

NAJA  
TO  
THE ORIGIN  
OF  
ALL

BY  
COLIN CHABOT

NAJA

FIRST PORTRAIT

TO

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MY ORIGIN

It is written on my baptismal certificate “Was baptized on the seventeenth of February, nineteen hundred and fifty two, Joseph Collin Christian, born on the twelfth of the same month, legitimate son of Armand Chabot and of Lucienne Mondou in the parish of Ste-Euphémie, county of Montmagny”. This small village lost in the rolling hills of Québec dates back long before the quiet revolution. It is the place of my first stimulations of consciousness in this life. I was barely four years old when I had to leave it for another village.

It is also written in the great universal book, that my superior self travels in this world since two hundred thousand years ago and has travelled as many millenniums in his world of origin. This original place has seen the birth of my total consciousness and it haunts my spirit ever since we had to leave it for another shore.

These are two facets of my being, at first seemingly incompatible, that we are going to discover together through the story of my life.

In the following pages, I will describe the experiences that led me to be able to serve as a channel for an entity named “Naja”. The events will be told as they were felt and experienced. There won't be any embellishment, any dramatization in the name of style. Besides, these pages cannot be considered as an autobiography, because nothing here will be elaborated to further extent if it doesn't help the simple understanding of the phenomenon of channelling.

I will not conceal any of the main events, even the ones that I consider intimate. I hope that you will respect my confidences and the trust that I put in you. Although, I will especially mention the adventures that are out of the ordinary, you should know that most of the time I am almost human in daily life.

As confirmed by my baptismal certificate, I was born on the twelfth of February 1952. I am the ninth child of a family of ten, which includes five girls and five boys. My father was a station master for the Canadian National Railway. It was in the railway station of Ste-Euphémie that I was born and spent the first four years of my life. At that time, it was normal that the station master and his family would live in the vacant rooms adjoining the offices. Then later on, my entire big family moved to another railway station in the town of St-Cyrille de Wendover in the county of Drummond, where I grew up till the age of eighteen. These buildings, all made of wood from another era, were huge even in the eyes of an adult. The railway station in St-Cyrille was a three-storey building with numerous rooms with high ceilings and hundreds of nooks and crannies. The attic alone was bigger than a lot of apartments today.

During my childhood, being the youngest of the boys, I often went to bed first. In autumn, when darkness fell earlier and earlier every day, with great apprehension I would go up the stairs that led to the second floor. In the middle of the stairs I would pass through a curtain that took me from light to darkness. Then an uncontrollable fear would invade me. I had to climb the other half of the stairs, walk a long corridor before I would finally reach the bathroom where I could switch a night-light on. All those somber rooms, with doors slightly ajar, would leave me imagining some worrisome shadows. Each time, this would provoke great terror in me. Calmed down momentarily by the night-light, I would catch my breath before running again toward my bedroom. In passing, I would check very quickly the lock on the attic door

and then I would hurl myself into my bed.

We were three brothers sleeping in this vast bedroom containing three double beds and many chests of drawers. Because of my fear of ghosts, evil spirits and monsters of all kinds that lived under beds, I could not fall asleep unless I was totally hidden under the covers. At the risk of being asphyxiated, this restriction was preferable to the sighting of any kind of demon. For a great part of my childhood, I slept in an ice cold bedroom suffocating under too many heavy blankets.

However, I had very liberal parents who imposed very few rules in this big house. Given the number of children, they were not inclined to play policeman with us. The meals, homework and bedtime hours were flexible. I do not recall any restrictions, moral or any other kind and there never was any excessive demands. I lived in this family with a fairly great freedom of expression that was the envy of many of my young neighbours.

Nevertheless, when night fell and it was bedtime, it was inevitable, fear took over me. Strangely, on the stormy nights with pelting rain, the bedroom drapes flying in the howling wind and my bedroom illuminated by the intense striking of lightning, I would forget my irrational fears. I would be fascinated by these raging elements, even though they would accentuate the morbid side of this old house. In my haunted castle, I always felt spied on by some invisible beings.

I was a solitary child. I would get up very early in the morning, between four and five o'clock, to enjoy the house alone. While the entire family slept, I would finish my homework so I could finally surrender to my daydreams. As far as I can remember into my past, I never really felt at ease in this world. It seems that I came here reluctantly. I would vaguely remember that I had already been a giant with fabulous power and now I was condemned to live in a limited body of a dwarf. I only liked to live on the fringe of the world and I would avoid the company of children as much as possible. I played alone, quiet in my bubble.

I had a fertile imagination and manual skills that my parents did not discourage. My father had a lot of free time in this old rural station in decline. Eternal handy-man, he was buying and renovating houses to convert them into apartments. My mother, also skillful with her hands, indulged in her passions that went from painting to sewing. If I had some talents, it is in the home environment that they flourished, surrounded with a family which in many points of view was original and creative.

However, at school, in this smothering institution devoted to the cult of the dead, my talents could only be suffocated in the egg. In primary school, in St-Cyrille, we had as a school principal, an indignant old maid looking hundred years old who, it was said, had been dismissed from another school for physical cruelty. I recall one of many incidents; it was when the parish priest would come once a week to prepare us for our confirmation. The school principal would gather together in the same classroom, all the children of age to be confirmed. Before making his sermon, the priest, with the complicity of the principal would punish the dunces and the rebellious of the week. He would humiliate them by making them go on all fours in front of the assembly and would ragefully whip them with his belt. Other times, other morals. Then, he would declaim his claptrap about the christian faith, the rules to follow,

divine love and forgiveness. A picture is worth a thousand words. All of this would make me shudder in fear and at the same time, in hatred for mankind.

I went through my school years like an automaton who would learn everything that one has to do to go about unseen. I learned the gestures that are expected of you, the looks that make you almost acceptable. I was smart enough to avoid the hard blows, but not enough to keep me from falling into a hopeless lethargy. School, this compulsory drudgery necessary to learn how to read, write and count, with the years left me totally unmotivated and transformed apparently in some sort of weakling. It should be mentioned that education in those backward times, was left into the hands of private individuals and their good intentions. There wasn't any real politics yet to encourage learning with acceptable conditions, even less with creativity and self-expression.

At the age of nineteen, I gave up school permanently. Thanks to another one of my brothers, I had already been working for a few years in the field of theater. I was making stage sets, accessories and puppets for the children's theater. Since it was only part-time work, I started an approximate career as a painter. My choice of trades at that time, well reflected the state of my soul. I didn't accept the world of adults. I had this obsession, a foolish idea, that in becoming an adult one would become some sort of monster not too enviable. To say it all, I was no longer accepting the human condition in general. My first paintings tinted by my vision, childish and out of touch, on the whole were talking about chaos, madness, end of the world, the chosen ones, the return of angels. My internal universe and preoccupations were at the antipodes of the preoccupations of the majority. Only a few marginal individuals like me, yearning for friendship, would let me believe that they understood my rambling. What wouldn't I have done myself for some comforting company!

It is because of one copy of my collection of poems, that I came in contact with the first person who would share my affinities. One of my sisters, through a letter, confided in me that her children's babysitter was well versed in the field of parapsychology. This woman had been touched by reading my book and wished to meet me. This first meeting took place one year later in a cafe along with my sister, her husband and a brother. Immediately, something triggered between her and me. We talked about parapsychology and were answering questions from my family as if we were only one person. She would begin a sentence and I would finish it. I would start a statement and she would complete it. This field which I had barely explored up till now, was instantly very clear and easy to share. It is because of this soul, close to mine, and our relationship during the ten years that followed, that I learned the ABC of what we called esoteric at that time. She was the only friend to whom I could share all my lucubrations and especially really feel understood. In a way, she was my first and only spiritual master.

You are starting to get a glimpse of what the preoccupations of my youth were. I was still writing but more and more under the form of manifestos that accompanied my expositions. They were about ill-assorted subjects, going from notions on the role of art in society to reflections on extra-terrestrial beings and the hope of possible contact with them. My head was regularly bombarded with information under the form of geometric symbol, fundamental concept, key phrase and futurist vision. I was sort of an enlightened one, way before I had the wisdom to understand its meaning. I had the nerve to print these manifestos full of my

inspirations and distribute them. In these early years of the seventies, lost in the city of Drummondville, my chance of being read by other inspired fools like me was very slim.

I was starting to really perceive myself as a stranger who parachuted on the wrong planet. A vague feeling of frustration led me to believe that I hadn't come here totally on my own free will. Despite myself, I had to finish a cycle of lives started a long time ago. My final departure from this world depended on my report card at the end of the examinations.

In my early twenties, when I would lie down at night alone in my apartment, I would often cry. I was sending messages of distress toward heaven expressing all my sorrows, my disillusionments and my inner rage. At each time, in a state of great perturbation, I would concentrate on a precise point in space and with all my energy, my force of concentration, I would propel some SOS. I couldn't understand the way human beings behaved, their motivations and I was unable to imitate them without denying myself. Those were the cries of a wounded animal, caged and desperate.

One night, during one of these numerous calls for help, my whole body was invaded by a paralyzing sensation. From head to toes, I couldn't move. Then a being appeared to me. Was it inside of me or outside of me? I couldn't tell. All I can remember is that it was a man of a respectable age with a beard. He told me simply to calm down, to tranquilize my spirit. Still unable to make the slightest gesture and without knowing why or how, I saw one part of me, my spirit perhaps, fly away through the window in front of my bed. The vision of the old man disappeared. I remained frozen for a few more seconds before regaining progressively the control of my limbs. Exhausted, I fell asleep.

During the days that followed, I didn't make too much of this experience. I didn't believe that it would be sufficient to find a solution to my ailing existence. Despite my desperation, I wasn't thinking about suicide. I had some vague remembrance of these sad consequences in other lives. To run away from a place believing to be running away from a painful context and discover that this context is still in us; that it persists despite the abandonment of our physical body. To be harassed by its memory without the possibility to act. No thanks! Although, it is starting with that event that I began to fly in my dreams at night. At first clumsily and then with more and more ease.

I had taken up the practice of writing for my manifestos or for my own simple personal pleasure. It became easy for me to pick up a pen, a piece of paper and to ask a question while letting my hand write the answer afterward. The answers were always clear and covered entire pages. Often they were words of guidance and encouragement. At that time I did not call it automatic writing, but simply a dialogue with my brothers of light. This "we" that was answering me in writing was natural and went without saying.

Around the age of twenty-three, confined in my city of adoption, I was seeking the company of any person who was closely or remotely interested in the paranormal. One of these rarities was a passing clairvoyant with whom my first meeting was determinant. In the simplicity of her kitchen, she told me as preamble, how a psychological shock, in the circumstances of a divorce with a brutal man, had accidentally triggered her gift. This phenomenon is not rare. I knew that some pains too intense in one's basic bodies can force

the consciousness, in a gesture of protection, to seek refuge in its subtler bodies, thus stimulating one's senses to a more extensive register. The words of this good lady, however imprinted with naivete, wouldn't let me presage the following.

Instead of the usual recipes of a clairvoyant, she fell into a state of near trance and revealed to me that I had lived during the distant period of Atlantis. According to her words, I was a leader who came from another planet to reign on this young colony. She could see me sitting on a throne ordering, among other things, that chained slaves be freed. I was there to teach my superior knowledge. It is for these reasons that I had the facility to read strange books, as she was saying through her restricted vocabulary. After she returned to normal, she asked me if all of this had a meaning to me. Without knowing it, she had just awakened in me a very strong feeling. She made me catch a glimpse of a first facet of my hidden side.

During the months that followed, through writing, I was questioning my stellar friends to fathom this revelation. I learned, among other things, that these events went back to more than thirty thousand years ago and it was some disastrous decisions taken by me, that had condemned me to a cycle of reincarnations on this earth.

One of the last manifestos that I wrote in 1974 assumed the form of an old journal. It was the period of the conceptual art where the idea surpassed its realization. To elaborate concepts of work of art, to transcribe my ideals had become my main source of creation. On the cover of this journal, I was discoursing in a long symbolic text about my extra-terrestrial condition. On the two interior pages, I was prophesying on the future of the planet. And in conclusion, on the recto, I was elaborating on the concept of the human being perceived as a work of art. But the most peculiar could be found on four other pages inserted in the centre of the journal as a supplement. The pages contained one of the most conceptual senseless game. During an entire summer, confined alone in a cottage, I had written with the help of a dictionary, a language with an unlimited complexity. This game consisted of associating all the main positive words of the French language in a hundred phrases, each one containing a subject, an adjective, a verb and a complement. The challenge consisted of the possibility of interchanging the respective terms to create thousands of new phrases always having a just meaning. As it was realized, I was juggling with so many concepts that I would understand the meaning of a phrase only the time it took to write it. In the space of a few minutes, I would catch a glimpse of the multiple combinations between each other, then the next minute, everything would become a blur. This game was completely beyond me.

Like many of my previous achievements, it was stronger than me. Something was impelling me to do it, even though I didn't understand its usefulness. And the worst part, it didn't stop me from printing it in hundreds of copies. I knew full well that it would be difficult to read this pamphlet over again. So what about the other individuals! There was no interest for anyone to tackle it. Except maybe to help forget a backache by exchanging it for a headache. In these circumstances, I didn't feel that I was entirely the master of my actions.

It is only twenty-five years later, in writing this book, that I finally understood the reason. The entity who is now expressing himself through me, was during that period approaching and absorbing all the fineries of my language, and this through my consciousness. His goal was not to use me simply to transcribe information mechanically, but he wanted to interact

with me to transmit his knowledge in a more personalized manner, better adapted to the needs of humans.

This manifesto had been preceded by many others. In some of them, with sentences short and simple in appearance, I was expressing some complex concepts of the universe, like the ones that adorn the beginning of each chapter in this book. Example: "More than all equals less than nothing". I was also playing with the symbols and their multiple associations. Example: A dot in the middle of a circle represents the essential God. The same symbol in the middle of a triangle represents God manifested. These were the beginnings used by the entity to master our language.

At the age of twenty-five, winded after seven years of expositions, manifestos and implications in the art world, I decided to step back and make an assessment. I was questioning myself on the value of all this. If I was to stay on earth for a very long time still, I had to learn to accept it and live with more serenity.

It is at that time that one of my sisters confided in me that she was following a new kind of therapy. This therapy consisted, for the main part, of living the traumas of a past that are blocked in all the cells of one's body to release its residual burden. In the following months, I enrolled in an intensive three-week session. We had to live in complete isolation during that entire lapse of time; no sound system, radio, television and no telephone. Only the contact with our therapist twice a day. It all unfolded effectively for the first week. But at the beginning of the second week, an inner voice suggested to me a way to accelerate the cleansing process. This is what I did in one day, bringing about a quick dissolution of my pathological armors.

This therapy put me in an intimate contact with my physical body. The protective armors, now useless, were falling one after another. I relived my birth into this world. I regained the capacity of my senses of before. The simple fact of touching the fabric of my armchair, of tasting a fruit, the sight from the window, the muffled sounds of the street, were all amplified and at the same time full of subtle nuances. In this isolation, I also learned to trust and love the child in me. The one that I was and who was always present through my emotions. I was discovering in myself a greater sensitive potential because of my increased perceptions. I could feel myself being reborn and maybe for the first time, I was accepting my condition of mortal.

