primarily, because the word “God” in your society has become masculinized and requires the use of the masculine pronoun, thus perpetuating the personification of the Universal Creative Force, which is ethereal and not physical. This cannot be personified even for teaching purposes with this cadre. It would be treading on thin ice for this Entity.

For us, this Teaching is a form of evolution. We have chosen our tools carefully, with those of you here present in mind, as well as all members of the cadre who are now geographically physically separated. It is as important that they understand, as it is for you here present to understand.

Each Teaching now on-going has different tools, and yet the Synthesis can be easily made by one caring to make the comparison. In choosing the specific tools that we have, each of your Overleaves was taken into consideration, as well as all your imprinting, your core beliefs, and your master Tapes.

Dick commented that he was reading The Teachings of Don Juan, the last [actually first] book [of Carlos Castaneda] and he could not incorporate it in our truth, but had to file it as a separate truth.

This is precisely why so many Astral [Plane] and Physical [Plane] Masters insist in absolute faithfulness from their students, in asking that they abstain from studying any other teachings. Some go to the extreme of saying that there are no other teachings. Teachings are chosen carefully for the students. In many ways, you are fortunate in having a Causal [Plane] teacher who can impose no such restrictions, but also in many ways it is confusing to you when it is difficult for you to make a synthesis where the cultural differences are so vast. We would not quarrel with the teaching of this Yaqui teacher [Don Juan Matus]. Within his cultural milieu, he expressed the Logos. The Oriental concept that, “When the student is ready, the teacher will appear”, is true. The teacher is, like everything else, no accident.

At the moment, many of you would not accept the direction that you so vehemently demand. There will come a time when you will and that direction will appear. It is now all that you can do to assimilate the necessary data, develop some trust in each other, and consider the possibilities we have thrown out without having a top sergeant barking orders. If you are coerced into a change from a negative space, you will fail. Your culture is at fault here in that all of you have core beliefs that are strongly anti-growth. Being spiritual is, of course, being non-productive and everyone “knows” that this is “bad.” Just to enable you to come past this barrier requires much ingenuity and could be disaster in the hands of a physical Adept, no matter how positive the Adept might be. Strange as it may seem, many of you are among our most earnest students and yet among our most stubborn.

A discussion was held about helping.

To help someone else, you must, of course, know the truth about yourself, and you must know that which is false in them. This is why Mechanical Man fails so in his efforts to help. He does not know truth in himself, let alone in others. Balanced Man can certainly accelerate the growth around him, and those on their way to Balance can impart that which is truth in them to others. Yes, Adepts are followed up the [seven] rungs of the cosmic ladder [Levels of Being] through no efforting on their part, because telling the truth is not an effort; telling lies is.

31 January 1975 — Friday

[This meeting appears to be primarily for the benefit of James Bolen, who was the founder of a metaphysical magazine. His wife Jean Shinoda also attended.]

Location: Oakland, California

Present: Jean and James Bolen, Gene, Carolyn, Donna and Bill, Sarah and Richard.

James Bolen asked about Writings from Beyond, a book by Edgar Phillips. He had a business consultation and gave James Bolen a reading for his magazine, about its expansion and growth. The source of the book is mysterious. Can Michael comment on the source and on the quality of the information? What is the motive?

First, a word about the man Edgar. This is a Sixth Level Mature Priest in Growth, in the Observation Mode, a Realist in the Emotional Part of Intellectual Center.

As to the source, it is yes, Astral, but the emphasis on the monetary aspect comes not from the source but from the medium. The source, as in most cases, is composed of the united Fragments of the man Edgar's Entity. This man possesses a high level of tapable psychic energy; [and] is well aware of the intuitive knowledge. The

acumen is nothing that we would quarrel with, but is in no way mystical and cannot be construed as a guarantee.

James Bolen received a plan from Edgar Phillips about going to Japan and contacting people to establish a magazine. Edgar told him the magazine would be successful internationally. Does Michael feel this is true?

Of course, the expansion of this type of publication is inevitable. We, perhaps, would have suggested expansion into the Soviet Union, but it does not really matter, as the receptivity would be virtually the same. The predominant reasoning behind that suggestion, of course, would be the ultimate exchange of information and the eventual acceleration of the psychic revolution. There is almost a direct current now existing between these two vortices of psychic change, which is both exciting and gratifying, and there it is that the acceleration will come about. The Orient, however, has always been receptive to this and this will prove to be no exception to this.

James Bolen had communicated with a man in Russia, who is now in jail because of their correspondence, so it was difficult to plan to go to Russia. Japan would be easier.

The difference, of course, is that we suggest sometimes the most challenging area of operation, because we see that as the ultimately most satisfactory, in terms of the long goal of spiritual and psychic rebirth. The expansion of this exchange into the Orient is not a Bad Work for now. In fact, it may prove to be the most financially sound move that could be made at this time. Finances aside, the expansion into another vortex of psychic energy would prove in the long run the most accelerating. The psychic revolution is accelerating now of its own accord, as you are well aware, but it is students such as you who have the vehicle for exchange, who can reach the outposts. We do not recommend this, however, if there is any danger to financial integrity. This is far too valuable a vehicle and tool to tamper with. Although not all of the information thus far received has any basis in fact, much of it is valid and constitutes an enormous stride in approaching the vast problem of expressing the Logos in the language of this time frame. Never before has so much emphasis been on intellectualism and realism, and, therefore, never before has the task been so strenuous. Not since the destruction of Atlantis has so much information of a scientific nature been available to Mechanical Man on this planet, and he is so busy entering this into the computer and storing it all in the books, that he has little time to pursue the awesome and mystical. He has barely enough time to assimilate that which is absolutely necessary to shape out his survival. Yet, he has because of this also become blasé and is not easily awed by information from any source. It is not easy in this time frame to shock awareness into Mechanical Man. This shotgun approach works best, we have found and this is why a publication such as yours can be such a valuable tool, a vehicle for expression of the revolution. It bombards the senses. This will, of course, be the ultimate battle plan.

Jean asked for a comment about the "psychic revolution" and the magazine's role in it.

Well, you see, there are ten, approximately, alternative courses open to this world at this time — eight of which we would consider fairly unattractive. The other two concern what we are terming "psychic revolution." This would, of course, be in fact the overthrow of the prevalent belief systems that now control the governing forces of this world, and would return leadership to those best qualified to lead on the basis of intuitive knowledge and what we call truth. Whether you like this or not, it is what is happening now and it is what the cadre has asked to become a part of. This revolution, like all other revolutions, would result in widespread anxiety and perhaps even an exchange of hostility. We can in no way guarantee that this will not happen, but it is far less "bloody" than the eight alternatives. They will burn witches again as they have in all ages past. We never told any of you that it would be a "rose garden."⁹⁰⁰

James Bolen asked if Edgar Phillip's source was good to contact or consult.

It is doubtful that this Mature [Soul] source would facilitate this, but the source is not doing Bad Work. It is sometimes not easy to contact the Fragments of another's Entity, as there is no affinity through the man Edgar. The information will be generally good.

James Bolen told us about a man who came to California from Illinois, who is a psychic. He has a benefactor, who wants to expose him to the people. He gave James Bolen a reading and felt the information was embellished by his Personality.

We would have to say that this man's Chief Feature stands in the way of any communication with other than his own subconscious storehouse of knowledge. However, this being a Mature Soul, [he] has quite a storehouse [of knowledge], and does have much tapable psychic energy of an intuitive nature. He will, for the most, tell you what you wish to know, and many times this can accelerate a wise, spontaneous move; but as for actually seeing the open alternatives, we would have to say that he does not.

⁹⁰⁰ Rose gardens are cultivated worldwide because they foster well-being: >https://en.wikipedia.org/wiki/Rose_garden<.

James Bolen asked about the name of the magazine in other languages —any suggestions?

We would suggest that in the Oriental countries that you suggest a word or title embodying the concept of intuition rather than psychic, since the religions of the East are all and one tied into the concept of the Buddha or godhead within and as a title, this would pack more punch.

What is contained within can be virtually the same, but it is the title that often sells, as you well know. In the European countries, the term “psychic” is not Bad Work as this suggests the concept of the external godhead, which is the basis of Western thought. For many centuries, this has been the major schism between Eastern and Western thought.

This is not new information, but James Bolen should look at this concept between the prevailing thought patterns before plunging into the Oriental market with this publication.

The Eastern faiths stress the inner man, while Western religions stress the external forces acting upon man. Sensationalism is a brand new phenomenon in the Orient and largely the result of the American influence. You will not be reaching the Young Souls who are the most sensational.

Your greatest market will be those already pursuing this, at least in the long term haul. Therefore, we would also suggest a quiet format utilizing the art forms most meaningful in that culture. These, being representative of both Buddhism and Taoism, should correlate directly with the data being presented.

Jean told us about a manuscript that was given to her about a year ago. This manuscript was the result of ten years of Ouija board work communication by a woman with an Entity named Otto. Jean read the manuscript and reviewed it, and led Sybil to a writer, David. Jean asked about the validity of Otto, and Etta, who is the female personification of the Entity. David (the writer/editor) and Sybil have a difficult relationship, and Jean asked if they should continue their work together on the manuscript or discontinue their relationship completely.⁹⁰¹ She also asked if Otto or Etta could come through Sarah.

Ah, yes, the wheels of Karma will turn. First, let us preface the answer by saying that the collaboration will continue, in spite of what you might do, until the Ribbon has burned. The information, if put into some readable form, is Good Work. This is a low Causal teacher, all one Entity, which for some reason this student wishes to split and divide into genders, but that is beside the point.

As to the possibility of contact through this medium, that is up to her own receptivity and blocking mechanism. The only essential difference between Entities on the low Causal plane and Entities on the mid-Causal plane [where the Michaels are] is the time and experience. In other words, where this Entity [Michael] monitors large numbers of students and on many physical planets, the low Causal bodies work largely with small groups of students or with widely dispersed individuals.

It was this Entity's [Michael's] choice to work with this [OMG] cadre largely because there are seven large Entities and five smaller ones coming together here, and this will result in many students, all of whom are being monitored at the present time. This [OMG] cadre is one of the larger ones now coming together in the Western world.

Jean asked how could Otto and Etta come through Sarah? Could we have direction through Sarah for Sybil and David? Sarah felt a definite energy change when this information (next) came through.

Much ground work must be done by these two before the abrasiveness of the relationship can be overcome. This is in part brought about by the nature of the debt incurred here and the way that was chosen for payment. The direction can take the form of individual.... The feeling here now is that of an incomplete gestalt, and this is certainly not unusual. In Karmic ties, this causes the participants to continue with the script. It is no accident, of course, that you have been dropped into the middle of this, as you Agreed upon this Sequence. Your own choice of therapeutic approach could be the most rewarding challenge thus far encountered, as it would have to be the most unconventional one you have ever employed. The role of observer will be the best choice by far, and the continuing offering of insights. Both [people] are able to look at their Overleaves and choose to alter them into workable ones, but the vocabulary and the groundwork is simply not there for the expression and grasping of the [Michael] teaching in the same intellectual fashion that is being given to these students here [in the OMG]. In this case, the preliminary concepts must be expressed, and this in a sense will make the eventual reading more valuable to beginners on the path. One does not have to see the Logos in terms of The Synthesis that you have received, in order to see it.

Jean asked who the source was of the above. Sarah felt again the Michael source.

⁹⁰¹ I was unable to find these people with an internet search, so their channeling might not have been published.

We should congratulate all here present on allowing that most difficult manifestation to continue and this medium to overcome a small block, but that is not to be construed as a great step forward.

The theorizing in this room is valid in that many mediums assign the gender to sources on the basis of what they perceive to be the qualities of that gender. The source is one with both wisdom and humor at its disposal.

We would hope that by this time, this cadre will no longer regard this Entity [Michael] as absolutely somber.

James Bolen asked what the teacher [Michael] thought of skipping an issue of their magazine, or go forward and keep the continuity.

We have impressed this cadre with the necessity for pursuing the course most simple and direct. In this instance, the break in continuity would not be disastrous, as we now see it, and the consequences not such that you could not recover and [the break] would give you the breathing space you need.

01 February 1975 — Saturday

[This session started out with Soleal as the source and ended with the Michaels as the source.]

Location: Oakland, California

Present: Sarah and Richard and Dorothy, Donna and Bill, Joan and Jim and Belinda, Alice. [Also, mentioned as present: John (Narra's son), Leslie.]

We started off rather slowly. Donna asked for a general comment and eventually drifted off into slumber. Bill [her husband] suggested she was sleeping "for a reason".

[Soleal:] Gathering of energies can sometimes be difficult if all of the agendas have not been run out. This is even the case on my world.

No one could think of anything that was bugging them. Jim asked if we have cadres whom we might be able to contact for our growth. Is there a group in the Bay Area who has contact with Michael?

[Soleal:] You are.

A question was asked how to go about acquiring property for communal growth.

[Soleal:] Just do it.

Enough of you are able to look at this as the way out of the alienation and a new start toward true growth, so that failure is unlikely. That failure is unlikely anyway with such a preponderance of Older Souls.

Bill: Do Older Souls have a stronger drive to get in touch with their Essence?

[Soleal:] It is just that Older Souls tend not to take themselves quite as seriously as the younger ones and there are generally fewer "shoulds" in their life styles. Even in our larger communes, it is the Younger Souls who have the territorial battles.

Alice: Do you mean you have wars like here? Ugh.

[Soleal:] It seldom comes to blows, but many times, there are exchanges of verbal hostilities. I would deplore the thought that you might think that our world is so placid that we have no arguments.

Alice: Is there total physical peace there?

[Soleal:] There is no violence because of years at working at this, but our people still come equipped with what you call body bags, and this is far more noticeable in the younger Cycles. We do not have the touch taboos you have, but there is still much expression of individual preference, and Overleaves abrade.

Bill: I've been looking forward to touching you. Could you comment on your presence this morning?

[Soleal:] What would you like me to say?

Bill: Well, it was really neat. I'd like to know more about it. I felt your presence; it was not strong. Did you leave me and what I was feeling was energy from the group?

[Soleal:] Not exactly. It is just that the available energy concentration was dispersed when you went out of doors.

Bill: I'm wondering if I did the correct thing. Is it my responsibility to monitor the people in the room? (There were five children who became seemingly afraid at Soleal's presence.)

[Soleal:] Why not just concentrate on self? The children are not afraid of me. They are dramatic but not afraid.

Bill: Is it John who was being dramatic?

If John is the Young Sage, then, yes, he is very dramatic, but this is not unusual with his Overleaves.⁹⁰²

Bill: Does Soleal need group energy? The group answers, yes.

[Soleal:] In spite of the dramatics, this little Sage is able to concentrate large amounts of energy and makes it much easier for me to make my presence known in the room. The Warrior does this, also. With her, it is very easy. (Leslie [Warrior])

Bill: Was the little girl who fell asleep perhaps a Baby Soul?

[Soleal:] If you are talking about the youngster who chose to ignore the experience, this was a Young Priest.

(The child slept through the dramatics of the other children.)

Bill: I want to tell everyone about this teaching. Someone told me not to say anything about it to one who was present. Should I avoid certain people?

[Soleal:] I would say only that you not make much effort with those who cannot hear.

Bill: Should I fear saying anything as when people have asked me to not say anything?

[Soleal:] I would have much difficulty not leveling with whomever crossed my path, but then, I am not afraid of offending, either.

[It depends, I suppose, upon what is at risk. If the Personality is holding onto people for possible gain, then perhaps it needs to placate. I find it easier to just — what is your expression? — “Let the chips fall [where they may].” But then, I am not concerned with being rejected.

Bill: Should I be?

[Soleal:] It would be better for growth if you were not. Rejection comes from negative spaces and who cares? I can do without false affection given from bad spaces and so can you if you are rejected, and it will have nothing to do with your spaces, only the one doing the rejection. Unless you fall so far from the path that you commit some unsociable act, that is highly unlikely, given your Overleaves.⁹⁰³

I have a young friend who has your Overleaves, and [he] is much given to transient melancholy, only his depressions are even deeper, since he is a Mature Soul. My first impulse would be to try and yank him up from the abyss, but experience has taught me to leave him alone until he comes to grips with his own bad spaces and chooses to let them go; then he is back with us again of his own accord. If I say anything, he is more likely to plunge more deeply into himself.

Those souls with their Mode in Passion–Repression [Inspiration] Axis tend to be more cyclic than any others, but depression is not limited to this axis. I can remember slipping down into an extremely cautious space not long ago myself, and for a few hours it was a damned good retreat.

Alice: I tried giving myself the suggestion to eat less carbohydrates. It worked for eight hours, at which time I indulged in them. I tried looking at that and found that I probably did not like myself enough to eat what is good for me, so for the past week I have been suggesting to myself that I will like myself better and will do those things that are good for my being. I’ve been feeling better about myself, but seem to plunge into more frequent downs. Comment, please, on what I can do in this area?

[Soleal:] You need to learn to use your moments of Power to extinguish your Chief Feature [Self-deprecation]. This can even work with Chief Features such as Arrogance, although that is a tough one to drop. The moments of Power must be utilized in the work, for it is in this way that you will be able to finally switch Modes. You cannot go through the Self-deprecation Tape from the Power Mode as easily as you can from Caution [Mode]. Use your moments of Power to emphasize your positive feelings about yourself. In those moments, appreciate your own humor [and] intelligence, and savor the feelings of Power. You do have these moments, as you also have moments of Dominance. These must be utilized.⁹⁰⁴ The post-hypnotic suggestion that you will recognize the moments of Power would help; then you would be able to look at yourself more realistically.

Jim: What Overleaves of mine keep me from growth as far as the Teaching?

[Soleal:] Souls with the Chief Feature of Impatience always feel that their growth is slow and they need constant Photographs of their progress, but what is standing in their way more than anything else is their own

⁹⁰² John (13-year-old son of Narra) is an Emotionally Centered Sage in Passion Mode.

⁹⁰³ Bill’s Overleaves: Old Priest, Acceptance, Observation, Spiritualist, Intellectual, Impatience.

⁹⁰⁴ Alice was in Submission, Caution, and Self-deprecation, so Soleal is suggesting that she slide to the opposite side of the Axis pairs, which most people do for some amount of time unconsciously. Soleal is suggesting that Alice do it consciously and intentionally in order to come to Balance, which more or less obsoletes the Overleaves in the long run.

expectations of where they should be. It is like a nice, juicy fruit hanging on a branch way above your head: you cannot be content with the fruit on the lower branches as long as that prize is just out of your reach.

Bill to Jim: Do you find it difficult to make the suggestions to yourself at bedtime — things you should remember?

Jim: Scattering is so much of my Personality. I need more concentration on the teaching ... work on myself at home ...

[Soleal:] I was twenty years old when I became guardian, and utterly terrified at the confidence placed in me. I went through a period of agonizing Impatience over my own level of growth, and where I thought I should be in order to be what they wanted me to be. Then I realized that I was tired all the time and I was not going any place but down — down into Caution [from Power], down into Submission [from Dominance], down into the negative spaces that I wished to avoid. I had to force myself into my present philosophy of never taking in more than one day at a time, in order to unload my bad spaces. The same can happen to you. You can learn to think only in small increments. It is not easy, but it is rewarding.

Richard: What can I do about the silent spaces I think I need?

[Soleal:] I find that I need them too and I can become quite dominant about demanding them. I have my own place and I don't care to have it violated and make this crystal clear to all concerned. When I go there, I do not allow anyone to follow me, and that is all there is to it.

Richard: I would like to have everyone in the house observe quiet from say 8:00 PM to 9:00. Others' TV bothers me.

[Soleal:] I think that it would be impractical for me to impose my own needs on those in my household, but I realize that it is impractical for you to now do what I do. I go out of doors and away. In a communal setting such as ours, with adequate land around it, this would be practical. When I am in the house, I am available. When I leave, then they know enough to leave me to my own devices.

Belinda: I took a micro-tab in order to get in touch with myself. The experience was so bad, I've never tried it again. Why was the experience so terrible?

[Soleal:] I don't know what you took, but do know that in order for a hallucinogenic drug to have a positive effect, you must be in positive spaces when you take it. It will merely intensify all your negative spaces, not enhance anything.

Those with Neutral Overleaves tend to have more positive experiences anyway. The teacher [Michael] communicates to me that the drug was laced with Strychnine.

Bill: I hear Joan mention a class in intuition. I would like to do it but the cost deters me. Anyway, can't I find all that through the [Michael] teaching?

[Soleal:] You can find all that you need in the teaching. If you enjoy those other experiences, then do them. If you are forcing yourself to grow or trying to do that, then forget it.

I only wish to say that the young people on my world are just as fascinated by descriptions of your world as you are of ours. They do not believe it, either.

Bill: What did go on during my drug experience? Did things that happened have any significance for me?

[Soleal:] You were in very bad [head] spaces and these were intensified. Also, the drug that you took was adulterated.

Jim: Are there other teaching groups we can come in contact with whom Michael is the teacher?

[Michael:] We are with a cadre that is forming together in the Soviet Union. Other causal teachers have been with cadres coming together in Taos [New Mexico] and in Big Sur [California].

Are there any groups in Berkeley who are taught by Michael?

You are.

Joan: Have Sarah, Leslie and I worked on anything together before?

Yes, and well. The feeling stems in part from three different experiences when you were comrades at arms, once partners in a business venture and friends again later.

Joan: Friends later — in Rome?

Yes. You were more a contemporary of Sarah than Leslie. She was much younger, but there was a close affinity even then.

Joan: Comrades at arms?

In the eighth century of the Common Era.

Joan: I have been trying to be quiet at times and trust my intuition, and I would like to ask about an accident that happened to a pottery planter that was made by an Old Artisan friend of mine. The pot broke in the storm and I'd like to ask if the string holders were naturally weak or is this a sign for me to contact her in some way?

There is need here for an exchange. There is a gift that you can give and there are insights that can be given to you concerning your present dilemma. By all means, follow the lead.

(The friend is in a Gurdjieff group up north.)

Joan: Is there anything I need to say? Could Michael tell me what to say?

You will say what is needed. Personal contact is more valuable than written communication. Besides, you would be unable to express what is needed in a letter.

Joan: Have I been with her (Pat J) before? What relations are here?

She was your tutor once before.

Joan: Was this in a spiritual teaching?

No, but the relationship was open to this possibility.

Joan: When was this and who were we then?

This was when you were a child in Spain.

Joan: In that household mentioned before?

Yes. Your brother, also.

Joan: My friend Margaret and Pat J are close friends. Are there bonds there?

Very definitely. She and Margaret are Fragments of the same Entity.

Donna: I am becoming concerned about my growing desire to be alone. I'd like to ask about the Negative Pole of Acceptance (Rejection). I'd like some information on Scholars and running — am I running away from a close relationship?⁹⁰⁵

Most Scholars [such as yourself] do retreat from intimacy, yes, and you are no exception. This does not mean that your work entails tolerating rejection behavior in others. In fact, it is Good Work for you to detach yourself from the negativity of others. Your work now needs to be directed toward developing your own good space to the point where you can see that it is all right for you to ignore this plea for rejection. You can work with yourself in the area of not expressing your own negativity. In other words, you need not react at all to someone else's negative space; you can choose to simply ignore it. No relationship that is not between Balanced Man can be one hundred percent intimate. Some of the expectations placed upon you in the past have been unreasonable and you have reacted to them in the only way you could. Now, you are coming to the space where you can verbalize that without difficulty. Your concern needs to be with your own growth, as those around you need to be concerned with theirs. The degree of intimacy that you allow will grow with your trust level: as it goes up, you will allow more intimacy. Scholars are not generally the most intimate of souls.

Donna: I would like to ask about a new space I experienced through meditation. When I opened my eyes after meditation, I saw a beautiful fish on the wall. His mouth opened and closed, and then he disappeared into the wall. Is this a first lesson with a neutral object? I've been wondering why I haven't been seeing images as others have.

These visual images are excellent in determining the depth of the meditative state. If you do not allow them to be distractions, you can use them as a gauge. They will not appear if the mind has not been effectively cleared. If you are still running your Tapes, there will be little imagery of this type; in other words, totally unrelated to anything in your consciousness. In the Orient, this image would be afforded tremendous mystical importance, since the poi is a symbol of reawakening.

Donna: I have been extremely sleepy the last two evenings. I didn't know Soleal would be here yesterday, but was told he would be here tonight. Is this a block of Soleal on my part or is it that I'm slow to absorb his last appearance? (January 11 in Stockton)

In many ways, you flee from this student [Soleal], as he represents a rather fearful degree of intimacy. You know that he is telepathic, and one of your blocks surrounds the belief that if you sleep through the experience, he will not invade your cerebral space. This student is extremely careful with this great gift of his, and would never use it to invade, only to enhance communication.

Alice: Have I known Allen H. before? Did I ever teach him music? He is teaching me jazz piano and I find he is so very patient. I've never known anyone with his patience.

⁹⁰⁵ Donna and Bill were married from 1971 to 1981.

You have not known this soul before, no. You never taught this soul, but he is a patient teacher; his Overleaves⁹⁰⁶ dictate that he will be an empathetic teacher. He also perceives you correctly and is empathetic with your space around what he has to teach.

Alice: Have I known Ken B. before? (Piano teacher of [daughter] Cheryl and me.)

With this man, yes, you have. He has been a friend to you in the past, not once but three times. You have admired him for his musical talents before. He was a flutist once, a violinist, and again later. This man was once before a very good musician, then lost the use of his hands through paralysis in middle life. You knew him then. You were both poor at the time and you were able to bring him food, even with very small earnings. This has been largely a relationship of admiration for the talents and appreciation thereof.

Alice: Could the problem he is having with his hands in this life have anything to do with an incompleting Monad ... (health-sickness)?

The feeling is valid that this is a repetition Sequence of a failed Monad for this man. He feels much frustration now as he treads this same path again. You can offer much compassion. This man could hear much of the teaching without mention of the source.

[typed by] AH [Alice]

05 February 1975 — Saturday

[From] Liz

Lives are waves in an ocean — each one is a long time coming, a long time in preparation for the final cresting and making its splash. Then it again blends into the whole, is one with the whole, is unidentifiable, anonymous, as it goes back to its origins, into the undertow — back to preparing for the next life.

All the ego strength that individuates each of you is as the strength of the wave. It is indeed powerful. It does indeed make its mark, and that mark is erased as the undertow erases all that came before. Erases, but is not forgotten.

Build upon that which you have confirmed has been in your past cresting — your past power. Why not ascend in the spiral instead of laterally spinning about? Yes, it is a spiral — you have seen that.

What we tell you now is that it ascends — it transcends, if you wish — all the intellectual rationale, all the emotional turmoil, all the questioning of the psychic truths. The spiral whirls upward toward spiritual growth. You have already joined it, all of you, although at different levels. Through it, truth moves to the untrapped Essence. Look within and know your “reasons” for refusing to perceive truth.

Liz: What are my blocks?

You know them without asking. As with many in this alienated society, you lack love of yourself. Love, acceptance, Agape — all are synonymous. Accept yourself and you may move to love for another. Until you do that, all that we say to you is theoretical. It is an illusion that Agape may be experienced before love for one may be experienced or indeed that Agape may precede your love of yourself. “Self” includes the Personality, as well as the Essence. Can you love that “self” unconditionally, without hope for change? Until you can, Agape is a theory.

08 February 1975 — Saturday

Location: Oakland, California

Present: Alice and Dick and Rick, Sarah and Richard, Donna and Bill, Liz and Ted, LeslieR and JuneR (LeslieR's mother), Joan and Jim, Gene, James Bolen, Elizabeth, Maxine and David, Jackie, Thaddeus, Edgar, Delia, Phyllis, Abdullah.

Discussion about Artificial Space — False Personality — Karmic debts.

For a moment, look at the physical universe as an enormous stage, and all of the physical things within it as the sets and actors. Then look for a moment at the possibility that Karma, or the system of Karma, may in fact be looked upon as the director of the play of life. Souls experiencing all of life on the Physical Plane never have to seek spiritual growth. They can, and most do, go through the whole cycle [of reincarnation] in the “waking

⁹⁰⁶ AllenH's Overleaves: Mature Artisan, Fifth Level, Caution, Stoic, Moving Center / Intellectual Part, Jupiter Body Type.

sleep”.⁹⁰⁷ The moment that you elect to commit yourself to the [spiritual growth] path, you remove yourself from the list of available actor’s equity. Were it not for Karmic Ribbons, souls would not experience much at all; they certainly would not experience all of life.

Now this play is, of course, a lie; there is no truth to be found within it. The only truth lies within the Real Space beyond the theater. In this Real Space beyond, then, the Essence is free to select the best script available — the one enabling the particular Fragment to experience out some facet of physical life that it has not experienced before. These are facilitated by what we have chosen to call “Overleaves”. Certain composites of Overleaves are conducive to certain types of activities — for instance, the extraction of an old [Karmic] debt. Remember, the moment you step on the [spiritual] path this is no longer the case. You may depart from the script just as soon as you realize that it exists. You may depart from it completely, and if you wish, without regrets, but this is hard work; just the realization is difficult enough. You see, that which you call Essence, that which has access to higher expression, operates always in Real Space. The False Personality fears real space as the agoraphobic fears the open field.

Joan asked about the personality of Essence. What is it? Could Michael describe it? Traits?

The True Personality perceives the oneness and does not feel apartness. Thus, it is expansive in its expression. The True Personality does not need the pain, for it has access to the joy, and again, can express this in the world. The True Personality knows truth and therefore has no further use for lies. Above all, the True Personality is appropriate in its response to each and every situation. Of course, this is manifested in the world as joyousness, as warmth, as a very special radiance, as a high-energy course of a positive nature. However, False Personality is uncomfortable around this True Personality, and the farther removed from a Teaching one is the more uncomfortable one will be when faced with an encounter with Balanced Man. Balanced Man has the confidence that only knowledge of truth can possibly bring. Balanced Man brings this confidence to bear in all of his endeavors. Balance implies obsolescence of the Overleaves. Balanced Man is no longer stuck. He is free to move into Real Space where there are no limitations. For the “[women’s] libbers” present, substitute Balanced Woman for Balanced Man. The limitations within the Artificial Space of the Physical Plane bring comfort to those trapped there. The concept of eternity-infinity, for instance, is very uncomfortable for Personalities, even those Trapped in the Intellectual Part of Intellectual Center, even though from our perspective it is truth that is incontrovertible. The continuity is as immutable as the polarity.

James Bolen asked about “responsibility taking.” Some of his friends seem to dispense their responsibility. Does that fit into Karma? Others lay [responsibility] on us by our acceptance.

We would like you all to look now at the difference between a truth and a law. There is a vast difference. The Physical Plane and all that is within it is governed by a series of “laws” that are not necessarily truths. In fact, most of them are not. Karma is, of course, one of these laws governing human condition. It is not a truth; it is a law. For instance, for you scientific minded, light does travel at a constant speed in the physical dimension, but although this is a physical law, it is not true that this is in any way an ultimate speed limit that in all of the universe must be observed.

Now as to the responsibility, you Students have the responsibility for self and no others. If you take this responsibility seriously and respond appropriately from the proper Center, you will not be negating any responsibility that you might feel for those around you. In fact, you will in truth be giving them the space to take responsibility for their selves. This is important, Students. Whenever you arbitrarily take on responsibility for the actions of others, you rob them of growth. This happens every time you hinder rather than help by taking the responsibility out of their hands. For those whose Goal is Acceptance, this only appears more difficult. It is equally difficult for those in Dominance, who like to be in charge; for those in Growth, who like to take the responsibility for the level of growth within the group; for those in Ordinal Goals [Rejection, Retardation, Submission] who feel much responsibility for the miseries around them and feel it is their life task to mitigate it. So the Goal of Acceptance is no different than the others in this, although those in Acceptance are quite often more verbal about their feelings of responsibility than others. Those in Growth tend to act theirs out and those in Dominance even more blatantly act out the need to take responsibility.

⁹⁰⁷ From Wikipedia: Gurdjieff claimed that people cannot perceive reality in their current states because they do not possess consciousness but rather live in a state of a hypnotic “waking sleep.” “Man lives his life in sleep and in sleep he dies.” As a result of this condition, each person perceives things from a completely subjective perspective. Gurdjieff stated that maleficent events such as wars and so on could not possibly take place if people were more awake. He asserted that people in their typical state function as unconscious automatons, but that one can “wake up” and become a different sort of human being altogether.

The way Karma operates serves to enliven the action of the life drama. Were it not for Karma, the script would be unbelievably dull. It is doubtful that any of you would rationally choose a violent act as solution to a minor life crisis and yet it is done every day by those caught up in the clutches of Karma. Karmic acts, you see, depart from the script and introduce that element of intrigue that makes the drama worth playing out. Just as the speed of light prevents all but the visionaries on this world from considering the possibility of interstellar space travel ... same idea, same concept, same mutable quality. It can be rendered imperative merely by agreement, just as easily as it was brought into being by agreement.

You can allow yourselves to be overwhelmed by the responsibility that you undertake. For instance, you can go under the load of responsibility that you feel for your children. On the other hand, you can come to regard these same children as Creatures of Reason and relate to them in a reasonable, amiable fashion. The same goes for all of your other interpersonal relationships.

You see, because of the very real feeling of apartness — of loneliness, if you will — that is felt on the Physical Plane, it is comfortable for the Personality to think that there is someone else dependent upon them; then at least they are not completely alone in the void. This dependency must many times be forced, as most souls are innately willing to shoulder their own load of responsibility. Many times when this dependency is lifted, the soul who was experiencing gratification from this responsibility can no longer justify its existence, and a real psycho-emotional crisis occurs.

Lost question ...

In that, it is up to you to point out to them that they have an unreasonable expectation of you that you have no intention of fulfilling.

Does interstellar travel have anything to do with “recurrence”?⁹⁰⁸ This is a Gurdjieff concept.

No, it does not. We have not found any evidence to support this theory. However, we will say that it does involve the concept of parallel time frames and their accessibility. We think that this better expresses your question.

Thaddeus asked about a coworker of his. He is on a power trip — a Young Warrior in Rejection and Perseveration?

In truth, the man does not have that many harsh Overleaves, but they are in this case quite abrasive, especially since you must work closely together. In fact, he does have a Neutral Overleaf that would or should have a neutralizing effect on the others. This is a Sixth Level Young Warrior in Stagnation, that being the Neutral Overleaf. He is a Skeptic in the Caution Mode, in the Emotional Part of Moving Center.

SRG on June (Leslie’s mother): Intellectual Part of Emotional Center, Priest, early Old Soul, Spiritualist, Growth, Passion, Arrogance? Was LeslieR her mother in a past life?

This is a Third Level Old Priest in Growth, in the Passion Mode, yes, in the Intellectual Part of Emotional Center, an Idealist, mostly Mercurial with some Venusian modification. Yes, the student LeslieR and June have been related before, three times in fact, and once the student LeslieR was the grandfather of the lady June. (Chief Feature) Arrogance, with the [Positive Pole of] +Pride being the most prominent manifestation.

June asked if she was on the Path or caught up in her Karma?

A little caught up in the Maya we would say, but basically on a road that will take you to sea level if you wish. Yes, we would say that you are on a path that leads to spiritual growth. If you choose to associate yourself with this [OMG] cadre, it will not be substantially different for you and you will hear the words.

David asked about a voice he heard during a meditative state, saying, “This is Michael” and “This is a test.” He saw himself filling and emptying a shell, and Richard was outside in the rain in the dream.

This student David is a Sixth Level Mature Warrior in Growth. The “dream” included an invitation to use the time in a learning situation. Much of you wished to experience this while the body remained vigilant and prevented total exit. Perhaps you wish to experience this again tonight. If so, we are certainly willing.

The suggestion that you keep a record of your nighttime journeys is one we give all of you Students. It is a valid exercise and will afford later verification. We have required this of even our most advanced Students, if they

⁹⁰⁸ From ><http://glossary.cassiopaea.com/glossary.php?id=857><: “Recurrence” Generally, the Fourth Way does not emphasize the concept of reincarnation. For the common man, reincarnation is not seen as specially central ... Ouspensky and Mouravieff write about recurrence. Recurrence is a mechanical replay of mechanical circumstances. This is not exactly reincarnation, although this too involves a person having repeated mechanical lives. Recurrences take place in eternity. Eternity does not here mean an endless stretch of linear time but rather the set of all possible ‘parallel’ realities.

wish to see the pattern emerge and learn to direct the dreaming, and convert this into a learning situation. Even our Student Soleal keeps this, and believe it or not, finds some of it hard to believe in the reading.

Elizabeth had a dream looking through a large pane of glass into the ocean — sun at the end, star colored bursting like the Fourth of July fireworks — impressed by the clearness of the glass — blueness of the water. Suddenly, she was on the water... It was a lake frozen over with ice and the ice was thin. She walked on it and sank ... and an old woman pulled her out.

In the Mature Cycle, there is acute perception of the veil that lies between the real and artificial space, and as never before, the longing to penetrate this veil and go beyond the senses to glimpse the pan-dimensional. To know that you are not alone in the void, you must walk out on the thin ice, and that way test the physical universe and its response to your plea. Most Mature Souls feel this, and in some way translate it into dreams of incredible strength and strange beauty. Not many, unfortunately, retain the memory of these dreams or question its meaning.

When a soul not in a Teaching encounters the True Personality in Essence for the first time, it is, of course, a devastating experience. This usually comes about [in] moments of extreme stress, grief or sometimes, even trauma. It can, however, come about if the soul is suddenly catapulted in a situation so unusual that not one of the Tapes is applicable. It applies in this case to this dream, as well as all unusual situations, yes.

Of course, it is undeniably true that none of you has a permanent Tape telling you how to react to the surface of the Moon, and it is conceivable that all of you would encounter your True Personality were you to suddenly find yourself at the controls of a large jet aircraft without any prior training to guide you except perhaps a few flying lessons in a small propeller-driven plane.

Joan and Dennis had a father who was a king (past life). Is this Fragment known to them now?

Neither of you has met with this Fragment. This Fragment at that time was a Sixth Level Old Sage and has long since transcended [finished their physical lifetimes].

James Bolen flashed about us being a part of a group in ancient Greece. Sarah wasn't running the [Ouija] board. James Bolen was a part of it. He asked about bonds from past lives with us. Or is he forming one now?

Very definitely. There are both ties from the past and bonds between Fragments of the same Entity here.

Thaddeus asked about astrally projecting tonight. What could he do to facilitate this?

The most you can do to facilitate this is total relaxation. If it is necessary, in order to achieve this, you may wish to augment [with marijuana?].

Phyllis talked with BarbaraS, her sister, who has a psychic sister-in-law. Wants to know if she is right.

This lady [the psychic sister-in-law] is a Mid-Cycle Mature Priest and is extremely perceptive. If you recall, the hallmark of the Mature Soul is the ability to perceive others as they perceive themselves. This is, of course, not always flattering to the one receiving the verbalized perception. This lady sees it as her task in life to share her perceptions, and yes, we would agree that this is a burden self-inflicted. We might add: she does have a phenomenal degree of energy at her disposal.

Jean Bolen's SRG: Second Level Old Priest in Growth, a Spiritualist in the Observation Mode, Moving Part of Intellectual Center?

We have no quarrel with the work here.

This is a Second Level Old Priest in Growth, in the Observation Mode, an Idealist in the Moving Part of Intellectual Center, mostly Lunar with some Jovial modification.

Incidentally, we would use this lady as a resource in the referral of those Mature Souls who ask for guidance in altering their scripts.⁹⁰⁹

Abdullah felt very highly charged bolts of energy coming in. He didn't need much sleep and couldn't find a way to outlay the energy.

You can utilize these periods of positive energy flow to work toward Balance through work in the Centers. Moving Center is a good one for this channel, and is, of course, the easiest to reach. Other Good Work can involve the breathing exercises that you experienced, turning the energy upward and out into the liberated meditation. You see, even meditation is subject to real and artificial space, and the Personality imposes limitations on the space that the meditation may occupy. The liberated meditation of the Essence utilizes the energy efficiently and does not cause leakage, resulting in fatigue. The moments of Power [Mode] that those in the Caution Mode experience from time to time may be utilized in the same fashion.

The man is a Fragment of the Entity that contains Gene. (This was referring to James Bolen).

We talked of perceptions — unity with the Tao, etc.

⁹⁰⁹ Jean Bolen was a practicing psychotherapist.

This Entity [Michael] perceives itself as a part of the greater whole that is the oneness. This Entity also perceives all of its Fragments making up the whole, much as you perceive the individual parts of the anatomic structure. We would have to, at this point in our own evolution, agree that there is a pervasive cosmic awareness that is certainly present at the Tao. It is extremely doubtful, however, that those lofty entities on the Buddhaic Plane really feel for the personalities they left behind eons ago. What is lost is not the perception of self — what is lost is the Personality's perception of the apartness — the separateness that is an illusion of the Physical Plane. This Entity does not perceive the apartness that you feel when you are communicating with, for instance, Soleal. You perceive it because both you and he are caught in the artificial limitations, the solid, rigid, space-time-continuation [continuum?] of the Physical Plane.

09 February 1975 — Sunday

Location: Oakland, California

Liz in trance.

It is indeed true that the levels of commitment to the path vary to a great degree within the group. There are those who say, "Yes, I seek spiritual growth; I seek and I am open to input from my brothers", and yet when that input is received, all kinds of rationalizations appear, such as, "That is his projection", "That is his perception", "I do not need to take on his problems". Why not accept that, as we have said before, there is no helping each other? The tool of Photographing is, of course, valid only when it comes from a space of objectivity, and none of you is objective totally. Although on occasion, all of you touch upon the periphery of objectivity and are able to give valid Photographs to your brothers.

There are others in the group who play all transmissions through the Mechanical brain. You judge — in fact, you cannot accept — any message that does not fit into the slot that you allow for the message. If it differs, if it is a round peg in a square hole, then the Mechanical brain puts it aside without trying it on through the intuitive process.

There are yet others in the [OMG] cadre who are not earnestly seeking at all, but merely seeking the warmth of close personal relationships. Those operate completely at the level of fulfilling needs. They have not yet begun to understand the meaning of [the] search for truth, and so we see you at these three levels, with occasional surge of energy that truly penetrates into earnest seeking. Indeed, why cater? Why not risk "losing" those who want to be lost anyway?

We have spoken before about vulnerability. You all operate from the basis of insecurity in your Personalities, which all too often stops you from speaking what you perceive. This must come to an end. If there is any purpose to our being with you, you must cease this game of "If I tell him what I see, I might be wrong and he won't like me." This is not confrontation tactics, but merely accepting responsibility for your perceptions and having the strength of vulnerability to express the perceptions.

There is, in the last analysis, no confrontation except that which occurs when the Essence is free enough to confront the Personality. The confrontation is an inner thing. That is the only one that will produce growth. There is also a lack of trust among many of you in that if one opens the door just a crack, perhaps the light will be so blinding that that one will not be able any longer to move in darkness. In other words, there will be no more excuses possible.

We do not judge you. It is not "good" or "bad" to be in either of the three spaces we have described. What is essential is that you turn your eyes inward and see clearly where you are. There can be no movement unless one comprehends his starting place.

12 February 1975 — Wednesday

Location: Oakland, California

Present: Alice and Dick, Rick, Sarah and Richard, Dorothy, Joan and Jim, Belinda, Donna and Bill.

This group engaged in a lengthy discussion of communal living, discipline of small children, the rights of teenagers and the problem of domestic animals. We then asked the Teacher for a comment.

Many thoughts, of course.

The whole purpose of bringing you together communally was not to present you with insurmountable situations and more Friction than you can handle. The purpose instead was to bring you together in the Work. The most startling advantage of all would not be apparent until you were well into the venture and had some experience in dealing with a lack of alienation.

The subject of domestic animals [dogs and cats] is interesting, in that domesticating animals was one of the first symptoms of growing alienation in this culture many centuries ago — almost, in fact, at the dawn [ensoulment of hominins] of Creatures of Reason on this world. Once man gives up his need for alienation, he can then, and only then, look at the reasons for his need for substitutes; he uses domesticated animals in lieu of people. They are expendable, relatively cheap, and give away no secrets. (If you are not wearing a cape, how can you conceal a dagger?)

If the trust level is high enough, the need for substitutes [pets in place of people] will diminish. Of course, your needs will continue for a time, until you are willing to look at the basis of the need. Perhaps, there will be some things that you will be unwilling to give up, but you should at least look at them, so that you know where the need is. It is, again, not Bad Work at all if it is done consciously and not Mechanically. Many of your needs now are based upon the core beliefs and master Tapes that are stored for use by False Personality. Looking at them collectively will be more valuable again than looking at them individually, just as looking at the core beliefs and master Tapes will be.

We would see facilitation of the work in as many areas as possible. Selling your talents is not beyond reach, but you can also consider projects upon which the entire cadre could be involved, such as the workbook, the greetings, and perhaps even the pamphlets.

All of you are verifying the difficulty of dealing in the mainstream while in the Work.⁹¹⁰ This will not become easier. It will, in fact, become much more difficult as time goes on. You will wish to devote more and more time to the Work and less to the mainstream.

Children in this culture are permitted to drain off enormous amounts of usable energy in the form of hostility. This is, of course, to be deplored in the work. Students must learn to realistically look at the amount of Friction caused by their reactions to the children.

Students in a communal situation must learn that, if the responsibility for the Friction becomes communal, it will not be allowed to violate the inner spaces. We have no quarrel with firm, loving disciplinary measures issued by the most competent student. This would eliminate much of the Friction. Looking at the Overleaves should be extensively used in determining who would be most effective in the various Friction-fraught areas.

Of course, children should not be allowed to destroy. If they destroy in childhood, they will destroy later, also. As soon as a child has reached the age where he can hear the words, he should be brought into the main body of the teaching. It is absurd to keep children in the dark for as long as they are in this society. They are so much more capable than you dream and this capability can be exploited in so many ways you would be astonished. If the children are concretely rewarded by being given their fair share of authority, they will more readily accept responsibility. No one in this teaching accepts kindly responsibility without authority, yet suppose that children will. That is not the biggest stress point, however. It is the many, many expectations that students have of themselves as parents and the expectations they have of their children. It has been our experience that students seriously committed to the work have far fewer expectations of their children, as they themselves are experiencing life and need not experience it vicariously through their children. It is known to us that children respond more quickly in societies where they have more than one model to emulate. Children in this society are now the latest to mature we know of and it is becoming progressively later all the time. Students must look at their own reasons for wishing to prolong the childhood of their offspring long beyond its usefulness. It is a lack within themselves and has nothing to do with the capabilities of the offspring. Many youngsters are being stunted in this regard in this particular cadre and we deplore it.

Dick stated that he was surprised by his painting ability, that years ago he could not paint that well. He seems to be improving all the time. He wonders if he has been given the gift of higher expression by the teacher or wonders if the energy of the group has anything to do with this.

The gift of higher expression is there, Dick, but you are wrong about the source. You see, when the action occurs in Real Space and is work of the Essence, then it always takes place at the most Positive Pole of the [Inspiration: Repression-Passion] Axis. When you paint now, you not only have moments of Passion, but hours.

⁹¹⁰ Gurdjieff also called his system “the Work” so this reference could also be another example of bringing familiar Gurdjieff terminology to the group.

This can be sustained now because you also see the results, not from Repression [Mode], but from Passion [Mode]. We would agree that, with your present standard of living and alone, you will find it difficult to make the painting all of life for you. But with the support of this [OMG] cadre, it could be a reality now that you are willing to look at this as a possibility. Nothing will make the gift of higher expression come as easily as will acts of, yes, “External Consideration” — the ability a student has to look beyond his own needs to the true needs of another student to express his Essence.

The Overleaves are given as a tool, and as a tool should have much value in determining work from Essence or differentiating this from harebrained schemes of the moment. Where we have suggested to students that their pursuits follow certain courses, it is because we have knowledge of Essence work for them, and if they will allow this they will find themselves more and more in Real Space. The concept of washing dishes for a living would be abhorrent to many students, but is Essence work for others, and they would be happier thus involved, once the stigma that this society places on such endeavors were removed.

Dick asked if there were others in the [OMG] cadre who could become involved in art rather than in crafts as a source of income for the commune. He also asked for some easy tips on communing.

Higher expression can certainly be given in this way and we would see many of you bringing your Essences to bear in such a project. And, yes, do not ignore the real talents of some of the youngsters. By this time, it is apparent for many of them, that scholarship is a waste of time. Why not then capitalize on what is for them in Essence? We agree that it is well for all to learn to communicate, but beyond that, we feel that the Essence should be honored. You can express the Logos through the arts.

We would have you review the prophecy we have given this world, as well as others. The technology will expend itself of its own accord, perhaps not in the lifetime now, but it will. This is only a start. We have seen this happen before and all we ask is that you look dispassionately at the alternatives now open to you. That you may accelerate this, if you wish, is the essence of which we speak.

At this point, many felt the presence of Soleal and asked him if he wished to speak.

[Soleal:] The teacher [Michael] has only begun to stress the importance of polarity to you now and the use of the most positive pole of the axes for the work.

But it is simply astonishing to me the progress that has been made here. I would be the first to admit that I did not think that it would be possible, given the orientation of your world. It is true that whole worlds are victims also of their Overleaves, and often this serves to prevent any upward swing for many centuries — more like millennia for the most part.

Ours is an Intellectually Centered world, but there is more yin than yang, thus the cold cerebration has been modified by the feminine Essence. Yours is a Moving Centered world, with far more yang than yin.⁹¹¹ But what is seen now is what we can only call the vibration of potential — in other words, the chance for change — and this is being manifested primarily in the youth of your society. They no longer feel duty-bound to cling to the primary mode manifested by your world — that of Perseveration — and are now moving into the upward spiral.

Richard asked who was present with Soleal, saying that he felt several presences.

[Soleal:] For once, the teacher [Michael] remains with me and also, I have brought my friend.

Richard asked what the group could do to draw Soleal closer to it physically.

[Soleal:] Nothing at the present. The time grows so close that it is within your reach.

Richard asked what we could do to reassure him.

[Soleal:] I am reassured.

We asked about some property that is available in Cordelia.⁹¹² It sounded like something that the group could swing financially.

The Teacher [Michael:] It is not a power spot, as you have already said, but practical, yes, we would say so.

Richard asked Soleal if his friend was coming with him or if we would be able to work with his friend to support Soleal when he was on his way here.

⁹¹¹ From Wikipedia: In Taoism, yin is female and yang is male. They fit together as two parts of a whole. The male principle “yang” was equated with the sun: active, bright, and shining. The female principle “yin” corresponds to the moon: passive, shaded, and reflective. Male toughness was balanced by female gentleness, male action and initiative by female endurance and need for completion.

⁹¹² Cordelia is about 25 miles from Walnut Creek, California.

[Soleal:] This particular friend will not, as he is master of our house and is needed there, but the support can be both ways. He can find me wherever I happen to be and I can find you.

We spoke about the possibilities of someone giving the cadre a large sum of money to help in the work, but all agreed that we knew of no such benefactor, although we agreed that we could put the money to good use.

[Michael:] There is a man on your world now, who controls one fourth of the planet's resources. He is a member of your cadre. Is that sufficient?

We immediately asked who this man was — or we guessed J. Paul Getty, etc.

He is presently playing out his life role as an Old King in Dominance in that role [king] — in Saudi Arabia.

Someone wondered if we could get to him through the man who started a local company or even if we should contact that man.

That would be one, yes; also through the student Abdullah. Also, this man's eldest son is also an Old King and is a part of the Entity that contains Rick, Kathryn and Dorothy.

Someone wondered if Michael was in contact with the king and did he know about us.

We are, at this time, trying to make his course known unto him.

Should we send Rick to him? Would this help?

The youngsters, of course, could help, but this will take much time.

Rick had a flash that this was perhaps the Fragment of his Entity that he had seen in meditation. The teacher confirmed this.

Richard asked if we should go up to Mount Diablo on April 28 to meet Soleal.

That is not known at this time. You will know when it is.

Please do not underestimate the far-reaching power of this cadre. It controls, in its entirety, far more than you can possibly dream. In every age, there is an avatar. Why should you not be the harbingers of the avatar of the Aquarian Age?

Richard pursued the importance of April 28 — his feeling that something was going to happen on that day.

Right now, we cannot answer that. In this age, the teaching must transcend culture and religion. It must reach far more than one tiny nation-state. It must be promulgated in far more tongues than ever before. You, in your entirety, cross all cultural lines and all other physical barriers. There are eight hundred fifty of you altogether.

The group fragmented into lengthy discussions on Photographing other students, handling negativity in the moment rather than brooding about it until it blew up beyond the ridiculous. Much negativity was given to the group to look at.

The student David has stressed the importance of communicating through the Centers and not the Overleaves, and that cannot be stressed enough. When you Photograph another student with your Overleaves, it will always — and we repeat — always, be from a negative space, where the Overleaves abrade. When you give a Photograph from the Centers, it will almost always be valid. You must, and we repeat, must, learn to Photograph from the Centers and not from the Overleaves. Forget what the verbalized issue happens to be — it is always a lie — and determine where the true issue lies. Learn to Photograph the real issue in Real Space. The ideal Photograph at that time (speaking to Sarah about her conflict with another student) would have been, "I understand that you have much pain and I have compassion."

Bill felt that much of the discussion that had been going on was "bullshit" and that an inner voice kept telling him that he didn't have to put up with it. He wondered what Overleaf was telling him that it was crap — was it his exalted Role?⁹¹³

We would agree that most of this is "bullshit", but before anything can be constructively done to eliminate this from the [OMG] cadre, the trust level must rise to the point where the true issue can be brought to the front. Then, even those in Exalted Roles and strong Chief Features can be involved in the solutions.

The problem of the children here is a lie and the true issue has not been brought up by those concerned; therefore, it perseverates. And until the true issue is explored in each and every Photograph, no progress will ever be made. It is, of course, easier for those in Exalted Roles [Sage, Priest, King] to put up the facade, for it is more important for them to show the world the *bella figura* [good impression]. This is not to say that they are not locked into their own Tapes — one being that they are above it all, and that Tape needs erasing too. But it still remains that no conflict will ever be solved if you deal with it in artificial space with the Overleaves [rather than Essence].

Bill said that finding Essence work was hard for him and wondered what he was missing.

⁹¹³ Bill: Priest Role, also Impatience.

If you remember that the Priest looks after the needs of humanity in a spiritual sense, this should make the selection easier. For one thing, Bill, you have several core beliefs standing between you and the goal, concerning your own ability in this regard. Very easily, within the structure we are endeavoring to build up in this cadre, you could do this — and the student Joan also. Spiritual does not necessarily have to be esoteric and difficult to understand. The job matters little, but the attitude around the job means all. Therefore, if there is much negativity around the performance of the job, then you can be sure that it is not in Essence for you.

16 February 1975 — Sunday

Location: Oakland, California, 1:00 AM

Present: JohnL, Alice and Dick and Rick, Sarah, Donna, David, Dennis, Thaddeus, Gene, Carolyn.

Marsha and JamesW, and JamesW feel a part of a cadre, not ours, but she wants to know if she may be the link between them. Is JamesW William's teacher?

Both of these final Level Old Kings [Marty and Jared] do have a mid Causal teacher; both are ready to teach. They are Essence Twins and are bound together in many more ways, such as the teacher-pupil Monad.

The student Marty is correct that she belongs with the man Jared. He is her teacher. She is a member of the cadre that is forming around him, but like the man Robert, he will belong to the age and is not a Fragment of her Entity. Yes, an exchange between these two groups would be valuable, just as with the man Yorgos.

Dick asked, if Robert belongs to the age, he felt he should be the link to Robert's group. Is he the negotiator?

Gene: Until the manifestation of the Transcendental Soul, Robert's Personality would be in the way.

When the manifestation occurs, the man Robert — as we have already said — belongs to the age, and the route to him will no longer be blocked.

At the moment, of course, he has a rather formidable guard and it is extremely doubtful that you could penetrate this, unless you first made the commitment to rejoin that group. In no way is this man and his close followers ready to reveal the source of their teaching, as it differs from that of the man Peter (Ouspensky).

Many who are close to him are the victims of their Overleaves and are totally identified with the glamour and excitement of a "hidden" group — this makes for an excellent smoke screen.

We would not discourage you from making the attempt. We would ask that you also not have any expectations of success. There is a chance, but a slim one, that those close to him would identify enough with the fascination to make the necessary space for contact.

Much of this man's work on himself has been with the creative silence, and he is not yet satisfied with the results of this, and dialogue is unsatisfactory as a result of this work.

We would point out to you that the reverse is true of our student Soleal. Since he was steeped in the silence, his work is now with the creative dialogue. Both are Good Work by excellent students. Both are needed, for that is what Balance is all about.

David is waiting to be part of an economic basis. He had five years of thought into not making money and being dependent on it. When we work on the Centers, are we still going to be worried about paying our gas bills?

Thaddeus asked about meditation experience. What is the nullness?

That is what meditation is all about ... "mindlessness."

For some students at this point in their work, involvement in actual transactions would be anti-growth, for you are quite right in that it is an Intellectual Center function and should not be relegated downward. On the other hand, there are some other students whose Overleaves do not at this time permit them to be seriously on the path in a way other than a concrete service role, and those are the ones you should tap.

Thaddeus, you are confusing meditation with concentration. The goals are very different. Concentration prepares you for a learning experience; meditation does not. Concentration leads you to the realized masters. Meditation disconnects the computer.

Liz asked if the girl Tanya was an Essence Twin of [her son] Mike.

These two have the affinity of many lives and many bonds. They are Fragments of the same Entity, yes, but not twins, although they have been physical twins before. They have been lovers, yes.

Liz: In the last previous life?

Yes.

Bill asked about a Sequence with [his wife] Donna. What is needed to complete it, and if free of pressure but not love? Fear he has False Personality? Or some level of knowledge? He feels her rejection.

Let us say right now, unqualified, all fears come from False Personality. The Essence is fearless. Only the Overleaves feel fear.

With you, Bill, only Balance will satisfy the Sequence Agreement. By extinguishing your Chief Feature [Impatience], you will end the pressure you feel now. Your Chief Feature, of course, now stands in the way of realization of this and many of your “pressured” feelings. The affinity is real, but Agape is the goal, not what you now feel. You now still feel mostly possession, and that is from the Overleaves.

Bill: What is our Sequential Agreement? What I came up with myself was about her helping me with my Moving Center at Auschwitz and me helping her now.

That would be the picture as viewed from the Overleaves, but the Agreement goes far deeper and concerns her willingness to facilitate your choice for this lifetime.

Liz asked a silent question.

Yes.

16 February 1975 — Sunday

Location: Oakland, California. Afternoon

[Present: Perhaps most of the same people were present for this session as the previous session in the wee hours of the night. However, it appears some others showed up, as Joel, Bill, Sarah, Leslie, Gene, Cynthia, Louise, Liz and Ted, and JohnL are the ones who were mentioned as participants.]