I couldn't stop there. Immediately, I became interested in other methods that were putting the emphasis on the physical body; movements of relaxation, different massage techniques, relaxation with visualizing, internal journey to rebuild a positive self. My body had become in the space of one year, a research laboratory. I wanted to discover all its potential, and thereby understand the reason of its existence.

I couldn't help but implicate my friends, my entourage in my adventures. By the power of harassment, I would succeed in convincing them to participate in some experiments, where most of the time they were used as guinea pigs. I would test on them some improvements that I was bringing to my discoveries; combinations of removals of blockages in the body with visual methods to reintegrate its parts in a harmonious totality; exercises to increase and

manipulate the sexual energies; making of fabric folding-screens to study the impact of colors on the mood and health in daily life. I was also interested in the symbolism of numbers by their decipherment in our environment. Why a chair has four legs and a certain building has twenty two windows? The number of the things seemed to reveal information about their conditions. I also wanted to understand what was hiding behind this pseudo-coincidence, the connections that link the least insignificant events and that they might be significant; a dog barks in the distance, an airplane fly in the sky while you are telling me about your problems with your spouse. To me, nothing seemed to be useless. My new reason to live was to understand the meaning of life.

At the end of the summer of 1978, provided with all these discoveries, I decided to summarize my artistic and therapeutic progression in an autobiography. The title would be "Searching for the Being Work of Art" To realize this project, I counted on leaving for at least two months for the Azores, islands in the middle of the Atlantic Ocean belonging to Portugal. My choice had gone toward the possible volcanic remnants of Atlantis.

Two weeks before my departure, spending a rather boring evening with three of my friends, we decided with mutual agreement to play with a ouija board. For those who don't know this game, it is an archaic board covered with an alphabet and numbers which, with the use of a triangle that is moved over it by the unconscious movements of the hands, serves to converse with the spirits. The two women present lended their hands while I directed the operation. I had a good idea of what I wanted to know. After the usual introductions, I asked for my reckoning, the enumeration of a list of my significant past lives. Because of the rudimentary side of the answers that were coming letter by letter, around ten personalities were transmitted, each one summarized with an occupation, an era and a short description. It was a second revelation of my vaster identity. The spirits also told me, an unexpected message, that I was going to the Azores to meet some extra-terrestrial beings. What will the spirits say to feed our secrets fantasies!

My father passed away suddenly of a heart attack one week before my departure, but I didn't want to postpone my trip. My pursuit was more important than anything. I was aware that I was to encounter something very important. I believed naively that it could be extraterrestrial beings made of flesh and bones. During that period, I was ready to believe everything, attempt everything, if it could bring me toward a better world.

Once I arrived on the main island, I settled in a small village near the ocean. The motel that I had found on a side of a cliff was deserted in this fall season. I started to write my book and therefore, I retraced my entire life journey up to this trip. I would alternate my written reflections with meditation and experiments to establish contact with my galactic brothers. They had let me know by automatic writing, that I had to rise the vibratory level of my body. Otherwise, any approach involved some risks for me. So, like a good docile student, I started to practice some exercises for my elevation. Where does the good sense stop and where does the madness start? In my case, the border was receding each day. I could respond at priori that only the endless discoveries, the expansion of my consciousness motivated me. Because of all the therapies carried out on my body, I had an enough solid anchor in the reality. So much so that reality can be circumscriptive.

After a month and a half of this regimen, a first unusual phenomenon occurred in my body. An intense heat, even burning, started to irradiate in the small of my back. It was as if I had a stove burner lighted and pinned permanently on my lower back. On a certain night, while I was elevating the level of my vibrations for the umpteenth time, I had my second apparition in my short life. Six beings were at my bedside forming a circle around my bed where I was stretched out. It is rather fascinating to feel the presence, and then to see in front of you six beings dressed like monks. Those who have already observed an apparition, even a very hazy one, will not doubt the phenomenon. This brotherhood hinted, although I could not distinguish their face very well under their raised hoods, that it was coming to get a double of me with the intention to put it through some sort of purification, an awakening to its potential. I let them do it. Did I have a choice? They extirpated an indefinite part of my being and took it with them.

During the three days that the absence lasted, I had to rest content with only a few elementary occupations. I had difficulty thinking, and therefore, to understand what was happening to me. When the return signal came, it took at least an entire day to try to reintegrate this part of me. It had become estranged, too vast for my minuscule envelope. Like an ocean that we want to contain in a glass. This part finally liberated and blossomed didn't seem to want the little me any longer. Have you ever tried to convince a part of you who doesn't want you anymore, to come back in you? It was only after a long discussion and mutually getting used to each other, that the fusion finally took place.

The difficulty and then the electric shock absorbed, my vision widened, the time barriers fell and I saw myself in full. I was like in a near state of trance where one reality would give way to another. The walls in my room vanished and I was contemplating my life from as far as I could go back into the millenniums of my past and get a glimpse of the millenniums of my future. My consciousness liberated from the limits of my body, seemed to fill a bigger space and mould it at its will. I was reliving the states of my souls during the era of Atlantis and from other civilizations that I had known. It was as if I was at the centre of all things and that my multiple facets were deploying themselves around. Like a walker, immobile in the midst of the passing parade of all his lives, for the first time, I finally perceived myself in my totality.

During the days that followed my transformation, I was drawing some blueprints of temples dedicated to healing with the description of their multiple functions, some cities built with the appearance of mountains with their furnishings and their interior gardens. I was reliving all the efforts, the hopes of so many experiences, of grand projects! I was getting a glimpse of ways of life belonging to other times, other civilizations and other planets. I had the sensation that I was bringing light to a whole side of my mystery. I could go home. The encounter with an extra-terrestrial being, in this circumstance, myself, had taken place.

After my return, I was not the same anymore, not for me, not for the others. But since the beneficial effects of the opening of my consciousness were fading, I immediately started some research on my previous lives. I had already done a good cleansing of my present life, I intended to do the same for my other lives. I believe that it is the reading about the regressions done by the patients of hypnotherapists that gave me the idea to explore this avenue. So I went searching for an hypnotherapist who would dare to venture in the uncertain past before life.

I was especially interested about a life where I had been a medical doctor during the period of the Spanish inquisition. This institution, created at first to stop the contestation toward the authority of the catholic church, rapidly degenerated in a tracking of all dissidence, then in the settling of personal accounts. This was my case. Because of hundreds of my healing practices with the energies, judged doubtful by my entourage, I had been denounced, tortured, judged and burned at stakes. While I was burning, I had cursed these people whom I had cared for, healed and now were spitting at me. I swore I would never again use this gift. How could I go back in time, undo what I had sworn to do, abate this hatred of the human kind? This was a conclusion of my present life, deep feelings that are still in me today; fear, contempt, at best pity facing the ignorance, the intolerance of my own kind.

Revising my childhood had helped me understand a big part of my personality. But this journey through my anterior lives brought me to perceive the totality of what I was and what I believed was originating from this life had much deeper roots, much older. My therapy, based on the sensations, the emotions perceived in all the cells of my body, made me get used to trust this physical body. The reference point in my new research was my physical body. I would learn later on that the heritage of our lives prolongs itself through our subtler bodies since they have a longer life span. If a vision, a memory brought back to my consciousness was provoking a strong reaction from my body, a discharge of tension followed by a feeling of liberation, that was enough as a proof of its reality.

Then, parallel with my own experiences, I contacted an hypnotherapist. The first sessions were awkward and the results disappointing. Instead of being attentive to my demands, he had discovered because of my store of unique lives, that I could be useful for his own research. During one seance, among others, by the way he was asking inquisitives questions, he inadvertently brought back the torture table of the sadistic church. I received the shock full force in my whole body. It opened up the energy valves that were blocked in my arms. Seized with uncontrollable electric tremors that agitated all my limbs, the hypnotherapist, disconcerted, had to wake me up in catastrophe. The sensation of having two flashes of lightning as arms took half an hour to dissipate. My desire to get rid of some blockage, detrimental to my progress, was thwarted by the desire of my hypnotherapist to use me for his own purposes. Maybe he didn't understand what was at stake with the steps I was taking. What follows will confirm it.

After two or three mediocre seances, my opportunist proposed to me to organize a special evening where many of his friends in the paranormal field would be summoned. At this seance, according to his words, he would plunge me in a deep hypnosis and the entire team would help me reactualize my past, sort out the true from the false. Seven persons came to this famous evening, six strangers (hypnologists, voyeur, sensitive medium) and an invited friend. After his explanatory preamble, the hypnologist took about twenty minutes to put me into a satisfactory state of hypnosis. He made me regress in many stages back to my early childhood, and then before my birth. Then he rapidly went back to the source, to my first life on earth.

He then asked me this first question. "In what year are you?" A voice answered: "Time doesn't exist yet. The second question was: What is your name?" And I answered: "Naja". "Are you alone?" "I am with a team. We are coming on earth to reign, to help the primitives to

evolve, to teach them our knowledge.” What is the name or will be the name of the place?” “Atlantis, but this is not the real name. Attalas is more accurate”. Then this Naja explained that he came from a more evolved world, that the solar system to which the earth was part of, was interpenetrating his world for many thousand years, causing a great imbalance. These perturbations even threatened the survival of his civilization. For this reason, his mission was to help elevate, as quickly as possible, the vibratory level of the earth in view of diminishing the gap between the two universes.

The hypnologist, surpassed by these words, didn't have the knowledge to prolong this first dialogue. He bifurcated his questions on the history of Egypt, and then on other civilizations. But Naja, without being disconcerted, was answering to all his interrogations. The other participants started also to dig into Naja's past. Many interventions revolved around the period of Jesus, whom the entity affirmed to have known very well, which seemed also to be the main reason for the presence of this audience. After many hours, the questions diversified, going from different enigmas of the universe to problems of personal nature. The whole session lasted four hours and to the end, Naja always seemed to have a satisfactory answer for everyone. When the hypnologist proposed to end the seance, he asked for the last time if there was any more questions. Then Naja made me raise my hand and said: “And me?” The assembly bursted out laughing. Oh yes! Who was going to answer my questions? Don't forget that I was paying dearly enough to receive the help of these people. And here Naja was giving his first consultation at my expense.

I didn't realize immediately, nor in the following years, the importance of this experience. The seance had been recorded on three cassettes of which only two were audible with a high level of interfering noises. I was able to continue my own reseach on my anterior lives with the first cassette which contained the entire phase to the process of hypnosis. This way, I could go under self-hypnosis to enter in contact with my distant memories on my own.

I only did one other experiment with the hypnologist and his circle of friends. The context was rather strange, if this adjective makes sense coming out of my mouth. One afternoon while I was lingering forever in his waiting room adjoining his office, my sorcerer and his main partner took out a ouija board from the cupboard. They were sitting a few feet away from me, within my sight, when they started to use it. I pretended to be indifferent. After a preamble, I heard them ask the board if they could in the future evenings, organize a seance of spiritism. The goal of that evening was to enter in contact with the spirit of a magician. I knew then, since the seance with Naja, that my hypnologist was interested and practicing rituals of magic for many years. His practices were at the limit of the grey zone. The name of this magician from another century, was only known to me because he had been mentioned by a friend. At the time I didn't realize the importance of this famous person among all the ritualists. To the question, the ouija answered that “yes” the spirit would be present. They were both surprised and crazy with joy. But at that moment, a force pushed me to intervene. I cut short their enthusiasm and told them that I had to be present at this little gathering for the spirit to manifest itself. That was rather bold of me! They didn't pay attention to my remark. They asked again the same question to be sure of the answer and there, the ouija board said “no”. Disappointed, not understanding the situation, I had to repeat my affirmation. I believe that despite the seance with Naja, they saw me as an insignificant entity. But the speaking table confirmed my words.

The seance took place with almost the same people from the other evening. I skip the details of the rituals imposed by my associates. As I had predicted, my body served as a host to this bellicose spirit, not inclined to civilities. Nonetheless, this strange body remained under high observation by my own spirit. Personally, I couldn't see the interest in such a communication. I understood a little too late the mercantile reason for that evening. The most interested individuals around the table were disappointed of not being able to eradicate from our guest, new information on the incantatory gestures that they could have used in their quest for power. They even casted some doubt in the veracity of the communication. As for me, I couldn't have cared less about what they were saying. I could see in their eyes their unhealthy intentions. Nobody would use me for doubtful purposes. The pseudo-rituals to rehabilitate Satan and the egotistic quest of immortality at the expense and the health of others, didn't interest me. I then questioned what I was doing there and what I had to learn from it.

They never knew that with the contact of this spirit, I had understood many important mechanisms that rule the evolution of a being; that the quest for power was the best way to isolate oneself and to stagnate on earth or in other worlds; that the acquisition of talents, of whatever gifts was always the result inherent to learning, an evolution of the consciousness and not an end in oneself. No God was condemning anyone to a curse or to simply an exclusion. He was doing it by himself with his extreme egocentrism. But even a long term wrongdoer always had the power to reverse the processus.

The stakes of an evening like this one, largely exceeded the capacities of these big children in disguise. For my part, I left the place with an increased inner strength, a feeling of knowing a little more about my true positive nature and having set back my limits. It was my last contact with this group.

Nonetheless, I continued my research with the help of the hypnosis cassette. After a while, I was capable by my own will, meaning without the cassette, to put myself into a trance. It came to me easily and more and more rapidly. In the end, I only needed two or three minutes of meditation to obtain the wanted effect. I always liked to implicate the people around me in my discoveries. I would gather little groups of curious individuals, promising them some revelations on their past lives. After going into a trance, Naja, the entity, would reveal to each one at least three lives, representative of their personality and their actual preoccupations. I did this kind of demonstration about ten times, as far as I know, during the period of one or two years. My passions in life were rarely the passions of everyone else. This type of performance demanded a considerable effort from my body. Yet, it was perceived as an amusement. So I gave up this path.

Around the age of thirty, I was taken by "coincidence" in a new direction by one of my sisters. During my esoteric facet, one day she asked me if I was able also to predict the future. I boastfully answered "certainly", but that I needed at all cost a game of tarot to do it. I knew very well that I didn't have one. Not disconcerted by my easy excuse, she suggested that I should create one myself. I don't know why exactly, but immediately I took up the challenge. I am very proud and I always like to complicate my life. In two weeks I conceived a game of thirty six cards perfectly acceptable. Each card contained two meanings, therefore two key words, two symbols and two thoughts. I took the liberty to read over again some of

the texts that I had written in my youth, to bring out the essential and to complete them to make a new harmonious totality. This card game, more psychological than divinatory, served mainly to understand the inner motivations. By using it many times for others and for myself, I developed a capacity to see beyond the appearances, the hidden truths in everyone.

The realization of this game gave me the desire to go back to painting, this artistic passion that I had slowly abandoned five years before for my therapeutic passion. My beginnings were awkward. Trying different avenues, I was exploring a new range of subjects that reflected my new basic belief. The childish style of my young career evolved toward a form more and more realistic.

At the age of thirty-three, I had a premonitory dream that was to accelerate my pictorial evolution. In this dream, I was visiting the site of an exposition where the walls of many rooms were adorned with tens of paintings. Contemplating them, these paintings seemed alive, like in three dimensions and even animated with a certain movement. While my spirit was fascinated by one of them, I didn't notice the being who appeared beside me. This brother told me in a low voice, surely in respect for the location, that all these works were my future realizations. On this whispered sentence, I woke up.