Soleal was present.

[Soleal:] Perhaps we should clear the agendas and then I will be around for those who wish more.

Please stop associating religion with the “church”. Religion is the ecstasy of the Logos. In your society, the church is a business in Artificial Space. One is of the Essence; one is not. One is in Real Space; one is not.

Preparing an altar for the experience can be third line work of the highest order or it can be a drudge — or even worse, it can be a mockery. Or better yet, for those in the Work, it can be the gift of higher expression.

Is this referring to a literal or a symbolic altar?

[Soleal:] It can be either. Where is your symbolic altar if you do not have that quiet space? As long as it does not become a crutch, the material altar serves those brothers who do not have the altar of the soul. You see, it is possible to transfer the psychic energy to your brothers, but there must not be agendas in your way or the flow will be scattered, and you will not be able to transmute the collective energy into the higher expression. Those troubled among you will simply feed on the energy flow.

There is a word in my language for one who takes the road of least resistance, and I see this in many students here. This is fine, but it certainly is not conducive to enormous leaps of growth. To feel the resistance is to feel the polarity, to feel the yin and yang of the Tao. You even use the Overleaves to resist the Work, saying in effect, “Why should I even bother: the Overleaves abrade.” The Priest has the word for which I search. (Bill had used the word “cop-out.”) Only today have some among you suggested forging ahead without looking back to see how many students are following. Why does it matter who follows, or truly who leads? Walk hand in hand, my brothers. It is an easier path. It is not as great a risk as you think.

You have not lost a thing when a non-serious student leaves the teaching — at least, you have lost nothing positive. What you may have lost is much scattering of energies to the winds. Working with one who is truly not a student only wastes the energies of the [OMG] cadre, and grieving over their loss results in a tremendous drain. I don’t think I even need mention what happens when you fantasize over what might happen if that one or this one left the teaching.

When is Soleal coming?

[Soleal:] I think, and the teacher [Michael] agrees, that [to tell you] that would be Bad Work, and would only encourage fantasy to tell you when.

Joel: Is the following statement true: You are here and the problem is not when you are coming, but when we can see you?

[Soleal:] It is also true that in another frame of reference, I am not [coming]. Many would never perceive the etheric [body]. Of course, in the sense that you question, that is true. Actually, though, all of you could perceive

me in my present form if you would open your [etheric] eyes. Only in a sense are your eyes open. They are open only to those experiences protected by the master Tapes that define reality to you. The eyes, as they are now, are trained to see only that which exists in artificial space. They are able to perceive in real space, but they must be retrained. The master Tapes you now have would not allow this experience, even in your dreams. You run from images out of real space. The Essence, of course, perceives in real space; the Personality can only perceive in artificial space. Artificial space encompasses the entire Physical Plane.

Bill commented on how important it is to keep our physical shape during spiritual growth.

[Soleal:] I think that it is important. The first experience of perceiving Real Space, or the expansive joyous freedom of Real Space, is always frightening. The Essence loves it; the Personality recoils in horror. There are no safe, comfortable limits out there to bounce off of.

We asked who else was there. Several students perceived another presence.

[Soleal:] Another student on the path.

Should a three-way connection be made?

[Soleal:] No; this is a student only a little farther along the path than you.

From Soleal's world?

[Soleal:] No. Why does it worry you? Only the Overleaves care. Instead, embrace your brother and welcome him.

It seemed to bother Sarah that a new student was present.

[Soleal:] It is rather your identification with the student, than his presence — with the novelty of the situation.

Was Leslie close to a trance just now?⁹¹⁴

[Soleal:] That was a light trance. What we would hope to achieve is a far deeper one. Then much facilitation would occur.

Gene: How much of his experience with Soleal was real?

[Soleal:] Much of your perception was valid. Much of the blocking was from the Overleaves and from those master Tapes that define reality for you. Did you hear the words [in your head]?

Was Soleal's experience with JohnL directed by Liz?⁹¹⁵

[Soleal:] It was an attempt to establish a link, yes. Blocked by the Warrior [Leslie]. Relax please. It does not hurt.

JohnL: A master Tape was present and resulted in a block in consciousness and memory. Do both parties have to be ready and willing when transferring energy?

[Soleal:] In this type of link, yes, readiness and willingness are imperative.

Gene: What was my message?

Took a break here...

[Michael:] It was only a greeting. Soon you will hear it. Then you will trust the eyes.

Cynthia asked a question about Sir Francis Drake.

The man [Sir] Francis [Drake] was not a King; he was a Scholar — a Fourth Level Young Scholar, an Idealist in the Power mode; much Arrogance here.

Was [Joan's daughter] April there?

In England, yes. Not on the voyage, no.⁹¹⁶

Louise asked if [Henri de] Toulouse-Lautrec⁹¹⁷ was a Fragment of her Entity.

No.

⁹¹⁴ Apparently, Leslie Briggs was a budding trance channel at the time. Her first Ouija board session was back in November.

⁹¹⁵ Liz was also a budding channel; the 09 February session is an example of her work.

⁹¹⁶ From Wikipedia and the Library of Congress: Sir Francis Drake made his first voyage to the New World (North America) in 1566, when he was 23 years old. He is probably most famous for his around-the-world voyage from 1577 to 1580.

⁹¹⁷ From Wikipedia: Henri Marie Raymond de Toulouse-Lautrec-Monfa or simply Henri de Toulouse-Lautrec (November 24, 1864 – September 9, 1901) was a French painter, printmaker, draughtsman and illustrator whose immersion in the colourful and theatrical life of Paris in the late 1800s yielded a collection of exciting, elegant and provocative images of the modern and sometimes decadent life of those times. Toulouse-Lautrec, along with Cézanne, Van Gogh and Gauguin, are among the most well-known painters of the Post-Impressionist period.

*Cynthia asked if she was Isadora Duncan.*⁹¹⁸

The common denominator here is indeed the Overleaves. The rash disappeared with the steadying effect the man Nichols has in releasing many of your fears and inhibitions.

*Cynthia asked if she was related to Ann Lindberg.*⁹¹⁹

The lady is indeed a part of your Fragmented Entity.

Ted asked about a lady Gwen. Was there a Sequence? Fragment?

This lady has served as your assistant during the Roman wars.

Liz is caring for a black boy. She flashed that he was [her son] Mike's wife in the past. Liz feels close to his mother. She is a Young Soul. Have they been together in the past?

At the time of Claudia, she was a slave in the household, male courier.

21 February 1975 — Friday

[There is evidence in a letter of a few years later, from someone to whom Dick sent the transcriptions, that this is the last of the large informal gatherings of the original Michael group. There is also the evidence that there is a dearth of session transcriptions after this session.]

Location: Walnut Creek, California

Present: Billie, Eugene, Maxine and David, Liz and Ted, BarbaraS, Donna and Bill, Narra, Leslie, LeslieR, June, Louise and Allyn, Alice and Dick, Sarah and Richard, Jim, James Bolen, Dennis, Thaddeus, Jackie, Shirley, JohnL., Denise, Phyllis, Arthur, Faye (1st time), Tani (1st time).

Business meeting re: pledging and incorporation. A rough draft of the by-laws and rules and regulations was read. (We're getting there, slow and sure.)

Thaddeus described the age-regressions that Gene had led him last weekend, in which he returned to the time he was Peter and was with Christ. He had been fishing for perhaps 16 hours and Christ came to him and said, "Come with me, and I will make you a fisher of men and I will show you the way." (Thaddeus said that it was spoken in a language he would think to be Hebrew and he could translate it with no difficulty.)

Thaddeus shared several other beautiful experiences that he had through this encounter with Christ.

Others present asked him questions: Did you feel completely removed from the room you were in? Yes. How about the clothing you were wearing? Loin cloth and loose, square piece of cloth and a fez. Various capes he remembered clearly...

Several members expressed their concern over the group's seeming dependency on the [Ouija] board.

Leslie: What did Soleal say to Beverly on Sunday?

"Peace and serenity, my sister."

Liz: Soleal's words through me — what do they mean?

This is a form of greeting that has been received from our student to the student Beverly. "In the name, the brothers, we come in peace. Welcome, sister."

Thaddeus: Who was Dennis in that life when I was with Christ?

In that life, he was a guard in a Roman prison where you were incarcerated, yes, but certainly not a slave: a soldier.

Thaddeus: Who was Ray? Was he Pontius Pilate, the Roman consulate?

This man was not Pilatus. However, his memories of having been Roman are valid. He was a Roman.

Thaddeus: Would it facilitate the group more if trances were used more instead of the [Ouija] board?

We have always said so, yes.

⁹¹⁸ From Wikipedia: Isadora Duncan (May 27, 1877 — September 14, 1927) was a dancer, considered by many to be the creator of modern dance. Born in the United States, she lived in Western Europe and the Soviet Union from the age of 22 until her death at age 50. In the United States, she was popular only in New York and only later in her life. She performed to acclaim throughout Europe.

⁹¹⁹ From Wikipedia: Anne Morrow Lindbergh (née Anne Spencer Morrow (June 22, 1906 – February 7, 2001) was an American author, aviator and the spouse of fellow aviator Charles Lindbergh. She was an acclaimed author whose books and articles spanned the genres of poetry to non-fiction, touching upon topics as diverse as youth and age; love and marriage; peace, solitude and contentment, as well as the role of women in the 20th century. Lindbergh's *Gift from the Sea* stands as a seminal work in feminist literature.

Leslie: What is the meaning of my experiencing blackness and my vocal chords moving during my meditation last Wednesday?

Protest primarily. The meditation was better than usual for you, Leslie. The body simply had to protest.

Thaddeus verified that for himself, also ... said his body felt sick after his trance.

Liz: The past two evenings, I've felt compelled to meditate at 8:00 PM and I've stayed in the meditation until around midnight. I've had tremendous imagery and would like to know the meaning of the violence and antagonism I experienced in it.

It is antagonistic only in the sense that it is inner-directed. There is much confusion, with some aggressive overlays now in you, Liz. The work must take precedence over this if you wish to come past this. The violence, of course, could be expressed, but what would be gained? It can also be worked through using those techniques now well known to all of you.

David: I do not feel that you got your answer.

These feelings of hostility, to say the least, are the fears and aggressions that your Personality is throwing in your path, Liz. The barrier is just another one to learn to overcome and [will] be accomplished by the application of the methods prescribed by us.

Liz: Is that barrier my own for my own self or for the group?

Leslie: The barrier is coming from False Personality for yourself.

David: Perhaps another level is about to open up for Liz.

Leslie: The barriers become more difficult as each new one is overcome.

Liz: I did not like what I saw.

David: I feel it is repressing of Emotional Center.

Ted to Liz: Does this clear up the aggression you told me about that you felt from other people?

Liz: Yes.

Louise: I had similar imagery as Liz was getting ... alternating trances with flowers (not the negative violence) ... flowers blooming and shutting off the bud ...

Experiences such as this one should occur with increasing frequency when students begin to experience deeper states of concentration and allow the images to merely come into their focus. Of course, there is much symbolism here of the drawing closer, of the unfolding and opening, then the retreat. The colors will usually reflect the colors of the students' aura, yes, since these are the colors of maximum affinity. We would have you stop for a moment and observe for yourselves all of the artificial rhythms present in this room.

What was meant by "artificial rhythms"?

Liz: "Artificial relationships."

That is one, yes, but it goes far deeper than that.

Energy, you see, does have a vibratory quality, and psychic energy is no exception to this. If the vibratory quality of the universal flow is neutral and the psychic energy flow from the Essence is positive, then the vibratory quality of the Personality must be negative. We would call this "artificial rhythm", as we would call the other the "natural rhythm". There seems to be an inordinate amount of backsliding, and we must point this out. Personality lives with artificial rhythms always; seldom does it even come into contact with natural rhythms. Schools of the type we have been discussing, many times, will produce an environment wherein natural rhythms begin to flow. As students come to Balance, they find their own rhythmic niche and follow it through natural rhythms, of course, required [requiring?] that the Essence be satisfied with its occupation of the moment, whether it is Moving, Emotional, or Intellectual. Much work still must be done in dissolving the grip on allurements. This still has you fast in its jaws, and we wish that you all could feel the level of vibrations emanating from you this evening: diffuse, peaked and jerky, with no particular pattern other than discordance and jumbled rhythms going off into the ethers with no direction or focus.

(Is that what Gurdjieff meant by "the Moon is eating us"?)

At this point in the Work, it is not necessary that you be receiving data. In order to focus, you must merely concentrate and focus your energies. If you are bored with the material being shared, that simply indicates to us that you are coming from an inappropriate Center. The same goes for apprehension over new students or visitors who happen to have strong Overleaves. If you respond with the appropriate Center, the apprehension will fade.

Dennis led us in a breathing/ohm meditation. It seemed as if no one wanted to leave that positive state and tried to hang on to it. Intellectual Centers prevailed and we intentionally shifted to SRGs of the visitors.

Tani's SRG?

This lady is a Sixth Level Young King. She is in Submission, the Emotional Part of Intellectual Center, a Spiritualist, in Power, a Solar-Lunar, Stubbornness.

David: Have we known each other in past lives?

The attraction is from past lives, yes.

Tani: It may have been a farm in Albania.

Faye's SRG?

She is a Sixth Level Mature Sage in Repression, a Spiritualist in the Intellectual Part of Emotional Center. Saturn ... Goal of Growth.

(We asked for Chief Feature ...)

Stop for a moment and notice the lack of cohesion. No wonder the information is painfully squeezed out letter by letter [on the Ouija board]. Why the tremendous scatter? Do you know at all? Can you feel it? We certainly can.

The lady has a Chief Feature of Arrogance, which should be apparent to all students longer than two weeks in the work.

Why tonight? Can you gain any insight? This is directed toward all concerned. The evening reminds us of the myth of Sisyphus: one step forward, two steps back.

Thaddeus: Everyone is running their Overleaves.

Dennis: We're at a new step and afraid to jump ...

Donna: I can't help but think of the commune.

Richard made a suggestion and handed out where he felt he was on mimeographed paper at the beginning of the evening, and no one has responded.

Thaddeus: I am aware of the next step for me and it scares the \$#!+ out of me.

You see, taking the next step is different than the previous steps have been. It involves leaving something behind, possibly for the remainder of this life. Also, the communal life would set up many natural rhythms and you will run from these. We invite only those who truly see themselves as students to take this step. For those who do not, it will be a waste of energy and only result in needless negativity, for it will be experienced in Artificial Space through the Overleaves [rather than Essence] at a vibratory rate of unbelievable coarseness. Of course, with these conditions, communes will fail each and every time.

Billie: Regarding recurring dreams of living in a commune, can't find children, everyone turning against me, making love and no privacy, etc... .

These are your very real surface fears symbolically experienced as dreams. Really, they are not even symbolic; they are actually fairly overt for dreams.

All of you are facing these fears to some degree. The feeling of losing your children is a common one here. Also, the fear of no privacy to do your hidden chores or to hide all of those slightly tarnished activities that you cannot share with anyone because they are so awful. Sex is only one of these things, and you are not alone in this by any means. There is not one Student in this room who is not Buffering⁹²⁰ the true fears about communal living right now.

It is not necessary that you live on a commune. This is a choice that we would see many of you students make as a preference, rather than something that is being forced upon you by an unfeeling, non-human teacher who cannot possibly identify by the way of awesome and anguish of the Physical Plane. Well, we have news for you: all of the Fragments of this Entity [Michael] were very much alive on the Physical Plane for thousands and thousands of years, and we, as an Entity, have experienced all of life.

The choice is yours, dear students. We have asked that you consider this as a growth potential. We will not experience a feeling of failure [if you don't do this]; we will merely go on to the data-giving phase until it begins to wear thin with even the most tenacious intellectual among you.

⁹²⁰ "Buffering" is a Gurdjieff term for denying, repressing and compartmentalizing unwelcome sub-personalities.

Students are invited to design a seal representing the Logos, which is necessary in order for our incorporation. Also, speak up now if there are objections at this time to our name: "The Fellowship of Souls". It is possible to change it at a later date. At the present, the price for this legal action is \$50.

[Comment from editors: After late February 1975, we have only a few scattered session transcripts. We suspect that this is when the large group was disbanded and only a smaller group of the founders and core group members convened occasionally. So far as we know, it was during this session that a disturbing incident with a disruptive member pushed Sarah over the edge, and she discontinued the large group meetings, preferring to work with a core group of committed members, even if only on a sporadic basis.]

23 February 1975 — Sunday

Antique Shop, Danville, California

[Present: Not recorded, but Louise, Kate, Etta, Lucille, and Verna asked questions. Considering the characteristics of it, I would say that it is likely that Leslie Briggs was the channel for this session.]

Louise: [Question cut off at top of page.]

This General was well known at the time and he was a very popular and well-liked General. You had heard of him but not seen him. The emotion was the Essence recalling the feeling of the time [when you looked] toward the Roman's face.

[not recorded]

That is for you to verify.

Louise: When we were together?

Louise, the life in Atlantis is strong in your recall. The denial of this is the Personality's.

Kate: Have I made contact with [in utero] baby's entity?

With this entity, no, but you have had some [other] entity contact.

Etta: Is Martin [Luther] King in [w.i.] entity?⁹²¹

The affinity here is not Entity [mates], but rather recognition of the Essence that has many times helped you in the past.

I have?

The catalyst has occurred many times and [you] have followed him many times into battle.

Is he Seth's cadre?

There is to our knowledge no cadre associated with this entity. The entity Seth has commented to us that the teaching is the basis for informing the other members of his entity, and helping them along to integration with him. The cadre has the assemblage that will be forming in the future as the entity chooses to guide more and therefore form a 'teaching.'

Etta: Why contact [Martin Luther] King?

This Fragment is the epitome of the Essence level and the validity you requested for and from your contact.

SRG of LJ?

This is a Third Level Old Artisan, yes. She is in Power Mode, the Attitude is one of Realist, Arrogance, Emotional Part of Moving Center, Lunar/Martial but very little Martial.

SRG of PL?

Stubbornness, Moving Part of Emotional [Center], Sixth Level Mature, Priest, Growth, Spiritualist, Passion Mode.

SRG of KW?

This is a Second Level Old Slave, Growth. She is in Repression, Spiritualist, no Chief Feature, which would ... Emotional Part of Intellectual Center, Jovial, some felt, but a little Venusian.

Louise: [In our] Entity?

Valid.

[Louise:] Relation [to] Ed?

⁹²¹ Martin Luther King, Jr. (15 Jan 1929 to 04 Apr 1968) was an American clergyman, activist, and prominent leader in African-American Civil Rights Movement.

Why ask us? You know.

[Louise:] Relation over, Penny — with husband?

The Sequence completed. Yes, it is not Karma. This is a Fifth Level Mature Sage in Rejection, a Perseverator, Caution, no Chief Feature, Emotional Part [of] Intellectual Center, Martial/Saturn, Spiritualist. Perseveration with the Mode.

Louise: Are you the one helping?

Helping in what way?

Louise: [Helping to] understand?

Helping in what way?

Louise: How can some[one in] Rejection accept?

If you wish to help, do as [a] student [does]: listen. [He] has said [to] love his Rejection and accept [it] for what it is.

Lucille: [Question not recorded.]

He is in Rejection [Goal] and herein lies the rub.

Verna: [Question not recorded.]

This Essence is awakening. She was Second [Level] Baby Slave in Rejection, Passion [Mode], and a Chief Feature of Self-destruction. Your Chief Feature is not Self-destruction. Do not think it is. If it were, you would not find [that] Stubbornness that carries on. The Essence has achieved much, and the Personality has just recently come to the conclusion that the Essence does in fact exist. The Personality 'hitched' to the trailer. The Personality will lead from this insight with the tenacity it has. Do not think this insight will make the climb any easier. It will seem to scatter [things], but you have the Caution [Mode] to work on. Do not let the Essence or the trailer be denied. [It] will 'work out'. The imprinting was stressful[?] successful[?] to a point[:] the Stubbornness does at times appear as Self-destruction — but you know differently.

Birth — not want to be born?

Can you imagine it as anything else with a mother who has Self-destruction to experience? This is imprinting that we speak of.

Is Verna [w.i.] mother?

No, [w.i.] only [reincarnate?] early when the death was sudden and traumatic.

Verna: Franz — Karmic — Sequence?

This relationship is a prominent [?] one. The Sequence is almost complete and you also [know] this [and that is] why [you] ask us. When you know these things, [you] only need to meditate and the answer is yours. King — the boy king is a member [of] your Entity and is completing [a] Sequence with you that goes back twelve lives.

King?

No, Sage.

[Note in a box at bottom of page: 10 AM March 4th]

The loss is not real and you know this. The loss is part of the Sequence and confusion enters in when the [other] party doesn't accept this loss. Now, tell us you do not know. The personalities do have their moments of locking horns, yes. The Essence Sequence is the loss and you know this. The loss [is] unavoidable and you know it. No matter how hard your Personality tries to please his, it fails. You are working with completion of a Sequence. The personalities will clash because of the Sequence. This personality Verna is indeed tenacious. [It] will placate if she truly wants an aware [?] — pattern.

Penny: [Question not recorded.]

There can be many Sequences [in] one life but not usually with the same people.

Etta: — can't —

Her Essence is opting out. The Essence is [in] no way troubled with its choice. She [is] realizing you more, too. It is preparing for destruction.

Contributed by Allyn (undated)

[Undated but inserted here because it looks like the channel was well along in her ability to channel. We believe this piece was channeled by Allyn's daughter Leslie and recorded and typed by Allyn's wife Louise.]

Allyn had a dream and woke up sobbing. Someone had died, that Allyn loved very much. He took his prize possessions and piled them against an old shed in the alley and set them on fire, but the fire did not consume them. The last thing placed on the fire was the thing he loved most — a beautiful Victorian nightstand covered in red velvet. Was this a recall dream?

Getting in touch with past lives is often very emotional, yes. At this time, the Essence is bombarding the Personality with these lessons from the past, yes. The Essence often appears to overdo.

The Personality's only recourse is to interpret this as the present and attempt to place these experiences with the feeling of the day that will "happen" to coincide with the events of the dream.

In this case, the student Allyn is gaining much, and in a way his gain must catch with the Personality. The Tapes will play even during sleep. The Personality will relate the dream and gradually assimilate the facts that the Essence is feeding it.

The Personality has the upper hand, yes. Even in sleep, it has been trained to do such. Why expect less? The emotions are the Personality's only way of recognizing the previous lives the Essence is now free to permit to come through. The student's progress is only measurable by his Personality in the emotional terms.

This student is learning to commit the Personality to growth, as well as the finances. This student is, at this point in time, attempting to decide the outcome of this growth. This student is the epitome of the newness of the Personality finding a new toy that it can play with and then does not know what to do with. The Personality does not view the Essence as serious at this time. Your Personality does not understand nor choose to even attempt to understand, the growth that the Essence is doing.

The Essence views the Personality as it always does: that is, as though it is the only stumbling block it has to overcome. The Personality has, so far in this life, avoided the choice to feel the Essence and experience the growth. Have it this way, if you must.

The Personality will not "win" — the Essence will, whether the Personality wants it to or not. Your Personality, at this time, Allyn, is trying to decoy the Essence and is failing miserably. The Personality will pull every trick in the book. Your Personality is allowing the Essence only the expression that the Personality wants it to have.

The work that you have undertaken is good and very difficult, yes. The overwhelming feelings will cease as you get in touch with the emotions and the decoy that they involve. The critical point is trusting the Essence.

Getting in touch with your emotions realistically is new for you. The next time you meditate, we would suggest that you try the subject of the Personality and its decoys. The Personality sometimes gets distracted long enough for recall to escape the editing. The Essence is not constantly sending recall memories to the Personality. This is not the sole motivation of the Essence.

The Essence seeks freedom and longs for the Personality to be free enough to allow the Essence expression, yes. The Essence, in other words, is always trying to get through the Maya, imprinting and the false things it has to put up with at the battle with the Personality. The Essence will seek expression always. But how often do you operate in the Essence?

In the middle of the night, Allyn woke up happy and smiling. He asked if he resolved something.

The Personality rarely "resolves" anything. The Essence had an agreeable out-of-body experience and the Personality had no time to override this experience. On an Essence level, the resolution will not be experienced until it is finally free from the body. The Essence will do most of its growing on the Astral Plane when it is out of the body. This is why the reviewing must go on. The "Essence" will grow in all out-of-body experiences, yes. The Essence is trapped in the body for the express reason: for review after death. The Essence, with knowledge during the in-body experience, will grow anyway. This is the order. The individual does not have to be "aware" of the Teaching in order for growth to occur. The fervor of the Young Soul Cycle is your "downfall," Allyn.

07 April 1975 — Monday

[Present: Unrecorded, but John and Louise asked questions. Leslie was almost certainly the channel.]

[Please comment] on John's dream.

Instinctual drives are strong in dreams often. The student was experiencing this and other aspects of the Personality's attempt at grasping the significance to the Overleaves in this operation and its mode of operational viewpoint. Often in dreams there is a multi-level thing going on: the Personality, the Tapes, the Essence astral travel, and recall of the difference. In astral travel we would say that the person often experiences the feelings and fears of the place where they are visiting. This is what the men cowering and being hunted were in this particular dream. If a diary of dreams is kept regularly, the difference between all the aspects will become clearer and clearer.

(Louise: Not verbatim — Kenny was helping.)

John: Wants to hear any exercises for focus.

Meditation is always helpful. Of course there is not a serious student who will lose the ground gained. The clarity will wax and wane as all things do. The fear of loss is not valid.

John: [Am I] on a plateau?

The middle grounds are what we call plateaus. The lack of focus fades the closer to Balance the student gets. Balance is the first step the student must gain to go on. The goal of Balance will point out the fact that nothing and everything is constant.

(Louise: The fact that nothing is constant is constant — DK's⁹²² sagacity.)

[Question about] the abstractness of the search and the answers.

The answers have been stated time and time again. The truths exist all around and all you need to do is open your eyes and look. Balance, the elusive carrot at the end of the trip, is not all that elusive. Students see this gradually and learn the answers are within self. Touch your selves.

John: Silent question on who is in his Entity.

Study of the question has occurred before. The student John is still interested in the facts and must realize and see as valid the relationship is what you make it — to quote many persons. [Spiritual] growth is the goal of all students, of course. Most people spend lifetimes in search. You, Jonah, find this concept hard to grasp. This is not the first lifetime you have been exposed to the Teaching or these people. The fears are of the Personality and belong in that perspective. Students realize the facts are real when the Personality begins to come around.

Louise: I don't understand Scholarly 'detachment' as described to Donna.

Scholars tend to Identify vicariously. This is the reasoning in the answer that contained the element of depersonalization that occurs within this Role. As a general rule, the Overleaf of Passion [Mode] and the imprinting that was received during childhood has of course to do with how you as a Scholar deal with this trait of the Role. Identity is the general problem of the Physical Plane and does not exclude other persons from this detachment. This Role is the most detached of the Roles as far as identity of the Role. As well as the studious lifestyle, Scholars can have very close relationships, and this does not mean that they are not living as in general vicariously.

13 April 1975 — Sunday

Location: Oakland, California; Taft Street

From Abdullah.

[Assumed present by questions: Abdullah, June, Cynthia, Alice.]

June: Why do I have a headache (implying higher force may be coming through)?

A headache is a systemic process of the body to signal its discomfort. Your headache is due to minimized serum lipid⁹²³ levels. (She had been fasting.)

What do we need to further our contact?

A practice of meditative breathing in accordance with the knowledge you have to put your bodies in repose so that the mind is able to free itself to provide an overview to what your needs are — the answer then will arise out of your own beings.

Who is your guide? (Abdullah's)

It is the old contact with this level — the Sixth Level — (Causal plane) with whom you established very firm ties but did not get back to continue the Good Work.

⁹²² Perhaps this is Djwal Kuhl, a source for Alice Bailey of Neo-Theosophy: >https://en.wikipedia.org/wiki/Alice_Bailey<.

⁹²³ Lipid levels measure fat in the blood.

As we said earlier, we were then perfecting our methods of making lucid contact with your friend Dan when he chose to negate the validity of gaining knowledge from us and you stepped into experiment but [did] not continue your practice beyond the point of curiosity and excitement. We are a crew of people waiting to make contact with any intelligence within galactic spheres of universal spaces. Please exercise more diligence from henceforth if you want to gain some inkling of a terminal knowledge pool that operates for the good only. There will be no painfulness in the body were the body to keep itself regularly fed. Fasting without proper mental preparation can interrupt the accepted behavioral stimuli of the brain cells. The intention to fast must in advance be determined or the body reacts in pain.

[Question or comment was not shown.]

The syntax of an intelligent source does not meet with instant approval from another intelligent source. To grip onto the wide range of influxes and nuances is difficult work, and therefore bogs down communication links. We would prefer to deal in a very natural syntax that is unhindered by supposed cordons that operate for those only who are given to seeking a primary crutch such as the physical body, [which] is so accustomed to [operating] through the five senses where psychic dimensions are not accounted for.

The word that is blocked ...

It is that Priests do not have ...

Handwritten note at the bottom of the page:

At this point in time, June told me [that] Cynthia wanted Abdullah to stop. She was upset with what was coming out or something was bothering her on this score. It "reads clearly" or "looks good" to me typed up — take your choice. I can't figure which I'd like to use! Love, Alice

15 April 1975 — Tuesday

Present: Sarah and Richard, LeslieR, Leslie and Beverly, Allyn, Donna and Bill, Liz, Lea, Gene.