It is during the following year that I took the decision to give up all my bread-winning jobs to dedicate myself entirely to painting. I tried again different styles before reaching a first maturity in 1986. My realistic canvases became hyperrealistic. They were describing the splendors and the miseries of my time. I was reproducing in an obsessive manner the architectural details, the usual objects, the people in their daily life. Above these ordinary scenes, beautiful skies would always unfurl. I was seeking the sacred, the sublime beyond our pathetic gestures. My vision was found between the sky and the earth, the place where I was seeking my balance.

In appearance, I had given up parapsychology and the quest for the ultimate truth. However, an article in a popular magazine was to open a new field of exploration for me. Under the eye catching title "The Cosmic Orgasm", it treated the subject of an ancient oriental tradition, called tantrism. In brief, it consisted of deviating the currents of sexual energy upward to make them go up along the spinal column, up to the top of the head and in this way, expel them toward the cosmos. The benefits of this technique were not really stated and the tools to reach it even less. Nevertheless, it aroused my curiosity, awakening some memories of research on the sexual energies during my twenties that I thought I had forgotten. I was telling myself that if the sexual energy could go up and be expelled through the top of the head, the reverse could also be true. I couldn't see at that time, the interest of wasting this energy by spreading it in the empty interstellar space.

I started with a simple and easy exercise. At first, I would make a column of energy come down on the top of my head, then all along my spinal column. During its descent, I would increase its vibratory level in a crescendo down to the base and then to my genital organs. At first, it would provoke waves of pleasure of short duration in my sexual organ. With practice, they became more and more intense beyond anything I had known before. There was no exterior stimulation to engage the contractions that led to ejaculation, thus to the involuntary expulsion of energy. So these energetic orgasms could be reproduced at will without any

apparent exhaustion. The limits were in the capacity of the sensitive nerves to react to stimuli and their long term insensibilities. But the possibilities proved to be rapidly impressive. After a few months, I could experience tens of orgasms per day and this during two to three consecutive days. Luckily, my schedule of an artist allowed it. For these experiments, I called on the readings of my twenties about the role of energies in the processus of sexuality and the maintenance of balance in the body.

Every month, instinctively I would discover new possibilities. I learned to transform this column of positive energy into a beneficial rain on the whole surface of my skin; to concentrate this pure energy so it could enter directly through my sexual organ and go back up along my spinal column; to draw this energy from the earth starting from my feet and through my legs to make any part of my body vibrate. I learned to play with its whole range of intensity, its level of vibration and the direction of its currents. This research was instinctive and not based on the slightest documentation. Given the rapidity of the learning, it could only have been reminiscences of a knowledge from another life.

With the years, my sexual orgasms went from a duration of a few seconds to many minutes, even ten and more yet; and this reproducible at will. I can't explain here in detail all the techniques that I used. It is not the purpose, but you should know that beyond the certainty of sexual pleasure, my body was getting used to live parallel of orgasms more and more complete. They implicated my entire being and would take an air of ecstasy. The energy that I was manipulating was of a divine and sacred source for me. These rituals celebrated life in my body and the joy to have found it again after all these years. My ecstasies became more and more profound. Now they were serving me to immerse myself in a purifying energy that consumed my dead matters, spread its vitality in all the dark corners of my being and stimulated the growth of all the cells in my body. I had discovered with the bias of pleasure a tool for an overall health.

The period between thirty-five and forty-five years of age was dedicated to painting and trying to build a career in that field. During the summer, with my backpack, I was hitchhiking on the roads of Quebec. Each year I was visiting a particular region, photographing what seemed typical, what was amazing me in view of future paintings. I was camping according to the circumstances, giving prerogative to the wooded areas near a water stream where I could swim and meditate alone. To live naked in a forest without any other defense than total trust in the kindness of nature. My vision was a bit naive and idyllic, but I was unconsciously looking for the remnants of a lost paradise on earth. A few times, I found some shreds of it.

Occasionally during these trips, I was making a detour to take refuge at the cottage of one of my sisters. Isolated, perched on a hill, the place was propitious to introspection. Late at night, I loved to stretch on a lounging chair and contemplate the starry sky untiringly. So much distance covered in this infinity! One night, muffled up in a blanket to protect me from the cold, I was observing small flying stars that were striping the sky at a far distance, when I asked myself if my research in all these years had any meaning. I would have liked to have immediatety, a tangible proof that my quest was not absurd. Did all of this have a purpose? I needed encouragement because after all I am human. Ten seconds went by when suddenly a flying star, I should say a ball of fire, would in a fraction of a second, cross my field of vision and would disappear behind the roof of the cottage. What seemed to me as big as a ball, with

a luminous trail and hardly any higher than thirty meters, left me astonished and at the same time fascinated. Chance does things well. For me, the signal was clear. Then, I understood that someone, somewhere, was watching over me and was bringing me his support. I wasn't alone, even in this deserted place on this lost hill in the middle of the night.

The death of my mother in 1993 was one of the rare incidents where I used once again my paranormal capacities. I brought her all my possible support in the last weeks of her illness and escorted her to the door of her better world. I did the same for one of my brothers three years later. I didn't consider death as the worst of all trials but a simple step, unavoidable and necessary to the evolution. Even though the separation of two beings who love each other, even momentarily, is always a source of sadness and imbalance. We can't hold back the passing of time. We just need the patience to readjust to one's new reality. On my part, I had renewed contact with many of my anterior lives and even the precious times between these lives. I now perceived myself as eternal in both ways and was living this precept daily.

At the age of forty-five, deceived by the slowness of my artistic career, I turned once again to my second passion, the paranormal. I had the idea that perhaps I could give private consultations in a state of trance. I had done it in the past, under experimental form, no doubt that I could do it professionally. I went looking for individuals or groups susceptible to teach me the principles of a perfect clairvoyant. I did a few exchanges of services with other passing visionaries, I mean the time it took to exchange one consultation for another consultation. I attempted to take a clairvoyance course with a lady whose talents were not evolving in the same direction than mine. So much time wasted searching for one's path!

I was also associating with a group who met every Sunday night to celebrate a spiritualistic mass. These masses included mainly songs, prayers, sermons and would end with some mediumistic clairvoyance practiced by the officials of the assembly. The leading priestess, besides being a clairvoyant during the week, was teaching her practices every Friday nights. I enrolled in her weekly course which brought together approximately ten persons. The first hour which should have been a theoretical exposé, unfortunately, too often served the teacher the opportunity to proudly tell us about her clairvoyance of the week. For the second part, we were doing exercises to test and develop our aptitudes of clairvoyant, medium or healer. The diversity of experiences was informative and suited me.

One evening, the principal exercise consisted of a trance executed at first by the teacher. She lent her body to the spirit of an ancient indian chief, who talked with nostalgia about green prairies and bison. Her performance awakened in me a very strong urge. I wanted to steal her place and do better. When came the time to designate a guinea pig from the audience, she picked the wrong number, meaning anybody else but me. Despite the good will of the chosen one, the performance was more than mediocre. He mumbled a few words interrupted with long moments of silence. You have surely noticed the jealousy hidden under my irony. That night, I went home frustrated and all worked-up. Unable to sleep, Naja forced me to sit in my bed, take a notebook, a pen and write about ten pages. They were about the many themes to exploit during conferences and the beginnings of a possible book. I finally calmed him down and went to sleep.

I felt that it was his dearest wish. I started to guess that in his world, Naja seemed to be a fine talker, discoursing in front of crowds, trying to galvanize his audience with his pensive reflections. How to concretely realize his desire and this through me? In relating my first experiences of trance to some friends, a first solution presented itself. Many of them offered to have a consultation with Naja. The results of these first encounters were encouraging. At first, I was afraid that my subconscious would taint the words of Naja, but through his recommendations, he was always keeping that in consideration, revealing each phrase that I had altered. He was talking about me like a part of himself, in short, like one of his fingers. These first consultations were not much different than those of a standard clairvoyant who answers the usual demands of the clients. After five minutes of putting myself into a state of trance, this always in another room, I would introduce myself and sit down in front of the Interlocutor. I only had to hold in my hand a personal object of the interested person and let Naja do the rest.

But who was he really? A memory of a past life, an extra-terrestrial entity, a spirit from the spiritual worlds or simply my subconscious or even my superior self? At the time, I wouldn't have known what to answer.

One of my friends pushed again my limits by asking me to be the intermediary between his deceased brother and his mother. I went through the experience for the happiness of this grieving mother. Other people came after to ask for similar contacts without seeing in it much matter of development. I am always reticent to play the intermediary for those who would like to hold back the other. The beings who leave for a new destiny are not very inclined to turn around toward those who stay on the quay. A desperate woman, under the grip of a harassing spirit, implored my help. That is what I did to the best of my capacities. There again, it would be a subject to go deeper into, the case of obsessions, but I have to cut short for the moment. Instinctively, I also knew how to ask for the help of different groups of angels to protect, to rescue someone in distress. The angels are always ready to be of service, this of course within the limits of their aptitudes. If you only knew all the roles that I was asked to play. The faith of the other in me made all the difference. Like an innocent child, I felt like I was almost without limits. However, all these paths that I explored didn't satisfy the true reason of my being. I wanted to transmit a vaster knowledge to a large audience. The hour never seemed to come.

In the year 2001, always in the hope of getting my painting recognized, I was a volunteer for a few artistic festivals. Besides giving help in setting up the rooms, hanging up the paintings, I would slip a few aesthetic advices to the budding artists. This last activity brought me some teaching offers. I accepted two of these offers with the condition that it would be exclusively theoretical courses on the aestheticism in painting. Practical courses given during my youth to novice painters, left me with a mitigated memory. These new courses, in consideration of two or three nights a week, were appreciated and gave me self-confidence. Always perceiving myself as marginal, they reassured me on my competence and my professionalism in front of a public.

I crossed over another stage, when after confiding to a friend about my experiences on tantrism, he suggested that I give a conference on the subject. I accepted and did numerous researches from many books to complete my knowledge, overall personal and intuitive

submitted the idea that I could also give a practical course. The conference took place in a near state of trance and the enthusiasm from the audience brought me many registrations for the practical course. This course based on exercises, breathing and energy manipulations was laborious for many and misunderstood on the whole. What I thought was easy and natural for me, wasn't so for others. I gave up the idea of renewing this course.

However, one of my gifted students confided in me that he went regularly to hear a man giving conferences in a state of trance. He was also a volunteer for this channeler. I eagerly accompanied him to two of these evenings where for the first time, I could see this phenomenon in front of a large audience. For the last few years, I had been reading all the books that I could get my hands on, written by entities, superior or not, through a channel. I could foresee the multiple possibilities of this special gift.

In the meantime, I was interested in many other capacities. I was exploring the field of astral journeys without great result. I was basing myself on the fact that I could remember perfectly the first attempts to fly in my dreams and the long learning process to master it. The encounters of other nocturnal travellers always left me with a recognizable impression. But these conscious experiences would only produce a great relaxation and an out of touch feeling between the perceptions of my different bodies. I took a course on the awakening of the chakras to complete my own experiences on the awakening of sexual energies. I would also push to its limits the learning deriving from my acquired knowledge. The benefits were concrete. In rising the vibratory level of my energy centres, I was developing the corresponding bodies and harmonizing them between each other. I would come out from many days of ecstatic experiences, full of energy, in great shape and each time with a deeper feeling of wellbeing. A constant happiness was at my doors.

During the meditations, by repeatedly calling the divine energies on me, I was on many occasions invaded by an ineffable wave of love. Each time, I knew that it was what we call unconditional divine love because it left me in this state of beatitude toward myself and the human kind. When I went out in the street after one of those moments of ecstasy, I would see everyone as kind and beautiful. I felt some empathy, like the desire to dissolve in them.

These manipulations and hypersensitizations of my different bodies led me also to better perceive the beings from the superior worlds that surrounded me. It had become easy for me, during relaxation, to converse with my brothers of light. I would often ask them for advice, help and comfort. Among other things, they often helped me concretely by amplifying the currents of energy in me. No doubt that this whole journey was preparing me for a more intense contact with Naja.

In the spring of 2003, one of the students from my painting class who was also taking courses on meditation and Reiki, talked to me about a channeler whom she associated with in one of these groups. This man was giving conferences in a trance, writing books and holding private consultations. My student had just been in a consultation with him. I waited until I had the means and made an appointment. He came to my place on Wednesday, April 23rd. I specify the date because it was the triggering element in the writing of this book.

I was in a lull provoked by numerous aborted projects. So many steps to build a career as a painter, resulting only in handshakes and many “don’t give up, you have talent”. Were they still reminiscences from the period when I was called Friedrich, that were coming to haunt my present? In the totalitarianism of the contemporary art, it seemed that there was little room for me. I confided to the channelled entity about the eventuality of taking a new direction. My secret wish was to do the same work than the one that was in front of me. The entity confirmed that I could work in the same field, but it would be preferable, that before I launch into public prestations, to write on a piece of paper a little bit of the philosophy that my superior being wanted to transmit. He told me that since I had practiced automatic writing for a long time with success, I should think seriously about doing it again.

A little perplexed, I was disappointed that I had not been encouraged to throw myself immediately into the adventure. I was sure that Naja was ready. I trusted him for what relates to the subjects to be discoursed. Nonetheless, I followed the advice of the entity.

The following Friday night, I took a pen and wrote a first question on a sheet of paper. My pen immediately filled two entire pages in only one try. The time to unstress my arm and there it was, a third one completed. By now, during my relaxations, my introspections, I was used to dialogue with my luminous brothers. However, here the automatic writing was bringing a contact more precise, more objective, like a communication better articulated.

Everything was becoming clear! The next morning, I knew what I had to do. I went out, bought two notebooks, some pens and candles. Early in the afternoon, I sat down at my kitchen table. I lit one candle, burned some incense, protected the place with seven circles and a guardian angel in each corner. Naja liked to speak in front of a public so I invited some spirits to come and hear him. I sat down at my table and let Naja speak. I started to write and here during three consecutive days, through my hand, he dictated more than a hundred pages of pell-mell ideas. These pages filled with his first precepts were the rough draft of this book.

I only had to let my pen roam on each sheet of paper. I would become aware only briefly and with an interval of a fraction of a second, of the content of what my hand was writing. I had to stop every two or three pages to shake the numbness out of my hand and my arm. A few times, I went out to write in a park to break the monotony of the gesture. I had to convince him often to slow down his delivery to respect the limit of my speed, my corporal well-being like breathe, eat and sleep. This rythm could have been even faster if it hadn’t been for the constraint of transcribing the totality in an eligible writing. I didn’t know when this would stop. On Tuesday morning, he made me write a text on the human destiny and concluded with his signature. I took a break for the rest of the day.

My way of writing wasn’t to talk in a proper sense or to use a more just term, automaticwriting, but instead an inspired writing. My hand was not under the control of an exterior entity, but I was simply transcribing words whispered in my interior ear at a speed that caused my consciousness not to have time to seize the whole meaning. It was the surrender without effort to an inspiring voice.

I was considering spending the summer peacefully writing a proper version of what seemed to be the rough draft of a book. The next morning, I sat down at my easel in front of a canvas in progress. I was getting ready to paint when Naja notified me that he wanted me to start the transcription of his text that same day. No matter how much I argued, showed him the painting I had to finish, nothing would do. This might seem peculiar to you, but it is possible to argue with one's superior self. Since my enthusiasm for painting at that time was at its lowest, I gave in to his arguments. Then, during the following three weeks, in interrelation with Naja, I wrote a first structured version of his initial data. I wanted to understand the wordings, to regroup them by theme, and then in evolutionary chapters. From the raw material, condensed and mixed up, we made a first version comprehensible by me and accessible to the reader. I stumbled on many arid concepts, but with the help of Naja, I came through.