*Liz read a statement received in trance to the effect that a "force" had come into being that would attempt to lead us back into "A influence."*⁹²⁴

The first that comes to mind is the search for land. We would suggest that you call at least a six-month moratorium on this, as the way you are now going about it could result only in financial disaster for several who are not in the place to weather this storm. During this period of time, serious students could begin to work on consolidating existing households and begin to live together in what is now available. What is happening now is that the property is being searched for by Instinctive Centers rather than the three Centers that should be involved. Creating a Frictionless commune will not help anyone's growth; it is the Friction that produces the Shocks for growth. Jumping from one well-feathered nest into another produces no Friction. Second, we would recommend that as many of you as can possibly do it, make the trip to the property belonging to the man Yorgos⁹²⁵ simply to experience what one truly needs to live, and an environment in which growth can occur. Then, during the next six months, consider this environment and what Overleaves reject it.

We have a diagram of a mountain, showing levels of progression as well as Overleaves and Centers. Leslie felt that she was too identified with the drawings — ladders, etc.

Third, of course, the mountain is not true. Neither are the Overleaves, and it is also true that there is no anatomic landmark that you can distinguish as a Center. They are all visible expressions of higher concepts. Beware of the Identification with non-identification.

Exclusivity for the sole purpose of avoiding Friction is Bad Work and should not be sanctioned, especially by advanced students. There is an awesome order to the cosmos. Yes, we agree with that, but there is no evidence of preordination [predestination, determinism] in all of that order. In other words, we cannot, at this moment, predict who will or won't accept the Work.

No one of the new people has Overleaves that would make them unsuitable for the Work. Many are deeper into the Instinctive Center; in fact, almost Trapped there. We also agree with that, but this should be exploited and not run from as though it might contaminate your higher states.

None of you is unable to combat this "bullshit" should you chose to do so. Excluding a source of valuable Friction is just another excuse, the same as looking for the ideal land package that will gratify all the Instinctive

⁹²⁴ "A Influence" is a Gurdjieff term — meaning: physical only, lacking the spiritual input.

⁹²⁵ Yorgos was the leader of a retreat center, started after he broke off from Robert Burton's group.

Centers involved [with their desire for physical comfort]. Instinctive Centers [dependence on creature comforts] must be rendered unappealing or you will lose the Work. None of you is capable of activating the Sexual Center [Higher Moving Center] at will, so you may as well stop worrying about that one too.⁹²⁶ All you need be concerned with at this time are the three Centers of Work [Moving, Emotional, Intellectual].

It is also true that no Work can be done by any student until this is understood on more levels than the intellectual.

The mountain may not be a physical reality, but that plateau is quite real for those upon it and to those awaiting the pull up onto the plateau.

Gene could easily crystallize in truth-telling, and that would be all right for Gene, but those behind him would suffer. The same for Leslie. What about those who look to you for the step up?

We find the efforts of Cynthia no more or less focused upon the Work than before. This little document⁹²⁷ is relatively harmless, as long as no one else but Cynthia [as the author] is identified [all others are anonymized] and it is understood that this does not represent the “word” [of God].

Also, do not identify heavily with strong Overleaves in a manner that would persuade you to accept as a teacher one who is not yet ready for that. There is another among you very close to the edge so that six months at the present pace would affect Balance. Work toward this, also.

The demonstration by Donna and Bill will be a valuable tool to the group as a whole, if they can carry it to fruition. It will be an experience in “being” for them as well. Experiences such as this should be cautiously introduced to all students, a few at a time.

The term “Real Space” has nothing to do with giving the Overleaves spare time to run their [habitual] Tapes, as the term “natural rhythms” has nothing to do with slothfulness.

The system that we recommend that you use to bring the Overleaves under control is no longer a teaching — this is true. Georges [Gurdjieff] is dead — this cannot be denied. It remains, however, that this system, reinforced by cosmic influence, is valid. If you splinter too much and diverge too far, you will lose the cosmic influence, and then you will have nothing.

It is true that none of you has diligently applied all of the tools we have suggested. For instance, Dick meditates and concentrates, but is disinclined to study; Beverly studies and meditates; Sarah studies. All of you must plunge in and at least try.

You all think that it would be marvelous if Soleal were to come and be your teacher. We have news for you. Were he to do this, there would be many restrictions imposed upon Instinctive Centers immediately. Not only would there be no smoking in the house, but there would probably be no smoking, at least where he sensed that the habit had you under control. The eating that the group does would be another area under scrutiny. This Adept has remarked upon this before.

As you are aware, this Adept was Emotionally Centered as a youngster. His teacher sensed this and sensed the depth of the Trap. He, therefore, sent Soleal to work in a quarry under higher gravity than he was accustomed to on his own world and that year the work was so strenuous that this youngster actually traded Traps. It was necessary for survival. Then he went back to his Intellectually Centered environment, charged with Moving Centered energy and found himself with no alternative but to open the Intellectual Center. This experience and others like it were responsible for his present level. Please believe us, that quarry is no picnic. It snows there sixteen months out of their year of twenty and the snow is often four to five feet deep over the entire landscape. Remember also that Soleal lives near the equator of his home world.

Discipline must occur on all three levels [lower Centers] if it is to be effective. It cannot merely be the discipline imposed by Intellectual Center. It must also involve shutting down the artifact and experiencing Emotional Center as a barometer. It must involve Moving Center as the acting out Center and not as the Thinking Center.

Joy can be experienced. It cannot be adequately expressed through other than telepathy. When you feel joy, why express it in an instinctive way? Why not instead try to convey this without words?

For clarity’s sake, we would have given the Parts of other Centers as “Thinking, Reacting, and Acting” Parts.

Then Emotional Center doesn’t have these Parts?

⁹²⁶ There was some hanky-panky openly happening in the group that others were not comfortable with.

⁹²⁷ Cynthia did a compilation titled *The Teachings of Michael* containing excerpts from the transcripts with personal information removed. See *Michael Speaks, Volume 2* for the compilation.

Not in a true sense, no. Neither does the Sexual Center. Instinctive Center does express itself, usually through the Acting Part of the Moving Center, but at times through the Thinking Part. Then, this carries more of a wallop.

What do we mean by reacting?

Reacting means acting again. In other words, playing a Tape made during a previous occasion.

Am I in Emotional Center when I am meditating? It seems like I am simply perceiving.

Sometimes, it is Higher Emotional Center and this can be referred back to the triangles⁹²⁸. Emotional Center, when it is not the Trap, acts merely as a barometer, sensing the variances around. This includes the dangers and the anger, the joy and the pain being beamed about. This Center makes no judgment on this information and cannot react to any situation when it is being used in tandem with the other Centers. When it is the Trap, it is utilized much as the other Centers, having then a Thinking, Reacting, and Acting Part.

Please, students, think! This does not differ from the other Centers. Balanced Man thinks with the Intellectual Center, perceives with Emotional Center, and acts with the Moving Center. The divisions [Parts of Centers] no longer hold [when you are] in Balance.

Is Balanced Man Tapeless?

No. There are survival Tapes that even the realized masters must have — the “how to” Tapes.

Lacey: Then it is not Emotional Center that feels “happiness” when I see a beautiful sunset? The group thought, no, that it came from Intellectual Center making the judgment of beauty.

Do not misunderstand, Lacey, there is no Bad Work connected with judging a sunset as beautiful. It is simply not the work of a barometer, but of the Reacting Part of Intellect [Center] that prefers sunsets to dead rats.

Are there any other surprises in Centers?

Negative reactions of any type are artifacts and need not be experienced nor acted upon by advanced students. There are no surprises other than what we have given. Stoics who are trapped in the Emotional Center react very differently than do, say, Idealists. Look to the Overleaves when reactions occur first. Chances are that the Personality is to blame and not the Center. Many reactions to the past and the glories of it are from the Overleaves, not the Centers — all Tapes, in other words. In fact, any rumination about the past or the future must come from the [False] Personality.

A spontaneous healing appeared to have occurred, in the presence of Lacey, with a lady afflicted with numerous physical ailments, including arthritis. What happened here?

What occurred here was a transfer of higher hydrogens⁹²⁹ by a person well able to transfer. This, incidentally, is what happens when spontaneous healings occur. It is an extension of the lesson taught by Leslie the other night. When you give higher hydrogens, they do produce remarkable phenomena. For instance, the man Edgar Cayce was able to remain in trance for prolonged periods during which the Personality was deactivated. He received much high hydrogen during that time and was able to transfer these, but as he never received any in return, his own “level of being” never changed and he remained [a] secondary man⁹³⁰ throughout his life.

Can this lady be healed?

She could be much better as a result of the transfer. Working with her would eventually be more effective. The higher the transfer, the more healing can occur. If the highest attainable level can be reached — that is, Higher Intellectual Center — then healing can be complete. This is how the masters do it, but the transfers from transient higher states are quite effective. All of you could learn this, but until you have Balance in [Level of] Being, it will only make you a slave to the process, like the man Edgar Cayce.

Is there a ghost in Harriet’s house?

⁹²⁸ Perhaps this is a reference to what Gurdjieff called “triads” in his arrangement of “hydrogens,” which have some correlation to Centers. This had something to do with understanding energy flows between hydrogens/Centers in order to promote spiritual understanding and hence growth.

⁹²⁹ “Higher hydrogens” is a Gurdjieff term. From ><http://www.fourthwaycult.net/glossary.html><: The Fourth Way system tends to view knowledge as matter and therefore different “levels of being” are associated with different physiological states (i.e., a person with a higher level of being is considered to have accumulated more higher hydrogens. Hydrogens is a name synonymous with “matter.” Hydrogens come in many varieties, from the “coarse” to the “refined.” Coarse hydrogens are associated with heavy matter and lower negative states of consciousness, whereas refined hydrogens are associated with light matter and higher subtle states of consciousness.

⁹³⁰ Gurdjieff’s “Man # 2” — primarily emotional.

There is no ghost, but this lady is able to effectively produce the phenomena through release of psychic energy.

I would like to know about Eckankar. If this guy is an Adept, why is there so much Personality in his group?

He is interested in doing what could be called cabalistic path work⁹³¹ for his own growth. This is not Bad Work for him. Now as for those who follow him, it may or may not. Remember, he has already worked on himself. He leaves this [spiritual growth] up to his fellow path workers. He does, incidentally, believe that Astral path work is a way to higher states, and in him this is valid. With the lady, not so (Bill's sister-in-law [Harriet]).

Why doesn't he see the Personality in her and work on this?

He perceives and chooses not to react. That is not the aim of this movement.⁹³² People drawn into this are not interested in achieving Balance in being. They are interested in having a "mystical" experience, and this they receive.

Joan listens to [d]the music of German composer Richard [Wagner]⁹³³ and has a high. Where does this come from?

Very high B influences⁹³⁴ such as this can prepare you for transient higher states. These can be experienced in the moment and perceived as great, overwhelming joy. This is fine, but should be experienced when they happen and not sought to the exclusion of work with Lower Centers.

16 April 1975 — Wednesday

Ted brought a tape, a message Liz got in trance.

[Regarding] artificial space: the expectations of others prevail in artificial space only in expectation [of] being 'fulfilled'. All [such] fulfillment is in artificial space; no [such] fulfillment [is] in Reality, in truth. Move beyond that [artificial] space.

We wish to speak of individuals:

Liz: Meditation has become an escape for you, for you regard it as a time to touch one another and entirely block out reality which you both have created. You must live that reality; that is a Sequence.

The lady Lesley is the key to the unwinding of the Tapes that permeate. The lady Lesley is a key in that. Although she has no clear perception of her own truth, she has an uncanny perception of the reality of many others.

We have a message for the lady Louise. You were in complete illusion, you were in fantasy, all your fears are in fantasy. Of course the mountain is not real, and perhaps you may look deeper into the Biblical characters [with] whom you have chosen to identify; [this might be] 'Symbology', perhaps, rather than truth. We would say the same for the man Allyn. It is a mystical experience, not [a] spiritual one. Learn to differentiate.

(Undated) Private Session

[We received this portion of an undated session from Gene in August 2011; only pages 5 and 6 were given. It was handwritten on yellow ruled pad paper. It was arbitrarily placed here, after other April 1975 sessions. Gene's note to us: "Veronica was my friend and mother of a daughter, active in other teachings." Assumed attended by questions asked: Gene, Veronica. Presumably Sarah was the channel.]

⁹³¹ Kabbalah/Kabala is a discipline and school of thought concerned with the esoteric aspect of Rabbinic Judaism. In Kabbalah, all Creation unfolds from Divine reality. The Kabbalistic path offers manifestations of Divinity that can be perceived in metaphorical anthropomorphic language, giving mystical *dveikus* (fervour) to the student.

⁹³² Eckankar is a religious movement founded in the United States in 1965, focused on spiritual exercises enabling practitioners to experience what its followers call "the Light and Sound of God." It claims to provide a personal, unique and individual spiritual inner path to understanding of self as soul, and development of higher awareness "consciousness" and God.

⁹³³ From Wikipedia: Wilhelm Richard Wagner (May 22, 1813 – February 13, 1883) was a German composer, conductor, theatre director, philosopher, music theorist, poet, essayist and writer primarily known for his operas (or "music dramas," as they were later called). Wagner's compositions are notable for their complex texture, rich harmonies and orchestration, and the elaborate use of leitmotifs: musical themes associated with individual characters, places, ideas or plot elements. Perhaps the two most well-known extracts from his works are the "Ride of the Valkyries" from the opera *Die Walküre*, and the "Wedding March" (Bridal Chorus) from the opera *Lohengrin*.

⁹³⁴ From ><http://glossary.cassiopaea.com/glossary.php?id=907>: "B Influences" means influences that are consciously created for a definite purpose. These influences are embodied in the form of religious systems, teachings, philosophies, etc. "A influences" are those created within life itself, such as race, nation, country, family, profession, customers, etc. "C influences" are only found with the Work [the Fourth Way] and can only be received in personal interaction with a conscious being; "C influences" come from the SOURCE, that is, from an esoteric center located outside of life.

another in some cases and begin mini-communes. Those of us who are relatively unfettered by possessions or family can move about and get to know the rest of the cadre in a more real way by simply spending more time with our brothers and sisters.

In short, we have a teaching ... and with this knowledge comes the fact that we have a task — to become a school which can effectively share this teaching. We seem to be moving into a new phase now, and it will require the commitment and energy of each of us to help this school to be born.

FROM OUSPENSKY ...

Three Lines of Work:

... An environment that qualifies as a Higher School introduces Three Forces into its work. These three forces, or three lines of work, safeguard the Right Direction of the work and make it successful.

... The First Line of Work is on oneself, study of self, study of the teaching and trying to change the most mechanical behavior. This line of work must begin first. It concerns only yourself (egocentric). You Receive knowledge, ideas, help.

... The Second Line of Work concerns work with other people. This can be in the form of teaching

or cooperation. The strain and difficulty of cooperating with others often creates the shocks necessary to affect the upward climb.

... The Third Line of Work is for the School. In doing Third Line work, the student must consider the work in general and the organization as a whole. Tasks may be different for different students. Any work useful or necessary for the growth and the maintenance of the school qualifies.

Students cannot gain full benefit of the work unless they work on all three lines. If you are working on all three lines, you are less likely to become discouraged when you come to a plateau in your personal work. You may, instead, use this plateau as an opportunity to accelerate lines two and three.

... Work for the school will become increasingly important soon. We will have land to cultivate, buildings to erect, publications to prepare. As the school expands, new students will be looking to older students for communication of knowledge and ideas. It will no longer be appropriate to concentrate total effort on first line work.

S. [Sarah?]

FROM THE TEACHER

We had a long discussion about finances of the commune, spiritual needs and the physical space necessary.

We have no comment on financial alternatives as these are life crisis situations and excellent fruit for Photography. However, there is one alternative that was not even discussed and that is abandonment of any action because of unreadiness that is now being called fear and many other euphemisms. This is, of course, a viable alternative and should not be discarded without serious contemplation. Perhaps you are not ready to part with your suffering and this prolongation would give you the space to experience the anguish a little longer. You are quite right. There is no more preferable system around for working against the Overleaves than the one designed by Georges [Gurdjieff] and we see much progress evolving from the continuous self and communal remembering that is now occurring. Those who make themselves a part of this task force will find their tasks or burdens lightened considerably. Those who do not may continue to find themselves tight, held-fast victims of their Overleaves. Yes, many of you have now experienced that much lies beyond the five crude senses of the Physical Plane. We find this enhances the student's motivation if he can, at least once, glimpse the goal he knows, or verifies its existence; but we must at this time warn you that even if you do make a voyage in real space and do experience the liberation therein, it is only a partial experience.

For as long as you take your Overleaves with you, you drag all of your artificial rhythms into that space with you and you continue to perceive in a limited sense. This accounts for the frightening experiences many souls do have when they venture into real space without the necessary groundwork. It is utterly terrifying to most of them. If you do not wish to confront Astral dragons, then you must learn not to create them with your Overleaves. If you do not wish to confront demons, then you must first learn or verify for yourself that there are none. In other words, if you wish to walk, you must first learn to stand.

It has been our experience that the most significant progress in the work is always made by groups of dedicated committed students, together working toward the goal of Agape. This can only be done in any steady sense in a

communal setting, in that there must be continuity and there must be Overleaves that are incompatible for the work to be continuous. Most in life choose to live with only those other souls whose Overleaves complement their own.

If you wish to Photograph your False Personality at work, then you must be in a situation where the Overleaves abrade. Then and only then can real progress take place. In a limited sense, this can be done in small, scattered groups and we would see this even before we would see total separation of the "life" and the work. You see, it is when the life becomes the work that the gift is given. As long as there is a schism there is limited chance for awakening. The discontinuity severely retards the growth. The more continuity, the more growth.

Dear students, it is not easy. Please believe us. We never intended to delude you for one moment into thinking that what we bring is easy. It is long and steep, this path you have asked to walk. It requires discipline. It requires agonizing reappraisal. It requires all that you can possibly give in this life. It requires you, the sum total of what you call your self. Then and only then, when this is thrown into the ring, can the work begin. It must become a twenty-four hour agreement with us and with yourselves. This agreement must be renewed each time the path becomes obscured by life crises.

Earlier in this [OMG] cadre's life together, we mentioned that the path would be long and steep. Many have since asked for a key to spiritual growth and this is what we have attempted to give. You have among you several who can teach in a positive physical way and help students recognize their Overleaves at work. We will, of course, never hesitate to Photograph wrong work in students. Honesty, perhaps, could be improved upon here within this framework. Of course, by now we are certain that all of you realize that the task of Photographing each other's Overleaves is perhaps the most difficult task you have taken on so far. This, of course, can be facilitated by a bit of honesty any time you wish.

Honesty is impossible for the False Personality, so it is going to have to come from somewhere else, isn't it?

If you are thrown together in the work on a continuous basis, then you give yourself no choice. You must survive and in order to survive, you begin to do the work, or you see yourself being left far behind by others. Yes, the path is steep but it is, and must be, also joyous. There is enormous satisfaction at the end of each mile successfully walked. We would not expect that you would be utterly without joy. If you were, then you could not grow at all.

Joy is an integral part of Agape and, therefore, an indispensable part of the goal of this teaching. This joy, of course, is not to be experienced by the Personality, so if you are to have this, it also is going to have to come from somewhere else. The joy is there for the asking. It can be in a walk in the woods, a meal prepared and shared in a community, a Moving Centered activity such as a game, a shared meditative period. It can be found in anything, but only if the Overleaves do not interfere. The mindlessness that is preliminary to successful meditation can also be used to prepare oneself for joy. In fact, it is perhaps the most certain preparation that we know of.

Of course, much joy will occur of its own accord, as the student begins to experience the step-by-step liberation of the Essence. Students must not depend upon each other for the creation of an experience. They must create and share their experiences. What happens most often is that students with soft Overleaves look to those with harder ones to create experience for them. This is not valid. No one can create an experience for anyone else. It must come from within and burst forth. It must free itself from the Overleaves. Balanced man can experience his experience ... you cannot. There again, if you are to truly experience anything at all positively it must come from other than the Overleaves. Mechanical man is in an enviable position. He does not have to do to think or experience. He merely has to play his tapes.

Mechanical man, or man asleep, does not communicate, at least not if one is to posit communication as a two-way street. One of the most useful shocks we have seen applied by both Adepts and Masters in their Schools, has been when they have, from a position of awakeness (operating not from Personality but from Essence) have asked someone to leave the school. This has many times been enough of a shock to transform a leech into a Student. Yes, it is a negative shock, but it is certainly not delivered or dumped from the Negative Pole of the Overleaves [which] results in leakage downward. All negativity comes from the negative. Therefore, we certainly do not consider it Good Work.

Many here tonight understand the principle involved in choosing not to lock into the other's bad spaces and to choose to present a neutral facade at these times. This requires a conscious act of will and this is what we wish you all to strive for. No, we would disagree, there is no positive anger or dread, or any of those things, but the Overleaves can always manage to justify any of these 'at the drop of a hat'. What we have consistently warned

against is the repression of hostility, which is a vicious form of inner considering. This does lead to “sickness” of a sort, and it is the choice [to be neutral rather than be repressive] that we wish to see in you. The exercising of will — that is now the goal. As long as you are reacting negatively, there is an Overleaf in control. When you react positively, then the Essence may be poking through the snow bank.

Photographs can go both ways now. You more advanced students could begin to see the positive changes in each other and Photograph it. It is quite mechanical to only Photograph the negative, and it is from the Overleaves when it is the only thing you can see in your brother.

Shock can be delivered from the appropriate Center by an advanced student only if the absolute certainty is there. Two of you are now in a position wherein you could deliver shock from a positive space and have it [be] appropriate, but even you two have problems with timing and this can result in the shock becoming negative.

MORE FROM THE TEACHER ...

Some provision must be made by this group to introduce the work to new students without exposing them to a royal embroilment between abrading Overleaves. This is to us extremely poor advertisement and is not what is meant by low-key inducement. The abrasions must be met and dealt with but this exercise does not belong in meetings open to new students because there can be much negativity in the Overleaves.

The method of not expressing the negativity is an exercise that is effective for these introductory sessions and should be used. Of course, it is Bad Work to constantly disrupt a line of work and if this is done in sleep, it is reprehensible.

Many of you are still unable to differentiate between a Tape Loop and a valid perception, and this is thin ice. You must first find your own individual level of awareness. In your role as teacher, you must function with each student at the level on which he stands. That is the greatest challenge to you all — for you now tend to meet everyone head-on at your own level.

Gentleness and forcefulness are both teaching tools. Again we say, your task is to perceive correctly the other person with whom the contact is made. The need is not for drawing in new students. The need now is for conciliatory work among those who are in the teaching or will be drawn to the teaching.

Methodology among you is most interesting as you use it upon one another. In group Photographs, we will give you the complete ineffectiveness of methods separated from truth. Of course, they all “work” and all of your psychological teaching has affirmed their validity.

We speak of a higher truth and a higher teaching. This will not be reached through methodology. This is not to negate the use of your techniques. It is merely a Photograph in the hope that now, rather than listen to the teaching, you finally move to experience the teaching. That will deepen within. Where there is no helping, no assisting, there is merely being — the beingness on the path.

There is a point in the work where no “methods” are effective. This is that level we have given as

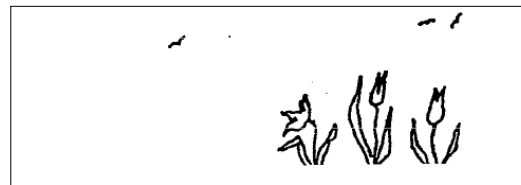
truth in being. The only technique you can possibly emanate, at that point, is your own demonstration — by your own example, you teach. At that point, the stop exercise will be reality, for you will know when.

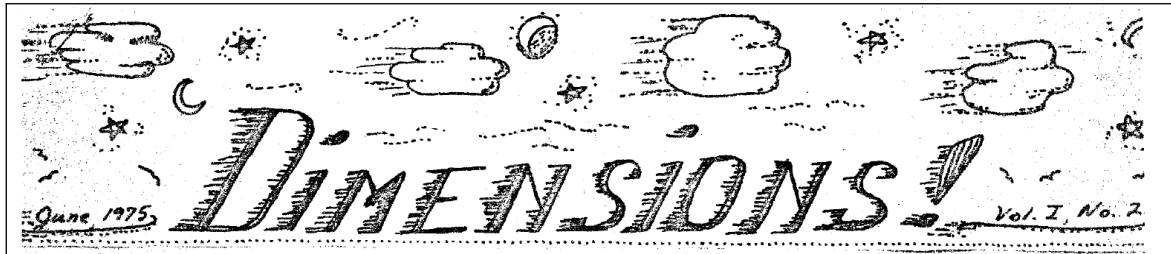
Perhaps we should clarify our position. Three forces have come together and asked for cosmic influence. We are to provide that and pass [on] the system by which you must teach and learn truth in being.

If you lose one of these, you will also lose your effectiveness and eventually also lose contact and be left with a false teaching — an incomplete system. Teachers are developing among you now, but their development is far from complete and needs much refinement, which only one who is in leadership can give you. We stand in for that steward now, as we have done with many forming schools. Right now, recognition of a steward would be so poor that you could not accept what we give to you from one on the Physical Plane.

We have said that methods work and that is true within the limitation of the method. What is it that you wish to accomplish? If it is Balance, then there is another method that must be used than a method that would produce psychological well-being. It is also true that Balance is madness and therefore in direct conflict with psychological well-being.

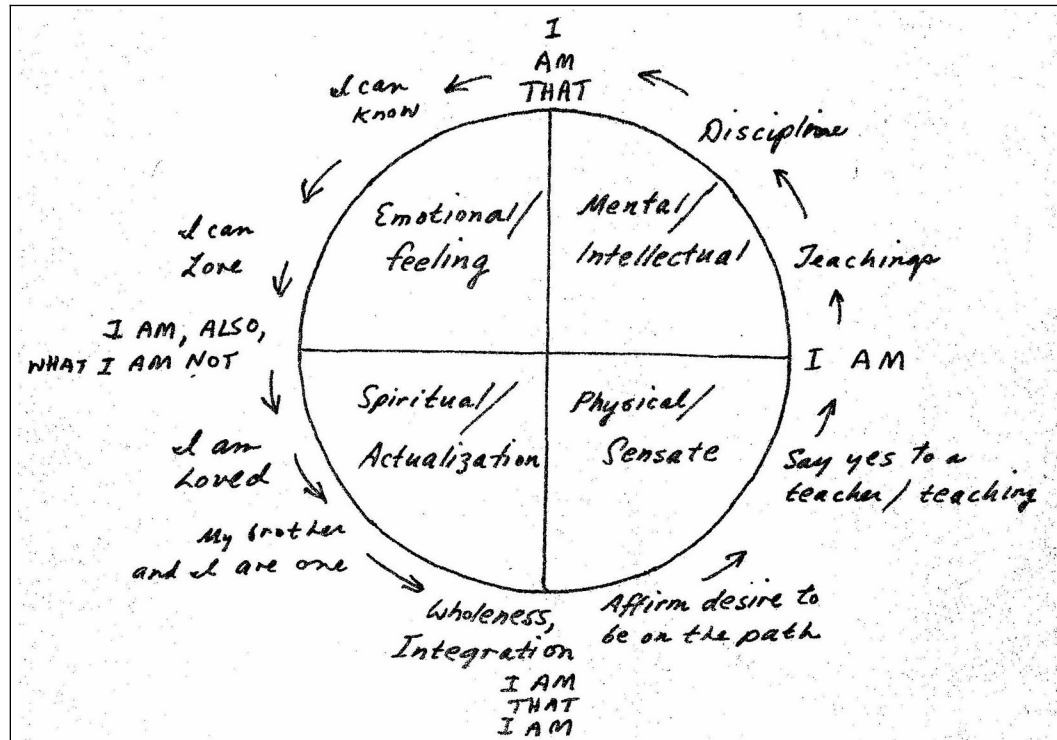
Inner turmoil — the anger at oneself — always results from unreasonable expectations that at least one Overleaf has of the others, and since there is virtually no communication between the Poles of Overleaves — the “many I’s” — then these expectations are only clear to a few of the Overleaves, while the others are in the dark. There again, the leak is downward and results in the same pattern. Yes, this is the same as inner considering.





June 1975

Vol. 1, No. 2



SCHOOLS

Schools are essential for two reasons:

(1) Students must have a model for evaluation of their progress, and (2) Dynamic teachings must be promulgated if spiritual evolution is to occur and schools serve as the most effective method of promulgation.

Schools and teachings differ, and this divergence must be understood. Schools are environments wherein students can work toward Balance and understanding of the Truth. Teachings are systems through which an attempt is made by a Teacher to express what he understands to be Truth.

Schools can only be considered valid when the aim has been achieved, e.g., the students come to Balance and understand Truth.

Teachings are only valid when the system can

be verified as True. Also, Teachings must be dynamic.

They must be contemporary, flexible, and constantly in motion. It does not matter how much or how little Truth is contained within a system. Each individual system has but a finite period of dynamism.

When the Teacher dies, the Teaching passes into literature and should be regarded as such.

It becomes static for a while and then passes into obsolescence. Only as long as we are actively in contact with our Teacher will this system be dynamic. Twenty years, or even less, after the death of all those students able to receive the Teacher's transmissions, it will no longer be a teaching, it will simply be a collection of data about a Teaching.

You have found it difficult to interpret the scriptures of the various religious sects on your world. This is because they are dead teachings.

Language evolves, customs change. Words acquire new connotations in response to societal dynamism. The *Bible* must be read as literature today. The chapters contained therein are merely stories about systems and teachers who lived long ago. On the other hand, the Logos, as expressed by the Realized Masters, can be couched in the language of the times, no matter how complex or dangerous those times might be.

When the Infinite Soul manifested through the man Jesus, the sum of the Logos was brought to bear. In the stories about this Master and his system, however, there is much emotional bias, occult nonsense and romantic embellishment.

There are many Schools and many Systems from which to choose. Students must decide what it is they wish to learn before choosing a school. If he wishes only to become more effective within his cultural milieu, to operate at a more comfortable level mechanically, then there are many awareness schools, such as Esalen, which offer this. If he senses that he is trapped in negative space and wishes help, then there are many therapy schools, such as the Langley-Porter Neuropsychiatric Institute, where this kind of help is given. Within this framework, there are myriad systems (or teachings).

Sometimes a person desiring to become more effective in life pursues an awareness process and achieves his aim, i.e., he becomes effective. But in achieving that goal, the person becomes aware of still another goal up ahead, somewhere. No matter what Part of what Center this person uses as his Trap, the Intellectual Part of Emotional Center, for a moment in time, seeks a "Higher School." That moment is usually sufficient to cause the person to seek a School.

There is no guarantee implicit in this search that the person will meet with a Higher School, or that he will even recognize one if he passes it. He may wander aimlessly from School to School, listening but not hearing, looking but not seeing, seeking but not finding.

Or he may receive Shock in the presence of a teacher, and through the Intellectual Part of Emotional Center realize that he has met with a Higher School. Now, there is no guarantee implicit in this, that he will become a student. False Personality will deny the experience and

if Shock does not intervene again, the person will become disillusioned, frustrated, angry, impatient, etc., and leave.

If he does not leave, he may, after choosing to study, become a student. Or he may become a leech, spending his days basking in the Teacher's charisma and receiving pleasant vibratory strokes from students.

A Higher School is one which has access to and receives its information from a Higher Source than can be found on the Physical Plane. This Higher Source can be called "Cosmic Influence."

The Fourth Way was a Higher School as long as Georges Gurdjieff was alive. Tarot was a higher School during the Renaissance. The Transcendent Brotherhood operates Higher Schools all over the Galaxy.

Cosmic Influence comes to this School from the Mid-Causal Plane of Reality. It will be a Higher School only as long and not a moment longer, as we are in dynamic contact with that Cosmic Influence.



from THE BELIEF BOOK

In the beginning, it would suffice to say that we didn't believe in anyone or anywhere. We must start at a time and a point in infinite space and eternal "time" to acquire something you would call shouldering responsibility or acknowledging rules and proceed forward from that point through your little piece of the greater Tao, which you call your life role. The process is to you slow and sometimes physically painful from the point of view of where you are at, but as with all learning, the experience will prove worthwhile if you will take "time" to endure the pain. We suggest that perhaps this factor is the most universal of all learning processes.

We can think of no reason why you would want to advance from that initial point, especially since no knowledge had been acquired prior to that time, except to say that the growth of the universe ultimately "intrigues the curiosity" of every "lower" along the higher path and the process has been going on now from what you would call the beginning of time.

An analogy might be the lower animal, which Teilhard de Chardin describes emerging from the primordial ooze and evolving into something greater. The only difference would be a subtle one from the same species evolving five minutes before.

We know of no way to accurately describe what you call a “time system” except to remind you that this change you are experiencing has been set out by Creatures of Reason as a forward time system. It is important to remember that “evolutionary Cycles” never exactly duplicate themselves, so you must think of them as a forward linear spiral and not simply the circular motion of a rotating point on a plane, and thus a “time plane” is not a flat sheet of paper in analogy, but resembles the flight of an auger bit with the referenced beginning points intersecting as a flat infinite plane projected radially from the center line of the shaft.

More Automatic Writing ...

Within your world, there is extant a psychological predilection for fear. You fear all new experiences. You move in shadows of fear. Your music — *Let the Sunshine In* — yes, let it in. Humanity moves in darkness awaiting some great messiah but not knowing that they await anything. Movement of the mass of humanity has been in a downward thrust on the spiral. Elevated minds are now functioning that are releasing pressure and allowing the spiral to move upward. There will be no global war. There will be frequent unrest and you have chosen to partake in the culture that sustains unrest. Rest assured that this game has, of course, a conclusion. Once again, we will tell you that love is the highest truth and truth is what your culture through all your philosophies and religions reaches for, so, having reached, you may find the ultimate truth of love for all. What you can do for one brother that is manifest in your givingness, you can do for all.

— Liz

There is only one ultimate question, to which the answer is always yes!

Therefore, everything is true and everything is permitted!

— S.C. [Sarah Chambers]

The “Law of Accident” applies only to the Overleaves, the False Personality operating in artificial space, using the artificial rhythms of the Physical Plane. This term does not apply to students in the work. Things happen to mechanical man. Students and Balanced man choose to experience.

All do not grow to appreciate that which is in Essence, but most do experience a nagging pull in that direction. Religion has nothing to do with formal belief in any one particular system. We would have you look upon religion as an ecstatic celebration of the pan-dimensional life of the constant creative force of the universe, of the Tao. We would see you look upon religion as the joy of the liberated Essence.

— The Teacher [Michael]

In Russian, the same word is used for consciousness and freedom. Consciousness means will [free agency] and will means freedom [to chose].

— S.C. [Sarah Chambers]

Random Quotes ... From our friend, Soleal.

There can be tension on any world if it is encouraged and rewarded. Tension is a manifestation of unrest.

Contact, if it is to be meaningful, must encompass all Centers.

The only crime is violence. This has many shades. If someone broke your lock and stole food because he was hungry, I would not hold him culpable. I would be inclined to blame you for having the lock in the first place.

There is hope. Believe that and you will bring that to those around you. Know the power of thought and the loving presence.

Even if the negative emotion is not expressed, it is there until the being begins serious work on the real self.

Reality is never as difficult to deal with as the fantasy, because in the fantasy you seldom see any tangible results.

Meditation should never be specific. That is called concentration.

Jesus was a conscious teacher. He achieved that state through fasting, meditation, and constant self-appraisal.

Some people work on the giving of themselves freely for many lifetimes. That is the most difficult part of love. Love, to mean anything in the line of consciousness, cannot be predicated on anything material. It must come from higher Centers. This comes about when you finally give up non-verbal expectations about the actions of those around you and begin to accept them without modification in your fantasies.

Love is the only force that you can apply consciously in a positive situation. Positive energy is never wasted. Somebody always absorbs it.

I do not use parables because we have learned from many such examples that misinterpretation often results when stories are conceived to enchant the audience into listening. I just tell it straight.

When you teach, teach impartially and without emotion. The truth is not to be learned through Emotional Center.

I caution you not to interfere in the Karmic roles that others have chosen. If they come to you for help, that is different. Then you have a chance to alter the play. If you meddle, you run the risk of accelerating it.

Secrecy usually indicates fear.

Know that no other creature owes you anything, and then materially obtain what you need through your own resources. Emotional acceptance will only come about when the expectations have ceased. Jesus had no aspirations of his students. In fact, he knew that he would fail the most dismally in his mission to those closest to him. Yet he persisted in his efforts, for his own growth. It was more important to express the higher good than it was that those around him absorb it.

... serenity, non-attachment, peace within and without, unity with the cosmic consciousness, the quiet head tuned to the universal truth ...

LU, THE WANDERER

(This is a parable that Dade found and would like to share. In this parable, Laotse is the teacher and with him are his students and friends in a temple. Wu ch'i, one of the students, had an experience with a dragon and was having troubles ...)

After his encounter with the dragon, Wu ch'i was in a state of confusion. He would sit for hours staring into space, filled with thoughts of sky and clouds and an occasional bird that seemed to float rather than fly in the distance. He thought of nothing in particular, but sometimes felt as though his life itself was nothing but a dream that drifted somewhere between the Earth and the sky, touching neither. He had no roots and everything that moved about him seemed like insubstantial smoke that might disappear in a single puff of breath.

"It is still necessary to act," Laotse said to him sternly one afternoon, upon discovering him sitting idly on the temple roof.

"From where, upon what?" Wu ch'i answered angrily.

"From here to here," Laotse said, placing his hands on the boy's head and drumming his fingers.

"One must know who one is and where he is going, in order to do that," the boy said, "and I am always beginning."

"How magnificent," Laotse said, laughingly. "What infinite possibilities. You should not let anyone of them pass by."

Wu ch'i stared at the old man and shook his head. "That's impossible."

"It's natural," Laotse said, matter of factly, "and it cannot be otherwise."

Wu ch'i looked back at the sky. A storm was brewing, a flash of white light was sent earthward and the mountain upon which Clouds Eye Temple stood shook.

"There is fire on the mountain," said Laotse pointing his staff. "We will be having a visitor tonight. Go down and help the others prepare."

Wu ch'i went into the kitchen and Laotse went to help in the great hall. K'un, mother of the temple, was preparing food.

"Who is coming to dinner?" Wu chi asked.

"Why, old Master Lu himself will eat here tonight," said K'un.

"Who is he?"

"A traveler, perhaps," she said, "rather a storyteller, who every so often passes by the temple and spends a few days with us; and to pay for his keep, he tells stories of his travels. He has been to many places and is quite old."

Soon the tables steamed with dinner. Master Lu had not yet arrived, but Wu ch'i noticed it did not concern anyone and they began to eat. As the tea was being poured, there came a knock on the large temple door. Everyone was silent. Chien, father of the temple, nodded to his son, who was sitting at the end of the table nearest the door. He rose and walked to answer it as if he did not know who it was that was knocking. Wu ch'i questioned Laotse with his eyes.

"Because he is a great man, we prepare. Yet because he is a humble man and does not wish to impose, pretend to forget who he is. It is this that will please him most ... besides, how much better is it to receive a guest graciously when one is unprepared?" explained Laotse.

K'an, Chien's son, opened the door and there stood Master Lu, dripping wet. He was a small man with white hair and slightly hunched over with the weight of many years. His face was wrinkled like a dry leaf and his eyebrows appeared to be white frost above darkly merry

eyes. He spoke in a voice of a springtime song that seemed much younger than he looked.

"Forgive me for this intrusion," he began, "but I was caught in the storm and am looking for shelter and possibly a bowl of rice. I cannot pay you but I can exchange something for my keep.

"Who are you, and what can you exchange?" questioned Laotse.

"No one of importance. Some call me Lu, the Wanderer, but I can tell tales. A story for exchange for your company and rice," Master Lu replied.

"The story first, if you please, sir," said Laotse.

Master Lu nodded and sat down. "With your permission, kind sirs, I will direct my story to the boy, for it is children, after all, who understand these tales best." Wu ch'i stared with fixed eyes.

Master Lu's tale:

I heard of a young farmer, once, who was extremely restless. Although his father was a farmer and his grandfather was a farmer, farming held no happiness for him. He thought to do something of greater value in the world beyond his plowed fields and wet paddies, so he gathered up a few clothes, obtained a stout walking stick and with permission from his father, set out to see the world.

After some years of travel, the young man had learned something of soldiers, merchants and sailors, something of the goodness and badness in men and women, but he was homesick; so he decided to return home for a visit.

When he had traveled to within half a day's journey from his home, the young farmer noticed an old man sitting on a rock at the roadside. The old man looked strangely familiar to the young man and although he could not remember having met before, he felt compelled to stop and pay his respects.

The young man went to the roadside and standing before the rock he bowed humbly to the old man. Before he could speak, however, the old man raised a wizened hand to silence him.

"You're the young farmer from Yellow River Valley," said the old man with a voice that crackled like dry leaves. "I know you well. When you were younger, you passed this way a thousand times and never took notice of my presence. Now, because I see some recognition in you, I will tell you a secret.

"When I was young, I, too, looked for the meanings of things. And like you, I traveled far and wide until all the directions were exhausted and I found myself on this very spot. I vowed then not to move from this rock until I found and truly understood the meaning of my existence. In the beginning, I had neither food nor drink and after several days, I was weak from my sitting; my resolve wavered in Balance. Since this road is a frequented one, however, certain villagers from over the hill had observed my condition, and at last one of them asked the reason for my sitting on the rock. When I had explained my circumstance to him, he took pity on me and promised that so long as his family should live, I would not go hungry or thirsty. This was springtime and soon summer had come and gone, the skies darkened and winter announced it's coming. It was a cold winter and I had no warm clothes or shelter. My resolve weakened until, one day, a Taoist priest stopped and taught me the 'circulation of heat,' and even though the snow fell to the top of the rock, it was sufficient to sustain me. Thus, I passed through my first year.

"All I needed traveled on this road. I soon came to know every villager and farmer for one hundred miles in all directions. Thieves ignored me, as I had no possessions. Armies passed by me because I took no sides. Because I did not move, birds thought me to be a strange tree and they came to rest on my shoulders and whispered their secrets in my ears; in this way, I came to know of things beyond the mountains and the seas where no countryman of ours has ever walked.

"The years passed. My once black beard turned white as snow and my hair fell from my head as dry leaves. My legs and spine fused themselves down into the rock until the deepest tremblings of Earth quivered through my bones; and when the wind came, my spirit drifted up like dry smoke and traveled to the four corners of the world like a cloud. I no longer looked for this or that; I had even forgotten my original purpose.

"I have been sitting upon this rock for one hundred years," said the old man, fixing his eyes on the young farmer. "It is sufficient that

I remain here, for neither place or body binds human. When you return to the beginning, young man, ask 'how much more important is a plow than a rock?'"

And with that the young man continued on his journey. Upon arriving, he discovered that his mother and father had died during his absence, and the farmer's home had been taken for nonpayment of taxes. Saddened, he returned to the rock where the old man sat and stood before him.

"You said I should 'return to the beginning,' but everything was gone. There was nothing there!" he cried.

The old man opened his eyes and shook his head.

"You misunderstand," he said slowly. "The beginning is always here," and he pointed to his head. "One is always beginning, and if he is always beginning, to where can he return?"

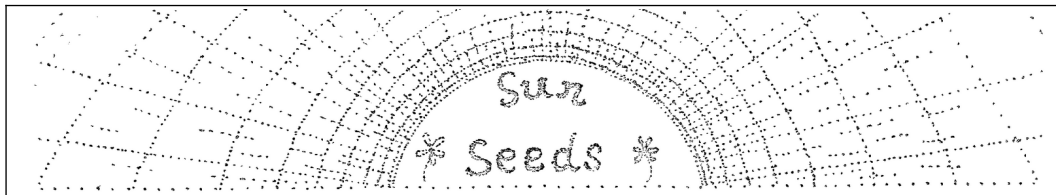
And the young farmer went.

Here ends Master Lu's tale.

Wu ch'i stared across the table at the old man and smiled. The old man laughed and Laotse laughed.

"I told you children understand these things best," he said, reaching out and accepting the bowl of rice from Laotse's own hand. Laotse bowed deeply before him.

(I hope I got that character right!) — Christy



Sun Seeds [Poetry]

Why look for that which surrounds you?

Why tarry on paths that invite you?

Why wonder at awes that astound you?

Instead, let it in. Let it be.

Why look for love when it's found you?

Why wait for some future to live?

Why ask if Truth is really within you?

Instead, let it through. Let it be.

Let wonder surround you ...

Automatic Writing:

The only meaning that life has is to show the souls separated from each other the path back to unity.

To deny this unity is to suffer.

Now that man has discovered from his pain a way, let him follow it or continue to suffer.

From Our Teacher [Michael]:

The truth is that all of life loves and is loved. All interrelationships are in love. The problem arises when the facades interrelate, instead of the Essences. The issue is not one of gaining or achieving more, but rather of stripping away. The layers need to be peeled away in order for the Essence to be reached.

Wholeness already is. At-one-ness with the universe already is. Perception is clouded by layers and layers of onionskin-like conditioning. The need is to peel and discard. The illusion is that it is necessary to somehow add. Get very clearly that the need is to subtract. All is already within you. Peel away the onionskin that obscures vision.

On your plane, only the facades or what we have called False Personality, interrelate. This is the source of all of your conflicts. In rare instances, Essences interrelate. This causes a "cultural shockwave."

Let tarrying go ...

Let looking fall by the wayside — and see.

— Liz

Under a cool dusk sky, one's body is relaxed on warm yellow sand.

Tiny grains dance by in whirlpools teased by a gently wailing wind.

Two arms, flesh gradually withering, slowly stripped by wind and time become lighter.

Grey bones, reduced to white twigs, break and drift upward to dance away with the sand.

Only the Essence remains thru eternity.

— Richard Chambers

Open, let be and disown!

— Chöyam Trungpa, Rinpoche

X was Life and Laughter, Multiplied by hope.

Love was X divided by that With which I could not cope.

Life was just a circle, To which there was no end.

My course a parallelogram, and hope was just pretend.

I pursued in vain the formula, And searched for many years,

Until my ink-stained data, Were wet with angry tears.

Ah, once I had a theory, and The circle straightened out.

But, plus the parallelogram, Defeat was paramount!

— Sarah Chambers, 1958

There are books, books and more books for anyone who reads,
And they can scarcely be enough to satisfy the needs of someone who is searching
For a thing he can't quite define ... an idea or a wispy thought,
And what a frustrating line so many authors hand you

On how to find your Self, when anyone can tell you that
The answer just ain't on the shelf.
It's really right inside you. Just take a peak and see
That the illusive thing you've been looking for Is the real you that God meant to be.
— Christy, 1953
More Trungpa ...
We have to learn in order to unlearn.

Fellowship of Souls, Oakland, CA

It is hard to define our group ... while we are focused on a specific teaching, each of us appears to be in a slightly different relationship to this teaching and as we are very different, many of us, we do not always march to the same drummer at the same moment. We are, it seems to me, learning to experience and appreciate this rich variety.

Sarah has just finished her first book⁹³⁵ about our friend Soleal and is already enthusiastically working on a sequel. The rest of the group has been involved in this undertaking in one way or another, and her joy is ours. Liz has also begun a book and Christy spurts aphorisms uncontrollably at all hours of the day and night.

Aside from our own teacher, we have individually and in small groups within our group been experiencing the Gurdjieff/Ouspensky material, and/or Werner Erhard's EST training, as well as the approach of Chögyam Trungpa, Rinpoche, whose book *Cutting Through Spiritual Materialism* has been of interest to some of us. One of our people has just read *The Only Dance There Is* by Baba Ram Dass and is sharing this with others of us. Another is perusing *The Phoenix Lectures* by L. Ron Hubbard, of Scientology. Others are in touch with the Living Love Center and are studying their *Handbook to Higher Consciousness*. The Logos abounds, to be sure ... within and without us ... and we synthesize and unfold, as we learn and, ultimately, detach.

Many of us have been visiting and even living with one another, as we begin our new level of focus toward communal living. Part of our group is off this summer in vans, sharing a journey on many levels of awareness. One of us will return to Oregon after spending several months here in the Bay area, soaking up the good vibrations and opening to new possibilities for simply being ... becoming the teaching. So our group is not dependent, in a way, on being together, at least not in this particular step in our evolution.

We have had, as a group, a growth spurt of sorts during the first part of this year ... not so much in numbers as in ourselves individually and together. We were given a teaching and then we chose to experience it. This process continues and our joy increases as we become aware of just what it is that is occurring amongst and within us. So we are gradually letting go and becoming as we do ... becoming our joyful teaching, releasing our joy to the universe.

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Fellowship of Souls

In the transcription of the 24 November 1974 meeting of the OMG, we find the following statement:

The meeting began with a discussion of business. Narra is having difficulty filing incorporation papers, as a name for the group is needed first. The name "Fellowship of Souls" was suggested, motion made, seconded and passed. We also discussed dues, officer's roles, board of directors, etc.

Then at the end of the February 21, 1975 session, we find this:

Students are invited to design a seal representing the Logos, which is necessary in order for our incorporation. Also, speak up now if there are objections at this time to our name: "The Fellowship of Souls". It is possible to change it at a later date. At the present, the price for this legal action is \$50.

⁹³⁵ Sarah's books have not been located.

Before the end of February, the larger group meetings of the OMG were disbanded, and it appears, based on the documents that we have from the following few months, that the core group that continued to meet was attempting to redefine itself. There were a few channeling sessions, and there were a couple of issues of a “magazine”. In the publication of “Dimensions” Magazine, Volume 1 Number 2, June 1975, we find this:

Fellowship of Souls, Oakland, CA It is hard to define our group ...

You may read several paragraphs of a description of the group in Volume One of *Michael Speaks — the Legacy of Sarah Chambers*.

In early 2016, Sarah’s daughter Dorothy shared a document that probably belongs in the OMG timeline about this time, the spring of 1975, written by her stepfather, Richard Chambers. It was titled, TRUTH IS THE GREATEST GOOD — LOVE IS THE HIGHEST TRUTH. This is, of course, a quote from the Michaels, the session of 22 November 1973 and repeated in the session of 28 December 1974. This is a statement that became a favorite of Michael students in subsequent decades. This is what the document said:

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At some point in our lives we begin a new journey — a journey into Truth. We begin to ask the questions: Who am I? Where am I going? What is the purpose of my life?

We discern with an inner eye that our path through the ages has dimensions not comprehended by the intellect, and perhaps not even felt with the heart. From that discernment we earnestly begin to search. That search is the reincarnational purpose of man. It is the springboard to the evolutionary process that leads ultimately to wholeness of self, oneness with the other, and unity with the All.

The Fellowship of Souls is a group of people who have willingly embarked upon the journey. We utilize many methods and disciplines, taking from each the essence that is relevant, and that produces growth. By studying the teachings of many who have traveled the path before us, we learn to validate the Universal Truths and apply them in our lives. By using various disciplines of meditation and concentration, we learn to reach deep within to the source of all knowledge — and we learn that All lies within, awaiting our moment of awakening.

We see that beyond the cultural mores and religious dogmas is a higher truth. We work within ourselves, and with one another, to tap into that truth — and, in doing so, we take the essential next step on the path. We invite you to join us.

Introductory meetings are scheduled regularly. At these meetings you will be given the opportunity to look at what is Truth, and what is your personal Reality. You will experience interaction with others who perhaps share some of your concerns and questions. And, most importantly, you will have the opportunity to experience yourself as two forces — the “personality” and the “essence” ... and to see what the work is for you.

“ ... The antithesis of war is not peace.

“... The antithesis of war is reason.”

Fellowship of Souls — Oakland California

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The document was signed in handwriting with Richard Chambers’ name, phone number, and address.

If that quote about “the antithesis of war” is from Michael, we do not have the session transcription in which it might have appeared. Richard and Sarah used the Ouija board together in the early days at least, and perhaps beyond, and may not have recorded everything for posterity.

HIATUS

So far as we know, nothing tangible has been left of their efforts to restart the regular group meetings with new members, if any, recruited by the Fellowship of Souls document. After this, the next transcription that we have is from about a year and a half later, 21 November 1976, and it was only attended by some of the core group members. So far as we know, there were no OMG sessions with the Michaels from mid 1975 to this session. One of the people who attended the meetings during 1976 and 1977, until its cessation in January 1978, told

us that some of the core OMG members had occasional parties, hosted by Alice, during that 1.5 year hiatus. My understanding is that Sarah began having private channeling sessions for Quinn Yarbrow during 1976, as part of fleshing out the *Messages from Michael* book. My presumption is that this prompted Sarah to resume having channeling sessions with a few core group members. After these dozen sessions, the OMG ceased.

21 November 1976 — Sunday

Present: Alice and Dick, Narra, Sarah and Richard, Joan and Jim, Cynthia.

There was general discussion — some of it about psychics — and the following message occurred:

Conscientious psychics will often pass on data about which some doubt exists or there is skepticism, but it is unlikely that they will be vessels for data that contradicts their core beliefs. The material will, therefore, be slanted. This was meant only as a general comment, not any specific case, but many of you have this question.

We talked about “morbid introspection” and the Course in Miracles material that Alice, Dick and Narra have been working with.

Introspection is absolutely essential in the beginning and acts as a purge. Many can now take the step outward, for they have found “themselves” within. One should not worry about losing ground by working on the expansion.

Ground gained in Essence is never lost. The feeling of rudderlessness is related to the wallowing in the Overleaves that all of you periodically revert to [using them as an excuse for not being in Essence].

Cynthia made the statement that she was apprehensive about the meeting because she had a ridiculous fear that the teacher [the Michaels] would get mad at her for not going to work with P.K.

Never will we urge. That is not within the scope of this Teaching. Only will we present the alternatives. You must realize that our neutrality extends far beyond what you can possibly imagine. Our strength lies in our ability to perceive the diverging tracks ... or choices, if you prefer. In each instance, there will be a choice that can be made simply out of Personality and will usually work in the world, and there is also a choice that can be made from Essence, which will instinctively “feel” right and will result in positive upward mobility. Your difficulties lie in your inability to choose the Essence route, as it always seems the more difficult, when in reality, it is the more simple. But society has complexified to the point where you see any attempt at simplification as unbelievably complex. This is paradoxical, of course, and is the one barrier in the way of any true attempt at civilization. If you doubt this, look at the definition of the word “sometime.” In most instances, those hearing this Teaching will fasten on that precept that holds the most immediate appeal. With you, Cynthia, it was Body Typing.

(This was in reference to the P.K. offer.)

Those with the Chief Feature of Impatience will search for a Teaching that is more immediately in the world and if they do not find this, they will return to the one that gives them the most hope for immediacy.

There was talk of the Personality and the fact that we must have it for a reason, and why not live with it — or words to that effect.

There comes a point, believe us, when you tire of the experience.

The fallacy in your interpretation of the [Werner] Erhard⁹³⁶ training (this to Cynthia) is in your stubborn insistence that you love your misery. We do not hear the man Werner saying this. It is possible to endure an unpleasant situation with grace, but the goal is to step from it as quickly as possible, not stay there and grind your molars.

Not only Cynthia loves her misery.

The man Robert Heinlein⁹³⁷ hit upon an accidental truth in his epic (*Stranger in a Strange Land*, no doubt). He does not understand this truth, but was able to write about it. You apprehend the situation fully, love it as a part of the universal flow and then you let it go. And, by letting go, we mean down to the last vestige, No resentment, no regrets. If it is done in Personality, then it cannot be important on the Essence level.⁹³⁸

⁹³⁶ Cynthia was an Emotionally-Centered Mature Sage in the Passion Mode; she worked for a time for the EST organization.

⁹³⁷ From Wikipedia: Robert Anson Heinlein (July 7, 1907 – May 8, 1988) was an American science fiction writer. Often called the “dean of science fiction writers,” he was one of the most influential and controversial authors of the genre. He was one of the best selling science fiction novelists for many decades. Heinlein, Isaac Asimov and Arthur C. Clarke were known as the “Big Three” of science fiction. The 1961 novel *Stranger in a Strange Land* is viewed as his seminal work, incorporating many of the aforementioned themes found in his literature.

⁹³⁸ Because Essence and personality are reciprocally related: as the one decreases, the other increases.

There are in life struggles and true goals and false goals, and when your will is centered upon achieving a false goal, then you are at odds with the flow and your Essence will fight this. And this is where the discomfort comes in. Even steps are used by some as goals simply because they are unable to reasonably define a goal for themselves. For instance, Dr. Dick, let us discuss the physician's role in your world. If the goal is to heal, then the Essence will be at peace or even if the goal is to teach. But, if the goal is obscured by parental ideals or the need to please or the need to get ahead in life, then the Personality is in charge and the Essence is restless and unsatisfied. This is not to say that the physician should not achieve and even make a comfortable life for himself. It simply says that this is not a goal that is satisfying to the soul.

We talked a bit about all goals being "Maya", as it were.

You are right, of course. All goals [of ego/False Personality] are only intermediate goals.

(The goal [of Essence] is awareness.)

There are, of course, parallel vectors leading to nowhere. Many lead to stagnation on the Physical Plane, many to intense Karmic Ribbons. Only those vectors leading into the flow are paths that are worth following. Those [vectors] we have suggested lead to joy, and most teachings that we are aware of do lead to this. Parallel vectors are the illusion and the misery of the Physical Plane. The "vale [valley] of tears" that was pointed out in the Bible defines the road obscured by Maya ... the many-fold vectors of the choices made by the Overleaves. The trouble is, the choices never do satisfy the Essence, and there is always internal war. The Physical Plane represents the lowest state of existence; call it "Hell" if you wish — it certainly fits. The only concept we would disagree with is that the Fragmented entities desire a separation from God. The longing [for God] is always there, even through countless mistakes or poor choices. Look upon this as a proving ground, if you wish. Learning that this is not the paradise that you initially think it is, is the giant step you must take in order to progress spiritually. We would say that a certain carelessness about the future is quite a positive thing.

(This statement was made with regard to Narra's tree reading [by Abdullah⁹³⁹].)

One cannot determine what the future holds, no matter how spiritual they become and endless speculation leads to nothing but despair.

One should feel a sadness that the Personality experiences guilt for enjoying the moment. The Overleaves act as an effective barrier to any real joy, because of their constant concern with the far-reaching consequences of any act in the moment.

Guilt is a built-in feature of the Personality. It keeps you on your toes. It also gears the entire life to the future. All action is based upon future need more than immediate gratification. This is not to say that all of the Personality's needs and desires of a temporal nature should be gratified.⁹⁴⁰

The conflict that you feel comes about because the Personality does exactly what it wants to do all of the time. The Essence does not have the chance to act in the moment and it goes to sleep in order to avoid the conflict. The forces of "good and evil" that you feel fighting within yourselves are not the Essence fighting the Personality, but are the Overleaves fighting each other.