For a long time I had been dreaming about writing a book about knowledge transmitted from the point of view of the spirit. After my autobiographic book written at the age of twentyfive and never published, I had written seven stories for children with a spiritual flavor, also resting in my drawers. I aspired once again to leave for two or three months to a deserted place to concretize this dream. However, I didn't expect to realize it in less than a month and in the hubbub of downtown Montreal, where I now live. In reading this book, you will discover that a simple mortal, as intelligent as he might be, could not write the entire basis of this knowledge in three days without the help of a superior entity.

I also wrote the rough draft of my story in three hours on the Saturday morning of May 24th. Its final version was realized in the following three days. This shows you the facility of writing when one is inspired and guided.

During a great part of the summer of 2003, with Naja, I wanted to correct the style of this book, giving it a more harmonious delivery. Naja completed it with some additions that he judged necessary. Myself, I forced him to lengthen every chapter so the next one would always be longer than the previous one, and this way give a respectable thickness to the final result. Perhaps it was a way to challenge him to say more, to push him to his own limits and thereby, get a little revenge for having been his subordinate during three months.

In writing this book, many scattered notions that I had about life found their just places and their true meanings in this great puzzle that is the universe. More than two-thirds of the reflections contained in this book were new revelations to me. It was an enrichment and an unequalled opening of consciousness. It is my wish for you also.

Colin Chabot

NAJA  
THE ILLUMINATE

MY ORIGIN

I am named Naja, the illuminate, because I came from the light and I return to the light.

I am named Naja, because my name is my signification and my manifestation in the world. At a certain stage in the long evolution of a being, a name ends up by imposing itself to describe him. In my case precisely, the first syllable NA defines my origin; N for negation, A for knowledge; the last syllable JA defines my finality, J for centre, A for knowledge. Literally. At the origin I was born unconscious (without knowledge), that knowledge was my first manifestation (field of interest), that my personality is very centered (egocentric) and that my role is to spread my knowledge. There is also humour in my name because the two syllables contradict each other in their affirmations.

The names of my colleagues always define their main characteristics. As the simplest example, the ending of a name indicates the goal of each one. The endings in A, like me, are givers of knowledge (educator, sage) in EL they are servants of superior worlds (messenger, priest), in ON they are researchers of principles (scientist, scholar), in OD they are explorers (aventurer, guide), in IM they are creators (sower, stimulator of life), in UR they are protectors (soldier, sentinel), in IR they are manipulators of energy (medical doctor, healer) etc.

I stop here because Colin is telling me that this can become tedious and it's true. I could define the sonorous alphabet and its thousands of possible combinations which are used in many worlds and partially on your planet, but this is not the purpose of this book. Perhaps one day Colin will allow it (our interrelation will be explained subsequently). The importance of names in my world goes as far as to define the essential of the beings and thereby, to be able to call them by simply actualizing them in oneself. In other words, to think about a being by naming him interiorly, immediately establishes a connection with him.

I have known and used the art of sounds for a long time. The sounds, which are vibrations, associate between each other to form modulations or rather I should say, to module forms (inversion of which I am an expert). More clearly, the sounds create forms and the forms create sounds. In superior worlds where everything is more intimately linked, all forms of life emit some sonorous modulations, sounds in permanence. Words which are associations of sounds define forms which are more and more complex to the point of becoming forms concepts. Then the association of words creates the verb, meaning concepts in interaction. If the stages of this science are respected, then speaking becomes creative.

Many words or even many phrases might be necessary to create an entity with multiple facets. I use them wittingly, because in my world I am recognized as a fine orator. I juggle with the sounds, the words, therefore with the forms, the symbols, the concepts more and more complex which during my oratorical flights deploy themselves around me in many dimensions.

My pictorial and animated speeches fascinate the crowds, bring the beings to ask questions about themselves, about the universe, therefore about the multiple manifestations of the Divine.

Several beings call me Naja "the illuminate" in admiration for my knowledge. This qualificative is also for some, a mark of respect for the light, the beacon in the night that I represent for them. At last, some pronounce it timidly because I intrigue them and they believe that I am a bit crazy. It is wonderful this adjective, which contains so many definitions

and nuances. I assume them all because it allows me to transgress from the norms, to build new theories and to make unusual comparisons which stimulate the consciousness of all.

I was forgetting to tell you that my colleagues would sometimes use it to tease me gently. It is well deserved since I don't spare them with my word games either. The more we elevate ourselves in worlds like yours, the more humour becomes common. It is our most important tool to help others see their weaknesses and their clumsiness with kindness. To have spirit would be a more correct term and here there is no shortage of that.

This term illuminate was chosen in your language (English) as the most accurate one to describe a range of feelings belonging to my world. Therefore, you will understand that this entire book is a transposition in a language of your world, of my personal experience issued from multiple worlds with multiple ways to communicate. Most of the time, I speak in front of spirits that are not limited with dense bodies like yours. So I ask you to go beyond the limitations of your actual state to open yourself to another reality.

I travelled a long distance to come to you, to understand your way of being, and thus to be able to transcribe in the simplest way, and this through Colin, the heritage of my long life.

Who am I and where do I come from? It is not easy for me to tell my whole story. It is so ancient and started in another universe more than 400,000 years ago. My first incarnation in a dense body was on a planet whose size was approximately six times the size of the earth and 7th in importance in a number of approximately 123. This number of planets spread around approximately 32 suns, formed a confederation of civilizations all united with currents of energy which allowed us some exchanges in permanence and instantaneous. Each planet was considered as a particular entirety integrated in the interior of this vast regrouping. Nonetheless, we were all ruled by the same laws, the laws of love, of comprehension and the understanding between the differences.

Colin made me add the word approximately to the number by fear that if one day, an individual would succeed in counting the stars and would only discover 31, he could conclude that the whole content of this book is false.

Therefore, on my planet of origin, I was able to contemplate a principal sun and a second one smaller, in this instance another star very near. This situation was bringing cycles of light and obscurity and seasons with complex variations that could stretch themselves out over very long periods. But my race had learned with time to control and moderate the climates. This civilization had already reached a high level of perfection before my first coming in this world.

What you call astrology is the vestiges or the beginnings of a science which in its perfection controls the influences, the emanations coming from the cosmos. It was possible for my people to select from what came from the surroundings, only what was beneficial to their well-being. That way they could eliminate the extreme conditions of climatic changes, the imbalances bringing sicknesses and premature death, the perturbations of all sorts going from depression to hatred and violence, etc. All these undesirable states are tributary to the location of the sphere between the centre and the confines of the universe, therefore to its

global environment. For such a change to occur, an accord was needed between all forms of life without exception, including the consciousness of the planet. The control of these influences had made them do an important evolutive leap.

Because of that, at my birth, I had in me the particularity to be in a constant equilibrium with the potential to synchronize the divergent vibrations. This characteristic was already mine at the beginning of my consciousness, thanks also to my large palette of frequencies. But it is because of my efforts that this became concrete experiences, progressive realizations and permanent openings.

At the very first origin of a being, particularities that give him a beginning of identity can already manifest themselves which he is free to develop or not. When the consciousness is born, neutrality disappears.

It is difficult for me to transmit to you a vision of my world without talking about its profound essence, love. This specific vibration, when it is omnipresent around us at each moment, when it is in us with each breath, it is never doubted and goes without saying. It is so much a part of our reality that it is only when we lose it that we realize its presence by its absence.

Therefore, I appeared in this world like a child of love. My first important experiences were to transmit to all and each one, love, this essential energy modified which connects all lives. In my world, the givers of love have for function to give in permanence this particular vibration which tries to fill the distances, harmonize the differences, fusion the opposites. This role implied that I had the aptitude to serve as a focal point, meaning that this unifying force was concentrated in me to better diffuse itself afterward on the beings who needed it. Your human beings who work as psychologists, mediators, conciliators or even counselors of any kind could be a distant but correct comparison.

You have to understand that on earth life adopts very concentrated forms, dense in matter and evolving in an atmosphere where the energy is rare, therefore little communicating. The distances between you are vast, difficult to fill. The energy rarely passes from one being to another because your bodies are obstacles to your fusion.

In my world of origin where the ambient energy was more dense, the intimate links between the beings were more current, even generalized. Imagine bodies, envelopes less crystallized, less rigid, filled with dense energy in perpetual pulsation and transformation; imagine less defined senses in precise organs but more generalized, linked between each other in a more retained way and this in his whole being; imagine their perception spreading in a larger range, more intense while still having subtler nuances; imagine the contacts with others in this rich energy, comprising only a simple translucid barrier, then you will understand that where my being ended and where the other one started was not as defined as it is in your world. Opened envelope on the universe. Often, I would find myself feeling what the other was feeling as if it was my extension, as if there was interpenetration of the identities. In these conditions, the essence of the beings, some links were interchanging directly through our emanations. We were perceiving the other in a greater integrality that your more complex terrestrial languages still haven't reached. All this, beyond the limits, of course, of the forms of expression and culture.

I was confined to this first planet just for the time needed to acclimatize myself, be the duration of a few lives, ten thousand years at the most. Very quickly, I was able to travel and set foot on other worlds. The currents that served us as passages allowed me to go everywhere in the interior of this vast confederation, and at any time to live alongside thousand and one civilizations. The richness of the different forms of life, their multiple manifestations, source of culture, would make it in sort that these encounters always held one share of wonder and instructive discoveries. In fact, the study of the inexhaustible variety of forms that the consciousness takes, was the principal characteristic and interest of my race. Among other things, this is what we have given you as legacy in your genes.

My work would bring me to settle conflicts in many worlds in development. Therefore, I have known many forms of life that would be difficult for you to imagine, to understand, even simply to communicate with them. But, because of the ambient energy more dense, the fluids were flowing better between the beings despite the obstacles of the different forms of language. I was perceiving fairly well the subtleties of the emanations of the other. My work was to find, in a conflictive situation, some equitable solutions, stabilizing for all the parties involved.

I was often brought to live on location, and thereby be able to explore thoroughly some worlds that amazed me incessantly. Life takes some forms that I never got tired of discovering. In my world, the difference was source of constant wonder and its respect was our first code of honor. We never got involved in a conflict, if we hadn't been solicited as referee. At most, we stimulated the awareness of the choices, going without saying in the circumstances. Even in the grave situations where numerous lives were sacrificed, we never intervened without a prior request. Of course, I am talking about the worlds belonging to our confederation and where the conflicts were restricted to one planet. The other races at the exterior were observed only from afar or in a manner incognito.

The ancestral people of our civilization led also a vast armada, whose mission was to discover new worlds, to observe them and to keep a repertory of their life. Another faction had for mandate to influence these worlds with currents of growth; to stimulate the awakening of the positive consciousness by favoring the species that had this potential. A third team had for task, to sow life on sterile worlds. Finally, the last one was to move the planets, reorganize some worlds so that everything would be propitious to life. You can read again about the functions of these four groups in reverse and understand the principal role of our people.

We loved to see life being born in all its purity, its innocence, its astonishment facing the vast universe. We weren't feeling emotions like yours, but instead some vibrations of love in contact with life in germination.

For my part, I climbed the steps that brought me from being a harmonizer of differences, to become a global advisor. With time, I ranked myself among the great dignitaries, son of dignitaries, living among the benevolent elite of my world. To govern with balance; distribute the riches; to encourage the development; to settle the differences between what seems to oppose each other; to see that the ambient energy remains at a level of quality and progress at the same rythm with the collectivity. I myself, was under the benevolence of superior beings who guided my actions.

If I was able to fill these functions with accuracy and this for a long period of time, it was because I was also a new step in the creation of the universe. I was a being rich enough in variation of intensity to be able to prolong myself indefinitely, and this through my successive bodies. Unique and personal consciousness, which remains so. My form of entity had appeared at the same time in most of the corners of the universe and was, at that moment, a new mutation that the Divine was waiting for.

It was a leap in the evolution. To be able to keep all the richness of the experiences of a being so they could serve the future generations. To cease this eternal renewal of the same stammerings, the same mistakes, the same conquests. Not to safeguard only the heritage of a life through its bank of knowledge, but that it continues to interreact and be a vivid memory in perpetual redefinition. The collective memory is already a guarantee of a certain continuity, but the personal memory pushes further the limits of the accomplishment. The wisdom of the elders “instructs” but their concrete example “constructs”.

You, the human beings who have the capacity to prolong yourselves through different bodies, you only appreciate your luck a little. Only the complete reading of this book will help you to better understand my words up to now.

To better grasp the beauty of my planet of origin, you must know also that we had the faculty to mold the matters without removing the conscious life from them. We could build all things; our furniture, our houses, our cities, our means of transportation, our diverse instruments with the consent from life. Our houses breathed, palpitated to our moods, surrounded us with their kindness. Simply, they protected us and were conscious of it. They also knew that with the contact of our emanations, they had a chance to progress. It was the same for all our creations. This made our environment precious and the respect of all things as going without saying.

Our gardens-cities inspired from the curves of nature and its harmonious beauty were monuments erected to assemble the beings with the goal of exchanging and fortifying the aspirations, individual and common to all. The pyramid was the most natural form to erect an agglomeration while respecting the environment. Its mass didn't obstruct the view, but on the contrary, directed the gaze gracefully toward the sky, source of all inspiration. These hillscities were in fact a succession of dwellings on terraces where the roof of each one was a garden for the other. Each residence had a door that opened on its garden and another one at the heart of the building with its collective spaces. Since we didn't preach excessive individualism, we didn't need to differentiate ourselves at all cost with our clothing, our possessions or our houses. The harmony of the whole prevailed on the preferences of the individuals. Our differences could indeed provoke some surprises, but never some crisis.

The leaders, which I was part of, were themselves only beings whose long evolution had given them a venerable wisdom that nobody contested. And in an evolved world like ours, no ballot was needed to recognize wisdom. The rarious emanations, rich in subtle nuances and beneficial for everyone who approached them, didn't deceive. Our role was summarized to being the guardians of the equilibrium and stimulators of progress.

In this highly controlled atmosphere, the more the energy in the air was dense, the more its potential to be consciousness, intelligence and knowledge still not revealed was great. So we were born with a vaster potential of attributes and with the capacity to realize them more rapidly. The air being filled only with serenity, love and knowledge, naturally impregnated all things. We were learning with each breath, because all the knowledge of our fathers was a constant presence in the air. Besides, the main food for our organism was also found in the ambient air, rich in vitalizing elements. With the action from our willingness, we could amplify or diminish this supply in us. Even those who had to ingest live matters occasionally, took care to do it in a way that they didn't really die in them, but transformed themselves in an explosion of particles alive and vivifying.

This way of living was my daily life when I resided on the mother planet. But even far from this paradisiacal place, my brothers and me, we were maintaining our code of behaviour which was the code of good sense, balance sought after and unconditional sharing. Each being, each entity had his reason of being and his place in the divine plan. It was with joy that we were discovering and welcoming new forms of life. We took pleasure at making a repertoire of the richness of our universe up to its confines.