We have told you all that there is a way that you can use to penetrate the veil — or, truly, there are several ways that we have outlined. Anything that you can do that will bring you to the brink of an experience with the entire spectrum of existence will bring you to the realization of the path that you must follow.

This is a fancy way of saying that you must have some sort of a "psychic" experience that will allow you to see that there is something out there — or out here, if you wish. Nothing else will convince you that you have cut deeply enough into the meat of this teaching or any other teaching. Many still resist with bulldog tenacity.

No teaching answers questions that you do not wish to have answered. You can always obscure answers at will and take from the teaching only what you need to get through your present misery. Only by experiencing the truth directly, will you believe and change. This means that you must see it yourself.

We cannot tell you that it exists and expect you to feel gratified. You must experience this. You must want to be changed.

Some of the methods we have suggested in the past are valid for you even now, but they must be undertaken with possible victory in mind. There is an element of defeat that makes many otherwise good students fail at

⁹³⁹ Abdullah made a living by having people draw pictures of trees, then he analyzed their personality (a technique called Arboromancy). In his January 2011 interview, Abdullah told us that he had done "tree readings" for many people in the Michael study group.

⁹⁴⁰ The Balanced, centered person responds to the promptings of Essence, not the needs of ego.

this juncture. They say, in effect, it has always failed in the past and it will fail again. The Personality does not wish to be enlightened, Dick.

We talked about "forgiveness" ...

This is a very transcendental notion, of course, and involves negating the Physical Plane. Of course, if the Essence forgives, then the "hatchet" is buried because the Essence does not feel the transition between the planes as death.

In a limited sense, it is possible to function on the Physical Plane in Essence. Survival is the goal of the Personality and this is directly opposed to the goal of the Essence, which is ecstasy. The Personality cannot forgive, because in doing so, it exposes its Achilles heel to anti-survival thrusts. For instance, hostility must be met with the back to the wall if survival is to be assured. The other, especially if he be more powerful, must be the first to concede. Then a certain pseudo forgiveness takes place.

Only the Essence can walk into an angry mob and not fear the consequences, for it does not fear death.

All moments of inexpressible joy are Essence experiences, and, of course, the Essence is the flow. It does not glimpse the flow — the Personality does that. What you can do is to put yourself into the space where your Personality can glimpse this "beyond" realm and then, perhaps, end the conflict. We do not see any of you here present operating from Essence in this lifetime unless radical change occurs. What we do see is rather steady seeking for what you have already momentarily glimpsed. For the want of a better term, let us call what we are discussing the spiritual experience — in other words, you must see God. Then you must see the God that dwells within and realize that they are one and the same. Vulnerability is the necessary catalyst.

End session.

12 December 1976 — Sunday

Present: Alice and Dick, Joan, Shirley, Violet and Gene, Sarah, Cynthia.

(I will apologize ahead of time for a lack of attention paid to [recording] questions asked during the session.)

The evening began with talk about the [A Course in] Miracles material, and we shared thoughts about the difference between false goals and true goals. Must we give up life goals?

All must realize that the term Holy Spirit⁹⁴¹ does in fact refer to the Essence — that within the self that is in contact with the Tao. To contact this Holy Spirit, then, requires only the quieting of the Overleaves to the extent that the Essence can be perceived. The perception is often brilliantly elucidated during a so-called "spiritual" experience, when the Personality is temporarily inactivated by the powerful input. [Psychedelic] Drugs will often facilitate this, but are not necessary; environment is more important. Without this perception, all of this [Michael's teaching or any spiritual teaching] is simply another barrage of words. Only the knowledge of one's own Essence is convincing. We cannot emphasize this too much. It can be explained by the timeworn cliché: "seeing is believing". There is no other way that one can be certain that planes beyond the physical exist, other than experiencing them. The same can be said for the perception of one's own Essence. When this is accomplished, the power of the experience drowns disbelief. Then, of course, it is still entirely up to you which course you wish to pursue. It is doubtful, though, that one would choose to continue with purposeless activities. False goals are those that are largely unattainable, as they exist only in fantasy. True goals lead to the awakening of the Essence and its breakthrough. This is indeed possible for those who wish it and without great sacrifice upon the mountain-top.

Mention was made of rituals and practices designed to bring about enlightenment.

We simply speak of various asceticisms that are unnecessary. Rituals do help the uninitiated, but only in the preparatory stages. These serve to quiet the mind.

It is interesting that the left cerebral hemisphere is unable to allow this perception (of the Essence). Many times, persons sustaining brain damage in the left side do experience their Essence for the first time.

("Facilitate" would be a better word than "allow.")

The Intellectual Center cannot perceive God. The Intellectual Center is not interested in this perception; it does not count it as a loss [to not perceive God]. Only the Higher Centers long [yearn] for the Tao, through the Emotional Center. The desire for human closeness and exclusive relationships derives from this [Emotional

⁹⁴¹ From ><http://www.facim.org/acim/theory.htm><: A Course in Miracles defines the trinity: 1) God, the Father; 2) His Son, Christ, our true Self; and 3) the Holy Spirit, the Voice for God.

Center yearning]. It is the substitute that the Overleaves accept, but since it lacks perfection, it does not satisfy. The Essence seeks the perfection that it is. The Essence loves. This is the only emotion it is capable of. It loves all that is self and All There Is.

Try an exercise if you wish. The next time you are involved in a hostile exchange with someone with incompatible Overleaves, create within [yourself] the quiet space: face this challenge squarely and attempt to acknowledge to that other person, "Thou art God". This does not have to be said aloud, but said [within] enough to become reality. It does not even have to put an end to the hostilities. It is merely acknowledgment that is important. If you are able to achieve this, it will be the Essence that does the achieving. The Overleaves may very well go right on spitting. This is the same principle as the "steward".⁹⁴² ... and we are asking that you create a corridor through which your Essence can pass.

We would cease use of the word "detachment" as this is misleading. You are already detached from that which you seek [Essence].

We talked about efforting, not getting any place — just get into deeper and deeper trouble with life. It seems there should be no effort. (I did not get the specific comment that brought about this next response.)

What you are experiencing is passion. This is a gateway to Agape if used in the proper perspective. The man Jesus was passionate. The transcendence to Agape took place only when the Infinite Soul began to manifest, but this is not to say that Agape cannot be experienced by those untranscended — it can, but only through the Essence. The Overleaves cannot experience Agape. The Overleaves cannot even experience passion most of the time. True passion has sustained many great teachers throughout their physical lives. False passion would better be called greed, for this is what determines most of the emotions that you now associate with the word passion.

In spite of the myth of childhood happiness, the child on the Physical Plane is in the least enviable spot in the universe. He is at the mercy of everything and everybody, and he knows it. He chooses to block this knowledge and does this well. So well, in fact, that any thought of going back or regressing to that state appalls the average adult. Abandoning oneself to play, then, is quite a scary fate and not one easily accomplished once the cherished adult status is achieved. We have never known of an adult who has achieved spiritual enlightenment. Who is more vulnerable than a child? The man Eric Berne⁹⁴³ knew this when he called the Intellectual Center "the adult," the Moving Center "the parent" and the Emotional Center "the child". The Moving Center is concerned with right action, the Intellectual Center with right thought — where, then, is there room for love?⁹⁴⁴

The Cerro Gordo⁹⁴⁵ project was mentioned.

Society will commend projects such as that for its right thought and action. This is the infinite sadness — the poignancy of the Physical Plane. This is the separation from God. You are rewarded [by society] for just those actions that lead nowhere [such as materialism] and, therefore, always choose those paths.

(We talked of changing the Overleaves and the teacher's mention of "quieting" them.)

"Extinguishing" was the word used, but perhaps this is a harsh word, as "quieting" does sound easier. The Positive Poles of the Overleaves — this is the goal. Once reached, you are in Essence. All is equal. Study again the words we gave you in defining the action of the Positive Poles of the Overleaves. There is no qualitative difference.

(We talked about dreams and visions.)

⁹⁴² "Steward" is a Gurdjieff term. In *Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky* by Maurice Nicoll, "Master" is the Real "I" — the Real Will; Steward is below Master; Deputy-Steward is below Steward, and the many "I"s of Personality is listed below Deputy-Steward. A quote from *The Fourth Way: A Record of Talks and Answers to Questions Based on the Teaching of G. I. Gurdjieff*: "Man is compared to a house full of servants, without master or steward to look after them. So, the servants do what they like; none of them does his own work. The house is in a state of complete chaos, because all the servants try to do someone else's work which they are not competent to do. The cook works in the stables, the coachman in the kitchen, and so on. The only possibility for things to improve is if a certain number of servants decide to elect one of themselves as a deputy steward and in this way, make him control the other servants."

⁹⁴³ Eric Berne was a psychotherapist and the author of the best-selling book *Games People Play* in 1964 that described "transactional analysis" between parts of Personality that the Michaels here correlated with the lower Centers. The book can therefore be read as a treatise on the appropriate use of Centers as taught by the Michaels.

⁹⁴⁴ In answer to this question, I would say that "room for love" is found in the Emotional Center.

⁹⁴⁵ Cerro Gordo is an intentional community in Cottage Grove, Oregon, that Cynthia and Nichols were involved in.

Visions are often glimpses of areas in which the work is needed. The self or soul, if you wish, manufactures these and serves them up in the most convenient and palatable form. With Joan, it would be a dream. Others might just as easily experience this in the waking state.

End of session. Next time there will be better handling of the reporting of the discussion as well.

21 February 1977 — Monday

Present: Sarah and Richard, Violet and Gene, Alice and Dick, Joan and Jim, Alice's sister Marla, Narra, Cynthia, plus copy for Shirley.

Joan: Spoke of growing and changing between lives — making Agreements.

Narra: Our lifetimes are for growth.

Gene: What we do here in lives, we ingest and synthesize between lives so we know what we have in the way of appointments and Agreements.

Growth of another kind occurs on other planes, devoid of the stimuli of the Physical Plane.

Gene is mostly right in saying that a synthesis comes about in that period between lives on the Physical Plane. This is the time of review and the opportunity to see where growth is needed.

We must say something about Astral lives at this point. Astral lives are no more enlightened than the physical component in all but the Older Souls. In other words, if a soul was not telepathic on the Physical Plane, he will not be more so after death.

Narra spoke of her husband, Bud's experience.⁹⁴⁶

As we have said in the past, always there is a period of confusion and disorientation that follows the transition from one plane to another.

In the case of Robert, he had created less of an obstacle than most because of much work at the end and this Fragment's most compelling sensation at the present time is wonderment. He is not certain where the place is where he is, but not particularly fearful, as that place is of his own creation.

Narra said that it seemed that their Sequence was completed.

We would agree with that. One more word: This Fragment rejoices the loss of that body.

Do we remember the physical life when we are on the Astral Plane?

Many do not remember at all, especially very Young Souls. But remember, there is no life survival programming going on on the Astral Plane, and the encumbrances are less heavy. Also, there is not as much emphasis placed on sameness. On the Physical Plane, those who remember are regarded as weird, and this is suppressed in most. Only the bravest souls among you are willing to go back through the barriers to the memories. Most souls on the Physical Plane do remember their other existences; there is simply much resistance to refining these memories. Haven't you ever met one who did not need to learn, for instance, mathematics? It just came to them. Don't you wonder where that knowledge came from? Once a skill is acquired, it is never lost to that Fragment, no matter how many transitions he goes through.

Narra mentioned that she knew right away what to do with her first child. Alice said she had less good fortune there.

Skills may become rusty, but not lost and (lack of) skills must be separated from irrational fears.

Narra said that she felt that Robert did much work at the end.⁹⁴⁷

We would agree with that. The Fragment that was Robert was one of the few in this cadre able at the end to acknowledge that death was not the end and that was an enormous step that led to much introspection and much contact with the Essence at the end. This Fragment was able to surrender the body without regret. The Essence is never "in Rejection," you see.⁹⁴⁸ Therefore, the man Robert even rejected his own knowledge, his own good advice. From that, you can measure the strides that were made. Those unfortunate souls who continue to hope for a miracle that will make them whole again never do come to grips with the possibilities that rest with death, and they never can relax the [ego's] vigil and see the light up ahead. Only those who

⁹⁴⁶ Narra's husband Robert died the week before this session. Previous transcript sessions discussed his ill health. Her second husband died shortly after Alice died, in 2010.

⁹⁴⁷ Robert died at age 63. Narra had just turned 47.

⁹⁴⁸ Robert's Goal was given by Michael as Rejection.

realize that the physical life is about to end and go from there, have a chance. Those who counsel, err when they do not counsel in this direction.

Do souls hang around after death?

Fragments who die violently do sometimes hover simply because there is confusion. Others rarely do. All of you owe a debt of sorts to the student Elisabeth (Kübler-Ross).⁹⁴⁹

Did Robert choose the brain tumor?

The choice of a malignant tumor is not a direct one, but often this does happen in the end with those who wish it to. The choice is so indirect that only the most enlightened soul could identify it as a choice.

For instance, when you ask yourselves why you created for yourself a cold, there is no suitable answer. You created an illness; the type was unspecified. Perhaps the body needed a slowing down. Perhaps Emotional Center was calling a halt to excess activity. Perhaps the body needed to die. You see, there are myriad reasons.

Discussion: There was talk about individual responsibility in illness.

It is not inhumane to suggest a degree of responsibility, but it is imperative to discover the motive (for the disease). This should come first.

For instance, all of you are acquainted with females who have undergone mastectomies and the motivation in these cases is more or less the same. These females are saddened by their lack of recognition as other than sexual objects, although most are not even aware of the sadness and their self-mutilation takes a subtle form, but is nevertheless as sure as if they had taken the knife to themselves. Also, these females are rigid and authoritative role models of what they consider to be “right” and in this sense, they defeat themselves by refusing to see that rigidity.

Discussion: We talked about types of cancers.

It is usually an attempt within the tumor (then the tumor has a life of its own), as does much tissue of this type. Yes, it must be given a fertile field in which to grow. Let us give you an example: the tumors of the gastrointestinal system are especially virulent. Most of these come about in souls slightly ashamed of their feces or morbidly concerned with the mechanics of defecation. The curative surgical procedure only enhances this concern, as defecation is even more obvious and imperative to the soul. He becomes more introspective than ever and more dedicated to elimination than ever. Now we are not suggesting that you cease operating upon malignant tumors of the gastrointestinal tract, or other malignant tumors — only that you learn to counsel effectively.

Comment: There must be spiritual reasons for this ...

Oh, of course, there are. There is the spiritual unrest that all of you experience, but this is translated at a lower level into the bodily functions.

If the soul is unable to deal with the spiritual longing, he deals with the Instinctive Center’s longing. For instance, you in this room seek the spirit, while many souls translate this longing into Instinctive Center needs — warmth, comfort, a full stomach and passive entertainment. The Instinctive Center functions only because of interest when the other Centers are inactivated or have been satisfied.

Comment: A name was mentioned.

The name is not Halstead, but Haldane.⁹⁵⁰ This Fragment had satisfied the spirit and was prepared to go on and chose this exit — or perhaps we should say, “took” this exit.⁹⁵¹ He simply willed the terminal process. But this

⁹⁴⁹ From Wikipedia: Elisabeth Kübler-Ross, M.D. (July 8, 1926 – August 24, 2004) was a Swiss-born psychiatrist, a pioneer in near-death studies and the author of the ground-breaking book *On Death and Dying* (1969), where she first discussed what is now known as the Kübler-Ross model. She was the recipient of twenty honorary degrees and by July 1982 had taught, in her estimation, 125,000 students in death and dying courses in colleges, seminaries, medical schools, hospitals and social-work institutions. In 1970, she delivered the “The Ingersoll Lectures on Human Immortality” at Harvard University, on the theme, *On Death and Dying*. Dr. Kübler-Ross was a friend of Gene and attended a study group session on January 9, 1975.

⁹⁵⁰ From Wikipedia: John Burdon Sanderson Haldane FRS (November 5, 1892 – December 1, 1964), known as Jack (but who used ‘J.B.S.’ in his printed works), was a British-born geneticist and evolutionary biologist. He was one of the founders (along with Ronald Fisher and Sewall Wright) of population genetics.

⁹⁵¹ From Wikipedia: Shortly before his death from colon cancer, Haldane wrote a comic poem while in the hospital, mocking his own incurable disease. It was read by his friends, who appreciated the consistent irreverence with which Haldane had lived his productive life ... Haldane died on December 1, 1964. He willed that his body be used for study at the Rangaraya Medical College, Kakinada, India.

was a Fragment who had been rigidly programmed [as a British aristocrat] to regard his eliminatory functions as “nasty.” In spite of his scientific education, he never overcame this program.

Is it possible to know the motive behind a tumor of the gastrointestinal system?

Only if you were willing to spend the necessary time with each patient — that is to say, develop a certain level of intimacy with them. This is being done to a limited extent in the holistic health centers, but there again, here we have half-trained practitioners with more zeal than skill.

There are even many ways that you can say you caused your cancer. The process is something like this:

1. I am sad.
2. I don’t wish to go on like this.
3. Please help me.
4. No one cares.
5. There is no one out there.
6. I wish to die.
7. I wish to show them that they cannot do this to me.
8. I will make a mess.

And with each level of recognition or lack thereof, there is another step. For instance, “I am sad” may bring on a cold. If relief comes, that is all that is necessary.

If we progress to “I don’t wish to go on like this,” a virus may supervene of a more serious nature.

“Please help me” may bring on a more disabling problem.

“There is no one out there” often results in a chronic nature that brings the patient into your office time and time again.

“I will show them” is the stage where the patient develops an illness that must be taken care of by someone else.

“I will make a mess” is, of course, the last stage, where others are forced to deal with your nasties.

The patient who has reached the “I will make a mess” stage has exhausted all adult pleading and regresses back into childhood, where negative reinforcement is preferable to no reinforcement at all.

[Question missing]

The method (of Scientology)⁹⁵² [is effective], yes. The threats, no. You must leave an avenue of exit in all teachings. We must tell you this at this point, so that you may recognize a true Teaching. In a true Teaching, there is always an exit.

Can we change the course of a disease?

Have you never made a snowball and rolled it on an incline, and what was the result? There is a point of no return. At this point, the patient is unable to hear the answer to his plea. But, only in that final stage, we must emphasize. Just as the child beneath [age] seven is unable to determine the connection that the tall, thin glass holds as much liquid as the short, stout glass, so the terminal patient goes.

We talked about communes. Sarah feels that the discipline of children would be the biggest problem.

Joan suggested that we never looked at our real fears when we were planning the commune. Sarah — fear of kids. Dick — fear of work. Joan — fear of growth, couldn’t live within. Gene — fear of working while others were not.

Gene suggested that all we need is a unified reason for doing it. One reason: to help people not reach the “mess” stage.

21 March 1977 — Monday

Present: Violet and Gene, Alice and Dick, Sarah and Richard, Cynthia.

We asked two personal questions initially and the Trouts were informed that:

⁹⁵² From Wikipedia: Scientology is a body of beliefs and related practices created by science fiction and fantasy author L. Ron Hubbard (1911–1986), starting in 1952, as a successor to his earlier self-help system, Dianetics. Scientology teaches that people are immortal beings who have forgotten their true nature. Its method of spiritual rehabilitation is a type of counseling known as auditing, in which practitioners aim to consciously re-experience painful or traumatic events in their past in order to free themselves of their limiting effects. Study materials and auditing courses are made available to members in return for specified donations.

Twins are not to be unexpected.

Dick said that our society seems to force people into Intellectual Center. It was pointed out that the Positive Poles of all of the Overleaves are in Essence.

In this society, it is a survival technique (to be in Intellectual Center) [and] the submergence of other Centering. Particularly for those driven by material goals. Rigid sexual roles contribute to this phenomenon. When these fly before the wind, then the false Centering will, also. There is very little, aside from anatomical differentiation, lying between males and females as pertains to life goals and aspirations, whether they be material, physical or spiritual.

Discussion about women being allowed to be more emotional than men.

Much more so than men. In fact, for many centuries, it was expected of them. However, the fact remains that there are just as many Emotionally Centered men, who are to some extent repressed. Often this manifests itself as ulcerations of the gastrointestinal system or infarctions of the myocardium [heart attacks].

Discussion: We talked about true Centers and false — or imprinted — Centering.

Of course, it [a false Center] can [be imprinted], especially before the age of manifestation [of the true Soul Level]. And, then, to add to the confusion, many souls exaggerate their true Overleaves in order to appear even more acceptable to society, which they fear so greatly and prize so highly. This is why even the most perceptive of you occasionally miss an Overleaf. It is masked by the societal cloak.

Dick mentioned that Cynthia seemed to be repressing her emotion.

Yes, it is [true], but then this society is a verbal one and she must communicate.⁹⁵³ It is not as repressed as many. The increase of gastrointestinal ulcerations among females is related precisely to the same factors as in males: Emotionally Centered males as well as Emotionally Centered females are now being shamed into being accepting of Intellectual and Moving Centered goals. Once again, civilization has succeeded in 'throwing out the baby with the bath water'.

Does fear of hurt [feelings] make people avoid Emotional Center?

Many people do run from even the remotest chance of rejection. Rejection is the only cause of true emotional pain in that even the Essence feels this. Rejection on the Essence level rarely occurs, but when it does, the result is devastating to the soul who is rejected — even the man Jesus felt this. In most human relationships, one soul invests much more than the other. We can think of no example, except in the case of Essence Twins with compatible Body Types, where this does not occur. In other words, in every relationship on the Physical Plane, someone is going to feel rejected at some point.

There was a great deal of talk at this point about violence, anger, hostility, etc. and ways of dealing with it and moving on to more positive spaces in ourselves.

Ideally, this teaching could provide such an environment where the trust level would give permission to ventilate the anger. But remember that anger is an emotion felt by the ego when its expectations go unfulfilled or even worse, ignored. What should develop within a Teaching is the "steward"⁹⁵⁴ who can stand aside in each of you and observe the ego ventilating its wrath. But we must realize that only a fraction of self is angry. There is never a time when all the Overleaves are angry or sad or happy. If that ever happened, either enlightenment or disintegration would occur. For instance, Intellectual Center cannot experience anger.

Discussion: We talked about the critical nature of clarity of perception, being able to see what's happening — everything starts with what you see.

The Intellectual Center, when it perceives hostility, retreats. The Emotional Center sulks, and only the Moving Center moves toward the source. In other words, each of the Overleaves perceives the situation in quite a different light. As you move toward more understanding, then the perceptions become more unified, and many times more accurate, as the Overleaves come together on a perception. This accounts for such experiences as you have described. The Moving Centered Warrior in the younger Cycles [infant, Baby, Young] will react to

⁹⁵³ Cynthia was a Second Level Old Sage, Growth, Passion, Emotional Center, Intellectual part, Stubbornness, Martyrdom, Venus/Mercury.

⁹⁵⁴ In the Gurdjieff teaching, there is a hierarchy of levels in the metaphorical 'household' of being a human. The so-called 'steward' was the intermediary between the so-called 'master' and the so-called 'servants'. While functioning in mere Personality, one is a 'servant'. With the help of Self-observation, one develops from being a 'servant' up the hierarchy through the 'steward', an observer of Personality, and then further up the hierarchy to the penultimate observer, Essence, the 'master' level.

hostility with a well-aimed punch in the nose, while the Older Intellectually Centered Scholar will attempt to obscure with a smoke screen of verbal trivia.

There was a great deal of discussion and the notes are garbled. It is very difficult to accurately record discussions.

10 April 1977 — Sunday

Present: Narra, Joan and Jim, Sarah and Richard, Alice and Dick, JeanP, Cynthia

We discussed the [Course in] Miracles material and read from it, and there was talk about the similarity between the different dealings that come through mediums.

Cynthia mentioned that in the process of following our teaching, there are times when the earthly life means very little.

Dick said that you lose your balance. He shared that since the Michael Teaching, he has become much more materialistic. He doesn't feel he has the commitment to the "spiritual" and he feels that the reason we didn't live communally was because we were too attached to our worldly things.

We talked about the different spiritual teachings and how, while they said much the same thing, the approach was different, and each of us had different feelings about them. For instance, the [Course in] Miracles material is very scholarly. The Seth Material appeals to Cynthia more. And this led to discussion about programming from the past, which led to a question about the value of de-conditioning processes.

De-conditioning processes: If there is a great deal of doubt and perseverance [perseverance] and the inability to move forward without them, then these [de-conditioning] processes are essential if the life goal is to be achieved. However, we must say that if the "break-away"⁹⁵⁵ occurs normally, then the manifestation of the soul level will also occur unimpeded, and then the fragmentary learning can be brought together in a more cohesive whole. It is possible to learn this material and allow it to effect a change of sorts without peeling back the layers, but the gains will be superficial and there will be backsliding. As to which is better, the answer would be that all that takes one back to "go" are better. In other words, the man [Arthur] Janov⁹⁵⁶ and the Fischer-Hoffman process⁹⁵⁷, etc., are valid as long as the recipient is truly able to surrender and allow the self to have the experience. There is a great deal of "faking it" in these processes.

Surrender is perhaps the most difficult task before you, and the stakes are high if you wish to achieve what you set out to do. Therefore, many are likely to act out an experience that is not real. All of you here present have more difficulty with the concept of vulnerability and surrender than any other aspect of spiritual training. All of you are escaping the fear of poverty and degradation that the early decades of your lives⁹⁵⁸ instilled in you. Young ones, just ten years your junior, do not have this fear. It is not necessary to be poor in order to be spiritually enriched. It is only necessary to give up the effort of the unrealistic goals set for you by the culture and go on from there. More true spiritual thought and action comes from relatively secure environments than from impoverished backgrounds. Squalor does not ordinarily breed enlightenment; rather, it breeds defeat, frustration and, ultimately, a giving up of goals. It's okay to be comfortable as long as the goals are realistic and do not compromise the values of the teaching — then the amount of luxury accrued is relatively trivial. In other words, if the wealth comes easily and at no expense to the spiritual life, then the wealth is immaterial. It is when the desire for the wealth overrides all spiritual considerations that trouble occurs, and then irreconcilable conflicts [between ego and Essence] arise, and there is an inability to proceed any further with any teaching. There is a point where a choice must be made and a true assessment of your material needs versus wants must occur if you are to go on. If you decide at that point that continued acquisition beyond that which is necessary is vital to your survival, then you must pursue this or dissatisfaction will follow you and plague you the rest of this life. You will give up spiritual teachings at this point — and that is not necessarily a bad choice — just a choice.

⁹⁵⁵ The break away from the parental influences and early imprinting that occurs during the fourth internal monad.

⁹⁵⁶ From Wikipedia: Primal therapy is a trauma-based psychotherapy created by Arthur Janov, who argues that neurosis is caused by the repressed pain of childhood trauma. Janov argues that repressed pain can be sequentially brought to conscious awareness and resolved through re-experiencing the incident and fully expressing the resulting pain during therapy... Primal therapy became very influential during a brief period in the early 1970s, after the publication of Janov's first book, *The Primal Scream*.

⁹⁵⁷ >http://www.hoffmaninstitute.org/sections/news/articles/bob_hoffman.html< — a very deep working through of childhood programming.

⁹⁵⁸ Many in the group were born in the 1920s, 1930s, and 1940s, so they were affected by the Great Depression and World War II.

We talked about the possibility that when your wants extend beyond your needs, you will sacrifice the spiritual and the teacher acknowledged this to be so.

Joan, JeanP and Cynthia especially, feel that there is a reshuffling of goals in their lives right now — something coming, perhaps, that will mean change in their lives as they now experience them or something like that.

Joan wondered if there were Sequences or Karma involved.

No agreement Astrally, but it certainly qualifies as a manifestation of the Positive Pole of your Role.⁹⁵⁹

From time to time, members of this cadre do reach out to one another in very concrete ways. This does not generally occur in your culture. This should validate for you your continuing need to at least keep the contact. However, are you ready to reach out to yet another and embrace another Fragment of the Entity that includes Alice and Sarah?

(At this point, our medium snapped to a halt and refused to explore this information further. Tut tut.)

Joan and Cynthia expressed a feeling of waiting in limbo for “something around the corner.” When present commitments are cleared up, something is going to emerge this summer — or so it seems.

The continuing need for spiritual grounding within this group should be recognized by all those here present. All of you have spent a greater portion of this adult life seeking the answers to questions that are consummately spiritual in nature, while the mainstream of life on this planet seeks answers to quite a different set of questions. Does this not bring to mind the strength of your individual commitment? Not to this teaching, perhaps, but definitely to a teaching that seeks to answer those questions concerning the greater purpose of man. When you stop to question your commitment, do you not also question the fact that most do not know that such a commitment is possible and are totally unaware that the choice exists? At least you are all aware that there is a choice, and some are now at the crossroads where the path must be chosen.

Dick said we were beginning to sound like we are talking to the Ann Landers in the sky — or something like that.

Most of what concerns you from day to day could be solved without Ann if you could trust your own judgment. Of course, this is elementary. We can go on to something far more ponderous at any time you are all ready.

At this point, we talked about lack of readiness.