But this, it was before.... the great tribulations. I lived more than two hundred thousand years in that idyllic universe before... your world came in collision with ours. With the interpenetration of our two worlds, more than two hundred thousand years ago, some unpredictable vibrations, some shock waves disturbed and devastated our universe. At first it was perceived as a calamity, endangering even our civilization. It was during that troubled period that I started to travel through your universe to understand the problem and look for some solutions. It was only after a long voyage and thousand attempts of readjustment that the benefits of this unfortunate encounter appeared at the horizon. This story will be told more in detail all along this book and also about where I am in your world at this moment.

My two hundred thousand years of existence in my world of origin and as much time in your reality, could make me believe and pretend to possess the universal truth. But from where I contemplate the world, my vision, as vast as it is, is overall very personal. And it is fine that way. My knowledge goes beyond the concept of true/false. A falseness is only a truth that has become useless by the discovery of a knowledge more appropriate to the situation. Even the greatest truths are only a glimpse of others that are vaster yet. Because you see, all is included in all, even what you believe to be false. This last phrase, both simple and complex at the same time, is my specialty. Here is another one of my own invention; only the all can know it all. So everything that will be said in the next pages is issued from my truth that defines me in time and space.

I have in me thousands of lives which form the whole being that I am. Each one of my lives is constant presence and a source of joy in permanence. Colin is one of these lives which lives in me and in which I also live. In other words, I am like a gigantic being of whom Colin would be in some way like one of my fingers. I am sending him my energy of love, cohesion which allows him to perceive himself as being part of a harmonious totality, and in return he sends me his store of experiences filled with sensations, emotions, thoughts, feelings and more still.

I am Divine, in the measure that I have realized the fusion of all my parts to become whole, one. But myself, I belong to a vaster immense being, who himself must also belong to a colossal being. This phenomenon seems infinite in both ways. I doubt it since my message of love sent to the supreme being a long time ago hasn't come back yet.

What we call God, my brothers of wisdom and myself, it is the source, the first energy which was one at the origin and became after reflection, multiple in its manifestations. God, it is the essence common to all that exists. But I stop here because I already feel ready to discourse.

It is useless for me at this stage, to tell you more about my people of origin and about me. Because to know us better, you have to understand the great wheels of the universe. Those issued from our discoveries, which with time have become our basic precepts, our stable foundations on which our civilization was built. My journey in your world has also widened the horizons for me to integrate your own civilization. This book wishes to be a bridge between the universal concepts and the spiritual concepts, which are too often not conciliable to your understanding.

Don't try to analyze too much each one of my words, but let yourselves be driven on roads where only the fact of moving forward, of contemplating the scenery which evolves incessantly, is a source of wonder. Maybe you already have travelled these roads, but be assured, I will make you rediscover them in a very particular way.

In reading this book, imagine that you are sitting in the middle of an audience of great spirits and that I am getting ready to speak. If I succeed in blowing a little bit of my light in you, I will be very happy.

## OPENING

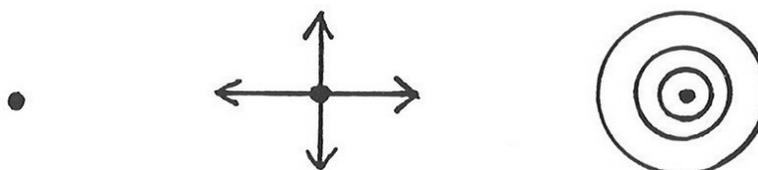
I climbed the steps of your evolution to find myself, here at the fifth plan, sitting in front of an audience consisting among others, of the most elevated spirits that I know, of other spirits who like me, enlighten their surroundings and finally of those attracted by my reputation and curious to hear me. I am an orator who speaks with ease and has a fertile imagination. I elaborate systems and I explain mysteries. I make comparisons which enlighten under a new angle, the comparative elements. In short, I ask questions, I fascinate, I bring laughter, I disconcert and at the end of the line, I do not leave anyone indifferent.

And here, the last late-comers are taking their place. I smile at them and I anticipate with pleasure the roads on which I will take them. I always start my speeches with a short phrase, simple in appearance but which leads to reflections almost endlessly. I make a sign with my finger and it is silence. The hour has come to start with the beginning, the origin of all.

THE  
ORIGIN  
OF  
ALL

## EXPOSE 1 ALL IS ESSENTIAL

Do you know that all things are only one in their essence? At the beginning of all things, if you can imagine it, I can't, there was only one energy concentrated in one place and which deployed itself in all directions. This postulate stated by our researchers of principles (scientists) is such by deduction, because anything known from the universe has a centre and tends toward expansion. What there was before the beginning, the origin itself of the first source, could be debated here, but this would make my discourse heavy. You should know only that the variation of density of an energy is necessary for its first movement. In other words, that this energy by its strong density in its centre, could only spread in the void around.



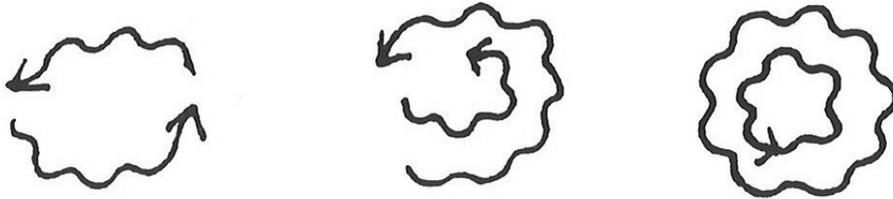
One day, this energy at the limit of its dispersal, if you can imagine it, I can't, came back toward itself. This postulate can always be explained by the rarity versus the density. At the end of its surge, weakened, which means rarefied and losing speed, it was drawn by its own source. In coming back toward its centre, it met its own energy still in expansion. Their meeting at first was a shock, a first sensation provoked by the other and then a reflection, a first awareness of self. In other words, this energy in coming back on itself first became aware of the other and then of its own existence in rebound.

The movement itself of expansion of this energy in contact with the void, with friction, could give it the beginnings of a sensation. But this contact with the exterior only defined what it wasn't. To be aware of what it was, it was necessary for it to accomplish a reflection on itself. A human being, alone on an island, can discover only with the contact of the fauna and the flora, what he isn't. Only another human being can make him become aware of his fundamental identity.



Two energies of uneven density which collide by interpenetrating each other, create a shock wave, a first vibration having a particular intensity and duration. If they are of opposite direction (polarity) they mutually attract and create by their initial speed a circular movement. In this swirl of vibrant energy, born from the union of two different densities, the one with higher density always tries to deploy itself and the one with the lower density goes toward the centre according to the principle of expansion and contraction. All this to tell you, as simply as possible, that it is this phenomenon simple and complex at the same time that brought a

greater density of energy in periphery to the swirl, creating that way the start of an envelope. In other words, a first individuality, an envelope delimiting a form.



This envelope contained in the interior, a particular vibrant energy which could develop a first sensation only in contact with its limits, with what was different (non-self), the exterior.

Therefore, the individuality was born at the border of an interior perceiving an exterior. In brief, all that exists in this universe is issued from a unique energy. This first energy, in reflecting on itself, brought about the creation of an incalculable number of entities vibrating at different levels and perceiving their individuality. From that was born the very first awareness of being, which is always linked to the perception of what is not self. I will come back later on this last notion.

If you believe that you have in you an element that never dies, that is eternal, you must believe absolutely that this element was never born. What never dies was never born, but one day it only becomes aware that it exists.

I remember vaguely the moment when I became aware that I existed. It's when a ray of energy went through me and one tiny part stayed captive in my envelope. Then I felt a sensation that I will define later as warmth and then took up a form. Beyond this form, there was another sensation that I will define later as cold. This form with an inside and an outside, was me. My consciousness was being born.

Our essence has always existed. This is what we believe, my brothers and me, because no matter what we do, it is indestructible. Our scientists have compressed it, stretched it, divided it, submitted it to all the influences, to all the treatments and it remains one. It changes, metamorphoses itself in billions of forms, of manifestations surprisingly simple or of a great complexity, but it always keeps its first quality, the quality of being eternal. This is why it is considered by us, justly so, as divine.

If you want to believe in a unique God, and describe him, it is this first energy which at the end of its expansion, reflected on itself bringing about the creation of a multitude of envelopes. This unique energy, prisoner of some individual forms vibrating at different rhythms, became aware of its existence by the difference between its interior vibration and its exterior vibration. It perceived itself for the first time by contact with the other, the non-self.

God unique was perfect at the origin but unconscious of his own existence, thus of his perfection.

God, in reflecting on himself, brought about a wave of creation of forms which at first seemed chaotic in appearance. But yet, these forms were governed by the two basic principles which created them, meaning the variations of density of the first energy and the variations of its speed, this way giving a multitude almost infinite of behaviours and movements. Simply said, the original energy with its variations of density brought about variations of speed. Its meeting with itself provoked a shock having a vibratory intensity and duration. These last two elements are important and will be explained later.

Therefore, it is everything that vibrates that is source of sensation

The entire known universe, as complex as it might be, is made of only one and same energy which, by reflection, has given all the manifestations of lives that exist. There isn't anything that isn't this modified energy. In other words, God lives in everything and is the fibre itself from which the whole universe is woven.

This is the way God became aware of his existence and his wonderful potential through the multiplication of variations of his own essence; each entity in him, transmitted to him a range of sensations never known until now. Being unique, he could only perceive himself by reflection from the interior.

God unique, perfect but unconscious became God multiple, imperfect but conscious.

## EXPOSE 2

### GOD IS THE ALL, CONSCIOUS IN OURSELVES

Do you know that you are the consciousness of God? Because of you, God explores his being from the interior, through your lives, with everything that they bring in sensations. Like a dreamer who in his own dream becomes the actor, he discovers his universe from the inside. For the duration of a dream, he believes that he is separated from his surroundings and lives a thousand adventures in interrelation with other beings and in multiple environments. But when he wakes up, he realizes that in his dream, himself along with all the other implicated elements, are only facets of his unique being. You are this Divine actor who during a dream, believes to be separated from the rest of the universe who, however, is only himself under other aspects. But without this illusion created by your envelope, which is limited by its senses, there wouldn't be any interrelation with other envelopes, therefore, there wouldn't be any stimulations in consciousness.

Without you, God is a perfect unknown. He becomes conscious by becoming multiple through you. Literally you are his inner senses. That is why God vows an unconditional love to all forms of life in him. You should feel this same unconditional love toward all the particles of life which form your body and give you the consciousness of your existence. This should be one of your priorities on the road of your recognition as a Divine being.

Myself, I am Naja, a God for the thousands of lives which live in me and in which I live. They are for me the thousand facets of my personality and I am for them, the essential which unites them. As complex as I might be, nonetheless I form a unique entity.

The reunification of his parts in a coherent and harmonious totality is the goal of each living being and this at each second of his life. We are all reaching toward an equilibrium of the whole. This is also the ultimate goal of the Divine.

This energy in you which is Divine and has taken your form, your personality, has always existed and will always exist. It is eternal in both ways. Therefore, there is an element in you which was never born, didn't have a beginning and will never die, will have no end. It is that element which impregnates itself with your sensations, your emotions, your thoughts, in two words, with your life experiences and prolongs it in time, well after your envelope has disaggregated. Rather, I would say that these experiences transmit themselves from one envelope to another. Because there is no immortal soul or spirit in the sense that you understand. All the forms or the envelopes that the first energy adopts are due to some shocks of meeting with itself and therefore, are ephemeral. But the consciousness prolongs itself through this indestructible energy which, at the death of the physical body, transforms itself and takes up another subtler body.

Also you should know that this energy, in taking your personality, becomes prisoner of your type of vibration and this way condemns itself to being able to evolve only in other envelopes having the same characteristics. To simplify, if the Divine particle in you needs a physical body like yours to progress, it means that it has taken many others like it before and will take many more like it after. Your type of evolution goes through the matter that you

recognize as the basis of your universe and your principal reality. You live in a body which corresponds exactly to your needs, no more no less to your actual evolution. It is impossible to go directly from a physical body to a body of light. It exists at least a hundred stages and up to thousands between these two states of being.

Dependently on the location of the universe where the energy meets its own energy, this will give specific characteristics, a beginning of identity to the conscious form which derives from it. Dependently, if it is the energy in expansion or the energy in contraction that forms the envelope, this will give the direction of the evolution of this being.

You should know that there are some beings who from the start, evolve with subtler bodies, other beings who even consider the evolution in the reverse direction, meaning who start with very ethereal bodies and progress in more and more dense bodies. But the different bodies and their roles will be explained subsequently. For now, understand that your type of Divine energy uses your physical body as a main tool of discovery to become aware of part of its universe. Your body is of primordial importance for you and your God.

I would even say that your bodies are unquestionably your consciousness. Here, in a certain sense, I come close to the thesis of atheism. Except that the consciousness is not born only from the perceptions of your physical body, but the combination of many bodies in you.

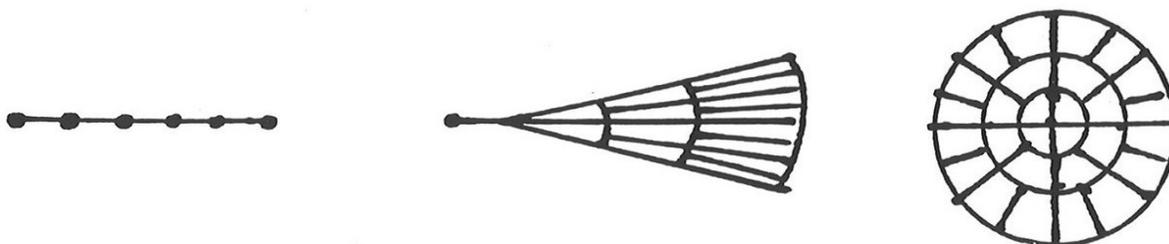
The concept of reincarnation that most of you know under a rudimentary form is accurate, because it is adapted to your understanding. But your vision of an eternal soul taking different ephemeral bodies that are subtler and subtler, is the beginnings of a concept vaster yet. You can't say when you are in a body: Me, Colin I have been so and so in another life, because your actual body gives you all your actual identity. You can only say: I have in me the potential to make contact with the experiences of other lives because of my subtler bodies.

On earth, in your physical body, you perceive the rythm of time in a linear way which brings you to perceive your evolution as a succession of bodies taken by a spirit, a consciousness. Yet, some of you who have experimented the universe with other subtler bodies, proclaim that many of their lives are parallel and take place simultaneously. Two truths which seem to contradict themselves. But maybe what you don't know yet, is that in the subtler worlds, life is perceived as expansive in all directions. Like your Russian dolls which fit inside one another, you cumulate lives that enrich you more and more with experiences but also literally make you vaster in space.

During a conference where Colin was present, the speaker asked the participants to define the past, the present and the future in space. Some answered that they conceived the past behind them, the present in them and the future in front of them. For others, the past started from the left and prolonged itself in the future to the right. Others perceived the passage of time from bottom to top. What was also interesting, was that for some the present was passing through them in the inside and for others it was on the outside. But everyone had a linear vision, meaning that they perceived time like one only continuous development in a straight line. It is at that moment that I whispered into Colin's consciousness a new vision of time; that his past was a small being in him, that his present was the actual being with all the

space that he occupies and that his future was a bigger being from all points of view. I suggested to him not to say a word to the speaker not to perturb this assembly unnecessarily.