You are not disgusted enough with the power the ego, or Personality, has over you. All of you — not just Joan. No one of you is willing to take a long, searching look at those Overleaves that are holding you to your stasis. You can move to those Positive Poles. All of you are in love with your current Personalities to a certain extent. In some, this is a controlling interest. In other words, an exaggerated sense of rightness holds you back. When you no longer doubt the path you are on, then you are on the path. As long as there are still doubts about the choice, then the choice remains in limbo. If you were truly satisfied with yourselves, you would not be here. You would be out there reaching out to others and you would be teachers. At points of low self-esteem and self-doubts, all of you begin to question the quality of the information you are receiving from your spiritual sources. Can you not see this parallel and look within yourselves? This Teaching does not differ substantially from other teachings offering the same choices. On days when self-esteem is high, the data appears as revelation; on down days, the same material will be less usable than the daily funnies. All of you would do well to study your biorhythmic cycle and determine your receptivity to this type of material. For instance, this is material that is essentially intellectual in content. It would be good to ponder it at a peak of intellectual function. All of you have “dumb” days and they may not necessarily correspond to emotional down days.

Richard wanted a comment on predicting the future.

It is not possible to accurately predict the far future, but it is possible to explore all the alternatives of the near future and determine it to some extent.

Both Richard and Dick did not like the idea of predicting highs and lows ahead of time, as in the biorhythm thing.

You should be able to do this without charts or graphs.

Through our own observation of ourselves?

As easily as with other internal cyclic manifestations.

Joan said she didn't feel evolved enough to take the spiritual path.

Dick said we were all just spiritual dilettantes — the utilitarian value comes later — the value of the Overleaves. In order to “surrender” there has to be a feeling that there is something to achieve through this surrender.

⁹⁵⁹ Joan is a Seventh Level Mature Priest; the Positive Pole is Compassion. Cynthia was a Second Level Old Sage; the Positive Pole of Dissemination of Information. We don't have Overleaves for JeanP.

There are two types of experience going on within this movement — and by ‘movement’ we mean the whole guru game that is now on-going. These are the true experiences and the cultural experiences. Most of those who go to EST do not experience anything but group highs, and this could have happened merely by smoking marijuana in the living room with a group of friends. Others have elected to change their lives, and this has occurred only through surrender to the processes. Faith is what determines success.

Dick: The problem is trusting the process. It used to be that “the truth shall set you free.” ... Now it’s baloney that sets you free. (Dick said that!)

Comment: Nonetheless, we’ve all found answers for ourselves — with Robert’s group, EST or S.T.A.R., etc.

Dick commented that we are anchored to the physical and we cling to it. If we got the crap out, we’d function better in the world.

Comment from Cynthia: I feel good about typing the notes for this meeting. There are some answers here for me and I am glad. I get the feeling that I may not be all alone at that crossroads this summer! Love, Cynthia

PS: The notes on the between-teaching discussion come to you courtesy of Alice, who scribbled away all night long. So this is a more complete sharing of a meeting than we usually had, before Alice did such a good job writing down everyone’s comments. Thank you, Alice.

Once again, pardon typos. I am assuming you get it nonetheless.

03 September 1977 — Saturday

Location: Oakland, California.

Present: Sarah and Richard, Alice and Dick, Cynthia, Phyllis.

Dick would like a comment on his observation of himself finding it more difficult to forgive people having more powerful Overleaves than his own.

The absolving oneself of all guilt is, of course, the first step toward understanding the ability of those in Exalted Overleaves to absolve others of the responsibility that they themselves can then willingly shoulder. This concept is no different than that espoused by Werner Erhard, only it is expressed in religious terminology and, therefore by definition, becomes obscure and difficult to absorb; or, at least, one gets the illusion of difficulty from the semantic problems. Forgiveness is really no more than the utter willingness to accept responsibility for one’s own life, and this is why it is so difficult for those in Ordinal Roles when their own existences seem so pale beside the more Exalted Roles. In truth, the Exalted Roles are more able to take the responsibility. Of course, they are. It is easy to take responsibility in the Power Mode, and a King finds it easy to excuse the behavior of a Slave. However, it is far from impossible for those in Ordinal Roles to go through the process of learning to take responsibility for their wins as well as their losses.

We want you to understand that guilt is never a religious-induced phenomenon, and [it] serves only as a part of vanity [Arrogance] in this culture. At one time, it was necessary to extract obedience from a more barbaric populace. This is no longer true, but you keep it around because it aids enormously in the suffering that you all love. The man Werner [Erhard] has discovered within himself an answer, and he chooses to call it accepting responsibility. Others choose to call it forgiving; it all means exactly the same. If you accept responsibility for your own actions, then where will you place the blame if failure occurs? The answer usually becomes: there are no failures. Oddly enough, when the responsibility becomes yours and yours alone, you take precautions not to fail. Failure is an easy way out, and those in Ordinal Roles love to fail because it takes so little effort and the blame can be placed on those in “power”. But, truthfully, no one in an Ordinal Role loses unless he wishes — any more than do those in Exalted Roles. This country has had leaders in Ordinal Roles who have been exceptionally effective. The sense of failure comes not from specific Overleaves but from enculturation and, yes, some Overleaves are more susceptible to enculturation than others, especially some Chief Features and the younger soul levels [Ages]. The Roles are not, however, and you can succeed from any of the Roles providing the Chief Feature is not one that dooms the life experience to failure. Even that [Chief Feature], as you all know, can be extinguished and worked through, but this takes that willingness to stand where you are right now and realize that you have put yourself there and no one else is responsible.

Dick asked for a comment concerning the Course in Miracles.

The only direct comment that we could make is that this study is as effective in its own [way], as are those other courses of study that we have discussed. The language is different and the exercises are designed to produce an identical result: that is, an Entity Fragment in touch with Essence and free of the distractions of the Physical Plane such as guilt, vanity, and the like. This does not mean a zombie unable to respond emotionally, but a soul

with heightened response to everything, and far more appreciation than is available to you in your present state. This is all one can ask from any Teaching.

A comment was made by Dick that the distractions of the Physical Plane were what he enjoyed most!

If they are pleasant for you, they are probably not distractions. By distractions, we mean those considerations that you daily make that keep you from tackling those tasks you would perform from Essence. Reading great literature, writing poetry and prose, listening to seriously conceived music are not distractions. Dwelling on injustices, plotting revenge, and designing your life are.

Dick: It seems as though it is better to take responsibility for designing your life better or you just let things happen to you.

When one designs rather than living, one is planning life for others rather than self. It is either designed to please those who are important or to show those who are in the way that they had better watch out. Designing a life is not planning to live; it is a negative concept and is always done with others in mind. You can set reasonable goals for yourself and move toward them in a purposeful manner without a design. When one designs within rigid parameters, there is no room for expansion or for changing one's goals. It is like building a house in such a way that there can be no additions in the future ...

30 September 1977 — Friday

Present: Sarah and Richard, Alice and Dick, Cynthia.

Richard asked if the atomic theory/physical material information is relevant to human life. Is what physical materials are composed of important to the understanding of what life is all about?⁹⁶⁰

Only in the sense that it gives the Personality some understanding of its milieu and the fact that the Personality can be substantially altered chemically. Insofar as spirituality is concerned, there is no relation. The only connection that could possibly be made is that all things physical undergo the same cyclic evolution, as do all things spiritual — in other words, an upward evolution. The atomic table shows the same upward evolution as do the cosmoses themselves. Stars on the main sequence⁹⁶¹ are undergoing a physical evolution that resembles that undergone by all sentient life in the universe.

Dick felt that he wanted to become a Sage [Role], and he felt that this was possible, to change from one Role to another. There was much discussion on a variety of subjects and this was the response:

That state that Dick describes is, of course, that which this Entity chooses to call Agape. That is, "love." This state cannot be achieved romantically by the Overleaves. In no way can the Personality abandon itself for even one moment. The ego never relaxes its vigil. It is anti-ego to even consider this, for after all, that is when the devil — or as we choose to refer to it — the mass societal ego, can rush in and influence.

We have expressed before the frustrations encountered when one tries to reach this state alone. Aloneness is the single most important obstacle to reaching that state of perfection or rapture called Agape, or love. We have stressed friendship as a preliminary stepping-stone — not the superficial friendship of the Overleaves, but the sometimes harsh and unremitting friendship of those in your own pathway who will Photograph your Overleaves in both their Negative and Positive Poles, and this must be an almost constant phenomenon or it will not be successful.

Of course, we will not tell you who will be successful as a student; we cannot. All we can do is look at the potential of the Overleaves to allow the Teaching to be heard. We cannot safely predict that any particular Fragment will absorb [this or any Teaching], only that it has the ability. This is on the basis of past experiences as well as the present life experiences.

Presented at the proper moment, this Teaching is palatable to about thirty percent of the world's population, but for most to absorb it, it must be presented in that jargon that the Fragment already believes to be meaningful. No one of you is skilled enough to go forth and preach to the multitudes, but to individual students, yes. But we ask that you exercise care in that you know that the Fragment is asking [for it]; a Teaching given against the will of the student never is absorbed.

This Entity [Michael] has no other function but to teach, and could be considered enraptured. Within this state, it is no longer possible to render the judgments that you sometimes request. We are unable to consider the

⁹⁶⁰ Richard was an Artisan and an engineer. More than any other Role, it is an Artisan thing to want to know how the universe works in a mechanical way. This includes biology as well as physics.

⁹⁶¹ Sarah would know about the evolution of stars because she had a degree in astronomy from UCLA.

narrow perspective that a subjective judgment requires, and this would be true of you also if you were to reach this state.

Closeness physically with another compatible Fragment can sometimes produce an environment suitable for spiritual evolution, primarily because if there is considerable honesty and, therefore, trust between those involved, the vigil can be relaxed. Positive Poling [operating in the Positive Poles of Overleaves] is required for this relaxation to occur, and in most physical relationships there is too much Negative Poling [operating in the Negative Poles of Overleaves]. For instance, spiritual evolution cannot occur in the presence of jealousy, envy, or greed. As long as the Chief Feature rules you, there will be no change. Perhaps you may wish to look at the way the Chief Feature rules each of you in this room.

Please do not underestimate the importance of the state of vigilance that the Overleaves maintain. This is perhaps the most important concept that you as students must absorb. You must verify this in your own Overleaves and begin to consciously relax this vigil before any evolution can occur.

The process of seeking the King is not synonymous with changing Roles — it is rather an inner seeking of the highest spiritual value. Within each of you is the potential of kingliness. To seek this is to seek the throne, which is, of course, euphemistically describing that state of enrapturement or Agape. Because of the peculiar religious values of your cultural experience, that expression is simply a little more palatable, as is “the devil” a more readily accepted term for the allurements presented by the culture. Let us reemphasize that spiritual evolution is anti-cultural and, therefore, threatening to the majority of all — not only on this planet, but in all the universe as well.

If one feels the presence of the God spirit, why does it matter whether it is within or without? For that matter, when this presence is truly felt and acknowledged, there is a oneness that can no longer be destroyed. There is a knowing at that point and the student then enters “the kingdom”, which is freedom.

The transition between believing and knowing is incomparably difficult. There is nothing more difficult, believe us. We have made much of that transition, for in order to “know,” you must abandon your beliefs, and that is the most painful of all abandonments; they are what hold you to the Physical Plane.

We have never told you that this is anything but difficult. You pay a magnificent price for that freedom that is enlightenment. It is freedom in the truest sense of the word. Paradoxically, all human life yearns to be free, while it expends tremendous energy developing mind prisons for itself. The yearning for God is that same state.

It is sad, it is wistful, and to those of us who no longer yearn, it is tragic, for the tendrils of frustration and anguish traverse the entire physical universe. If any one of you could hear the screams of all the thousands of civilizations, you would abandon many of your personal dilemmas, for you would realize that life problems are largely insoluble, and this is a part of the drama that you are starring in. Each frame that you play creates a new opportunity for you to tire of the charade, but seldom is this recognized, and the play goes on. Within this room is gathered a group that at least can be angry about its imprisonment.

There is danger in the stuck-ness that the Centers provide, for most of you are enamored of the particular Centering from which you operate. This happens over and over again, for the desire for enrapturement is strong in all of you. It is only your objects that get you into trouble — especially your “love objects” — for these are loved mostly by your Centers and, therefore, reinforce the notion that your stuck-ness is right.

Love from the higher Centers cannot even be made by the part of the lower Center from which the Overleaves operate. It can be glimpsed in those rare moments when the Overleaves are vanquished, either by mind expanders [psychedelics] or by religious ecstasy or by application of the Work — that is, either through meditation or concentration that is diligently pursued. The group high that is experienced by the student is, oddly enough, an excellent stepping-stone. This is why this Entity emphasizes group Work rather than solitary struggle. What you are seeking, dear students, is a high and it is the highest high that you can possibly imagine, and however you get there is not nearly as important as the thing itself. What do you think that word (Agape) means? Agape is the highest high.

01 October 1977 — Saturday

Some general comments excerpted from a private session held for Quinn Yarbro.

Apprehension evolves into panic from the position that the Chief Feature takes when it is extremely important that the vigil be maintained — in other words, when the stakes are high.

With [the] Stubbornness Chief Feature, there can be a tendency to prolong actions for the satisfaction it gives the Fragment with this Chief Feature.

The Chief Feature of Arrogance carries with it an almost overpowering desire not to fail and, along with this, a strong sense of impending doom usually accompanies all travel and encounters with those who control success. To those with a strongly-in-control Chief Feature of Arrogance, even death of an accidental nature is viewed as failure.

[Presumed question about the professions that the Roles might choose.]

Priests who choose to be editors use this as their pulpit much of the time and gather great satisfaction from protecting the public from the evils of bad literature.

Scholars rarely pursue this field of endeavor, even though it is they who could provide the advice and sound criticism that would help those who write to promulgate their messages.

Warriors almost never pursue this and they would also do well.

Young [Age] Priests and Sages often scurry into those fields that provide the most opportunity for censorship — this more so in the case of Priests. It is more a case of retardation of careers with regard to Sages. Young [Age] Sages often become theatrical entrepreneurs and get their “jollies” by destroying other Sages on their way up. Again, this is not conscious. Rarely do they decide to destroy a career or reject a good book. They do it instinctively as a mechanism for keeping the Overleaves in charge. There is rarely enmity involved.

Most managers, agents and the like who are even moderately successful are either Warriors, Kings or Scholars. No other Role provides the tenacity and drive for managing that these do.

The Artisan mystique forbids most of the phony enthusiasm that all new inductees feel when face to face with something that at once mystifies them and at the same time defies their type of logic and causes much skepticism to arise, even in the most flagrant Idealist. The Artisan often prefers to test and choose before he commits himself even to the questioning. Artisans often feel inadequate in the face of verbal exuberance. This inadequacy will be read as contempt even for the Fragment itself. It will feel that it is contemptuous, while it is really a bit envious, but it would be most dissatisfied to find itself in the position of having to be bright and glib and phony after a lifetime of contemplation of vivid imagery that constitutes its true Essence makeup.

[Presumed question about the Roles in Essence versus Personality]

Please remember that the Role is in Essence, not in Personality. All the other Overleaves [other than Role] are in Personality. Only the Role gives you a glimpse of the Essence. When the Fragment is pursuing a more Essence-related life, the frustrations therein are likely to be more related to Chief Feature than those awesome frustrations that arise when a Fragment pursues a task totally out of Essence. Your culture has placed intuition very low on its list of priorities. Therefore, the artist who must operate solely by intuition cannot expect the adulation of the crowds. True artists who express the Logos in their works do, however, derive the satisfaction of having done so. Do not confuse the Role [of] Artisan with the life role of artist, even though they often dovetail. Ideally, Artisans would pursue creative endeavors, but this is certainly not [always] the case. Most musicians for instance are Scholars and most soloists are Kings and Sages. Most successful writers are Scholars, Warriors, and Slaves, except in the case of sacred literature of a moralistic bent, which is mostly drivel and composed by Young [Age] Priests on a crusade. Most painters and sculptors are, however, Artisans. This solitary form of creative expression just does not appeal to the more verbal Roles.

21 October 1977 — Friday

Location: Oakland, California

Present: Sarah and Richard, Joan and Jim, Alice and Dick, CarolB, Narra.

Joan asked for help with her “blind spots” in order to work on herself.

In the first place, there are at least three blocks caused by traumatic events that the Personality is unable to assimilate and it insulates itself against further recall. This might include acts of violence and betrayal. There are those blocks caused by pride in one’s own creations. These might include one’s children, paintings, compositions, etc. The third type of blocking occurs when imprinted belief systems, such as religion, are attacked from without. Surprisingly, the latter are most tenuous and require the most drastic work in order to detect them in oneself.

Joan: Is there something specific for me to work on?

In order to detect the source of one's own blocking, one must discover an area of concentrated defense. In other words, the Personality sets up defense mechanisms around these blocks so that they can survive therapeutic onslaught of this present era. In most of those present, most blocking occurs in the second category. This is the easiest to overcome. It is internally produced by something that the Personality has created. It can be as simple as a false image or as complex as failure to recognize overt psychosis in a loved child.

Joan: I am afraid of making mistakes in my ballet class.

The dance has always been intimately connected with the "letting go" of the Personality and intimately entwined in the spiritual quest. The dance is frightening to most. It represents the ecstatic abandonment of which Dick has spoken⁹⁶² and this is sensed on many levels by the dancer, however mature that dancer might be. The man George (Gurdjieff) discerned this and made the dance an integral part of his spiritual teaching. It is possible to abandon one's self in the dance and you, Joan, do not like that. At least, not at the present time moment. The Spiritualist Priest would, but other Overleaves in conflict would not.

Joan: What's in conflict?

(Your) Caution, Arrogance and Acceptance. Personalities will even devise physical illness to avoid the dance.

(Joan told of a cramp in her foot when the teacher asked her to repeat a ballet step for the benefit of the class.)

Meditation and the dance constitute searching man's greatest fears. In meditation, you are alone with your god, whatever that might be. In the dance, you are alone with yourself in the universe and that is far worse than any god.

Narra: Is there reality in a dream I recently had about Robert? (deceased)⁹⁶³

Of course, all dreaming has its roots in "reality." Yes, to your question.

Jim added from his source:

[Jim's source:] "Robert is with us this evening."

Dick commented on [Carlos Castaneda's] Don Juan's reality being different than his and also Robert.

Robert chose a different reality. This is, for him, a waiting time, for the frames must ultimately merge before the experience is complete.

Joan asked for clarification.

Imagine yourself standing in an infinite hall of mirrors with an infinite number of Joans reflected there.

Dick: Robert was fascinating to me. He DID see a different reality. I will never be able to. There can be no spiritual growth for me — forget it.

We would like you to consider the possibility that once a thought is thought, it becomes a tangible force in the universe, and a concept once discerned must be acted upon somewhere in the physical universe, even though, perhaps, not by the particular man-mass that thinks it. Even your fantasies are tangible. This accounts for many Biblical admonitions such as the one concerning lust after a neighbor's wife. The notion is not new, and has occupied philosophers for many centuries.

Narra: About that dream of Robert, was he real?

Only your perception of his reality [was real].

Narra: Is his reality different than ours on this plane?

Oh, yes, because in dreaming, there is a certain abandonment of defenses that you allow your waking self to have. This is how nightmares happen. The truth is, many times, so terrifying that it must be symbolically told.

We discussed how to change our perceptions and concern over it not happening for us ...

Dick said that in a way, he was glad that he did not have new perceptions, because that way people wouldn't think him crazy.

Werner Erhard's "Hunger Project" came up and some [expressed] not feeling the need for concern and that the only real hunger is to expand our consciousness. People's experiences are incomplete and only have a partial picture of the whole from the angle their perception is coming from. Therefore, as Gurdjieff said, everyone lies the minute he speaks.

⁹⁶² See September 3, 1977 session for discussion.

⁹⁶³ Narra's husband died in February 1977.

Let us speak instead of relative and universal truth. The Personality is simply not capable of discerning universal truths, but uses relative truth in order to survive. To use the word “lie,” one hints at a volitional⁹⁶⁴ desire to obscure and this is not the case.

What happens in most cases is that the relative truth for one set of Overleaves is not the relative truth for another set, and immediately becomes labeled “a lie.”⁹⁶⁵

In the case of perceptions, there are also relative perceptions and true perceptions. Universal truth emanates from true perceptions.

Relative truth can also issue forth from true perceptions, but never can universal truth issue from relative perceptions. That is why what you hear in the world is always relative truth.

Sarah asked of Jim’s source if she had a Sequence with Hubert and his wife. She feels close to both.

[Jim’s Source:] Your desire to please someone that has your interest is the main reason for this attraction at the present time. Hubert gives you the attention that you crave.

Question put to Jim: Does she [Sarah] have a Sequence with him [Hubert]?

[Jim’s Source:] Give her time and she will create one.

Narra: I thought Sequences were chosen on the Astral Plane.

[Jim’s Source:] Do you really believe that?

Narra: It sounds like a high-level flirting.

Hubert travels in fairly tight circles.

Richard: Why do I feel rapport with him?

[Jim’s Source:] He is of the same Entity as yours. (One consisting of Artisans, Priests and Sages.) Germany was home for Richard and Hubert over 11 centuries ago.

Narra: Is Paul J part of my Entity?

[Jim’s Source:] Paul is a part of your Entity. Recent questions gave you this insight.

Carol: What job could I do out of Essence? (Fifth Level Old Slave)

[Jim’s Source:] Decisions reflect ability to come from trusting your own self. Your own destiny can be determined by your ability to create goals and causes in your life. We cannot decide for you but can give you the guidance that you desire. How difficult you make it is up to you.

Carol: It makes sense but it doesn’t help. Where’s the guidance?

[Jim’s Source:] In life, this is the way it usually happens. The effect is noticed and then a cause must be found in order to explain. Quite often, that cause must be manufactured on the spot.

[Apparently channeling went back to Sarah and Michael at this point, and Michael continued to answer Carol’s questions.]

Overleaves often act blindly through the Centers. There is no deep meaning in the action, but psychological man must search for deep meaning, while physical man merely acts.

Acting out the service of spirituality in a material sense is in Essence for you [Carol] — in other words, providing an environment where this can occur.

Joan: Could Carol teach in a spiritual school and be in Essence?

She should be more rewarded by the actual setting up of that environment and by seeing the work for those who chose it. Older Souls in this role are adept at the planning out of foolproof environments in which students can study with unimpeded barriers.

For Carol, would this be setting up color therapy for schools?

It could, but you would have to make it so.

Richard: Why did someone I know agree to support me in a non-verbal, movie-making communication project?

Your question should not be “why” but “how” does this other [person] outside of self know that the need is there? You send out strong signals of this need in all directions and it is there for the picking. There are those who would fill this need. He is sincere but perplexed by a surge of unexpected emotion around a relative

⁹⁶⁴ Volitional: making a conscious intentional choice.

⁹⁶⁵ A “relative truth” for one set of Overleaves is not the “relative truth” for another set, and immediately becomes labeled “a lie” for the other set of Overleaves.

stranger. He is reacting to the need without real knowing where that may lead him because his Overleaves do permit much risk-taking.

Richard: I would like to inquire about his physical disability.

[It is a physical disability], which is many times acquired in order to work through a Sequence that would otherwise be impossible with this Fragment. Dependency of even the smallest nature would be impossible [otherwise]. There must be a Balance.⁹⁶⁶ No Personality can withstand total dependency and must rely on specific disabilities, either physical or sometimes emotional, in order to exist as a member of “society”.

Richard: Does he understand what it is I want to communicate?

He would understand but is not absorbed. Artists [Artisans] have a marked tendency to seek this form of communication, of course, more so than the other Roles; although Kings and Warriors also see the possibilities, but more in the sense of control than of inter-relating. In other words, the Artisan seeks to communicate non-verbally because he finds other forms of communication incomplete and unsatisfactory. The Warrior and King often see nonverbal communication as a means to control others.

Narra: Is Paul J my Essence Twin?

Your Essence has already recognized its twin: why cannot the rest? This is not quite fair, we realize, but there is a tendency, even on this [mid-Causal] level, [for us] to want you to answer your own questions, in particular, those concerning Fragments of your Entities, Essence Twins and the déjà vu one feels when one encounters an old friend from the past. With you, the barrier is more of a tendency not to trust your own intuitive knowledge. The joy one experiences when the twin Essences come in contact is not wanted by the Repression Mode. We are not evading your question — we have answered it. We would say then that you must trust that intuition.

Narra: Is Paul J a Mature King?

A last Level Mature King.

Richard: Why would I rather answer my own questions?

Because you get the answer exactly that you want.

A suggestion was made that we concentrate before a session and lay out our own relative personal truths.

04 November 1977 — Friday

Present: Alice and Dick, Sarah and Richard, Cynthia.

On this particular evening, we had a great deal of conversation about the Overleaves and just how much value they really hold for us. We talked about the fact that we feel we don't always use them properly and wondered what we could do to use them more effectively.

The majority of all students of this and comparable teachings use the Overleaves and all other tools given to them in the manner that will allow them to control their environment to their greatest satisfaction and to keep the game they are playing going. Only the exceptional student uses the tool as it is intended. In the case of those of you here present, you use these tools as many less knowledgeable use religion — as a controlling device. All of you need to feel that you are an individual rather than a Fragment of a larger whole. This is the function of the ego — that is, to keep the illusion of separateness intact. If this [illusion] dissolves, the ego is in trouble.

In refusing to see the Overleaves interact in those of similar composition, the ego is merely asserting its conviction that the individualistic approach is the only sane approach. Actually, it is a very insane approach, as all of you could immediately call to mind several hundred areas where there is little or no difference at all in either the function or appearance of those here gathered. But we are equally certain that each of your ego structures could produce quite an impressive list of differences — not only that, but areas where no agreement could ever be reached.

(We had also been wondering if there was anything else that had not been communicated yet by the teacher.)

As for new information, we endeavor to present some new information whenever we have your attention — new in the sense that perhaps you have never thought of it in quite that light before. However, dear students, you have heard all that there is to hear. Our task, as we see it, is to continue to present the body of this Logos until a student grasps at its meaning and begins to apply it and teach it to others. We will continue to present it, and since we are not limited by physical time, we can serve it up to you in an infinite variety of frames.

⁹⁶⁶ Dependence and independence must both be experienced to complete the Monad and achieve Balance.

Perhaps we have just not hit upon the winning combination. After all, yours is, as you have said many times, a verbal culture, and the words are eventually what you will hear, and then they can be translated into the action. Richard has hit upon the meaning of this teaching, but his understanding is still basically intellectual [Center] and philosophical [Higher Intellectual] rather than emotional [Center] and transcendental [Higher Emotional].⁹⁶⁷

(Cynthia: asked "which Richard" and this was the response:)

This Richard is the only Intellectually-Centered Richard in the room.

Cynthia mentioned that it seemed to be as she suspected, that the material the teacher has given us is complete and we just haven't figured out how to use it properly. This was the response:

No, Cynthia, the material is obviously not all there, as you — and we mean that collectively — are not satisfied and still search. When enlightenment occurs the quest is over, at least insofar as the Physical Plane is concerned. We have been so far unable to instill in you the permission, or give you the permission to seek that ecstasy or joy that is the end product of all that you seek. However, at least all of you are experimenting with the possibility that there may be such a state as ecstasy. Many are not even that lucky. Richard — the other Richard — has chosen to leave (he had fallen asleep on the floor) because this is frightening information for him. He cannot even contemplate what this quality might bring to him, for it would mean utter destruction of all of his defense mechanisms. Even simple happiness is quite beyond his grasp, and yes, anyone with the same Overleaves exactly will experience this difficulty to a greater or lesser extent. All those with Cynthia's Overleaves exactly will experience her dilemmas and frustrations, and if they are in a teaching, they will be fortunate enough to be allowed to look at them and decide whether or not to change their course. Cynthia uses the Overleaves many times to make her life not work because she has been led to believe that her life will not work. She uses her lack of formal education as an excuse not to have to formulate goals for herself because that would conflict with the picture that the Overleaves have of themselves. Alice defeats herself in the same fashion because two of her Overleaves would be terrified of success.

(We think the teacher is referring to her Self-deprecation and her Submission.)

Cynthia views tragedy as preferable to no emotion at all and runs into many situations where she can play out the role of the tragic heroine. This is an incalculably rich role for the Sage in the Passion Mode and suits the ego well. The only problem is, it leaves the Essence in the lurch.

We talked about the whys and wherefores of having Sequences and paying Karma, and why one would want to alter Personality if this is the Personality we have chosen to handle these things we have apparently agreed to do in this life. If Cynthia is no longer a tragic heroine, for example, how will she complete her Agreements?

You will know that you have reached that point when you discontinue the "yes, but" game. In other words, whenever you are willing to give up your pain, you have completed all that you came to complete and are ready to go on from there.

Cynthia is still not clear about what else you go on to in life once you have completed all you came here to handle. Can there actually be life after Sequences and Karma are handled? Hm? Must have something to do with the aforementioned ecstasy.

Dick talked about Kundalini energy.

This energy of which you speak is tapped into from Higher Emotional Center and utilized by the Higher Intellectual function. All of you have experienced its flow for short periods of time but are unable to command its perpetuity. You have glimpsed the keys to unlocking this energy for your own use. Until you have relinquished your most negative characteristics, you cannot even seek a life in Essence, for that Negative Pole will seek the farthest shore, and you will follow it rather than your Essence. You are right, though. You cannot break the patterns any other way. Even a tiny flow [of kundalini] will enable you to break away at the molds that hold you fixed in place. The way to this energy can be found through many media. Those we have suggested have been meditation, concentration, and fasting, augmented [by psychedelics] or not; also, art that is of a participatory nature, [such as] music, color, water — and by water we mean swimming, floating, sailing or simply standing beneath a water flow — "hydrotherapy" if you prefer. The sensory deprivation method is another, but there again, the water [in the sensory deprivation tank⁹⁶⁸] helps more than you realize.