The key to the enigma that reincarnation is, therefore is found in your different bodies and their perception. You should know as of this moment, that one dense body alone perceives lives one at a time, like on a line with one dimension (1, 2, 3, 4, 5 etc. cumulative by addition); that the addition of a second subtler body brings the perception of lives like on a path that gets wider with two dimensions (1, 2, 4, 8, 16, 32 etc. cumulative by multiplication by 2); the addition of a third body, then a fourth, a fifth always subtler, thereby adds one more dimension each time and multiply by 3, by 4, by 5 etc. the cumulative of lives. The most refined perception of lives that is known, is squared, (1, 2, 4, 16, 256, 65536 etc.)



This principle is not easy to grasp for a human incarnated in a dense body. But simply understand that with the multiplication of bodies (up to seven on earth) and of their frequencies always larger in space, you have access to other facets, other personalities contained in the total being to which you belong. You have some affinities with other individuals to the extent of being like twins separated at birth. The spirit which lives in you is in itself only one part of this divine energy which, prisoner in you, adopts your envelope and its characteristics. But this spirit is also a fragment of a vaster spirit which can live in a hundred of other lives at the same time and can, if that is your wish, put you in contact with them, to intimately become aware of their life experiences. They are links with a whole of other lives that gives you your richness, your wealth of knowledge.

Time is a measure of rhythm that loses some of its importance in the extreme worlds. Where the rhythms are very fast or very slow, the consciousness acquires another way to perceive its reality. In your case, with the evolution and the access to the superior worlds, the barriers of time decrease to gradually leave the space to an eternal present.

Therefore, Colin, in his physical body, is only one individual and can't boast of having lived thousand lives. In his hands he only possesses his own. But since he has also two other vital bodies, the emotional body and the mental body, he can have access to the other lives contained in the multiplication of his bodies. The same goes for his other bodies that are even subtler. On earth, in his lifetime, Colin can enter in resonance with his vaster bodies, and thus integrate in him the richness of multiple lives.

At night, while the physical body sleeps, the other bodies find a certain freedom of action that allows them to explore a bigger range of sensations. The exploration with our different bodies can also be done in the waking state. We only have to move our centre of perception or give it more intensity. All the creators, the inventors, the intuitive and enlightened beings of all kinds do it consciously or unconsciously.

Perhaps this might seem difficult for you to grasp for the moment, but you should know that my statements can't follow a linear order like they do on earth, one bringing the revelation of another one. They are issued from a vaster world where one truth gives birth to double truths, which to be understood totally, should be explained simultaneously and not one following the other. This becomes complicated when these double truths give birth to four truths that should be explained simultaneously. So I ask you once again to open your spirit and to let yourself be guided by me. The path on which I am taking you, will reveal itself in its whole only after you have travelled through it. Be trusting, isn't the discovery of new paths more luminous, what you are expecting of me?

Here is another way to see reincarnation. The more the bodies are subtle and refined, the more they are inhabited by a multiple consciousness. I am a being whose subtle bodies allow me to live through many individuals at once. It is a fragment of my consciousness that lives in each one and I am for them, the realized being, their God. I send them my love, meaning my energy of cohesion and in return, I receive their individual and personalized sensations. At a God's image, at the fraction of a second that a being in which I live as essence and who lives in me as consciousness, feels a sadness or a joy, I feel it integrally.

Are you becoming aware that you, yourselves, are a God for all the living entities that live in your body and give it its complex form? You do not doubt that one fraction of a second is enough for you to become aware of sensations of pleasure or pain given by one part of your physical body. Then, you shouldn't doubt that the supreme being of which you are part of, does the same.

By putting you in contact, at first with your other lives and then with the vaster being to which you belong, all this opens the doors of an immense knowledge and the possibility of transcending your physical limits.

The small immenseness is the same as the big immenseness. This is not only a nice figure of style, but a fact which can be verified everywhere at all size scales of the universe. The examples are almost infinite. Here are some new ones which will help you to better understand what was just said. You are awake during approximately sixteen hours, then you sleep eight hours and the processus starts over again. You live in the reality of a body approximately two thirds of your time, then this envelope dies and you live one third of your time in the reality of your subtler bodies and the processus starts over again. You take an inspiration and let the energy enter in you which gives expansion to your rib cage and then you expire and your body contracts on itself. Time to pause and the processus starts over again.

The entire universe fills with energy and there it expands, then out of breath, contracts in coming back on itself. At the end of this return toward the self, it can only stabilize itself for a time then starts the processus over again. At that moment the entire universe is in expansion, therefore in inspiration. What gigantic being can have such a strong and long respiration?

For us, it is clear and conceded, the entire universe is a colossal being in becoming.

## EXPOSE 3 ALL IS PERFECT

Do you know that you are perfect? Most certainly not, otherwise you wouldn't be there in front of me, listening to me. Instead you would be in another place perfect for you. Nonetheless, you are perfect and this from all eternity; from the furthest into your past up to your distant future. You are perfect, but you are only partially aware of your perfection. I should say more precisely that the essence in you is perfect, but its manifestations through you are still to be discovered. Because it is your incomplete perception of yourself and the universe that leads you to believe that all of this is imperfect.

God, the first source, was perfect at the origin, but unconscious of his own perfection. An immense potential non realized. It is through us that he discovers himself from the interior which means that everything that all things feel at each moment of his life, redefines him continually and gives him his permanence. That is why that each second, as minimal as it might be in our lives, is precious to God.

As an individual, we can only learn one thing: "That we were a totality before being only one part of it".

Imagine yourself as a being with a potential of almost unlimited talents, but not yet experimented. To manifest them, and thereby become aware of them you have to choose one principal one that you will explore in a precise surrounding, in a delimited time including some risky interrelations. Then, you take time for reflection before choosing another talent that you will exercise in a new given frame. The accumulation of the reflections of all these experiences of lives will bring you to perceive your richness, your capacities with multiple facets. You simply realize by a progressive opening, what you are in your total potential. And you are a perfect being in the same way as God.

You are becoming aware of it, little by little, with each day completed, each aptitude realized and each life accomplished. Your spirit realizes more or less that it is of Divine origin, therefore, perfect in oneself and that it is only discovering it through its multiple experiences. And when the spirit becomes aware of that, it is ready to begin the return journey, which will bring it toward the centre of all things that we call paradise. In its finality, it will be like at the origin, perfect, but with a new attribute, the awareness of its perfection.

As a Divine being, we are not learning anything, we are only rediscovering everything.

What I have told you up until now, as brief as it might be, already contains the basic principles which govern all things. From the biggest to the smallest, these laws apply indifferently to any manifestation of the first energy.

Have you ever reflected about the red globules of your blood which start from your heart full of the purest energy to spread it to the extremities, the most difficult to access in your body? Then devitalized, they make the return journey taking with them the scoriae that they will unload the moment they repass by your centre, your heart. Tirelessly, after a period of

purification, they will set off again toward new parts of you. Their roles are to sustain life, your life! Some of your red globules only make a short loop and others will make huge ones. But for now, only a few can aspire to cover you entirely and therefore, get to know you completely. There is not one single red globule that doesn't have its importance.

You too are travelling in a loop. Each one of your days is a little loop. Eight hours to discover the world, share your knowledge with the knowledge of others; eight hours to return toward yourself, toward your stable centre; eight hours of rest to do the cleansing of your overflowing sensations, to start over again the next day. Each one of your lives is a loop with a time to be born to the world, a time to be born to oneself, a time to forget and there again time has come to be reborn.

On the human scale, it is therefore a time to go toward the other, a time to return to oneself, a time to rest and the process starts over again. It is your fundamental respiration. It is found in each one of the cycles of your lives, whether it lasts one second, one day, one year, one century, one millennium or even longer.

At the cosmic scale, from where I am contemplating the world, I see incalculable numbers of beings filled with the light, who arrive from the heart of the universe to spread their sparks to the furthest corners of this same universe, and I see incalculable numbers of beings, heavy from their experiences, who return to the source to be purified and revitalized before they leave again. Some make a short loop and others, an immense one. But only a few for now can aspire to travel the universe entirely and therefore, get to know it perfectly.

This movement of coming and going, expansion, contraction, rest, is issued from the original movement of primordial energy. It is found in all things because all things are made from this energy. Even fractionized, prisoner of an envelope, rarefied to the extreme, the energy conserves this fundamental characteristic. Nothing is too big or too small to ignore it. It is the rhythm of life itself.

All these first concepts that I am elaborating here are an integrating part to the functioning and the evolution of many superior worlds.

So the road of evolution is endless. It is a continuous loop, repetitive to the eyes of some; even a vicious circle for the apprentice. But for us who are contemplating it from a more elevated viewpoint, it takes the aspect of a spiral which gets bigger with each turn accomplished for those who spread themselves in the universe, or a spiral which gets smaller for those who return to the source. The evolution of an individual goes through the progressive taking of control of his route and this through the comprehension of the mechanisms which govern it. At first, the path seems to us all traced in advance or worse, the absurd game of chance and we feel powerless to change any of whatever it is. We only hope that the luck of destiny will be somewhat favorable to us. At this stage of evolution, the individual should know the following.

There is no finality to life. As far as I can look, I don't see any definite accomplishment, no irreversible outcome. You who are looking for inner peace, serenity, happiness, do not search any longer. It is a state of being and not a place to find, a goal to reach or even an experience

to realize. There is no end to the road we travel, because I repeat it again, it's in a loop. Therefore, the happiness is in the journey. It is in the sensation itself of the walker who is more and more in accord with everything he does, thinks and feels.

What many call happiness is only a feeling of contentment that we feel in precise situations. The moment of discovering the beauty of the world, the moment of a gesture of kindness, the moment of a proof of love and you believe that you are seizing happiness. Having reached your goal, you are living in a moment of balance between your interior and your exterior, between your desires and your satisfactions, between your aspirations and your realizations. However, this transforms itself quickly into boredom, into dissatisfaction and the conquests. You don't know yet that this sensation of pleasure, that you call happiness, is independent of all these fleeting events of your life, even though it seems to derive from them.

Happiness is a state of being which can be felt at any time and any place. It can only vary in intensity but above all it deepens with lives. I have in me extreme lives where beings have known joy in difficult situations, ecstasy despite the worst conditions, serenity even in the most horrible ordeals. I don't have to give you concrete examples. Surely, you must know some of them yourselves. Why is the human being often at its best in the worst circumstances? This seems contradictory. Then, you should know that in fact, everything proves that the interior well-being can be independent from the location, the situation and the action in progress.

Happiness is the constancy beyond the circumstances.

To reach this state, it is necessary at first to detach our state of being from the events of our life. We are not what we live, because all our adventures are transitional. We are made from the reactions to these adventures. It is the rhythm of our reactions which gives us on the long run, our lasting personality. Change your way of perceiving the world and your state of being will change. And then, this fact itself will be able to change the world around you. Which means that your new perception of life will bring you to discover a new range of experiences. To tend to it, we must constantly remember to be bigger than what we seem to be, to see ourselves as an eternal being in both ways, who as an actor must sometimes forget himself to better play a role.

Then, since evolution always goes through a stimulation in consciousness, we have to be conscious of each gesture that we make and the observations that prolong it. Each gesture should carry all the weight of the intention. Above all, not to ask ourselves the why before each action, but instead to examine it after in its smallest details, its consequences on oneself and the universe. Each action that we do should be like a sacred ritual which only its content has a value of eternity.

It is important, if this isn't done yet, to reappropriate one's life. To be true and honest with oneself. To be aware of what we do, say or think everyday. And then, transform, improve what is restraining us, keep us from growing. We should tolerate the obstacles, the difficulties, the oppressions only in the measure that they are pushing us to go beyond ourselves and become more aware of a condition. If there is no awareness in what we do, there is no improvement to our condition, not even to our evolution. To take back our destiny into our own

hand is the best way to progress despite all the strayings that we might do.

For the evolutionary being that we are, it is not what we accomplish that is important, but how we accomplish it. All that deserves to be done deserves to be well done to the best of our knowledge.

Each thought, each word should also follow the same course: to redefine them and readjust them in the optics of the spirit. Do they make me grow or stagnate in my space or worse, make me feel less than I am? Never forget that the form, the container is transitional but not the content, because the content is the eternal essence which keeps the imprint of the form only. I will come back later on the subject of characteristics of the imprint. The supreme being to whom you belong is aware of your live form, but only retains the content of your experiences.

Therefore, this conclusion is also found in the big immenseness to the small immenseness. As an individual, you are aware of your body, not through the actions that each one of your cells does, but through the sensations and the reactions that these actions produce on them. Your identity is made up of your reactions to the environment. Therefore happiness is the eternal deepening of this contact in the present.

The richness of a being is measured by the fact that the slightest situation which might be judged insignificant for someone else, is a source of deep satisfaction for him.

It is not asked of you to feel pleasure in situations of suffering. But to live fully what life sends you, to discover in it the richness of the teachings and the stimulation in consciousness that it contains. All that you live has a meaning for you, it is up to you to discover it. Happiness is found in living fully each moment without holding back anything, without rejecting anything so that each event is a revelation of your real identity.

When you will know how to perceive in all things their potential to make you grow, when in what you believe to be the worst misfortunes, you will know how to find in them the part that is happiness; then your profound self will be from then on in an eternal state of contentment.

## EXPOSE 4

### ALL IS WELL THAT ENDS WELL

Do you know that good and bad do not exist in oneself? It is simply some nuances, some contrasts between different subjective experiences. What many call good or bad is a judgment of value carried on by an individual on another individual who doesn't have the same awareness, the same perception of the universe than him. Each being progresses at its own rhythm, and many are situated at different levels of evolution.

In the evolution of a species, a group of individuals might be brought to perceive the world in the same manner, which means that they interpret it in the same way. Which is good for the interrelations in a collectivity. Yet, this group might come to believe that their particular perceptions are unchangeable, that their common basic values are fundamental. A group of individuals will be able to decide what is good and what is bad for the survival of the collectivity. Then, they will set up their conclusions in moral codes which will dictate the behavior of each individual. Therefore, the group will be able to live in a certain balance, a relative harmony.

It is this balance between the individual evolution and the respect of the value of the collectivity that is difficult to find. All the ethical codes, the behavior manuals are relative to some contexts, meaning the combination of a location, an era and a given situation. Any civilization needs basic principles, laws to build up, construct its empire. And in a healthy civilization, these values common to all are not eternal but in an eternal redefinition. A stimulating interrelation between an individual and the group is desirable to encourage the evolution and not the stagnation.

Only the need for balance, for harmonization between two uneven elements or opposites is a fundamental principle of the universe. There is little exceptions to this rule.

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Starting from this exposé, I will tell you episodically cross-sections of my story.

A very long time ago, the oldest ancestors of our mother planet had sown your planetary system with a great variety of forms of lives. With time, one race in particular was encouraged and developed itself by becoming the domineering species. But rapidly, to our regret, it took a path that made it degenerate.

This new mutation was the one of the universal being who wants to become personal. The one who instead of going toward the fusion of the genres, toward the union with the divine, chose individualism as only consciousness, ideal and accomplishment. It is not a bad thing in oneself except if one notch further, this becomes egocentrism in excess, pride to the point of contempt of one's own creators, and even of everything that isn't the self.

Nobody can destroy all that is strange to him, including his planet, without the rest of the universe knowing about it.

Your world was in the past the cause of many troubles. Before Earth, before Mars, before Jupiter, before Saturn, before Uranus; all these worlds issued from your sun have sheltered life, consciousness. In the resemblance of the first source, each star engenders planets, which in moving away from it are apt to receive some forms of life that are more and more dense in matter and rare in energy. The position of each planet in space, in relation to the sun, is the first condition that particularizes its inhabitants.

Therefore, one race has degenerated from one planet to the other to reach a culminating point on Mars. One planet was destroyed by some clumsy actions and Mars came close to being submitted to the same fate. The inhabitants of Mars rapidly destroyed almost all of its environment and now coveted the richness of the earth. So much violence, pillage and destruction provoking only desolation, death and chaos. How far could this chain reaction go?

This escalate of blunders started to affect us, as well as many other worlds around. This reached a culminating point of no return when the inhabitants on Mars were responsible for an immense catastrophe that shook the universe up to our doors.

The freedom of the individual doesn't prevail on the survival of the collectivity.

The chaos of the faraway lands had just shaken our structures, the foundation of our civilization that we believed to be solid.

My people had developed, with the thousands of years, the faculty to feel the slightest vibrations of love, of harmony that propagate themselves in the universe through their complex, gigantic and also subtle network of currents. In the resemblance of your network of nerves and energetic canals in your body, despite the great distances, we were instantly sensitive to the waves of love in the air. Unfortunately, this faculty made us as sensitive to its opposite, hatred. All this made us fear the beginning of a cancer that could become beyond control.

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To come back to the notion of good and bad by comparison. Your own body is a group of entities that have chosen to give up their precarious individual independence for the collective stability. This multitude of diverse entities have a very large range of tasks to accomplish, of responsibilities. There isn't one function that is more or less important than the others with regard to the balance of the whole. In your evolution, you have to go beyond the stage where you are ashamed of certain parts of yourself that you consider inferior or even negative, and others that you consider superior and valorize excessively. Especially, there isn't one cell, nor a group of cells in your body that deserve contempt or even total rejection. Does your attitude toward certain parts of yourself reflect the attitude that you have toward certain groups of your society?

Do you know that the entities in you that seem harmful, some would say evil, that cause suffering or kill the healthy cells of your organism, in turn to be killed by your entities in charge of maintaining the order of the entirety, are part of a processus that has its reason to be. It is the eternal search for balance between two elements which oppose each other and only want

to protect their own life or rather their envelope which they believe to be their identity. Therefore, balance seems desirable for the whole, but in fact this can limit the actions of the individuals who form it. The happy medium, or this come and go between one's individual needs and those common to all, will be explained subsequently, but remember for now that any entirety is made of individuals and that any individual is an entirety. Therefore, the evolutive consciousness is born from the meeting of different entireties which must perpetually readjust themselves to one another.

Coming back to your body, you don't carry a judgment of value on everything that goes on in it, as long as the balance of the whole is maintained. If your balance, your health is threatened, you believe that a harmful element in you or coming from the exterior is responsible for it. This element is not bad in a moral sense, but simply different than you. And the more its part that is not you is of importance, the more it will unbalance you in your foundations to the point of threatening the survival of your organism.

But the deeper cause, isn't it the lack of flexibility to adapt to changes? Some perceptions of the world or oneself, that become too rigid, can create an extreme imbalance between them and the new reality. Are you listening to your body, do you respect its natural rhythm, do you try to bring back a balance to its weakened parts? Or you are one of those individuals who waits until your whole, your life is threatened to react? Are you part of one of those societies that search for solutions to the well-being of its individuals, only when its survival is threatened?

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Through the history of my people, it happened to us sometimes to receive directly from certain parts of the universe, vibratory waves of distress, cries coming from worlds in suffering. But because of our metabolism, we weren't sensitive to the emotions such as you conceive them. We were used to consider these exterior waves as strange and baneful. My race wasn't the fruit of a long evolution starting from an inferior state similar to yours. But it was born and lived in an environment that already allowed some advanced foundations.

What we have always possessed as naturally being part of the basis on which the whole evolves, is never put in doubt because of never having known other established facts, whether they are less or contrary. We were a federation of planets devolved to a certain territory possessing a precise register of manifestations. However, with the refining of our environment, with time we made ourselves fragile. We were all love, a little like pure children having only lived alongside their idyllic world. Therefore, it was difficult to really be aware of our riches, except by losing them.

With our extreme evolution, provoked by the filtration of the influences coming from the rest of the universe, we could only be shaken by an unforeseen encounter. When we started to receive from your world, some waves of chaotic energy, our instruments saw to eliminate them. But the martian deflagration propagated a new wave which was fatal for us by projecting our world in some form of decadence. Our instruments couldn't do the task any longer. Used to a rhythm of life, we didn't know how to readjust ourselves adequately.

Our organism was affected by certain low frequencies, slowing down our time of reaction, our consciousness itself. It was like we were invaded by a state of torpor. Our gestures deriving from our thoughts, collapsed into a paralyzing heaviness. To better understand us, it's like, if from one day to the next, an exterior element came to slow down your cardiac rhythm and your respiratory rhythm in a significant manner. Your whole metabolism, your vital rhythm itself and your whole civilization which derive from it, would be turned upside down. The chain perturbations would be uncontrollable. This is what happened to our world.

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There is nothing that isn't only the absence of something. I like this phrase, enigmatic, simple in appearance, but complex in its comprehension.

To come back to my exposé. Everything exists in principle but becomes aware of its existence, of its self by the absence around itself. In other words, we become aware of oneself only by the perception of what is not self. This delimits and defines our form. Our individuality stops where the collectivity starts. You will learn later that your individuality, your whole can be vaster than what you perceive starting with your physical body and this, because of your subtler bodies. Your different envelopes allow you to broaden your fields of perception which can cover vast spaces. But they all stop, sooner or later, where the other starts.

From these reflections derives the fundamental principle that we become aware of the presence of something only in its absence; or if you prefer, the space that it doesn't occupy. All lovers know that. It is the absence of the other, the empty space that he no longer occupies that is the most revealing of his true identity. We become aware of oneself with the contact of what we are not. Our limits to oneself stop where we perceive a difference, a state unknown to us.

This principle of presence versus absence goes so far as to define an important constancy. The whole range of sensations, emotions, feelings take their true meaning, become consciousness only by contact with their opposite.

All is revealed by its opposite.

This other little phrase seems simple also, but its repercussions on the universe are without limit. I can only be happy by knowing unhappiness. I am unable to know what love is without knowing hatred. I am really aware of being alive only by experiencing death. I cherish hope only after I have despaired in its opposite state. Consciousness is born from the meeting of two elements from opposite direction.

If I continue my elaboration at the human scale, a being becomes aware of the self, of his individuality, only with the contact of what isn't self, the exterior; defining his limits between the interior (what is self) and the exterior (what is not self). This is where the first principle intervenes, that everything expands, then contracts, finally stops and starts over again. At the image of his respiration, the being deploys himself to the limits of his self and therefore, makes contact with what he isn't, in periphery of his envelope. This contrast of the difference,

issued from a series of new strange sensations, will inevitably bring him back to his centre. This will provoke a shock of return, an imbalance between the meeting of new data with those already existing in himself. This reflection on himself up to his stable centre will force him to find a new balance. But this new balance will be enriched by the experience and inevitably will make him grow.

Any form of evolution occurs with the meeting of the individual with the rest of the universe.

This last notion was too often ignored by my people. But let's go further in this reflection and our comparison of the first principle of the universe (expansion, contraction, inertia) with beings of all species. The individual becomes aware of the self and progresses with the contact of what is not self, the exterior. But wouldn't the exterior simply be his own energy that comes back to him in opposite direction? Do you understand the impact of this last phrase? All life is at the image of the first energy which comes back toward itself and becomes conscious of its existence by the meeting of what seems different, opposite. Humans are made of this primordial energy and therefore, live the same processus. I believe that you are starting to make some connections by yourselves. Here is a reflection-conclusion which is quite good. What seems contrary to you, it is yourself who is coming back toward yourself in opposite direction. Or if you prefer, what is opposed to you, it is yourself coming back in a contrary direction. These two last phrases show you that I adore the inversions, because it is those inversions that stimulate the consciousness.

I will come back later on other aspects of this meeting between two waves of the same energy coming in opposite direction. For now, you should know that this principle is found everywhere in the universe at all size scales. It is this principle that is at the basis of what you call the law of karma, or the law of recurrence, of cause and effect. It is the only existing cosmic justice issued from an impersonal fundamental principle.

Everything that we emit, starting from our centre, will inexorably come back to us with the density, the intensity and the duration that we took to project it. The more it will be projected with force, the further it will go from our centre, and the longer it will take to come back to us. But it will come back with the same density, the same intensity and the same duration. This law of attraction is well known from your scientists, but is not really associated to the behaviours of the individuals and to their consequences.

The universe of each individual is made essentially of his reactions to what he perceives from the exterior. His reactions are themselves projected under the form of vibrations which, at the end of their surge, will come back toward himself tinting his universe of his own reactions coming back in opposite direction. These reactions will be perceived as coming from the other and will confirm with reinforcement, the initial reactions. This is the way that personal universes create themselves and become the objective reality of their creators. The other sends us back our own reversed image like in a mirror and we believe in this exterior vision of ourselves as the only reality.

Concretely, our thoughts, our words and our actions are modified energy, modulated at a frequency that we propel into space. It always comes back to us at the end of its surge and

provoke in ourselves the same sensations that it contained at the start. Here, I want to remind you that a thought, a word, an action is an ephemeral form. Only its content, the modified energy, is eternal. Fear, jealousy, hatred, vengeance which are contained in our behaviour, the more they are charged with energy, the further they will go and the longer they will take before they come back to us. Their original intensity and duration in turn will give in the order, the force of impact and its prolonging. In the same way, the softer emanations of trust, mutual help, kindness, love, modulate the energy with higher frequencies which propagate not as far, but which come back faster toward its transmitter. The whole range of emotions, of thoughts, of feelings, each one with their multiple nuances is in fact a vibratory register. The thoughts, the words and the actions, which are the most charged with energy, thus with force of expansion, will come back after a very long time, which can be counted in century or in millennium. When they will come back to their source, the being who is their creator, if he has evolved by other stimuli, won't understand why destiny burdens him or gratifies him without immediate cause.

There is no great registrar who keeps a record of the bad and the good actions to distribute the punishments and the rewards afterwards. This is done by a natural principle issued from the primordial movement. Everything that we emit comes back to us, some time or other, and from this encounter the consciousness, source of transformation, is born.

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My people had reached a high level of equilibrium and perfection which didn't take the other into account. To be in a state of constant serenity, by being isolated from the rest of the world, is within reach for the first ermit in his cave or the first parvenu in his castle. But, some time or other perfection brings stagnation, then boredom and finally unconsciousness. Our artificial well-being in a certain sense was hiding an imbalance. The environment too comfortable and reassuring can despite the good intention of the people, demotivate and engender idleness. Any life must progress or die. Without knowing it, an emptiness had settled in us and this emptiness had to be filled. The return of the pendulum was unavoidable. And it is from your universe that it came to us. We thought we were evolved but without having really known its opposite.

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The good and the evil are two identical forces that oppose each other.

If you really want to hear about the notions of evil, here are some definitions issued from the superior worlds. It exists what we might call the unconsciously bad, which consists in harming under all its forms the progress of another being. But this is also a natural learning in the worlds poor in ambient energy. We can't become aware of the importance of respect for others, before having known its opposite in one's own life by the principle of recurrence. Which means that by unconsciously harming someone and according to the law of karma someone else make us live the same ordeals, we become aware of the importance of respect for other lives and not only the lives of the species to which we belong.

The respect of all forms of life is a long learning process in the worlds still young.

Do not doubt that if you possess this awareness of the dignity of your fellow human being, it was acquired by experiencing the opposite. To become the highly conscious being that I am, I have in me the worst cruelties that it is possible to inflict on our fellow human being. I admit it with a little bit of shame and remorse. But because of that, today I walk proudly in avoiding with each step, to harm the lesser creature as small as it might be.

You too should also be lenient for all your years of learning, your past mistakes which made you aware of what is good for you and in rebound what is good for others. Your acquired qualities were such by the experimentation of their opposite faults. The important is to be at one's best in each circumstance, even if one's state of being changes and progresses with time. In the past you were what you could be, today you are what you can be and tomorrow you will be what you will be able to be. Also, be understanding, but not too complaisant toward all beings who are still discovering what you already know.

Furthermore, it exists what we can call the conscious evil, which means doing some actions that seem inferior, regressive in relation to the level of consciousness of the being who makes them. Our consciousness always reveals to us whether our actions are greater or smaller than our level of evolution. It is up to each one to listen to it or not. But even when a being acts on this side of his level of consciousness, he progresses in the most obscure retrenchments of himself not quite unveiled yet.

The consciousness doesn't have precedence on the vital body. The bodies impose their store of experiences inscribed in the memory of their particles, what you call genetic heritage of your ancestors. This allows a very evolved being to incarnate in a restrictive body and therefore, live experiences which seem regressive in appearance. But in fact, he explores a range of sensations bringing some experiences still unknown to him. The original evolution is to go to the confines of the universe and know its extremes. Which was my case.

The spirit can transform and go beyond the limits of the bodies, but at the price of efforts, of a sustained willingness. If not, the bodies serve as beacons and restrictive frames to the experimentations of the spirit. A being of light who has reached many levels of consciousness and perfection, some time or other, because of the first principle, has to travel once again to the more dense worlds and this through many bodies at once, thereby to know the instructive intimacy of his life forms.

Where there is light, a candle has little chance to know its potential of illumination. The more it finds itself in the obscurity, the more it becomes aware of its glow.

## EXPOSE 5 IT'S ALL OR NOTHING

Do you know that the entire universe built itself starting from a more and a less? On earth, you have invented and constructed computers which have become more and more complex, to the extent of no longer being understood in their basic principles by their users. But at the beginning, the idea was the binary principle of .1 or 0; on or off; one signal or no signal. It is on this simple axiom that all your new electronic technology was built. Therefore, I can tell you that the entire conscious universe also built itself on this binary principle. The self or non-self, the interior positive self or the exterior negative non-self.

Therefore, the evolutive consciousness comes from the meeting of oneself, the individual with the non-self, the common to all and this gives the "me". The "me" is the consciousness of the self in relation with the rest of the universe, in one word, my personality. With the meeting always in progression of the individual with the universal, the personal, the consciousness is created. And yes, the consciousness is always personal! Because of this phenomenon, the original God, unconscious and impersonal, finally becomes a conscious and personal God. Therefore, it is all these forms that the unique God adopts, meaning all life including the human beings, which give him his consciousness and his personality. Our goal is to be at the height of this role, essential to the evolution of the whole Divine universe.

To better understand the God singular versus the God multiple, we have to know the basis of the science of numbers; the definition and the impact of the twelve first numbers which were at the origin of the creation of the universe.

One, it is the unique, the centre, the source, the first energy, the original totality, perfect but alone, independent and unconscious.

Two, it is the duality, the contrary double, the first division, sensation, the origin of rythm, the polarities, the all facing nothing, the meeting of the other, the reverse reflection of oneself.

Three, it is the creation; thought, word, action that give the evolutive consciousness, the intelligence born from the union of two different elements and which has generated all personalized life.