End of Session.

⁹⁶⁷ Intellectual and Philosophical are the Ordinal and Cardinal poles of the Expression Axis; Emotional and Transcendental are the Ordinal and Cardinal poles of the Inspiration Axis. The progression recommended by the Michaels is that Expression should translate into Inspiration, and Inspiration should translate into Action. In other words: think > feel > act. It is not surprising that an Entity, the Michaels, that consists of Action Axis Roles, should emphasize that this progression is the preferred path of spiritual growth.

Cynthia's burning question of the hour: Is it possible to complete agreed-upon Sequences and Karma if you move into Essence from Overleaves? Can life happen positively for someone like me who has chosen Overleaves designed to accentuate tragedy? I mean — if my life was set up so that I have to have done all that I have done in order to do what I came here to do, how will changing affect that? Will I just be putting off Sequences until another tragic set of Overleaves embraces my Essence down the time track? In short: What is life if it is not this thing we do with our Overleaves? The Essence can cavort on the Astral Plane all it wants — can life be lived, really, out of Essence? Really???

(By "out of" Essence I mean, I guess, from Essence.)

Maybe we set up Overleaf Sequences for the first half of our lives and Essence Sequences for the last part of it — when we are older and wiser.

07 November 1977 — Monday

The following notes were given to Allyn and Louise from Michael teacher through Leslie on November 7, 1977. We shared them with Alice and Dick, and they suggested that we share them with others since we can all relate to parts of them.

Leslie and Louise had been in an intense conversation about Karma when the Teacher let us know that it was time for some facts from the Causal Plane.

I (Louise) am using the opportunity of "trying to type" the notes as an exercise in Moving Center work. This is my first attempt to type in years, and the first time on an electric typewriter! Please bear with me and we may all gain.

The first notes were for Louise.

Students often confuse facts with final results. We see much growth in the student Louise. Growth is the hardest and most constant Goal. Most students find this confusing, therefore, the facts appear clearer when the ego is pulling off the most subtle facade of all. Growth is not true enlightenment. Students find this the biggest stumbling block — Overleaves are stunted in this case. Do not confuse the facts with the goal, Louise. There is a station in which a student does overcome this tendency. Everlasting growth is not the goal, Louise; Growth this lifetime is the Goal.

Have you applied, no, rather thought about the consequences of the deliverance that you desire? That is the biggest block that you have to "work" on. Trust is here in this student; the [Balanced] Centering is progressively growing.

We have not abandoned the cause and you cannot. That is the law. Taxing yourself beyond that is ludicrous. Coming home is hard from your point of view, due to imprinting. Yes, fear is the biggest cover-up that the Intellectual Center has. The greatest thing you can do is not do.

Growth is occurring in this and all of our students whether they "like it or not." That is the agreement and the law. Taxing the system is only blocking.

Centering is not that difficult, as is proven in this student. The deliverance that you desire, Louise, is the imprinting that you have bought. Heaven is not paved with gold. In our opinion, that is the greatest growth yet.

True dedication is possible in our perspective. The student has yet to see this factor. [The] answer is not in the student's grasp of the facts, due to the factor of fear. Justifying the growth only proves this phenomenon. Heaven is not the "reward" — the Gift of Life is the reward.

The Law has the miracle of providing this factor. In explanation — students have found this true from the point of view that [the] life factor is still "alive" — the entertainment in life is the reward. This is experienced in many ways — to the student's way of looking at things.

The Intellectual Center still clings to the proof and demands it. You still require proof, Louise. Growth is the goal, not proof of growth. The ego is the demanding factor. Students trapped in this Center⁹⁶⁹ will find that they have this in common.

(At this point, some information started to come through about Sarah, David and Leslie. Leslie blocked, so we talked for awhile, then the teacher continued.)

The Passion Mode [of Louise], not the [Growth] Goal, is the block. The [Intellectual] Centering only clouds the issue from the Physical Plane foundation. People do deny the Goals first while living from the Mode and the

⁹⁶⁸ The typical sensory deprivation set up involves lying in a lukewarm tank of water in a completely dark and sound-proof room.

⁹⁶⁹ Louise has Intellectual Center with the Moving Center part (or trap).]

Chief Negative Feature. The students that have Agreements with us have found it “impossible” to deny us — that is the “plan.”

The student Allyn is concentrating on keeping the perpetual knowledge alive in Louise. Foundation for this is the denial of his chakra that has plagued him.

The student Sarah is blocking the Karma that has her stumped. Foundations in Karma will always be clouded.⁹⁷⁰

(In an earlier time, Leslie had told Allyn and I [Louise] that Acceptance was getting in the way of our Growth. The teacher said I had a question. I couldn't remember it, so he gave me this answer):

Yes, the Goal is Growth, not Acceptance [for Louise].

The student Leslie does have the ability to tap the intuition.

(We feel the teacher slipped the following information in for Leslie. Earlier, we had been talking about a Karma she is currently dealing with).

The Karma is almost burnt. Do not deny that [something] negative can be the most impeccable thing to do. The Karma does not have to be positive to burn. Aside from the present, the Personalities involved in this teaching have not receded from the frontal attack of life. The choices have been wise in each case as the Law [of Karma] decrees.

Louise: I asked if the pain in my right shoulder had anything to do with the imbalance of yin-yang.

Yes. The trouble is not as strong as in the past, and this confuses your Intellectual Center. The student is blocking the force of the [Growth] Goal, the [Passion] Mode, [and] the [Impatience] Chief Negative Feature. The [Intellectual] Centering, the [Idealist] Attitude, the [Mercury] Body Type and the [Scholar] Role are in Balance. The energy is the reason [not the Overleaves], Louise.

Louise: I felt that the teacher here is referring to the Reichian Therapy⁹⁷¹ I have been involved in.

The Passion Mode denies this (the energy) because it does not come from it.

Louise: Are we so fragmented?

Fragmented, no — identified, yes!

The Fragment is a myth. The machine [the Personality] often refuses to see this factor that ties it together. This perpetuates the machine. This student rebels at the fact that the machine still exists. The energy expended recently to deny this is the most this student has displayed within the framework of health. Health does not complicate the issue, Louise. The energy is the block and the Intellectual Center trap is the turning point. Growth will happen, Louise — the foundation is not in imprinting; it is/was Karma.

Louise: I understand that the energy is coming outside “myself” or my machine and I am using the Passion Mode to block it, not the intellect.

This is correct in that the student must grasp this first. The Overleaves are inseparable, Louise. The Personality is as much a part of the whole as anything else. The experience is happening whether your Personality wishes to acknowledge it or not.

The Essence will remember the experience whether the Personality registers it or not. The machine only “cares” when it involves the machine’s belief in itself. The numbers it runs are the mystifying mode of the Intellectual Center to comprehend. In explanation, how does the intellect justify sex?

Louise: I comment that Allyn’s attempt to “keep the perpetual knowledge alive” in me is bugging me.

Disturbing is more like it. Rather, the Personality finds it hard to acknowledge the easily attained control by another. The Scholar would rather acknowledge observing this on its own. The Passion mode denies energy to

⁹⁷⁰ Editors: We assume those comments indicate there was some Karma between Sarah and David. We were told that David’s “disruptive behavior” was a big part of the reason that Sarah stopped the public Michael groups in early 1975. We were told that — for several meetings — David would be rather aggressive about what he perceived the group should be doing, which was disturbing to Sarah.

⁹⁷¹ From Wikipedia: Reichian therapy can refer to several schools of thought and therapeutic techniques whose common touchstone is their origins in the work of psychoanalyst Wilhelm Reich (1897 – 1957). Some examples are: 1) Bioenergetic analysis, which combines psychological analysis, active work with the body and relational therapeutic work. 2) Body psychotherapy, which addresses the body and the mind as a whole with emphasis on the reciprocal relationships within body and mind. 3) Neo-Reichian massage, whose practitioners attempt to locate and dissolve “holding patterns” (also called “body armoring”). 4) Vegetotherapy, a form of psychotherapy that involves the physical manifestations of emotions.

allow the sight to flow, this places taxation upon the intellectual trap. The energy, in other words, gets mischanneled.

Louise: I refer to the teacher's previous remark on page two. I felt confused about the remark "the energy expanded."

Prior to health, you spent all energy Intellectually to perpetuate illness. Now the energy is being channeled into the healthy block.

In other words, it is no longer necessary to prove your illness by (through) mis-Centering. The identity with illness has been broken. The Intellectual Center finds this just as hard to deal with as the perpetuation of illness.

None of this makes any sense intellectually. Growth does not intellectually jive with illness. Growth does not coincide with health either. As the perception does not judge, the emotionalism has a lag in the framework of health. The imprinting to this point has contributed to this heavily. The intellectual struggles to balance the lag.

Louise: I remark that I see [that] emotionalism is tied up with my fear.

Remember the intellect has fear of emotionalism as its largest block. Passion Mode is the method of blocking. Is this clear? We would remind you the polar opposite of Passion is Repression. Do not deny this student's ability to intellectually deny Repression while emotionally expressing it.

Louise: While I am emotionalizing, am I using that as a way of repressing what I am feeling?

Intellectualizing denies emotionalism. The expression emotionally releases the Personality from the intellectual trap. The machine has a tape that warns it when this is happening and the Passion Mode employs itself to re-engage the intellectual trap. The problem at this point is that the Personality does no longer connect with the imprinting habit. Freedom of expression is the gift of the Tao upon the Personality. The trap is triggered in the refusal to express the Passion Mode, specifically, in the Positive Pole.

07 November 1977 — Monday

Notes to Allyn [Briggs] from Michael Teacher through [his daughter] Leslie [Briggs] on November 7, 1977:

This Essence does communicate at the emotional level easier than at any other level. The student Allyn is trapped in this Center⁹⁷² [in order] to learn this. The Emotional Center does provide False Personality with the excuse to accept this. The student Allyn has perceived this and the Personality rebels at this knowledge. The trap is emotionalism, the Personality uses this excuse to perpetuate the belief that the Emotional Center is not perceiving. The Emotional Center perceives only, and the Personality finds this very difficult to deal with. The Intellectual [Center] blocks the knowledge of the Trap, through the Trap of the Emotional Center. If the emotions rule, how can you be in the Intellectual Center?

(We had believed Allyn was in the Emotional Part of Intellectual Center.)

Discovery of this cover-up is important to the student Allyn.

We missed the next question on the recorder.

To answer the question, the Personality has belief in what it does. The cover-up blocks the method of Centering. The justification in this student's case is from the emotions, through the perception and results in the intellectualization of the process. Basically, it is the opposite of Louise and, therefore, perpetuates the intellectual traps (in both of us).

Allyn: The approach seems to be through meditation to eliminate the buzzing that gets in the way of reception?

Transcending is worlds apart from blocking, or rather, eliminating.

Allyn: Then, it is a waste of time to deal with meditation?

Time is relative; therefore, there is no waste of time. In this student's perception, the student knows this. The Personality and its expression must be allowed to run rampant. The fear of intellect is denial.

Allyn: I am talking about dealing with where I think I am — going forward.

Acceptance does not in any way deny growth. In Essence, the fear of this is purely intellect. The intellectual identification is denying the Emotional Center. Therefore, the emotionalism. The block is attempting to justify the emotions intellectually.

Allyn: What is the block?

⁹⁷² Allyn had Emotional Center in the Intellectual part.

The intellect — the denial of the Intellectual Center's existence. When a student blocks with the Centering, the Center doing the blocking is the last one accepted as a "true" Center. Truly, it does not matter if the Personality understands the trauma. The Personality is the machine and the gift of emotionalism is its only "reward". The confusion that the student is feeling is only the manifestation of the facts being fed to the student. The rebellion is in the Intellectual Center. Acceptance is the format (for the rebellion).

Allyn: If I were clear, I would not be stumbling around where I am.

Crossing over into Growth from Acceptance is often a stumbler. Do not confuse your Goal with those around you. Often students deny just that because they are not "growing."

Allyn: My Goal is Growth if I am in Acceptance? — That's news!

The Acceptance comes from imprinting — therein lies the rub. Your Personality often expresses growth in Acceptance. This [Acceptance] is not your Goal, yet you stimulate your Personality with just that. Can you not see the reasoning intellectually for this denial of emotions and, therefore, growth? You, therefore, intellectually must be retarded if you cannot accept the Personality's imprinting.

Allyn: I got that. I don't "get" the process that goes on. (I also have a pain in my head.)

This block is the intellectual denial of perception.

Allyn: Is there nothing for me to do except everything?

Have you truly expressed the block? This is the first step in realizing the Machine. The block is mechanical, Allyn.

Allyn: From being caught up in imprinting?

Automatic identity with imprinting.

Acceptance is not the Goal — Growth is. Do not confuse them.

Acceptance of imprinting was already done for your Goal. The imprinting is long over in your terms. The survival has occurred.

The identity with your mother is over; the Karma is over — acknowledge [it]. Your mother's Acceptance has trapped your Personality within imprinting.

Enough. The Goal is Growth. The intellectual block is therefore abolished.

Do not forget: the one owing [a Karmic debt] hangs on. The intellectual justification for survival in Acceptance is over. The acknowledgment completes the Ribbon and within [the] Tao's eyes, erases it. This also provides the Personality with the luxury of freedom. The Personality involved in the Karma does not have to be present on the Physical Plane to acknowledge the completion of Karma. Just because Essence is trapped in the body does not mean that it is denied the experience of other dimensions.

Allyn: Is my Jane Olivor⁹⁷³ experience an Essence contact?

The Personality demands explanations, not the Essence.

Allyn: It came through as an emotional thing.

Yes, the Personality you feel deeply about is a member of your Entity and many lifetimes on the Physical Plane you have connected with this Essence. There are no ties other than the common bond of an Entity Fragment.

The emotionalism was denied intellectually by trying to make more than that out of it. The intellect finds it difficult to face that such a strong perception is "real." If the intellect could grow, the perception would be allowed without interference.

The intellect does not grow without the rest of the machine.

Allyn: I decided that somehow this Fragment belonged to my Entity and I know her well.

You dare infer that the intellect decides this when the Emotional Center already told you this? Bullshit. That was the block in the most vivid example.

Allyn: Explain the message without getting into "B.S."

⁹⁷³ From Wikipedia: Jane Olivor (born May 18, 1947) is an American cabaret singer. She was initially compared, often favorably, to Barbra Streisand and Édith Piaf. She became noticeable enough for the Columbia Records label and the William Morris Agency to sign her. Her debut album, *First Night*, released in 1976, was named Stereo Review's Album of the Year. In September 1977, her second album, *Chasing Rainbows*, was released to coincide with Olivor's debut at Carnegie Hall.

Who told you aside — from your mother's Acceptance — that explanation was necessary? Growth does not require such explanation. Intellect requires reasons — perception and growth don't.

Allyn: Then "explanation" (meaning: interpretation of perception) is not necessary?

Yes. This is Growth.

Allyn: Reception of the message and my understanding of growth do not meet intellectually. I can say that understanding is the "booby prize".

You have been denying the Overleaves; the confusion is evident. Intellect has blocked Emotional Center due to [the] Overleaves' identification with the Karma of the mother.

Allyn: Is there value of emotionalism with "strange" Essence contacted on this plane?

What other choice have you left the Personality?

Allyn: None.

This is Growth.

Allyn: Is it all right if I swim a while?

The swimming is OK with us — within "time", it often gets trying.

Allyn: Thinks the pain in the neck is not knowing how to take the step.

How would you interpret the Intellectual from the Personality trapped in the Emotional Center if not a pain in the neck?

Allyn: Throat chakra not only deals with speaking, but with symbology.

Speak out your [Emotional Center] perceptions, and expression of both intellect and perception will be accomplished, as well as Growth, instead of Acceptance. Your overwhelming emotionalism is a divergence, a denial, a block and the simplicity of the resolution is also overwhelming.

The speaking of your perceptions will free your Personality from the sudden overwhelming feeling.

Allyn: If I spend time trying to "figure out," that would be intellectual exercise and I would end up right back where I am.

What other than intellect resides within time?

Allyn: It's OK to spend time figuring things out? Intellectually, that is?

Time is relative; it all depends on the outlook. You, Allyn, have the Warrior's sense of time and that is in agreement with us. Your Role is Warrior — that is Essence flow. The Personality, Allyn, has dwelt within the framework of Warrior for eternity. Intellect cannot accept this perception. Can you not see the conflict now?

Allyn: Are we transcending False Personality or [are we] in the Positive Poles of the Overleaves when we "flow"?

Trust your perception of the situation and the answer is yours. Yes, the man Allyn is in the thinking [Intellectual] Part of the perceiving [Emotional] Center.

P.S.: The teacher said that Karma = how we deal with the wholeness of the Physical Plane. We have no power to intentionally generate Karma.

Denial of God or God-Self in favor of ego = how.

07 November 1977 — Monday

[These handwritten notes were after the 07 November 1977 transcripts in a set of transcripts that we received from another student.]

Quotes:

- This is not always comfortable but then, comfort is not always what you are seeking.
- As growth progresses, the soul seeks simplicity.
- You must fulfill all carnal desires before serious work is begun on the Essence.
- Only emotional beings suicide. Suicide is quite romantic to them; also retaliation [is romantic].

Page 2:

[Question not shown]

One of you has made the decision to burn Karma and pursue the path of Adept (?). Will become the teacher for others.

[Question not shown]

Delbert said to be Young Soul.⁹⁷⁴

13 January 1978 — Friday

Location: Oakland, California

Present: Sarah and Richard, Alice and Dick, Violet and Gene, Mallory, Ralph, Narra.

Mallory asked for a comment for Ralph and her.

It is difficult at this juncture to predict any future assurance that all now in progress will come to fruition, but it certainly would seem likely that the occurrence of at least some achievement is in store. Goals are still strong and it is unlikely that either will stray from these, as they are, in fact, realistic and well-grounded in ability.

Herein lies an essential difference from those who have not been exposed to what you call esoteric knowledge. The goals set in life appear too often unrealistic and are doomed to failure from the beginning. Quite often, success of a material nature is achieved at great expense to the organism and this is as great a failure as if the success were not achieved at all.

With these two, there is no great expense to the organism in that regard and emotional success seems likely.

Ralph: It seems to me that the presentation of this teaching has focused on SRGA (Soul-Role-Goal-Attitude) [and] has not been successful in communicating to others. Should another approach be used? Do the SRGs make this teaching unique from all others?

We would hesitate to call this system of naming behavior patterns [Overleaves] as the cornerstone of our teaching. Rather, we would see you all ascertaining from those expressing interest in this teaching: whether or not they are ready to accept in full the concept that they have lived before, and that this life is merely a continuation of an experience begun in another time frame. And by this we mean, to be sure within yourselves that they do in fact accept this as truth for them. All the rest [of the Overleaves], including the Soul levels [Ages], will come easily. It is upon this premise [reincarnation] that the entire [Michaelian] teaching is based, and it is therefore useless (underlined) to any student not knowing this truth for himself — it becomes a parlor game of meaningless words.

Mallory: I accept the premise, but I have difficulty communicating it to others. I am afraid I may tell someone their SRG and it would be incorrect.

(Editor's note: It seems that when one can see for themselves what they are, there can be no argument and this can be presented in such a way that it is up to each individual to verify for himself the way things are for him. It really does not matter what anyone says. The truth can never be altered. All one can attempt is to express his own relative truth which can aid the other person.)

We give this system⁹⁷⁵ to you as a tool more than a solution in order to free you from certain considerations that would cloud your interpersonal relationships and if you can teach this to others as a tool, then it will be successful. One must be extremely cautious in giving out this as an explanation of antisocial behavior. Surely, you can all understand that those exhibiting antisocial or otherwise bizarre behavior are in no way ready for this information. It is more important to many to understand their Sequential behavior, and what the mechanism of Karma does in their life patterns. Perhaps even more important than knowing their Role, is the realization of why they are relating to certain other persons in seemingly irrational ways. Often, this is the most pressing question that new students have.

Ralph: Concerning several people, some from a dream I had, I would like to know if there is any significance pertinent to my understanding. Are there any common connections of [the] Patriarch of Constantinople, Photius;⁹⁷⁶ René Thom⁹⁷⁷ and "best of all

⁹⁷⁴ For Delbert, the Young Soul age was given in September 1973.

⁹⁷⁵ The system: the understanding of the Overleaves (the various Roles, Soul Ages, Goals, Attitudes, Centers, Body Types, Chief Features).]

⁹⁷⁶ From Wikipedia: Photios I (c. 810 – c. 893), also spelled Photius or Fotios, was Patriarch of Constantinople from 858 to 867 and from 877 to 886. He is recognized in the Eastern Orthodox churches as St. Photios the Great. Photios is widely regarded as the most powerful and influential Patriarch of Constantinople since John Chrysostom, and as the most important intellectual of his time, "the leading light of the ninth-century renaissance." He was a central figure in both the conversion of the Slavs to Christianity and the estrangement of the Eastern Orthodox Church from the Roman Catholic Church.

⁹⁷⁷ From Wikipedia: René Frédéric Thom (September 2, 1923 – October 25, 2002) was a French mathematician. He made his reputation as a topologist, moving on to aspects of what would be called singularity theory. He became world-famous among the wider academic community and the educated general public for one aspect of this latter interest, his work as founder of catastrophe theory (later developed by Erik Christopher Zeeman). He received the Fields Medal in 1958.

possible worlds⁹⁷⁸ [coined by] Gottfried Wilhelm Leibniz⁹⁷⁹ who speaks of “monads”⁹⁸⁰ freely in his writings regarding a new branch of mathematics in the Catastrophe Theory?

Two of them [Thom and Leibniz] have similar Overleaves and they were Scholars in the Observation mode.

The other [Photius] was a Mature Priest in the Caution mode.

Thought patterns were not derived from the same reasoning sequences in any of these three, but the end result was considerable growth upward in all three. The thought patterns were not alike, but all three reached a higher level of spiritual insight or perhaps we should simply say, insight.

Ralph: Leibniz [and Thom SRG]?

[Gottfried Wilhelm] Leibniz was a Fifth Level Mature Scholar in the Observation mode with a Goal of Growth, a Spiritualist in the Emotional Part of Intellectual Center.

Rene [Thom] is a Fourth Level Young Scholar in the Observation Mode with a Goal of Growth, a Realist in the Moving Part of Intellectual Center.

Gene wanted a comment on his recent interest in ortho-molecular nutrition and allergy. (In lay terms, treatment of physical disorders with massive doses of vitamins or minerals.) It appears he is reversing his thinking on physical illness in that he does not wish to make patients feel guilty for taking the responsibility for their illnesses. “My goal is refined discernment in treating physical disorders.”

Dick’s most unfavorable subject, mega doses of vitamins, said to Gene that he felt it was rooted in fakeness.

Gene: I’m asking for new horizons in my perceptions: how the patients brought about their illnesses and help in treatment of diseases.

For the purposes of this dissertation, assume the mind is an entity separate from and antagonistic to that which we call the Essence and comprises that complex of prime motivators that we call the Roles, Goals, and Attitudes, etc. And, yes, this mind is all-powerful and yes, the physical vehicle that is the body does break down from multiple causative factors, some directly acted upon by the mind, others by the environment, and many by totally external factors such as speeding trucks.

Be careful about generalizing on the efficacy of any one therapy, either emotional or physical. The most important factor in any treatment of any problem is the amount of rapport and belief between the therapist and patient. Both must be credible to each other in order for the therapy to work. This is always true: both must be credible to each other. We repeat because this and no other is the essence of all therapeutic processes. Vitamins work because of their credibility, as do surgery, psychotherapy, the Erhard Seminar Training, and Gestalt.

With some, the destruction of the body is quite overt and easily discerned, and treatment of this is best done by non-physical means. With others, the auto-destruction is far more subtle and the treatment must fit the problem, and the level of credibility must remain high.

Of course, some disease is caused by deficient dietary problems and can be treated by correcting this deficiency; but then, the underlying behavioral problem must also be brought to the surface or the problem will recur over and over again.

⁹⁷⁸ From Wikipedia: The phrase “the best of all possible worlds” was coined by the German polymath Gottfried Leibniz in his 1710 work, *Essais de Théodicée sur la bonté de Dieu, la liberté de l’homme et l’origine du mal* (*Essays on the Goodness of God, the Freedom of Man and the Origin of Evil*). The claim that the actual world is the best of all possible worlds is the central argument in Leibniz’s theodicy or his attempt to solve the problem of evil.

⁹⁷⁹ From Wikipedia: Gottfried Wilhelm Leibniz (sometimes von Leibniz) (July 1, 1646 – November 14, 1716) was a German philosopher and mathematician. He wrote in multiple languages, primarily in Latin (~40%), French (~30%) and German (~15%). Leibniz occupies a prominent place in the history of mathematics and the history of philosophy. He developed the infinitesimal calculus independently of Isaac Newton and Leibniz’s mathematical notation has been widely used ever since it was published. He became one of the most prolific inventors in the field of mechanical calculators. While working on adding automatic multiplication and division to Pascal’s calculator, he was the first to describe a pinwheel calculator in 1685 and invented the Leibniz wheel, used in the arithmometer, the first mass-produced mechanical calculator.

⁹⁸⁰ From Wikipedia: The “monad,” the word and the idea, belongs to the western philosophical tradition and has been used by various authors. Leibniz, who was exceptionally well read, could not have ignored this, but he did not use it himself until mid-1696 when he was sending for print his *New System*. Apparently, he found with it a convenient way to expose his own philosophy as it was elaborated in this period. What he proposed can be seen as a modification of occasionalism developed by latter-day Cartesians. Leibniz surmised that there are indefinitely many substances individually ‘programmed’ to act in a predetermined way, each program being coordinated with all the others. This is the pre-established harmony, which solved the mind body problem at the cost of declaring any interaction between substances a mere appearance, something that Leibniz accepted.

With allergies, the same is true. Simply removing an emotionally laden environment has often resulted in miraculous cures and yet nothing has happened to alter the physical states. Allergies are usually denials and defense mechanisms, and to treat them with massive chemical onslaught is overkill when simply removing them from the environment may give the necessary clue to effect a cure.

When the mind is intent upon auto-destruction, no cure, no matter how heroic the method employed, will be affected and all of you know this from your own experiences. The mind intent upon destruction has set in motion changes at the cellular level that are irreversible by all methods known to your science and are beyond your efforts. Others, however, deserve whatever guidance you may offer and many will go on to effective life patterns.

Breakdowns on the physical that are merely signals of over-stress and the need for rest certainly need no treatment, but do require that permission to run their course. This is almost totally absent in your immediate culture and for that reason, there is much of this type of disease lingering way beyond its natural course.

Many of the patients seen by the majority of physicians of a general nature are more tired than ill and the therapy should suggest itself even to them, but they do not have their permission to take the cure in this society.

Many benefit from nutritional therapy in subtle ways such as the added time necessary to prepare, for instance, meatless meals, for this is therapeutic in itself if it is a change in patterns.

Others benefit because it is something outside of self upon which to focus.

For all of you, please remember: when a person has reached the "I will make a mess" stage of physical illness, it is beyond your intervention and all you can do at this point is acknowledge that the message is clear and that you understand that transition is imminent.

Gene: How can I acquire the discernment of non-physical or the physical type of treatment to use?

Unfortunately, the desire to quit and give up does not require any responsibility in a conscious sense. When the end stage has been reached, no amount of acceptance of responsibility will be effective, for the organism is too damaged to respond. True, the soul might feel more at ease with this knowledge; this is certainly desirable, but the hopelessness of the physical situation remains the same regardless of insight gained.

To ascertain what you wish, Gene, requires that you start with less advance intention as you have in the past. Actually, your perceptions are not that muddled and are usually not that far afield from the actual situation.

Physicians almost always need to come to grips with their own inevitable physical death. Surprisingly enough, this is more difficult for you when you are constantly in the presence of death of the sort that you see.

Mallory: Is Calistoga⁹⁸¹ a power spot?

It [Calistoga] is an essentially neutral location that attracts a number of power people because of its natural [illegible] resources[?].

Mallory: SRG of [the] composer of African Sanctus, David Manchow?

Spiritualist, Second Level Old Warrior in the Passion Mode with a Goal of Growth and Intellectual Part of Emotional Center. Body Lunar-Mars.

Alice: wanted some SRGs but no one would listen. Dick was not interested, so Narra (stronger Overleaves) got her wish.

What is the SRG of a stranger, Laura?

Fifth Level Mature Priest, Passion Mode, Acceptance, Idealist, Intellectual Part of Emotional Center.

Everyone agreed they'd like Violet and Gene's son's SRG at 11 weeks old. [Theron]

This is a Fifth Level Old Priest in the Observation Mode with a Goal of Growth. A Realist with no Chief Feature manifest. A Saturn-Mars Body Type, mostly Saturn. Moving Part of Intellectual Center probably, although this is certainly not fixed at this moment. Babies at this stage are unstuck.

[So far as we know, this was the last channeling session held for the members of the original Michael group (OMG). According to Joel Cohen, after this session, Sarah Chambers and Quinn Yarbrow began to gather people that they both knew into what I am referring to as the second Michael group (2MG). What few transcriptions we have of that group, which met from 1978 to about 1983, are published in *Michael Speaks: The Legacy of Sarah Chambers — Volume 3*, published by the Center for Michael Teachings, Inc., thanks to Joel Cohen.]

⁹⁸¹ Calistoga, California: A place just off I-80 between Vallejo and Vacaville that had land they considered purchasing for a potential commune. The area has natural hot springs, and spas have been built to take advantage of them.