Four, it is the stability, the consciousness which in prolonging itself, creates the basis of the perceptions common to all, the solid matter; earth, fire, water, air, the equilibrium, the permanence of the universes.

Five, it is the experience, the exploration of the universe with our senses; touch, sight, hearing, smell, taste; it is freedom, the adventure with all that they encompass, the unknown, the imbalances, even the ordeals with their law of cause and effect, but also of enriching discoveries that elevate a being.

Six, it is the deepening, the search for the kindness, the beauty, the truth that becomes love, the harmony, the knowledge; it is the equilibrium in depth obtained with the assimilation of the basic mechanisms which govern the universe and their roles in the total evolution.

Seven, it is the realization, the quest for serenity going through the pause, the silence, the meditation, the inner peace; it is the unification of all possible parts of the personal being, the perfection of the matter which leads to a first vision of the entirety starting with the spirit, the eternal.

Eight, it is the revelation, the growth by the accumulation of knowledge, the mastery obtained with the repetition of the gestures, the integration of different components of the universe in a new cosmic balance which serves as a base and a challenge to explore new realities.

Nine, it is the willingness, the plenitude of one's capacities, the taking of control of our actions in all possible directions, as far as accelerating the processus of one's own evolution so it becomes revolution; it is the outcome which sets in motion the beginning of the return toward unicity.

Ten, it is the wisdom, the movement in the equilibrium, the evolution in the constancy, the ultimate comprehension that all is permanence and illusion at the same time that all that we live is created by us, with the only goal that we discover ourselves as perfection.

Eleven, it is the accomplishment, the spiritual mastery, the end of all duality, the hour of the last revelations, the return to the first unity through the interrelations of our own facets.

Twelve, it is perfection, the one who contemplates himself as multiple and the multiple as one; it is the full blossoming of one of the three phases of the complete cycle of all things. Thirteen, it is the renaissance, the beginning of a new period issued from our past heritage.

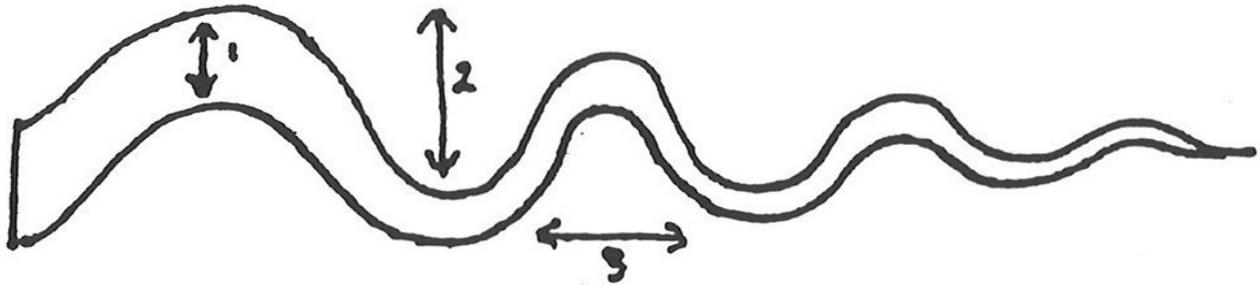
All these numbers can add, subtract, multiply and divide themselves, to give variations to the infinite, to help you better understand the hidden meaning in the essence of all things. Here, I made a short introduction for the only reason to make the following of this exposé more understandable. For you to use them with facility in your daily life while knowing that it is only approximative words chosen in your language, simply remember the following.

One = unique	seven = realization
two = duality	eight = revelation
three = creation	nine = willingness
four = stability	ten = wisdom
five = experience	eleven = accomplishment
six = deepening	twelve = perfection

According to this science, one is the origin of all, the "I" unique and the finality of all, the "we" multiple. Also, we learn that a minimum of two different elements is necessary to create a third that has the consciousness to exist. These two elements can be different only in the

direction of their movements. The number two is the basis of any meeting, therefore of all evolutive creation. It has engendered all the manifestations of the universe. The number three is at the basis of the evolutive consciousness. This is why we need three vital bodies to be conscious. These three bodies give the perception of the three dimensions of the universe.

To better understand the phenomenon, remember that two energies of different densities are needed for their meeting to provoke a shock having a particular intensity and duration. The result will be a third unique element.



1. density; 2 intensity; 3 duration.

Therefore, humans, like all conscious forms of lives, have at least three basic bodies. In what relates to humans, the first is the physical body, which is associated to the density (concentration of the energy) and the depth as dimension. The second is the emotional body which is associated to the intensity (vibratory frequency of the energy), and the height as dimension. The third is the mental body which is associated to the duration (the rythm of the manifestation of the energy), and the length as dimension. The addition of a fourth, the sentimental body, is associated to the repetition (the continuity of the manifestation of the energy), and has the time as dimension. I stop here because I am entering in a description which will be detailed subsequently. For now, you should know that any entity has a potential to acquire up to twelve bodies in this known universe, and therefore, to know up to twelve possible worlds.

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When the vibrations of your world collided with our world, our vibrations subsided and our rythm slowed down dangerously. We then decided to intervene, not after a mature reflection but rapidly in a state of emergency.

Five sages were chosen, including me, for a concertation, in order to elaborate a plan of action immediately. Some superior beings were called forth to help us avert temporarily this baneful wave that even our technology couldn't contain. In this extreme case, help was granted under the form of a deviator of particle. The time to set in motion an emergency plan.

It would have been easy for us to change the course of the evolution of any world, destroy a planet, a solar system. But such are not our directives, our values. Our role is to sow and let life take over; a little bit more of light, a little bit more of consciousness and that's all. Any life has the right to evolve at its own rythm, to be consenting to any decision which concerns it and to live in an environment which stimulates its evolution. As far as a species can go in its

evolution, it rarely implicates its own destruction; the equilibrium goes without saying and always looks for its path. Nonetheless, there always comes a time where the freedom of one stops where the freedom of the other starts.

In our case, we didn't have the choice to derogate to our basic principles, our code of values. With the help of superior entities, a defensive wave was deployed around your system. An unpassable barrier for any malevolent entity and vibration. To cut the access roads in both directions; therefore to quarantine the sick organ was our first concrete gesture. This gave us a respite to get used to this slowing down of our internal metabolism. I took upon myself the decision to make a first journey in your regions to better evaluate the intensity of the damages. Also, I wanted to study in depth this form of life that had made our civilization tremble. To understand its morphologic structure and its motivations which derive from it. Here is a new challenge for Naja!

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To come back to your three basic bodies, even though they are each one associated with a principal manifestation of the energy, they contain also the other essential characteristics. But each body needs a specific combination of the three basic elements (density, intensity, duration) to be functional. These three bodies are respectively associated with: the physical to the action (source of sensation); the emotional to the reaction (source of words); the mental to the observation (source of thought).

These three important manifestations of a being which are in the order of creation, the thought, the word and the action, because you are in the reverse direction of the first evolution, are themselves each one made of the combination of the three basic elements. Therefore, the original energy is concentrated, modulated and prolonged in multiple and almost endless combinations which give the richness of our actions, our words and our thoughts. But even personalized in this way, the first energy tends to find again its original movement of expansion. Its force of expansion will especially be due to its density, because the more an element is concentrated, the more it will spread with force in the surrounding space.

Therefore, we radiate incessantly around us by our actions, our words and our thoughts. They are visible and palpable for everyone who has developed the aptitude to perceive them. They show up in the order of substances for the action, sounds for the words and colors for the thoughts. But all three are present in each one of the three manifestations. I am telling you this to make sure it is very clear and that all emanations of your different bodies are important in the construction of your reality, and not only the consequences of the actions of your physical body which are more evident. The emanations of your three different bodies literally form your universe, tint and make it sonorous.

If I take as a concrete example, a word of hatred emitted by an individual, this word is an energy which concentrated itself at first and then intensified in deploying itself around him and lasted until the being ceased to emit. However, the end of the emission doesn't stop the surge of this particularized energy. What makes it come back to its creator is a principle, simple for our world, but complex for yours. For the moment, simply, you should know that at a certain

level of concentration, the energy tries to dilate itself and having reached a certain level of rarity due to the expansion, it tries to come back toward its source to reconcentrate itself.

How does its return affect the individual? Let's take always the example of hatred that we emit in thought, in word or in action and that after a certain time comes back to us. It will then hit our different bodies which go from the vaster and subtler body to our more dense, more concentrated body. Since this hatred, which comes from us, comes back in reversed direction, it is perceived as an exterior force opposite to oneself. In some way, it is not perceived as ours at all. Furthermore, its impact on us will cause an imbalance and will be considered as an aggression. The more the two present energies are similar and of equal forces that oppose each other, the more the imbalance will be great and both will mutually push each other away as a reciprocal threat; like two lovers whose opposite poles attract each other but whose identical charges repel each other. The shock might be violent enough to threaten the survival of the integrity of each one, which means destruct the hatred under its initial form. But in general there is no awareness but simply rejection of the other.

Concretely, an individual who meets his own hatred through another individual who is coming in opposite direction, if there is still the same hateful force in him, there will be a shock so strong that the survival of these two particular energies will be threatened. If there is a disintegration by the bursting of the hatred, there is no awareness in the two individuals. They repel each other perceiving themselves as opposites, but at the same time their initial movements will drive them, once again, one toward the other. Everything will have to start over again. The goal is not to destroy the hatred, but to assimilate it, become aware of its destructive power and neutralize it in us.

The entire universe is full of these beings who come and go in opposite directions and do not recognize themselves; whether it is in the obscure worlds, the furthest from the source or in the luminous worlds at the centre of the universe.

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In certain parts of the universe, especially in the extremities of the galaxies where the energy is rare, a new species developed itself having the faculty to prolong its identity through many bodies. This new step of the evolution has known some successes, like my brothers and myself, and some slips like those which have afflicted your planetary system. We were five of these "successes" to be mandated to save our world.

The principal role that was devolved to me, consisted of cleaning the air of the chaotic waves and reharmonizing the vibratory dissonances by setting them back up in order, thus to place them back in their just progressive range. The second one elected had as mandate to destroy all the baneful lives, cause of this chaos. The third one had to reorganize the system of the planets so it would be more balanced and propitious to a new life. The duties of the fourth one were to plan and implant a whole new palette of life. Finally, the last one directed the impact of these modifications on the other systems around.

It was imperative that our orchestration gives some results rapidly. The acceleration of the processus was risky since all the long term impacts couldn't be planned as usual. But our

survival depended on it and it was our principal motivation.

I had to learn to lower my vibratory level in many successive phases to be able to tolerate your rarefied ether. At first, I was only doing brief stays in your world, the time to put in place the entities capable of accomplishing the tasks. Three races, more adapted to your environment, offered themselves to accomplish these tasks. One principal race was at my service for the cleaning of the air. It used some instruments which by their emanations, were neutralizing the negative particles by decomposing them in their simple elements. These basic elements were mixing themselves to the others contained in the ambient air. Other instruments were used to balance again in their intimate structures, the range of the substances, the sounds and the colors.

In spite of that and because of the lack of time, this clean-up couldn't be done thoroughly. The fields, disrupted or gone sterile, were so vast and disharmonized beyond our knowledge. Which will play to our disadvantage later on.

During that time, the second and the third races were busy doing their tasks. One planet of your system had already been destroyed in the past by its own inhabitants. Two other planets were destroyed by us, being no longer habitable. This made it necessary for us to introduce at least a new one to respect the range of numbers. Therefore, the third team member implemented the capture of a "wandering" planet and it was decided that it would be used to destroy life on Mars which had become improper to any evolution and a threat to earth. This planet that you call Venus pushed earth a little further from the sun and Mars in rebound. The life of that period disappeared completely on Mars for a long time and in majority on earth. But this put the earth in a better position, giving the opportunity to new possibilities of life.

There are some worlds that reach levels of evolution so elevated that they can liberate themselves from the attraction of the suns, and go wherever seems good in the universe. Their planets become their vehicles. These worlds have reached a level of perfection that they can only surpass with the gift of themselves. Their perfection makes it in sort that it is in their fundamental nature to help. Venus was part of that.

To sterilize some worlds is one thing and to sow them is another. We could have simply left your system of planets free of any detrimental germ, but this wouldn't have been sufficient to repair the damages of the propagated waves. This void could have continued to suck in our energy and our faculties that derive from it. We had to fill it with new lives that could exist side by side with us without affecting us.

Now you understand that all destructive hatred emitted by your solar system could only come back to it some day. And it did through us.

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When there is simply rejection of the similarity which comes in opposite direction, then in what circumstance is there awareness and evolution?

To come back to my discourse and the example of hatred. First of all, we should know that it is very rare that the modified energies which come in contact one with the other, are of entirely identical form and force. The one that is more dense generally has a more elevated vibration, faster and tries to spread itself and integrate the other. The one which is less dense has a lower vibration, slower and in general will concentrate on itself. Therefore, the energy which is more dense will integrate the one which is less dense, imprisoning it in itself. This last one will perceive a limit around itself, an envelope which it will identify by its characteristics like hatred, cause of imbalance and obstacle to its natural movement. The hateful envelope will try to fill this interior space rarefied by deploying itself in it. Therefore, the hatred will lose some of its strength, of its density, cause of imbalance. A new balance will take place. The envelope emptied of its opposite force will reveal a part of its content now identified as similar to the self. The new self, born from a peripheral perception of a non-self, will finally integrate the hatred in itself while still being aware of its potential of imbalance.

It might be difficult for you to understand this mechanism, but you should know that Colin was also blocked for two whole days before he was able to retranscribe this last paragraph. I can transmit much knowledge through him, but without his comprehension the words that I am dictating to him can't organize themselves into a coherent entirety or at least a harmonious one. It is the reading of what follows in this book and reading it again, that will give you a clearer overall view of the origin of evolution.

Again you should understand that the principle of hatred, as an example, or any other manifestation of energy such as joy or sadness, kindness or unkindness, as large as the palette of feelings expressed in thought, word or action might be, it is the imbalance that it provokes in us that is the source of awareness; the principle already stated that it isn't the actions that are important, but our reactions to them. We have the potential of hatred in us, but not revealed yet. Its encounter in the other will provoke its awakening in us. Then, we will also project it toward others. It will come back to us naturally, throwing us out of balance tirelessly, until we recognize it as being part of us and that it balances itself in the interior like it does in the exterior.

Which means that the energy tends to balance itself as much in the interior of a form than the form itself with its environment. What is right or wrong is what is good or bad for its interior balance versus the exterior balance. What is perceived as bad in a certain universe, might be perceived as good in another. It's all a question of context. The wars between clans are for certain species, a progress in relation to generalized fratricide. The pains legislated are an advancement in relation to the anarchic tortures of the offender. Don't forget that the progress of a nation always ends up being surpassed by the new generations. All behavior is relative to another one; going forward for one, going backward for the other.

God is not only the sum of all the good things of the universe but of all things balanced between each other.

But this Divine balance, if it is too prolonged, it brings back the original unconsciousness. Only the search for balance is desirable but not its permanence, because it is the imbalance that is the cause of evolution. Only the imbalance between two steps makes us go forward. The balance should be maintained only the time it takes to recenter oneself before darting forth again.

This great fundamental principle that I elaborate, step by step, explains why the return toward oneself transforms and helps the beings to evolve. Therefore, it is really at the border where two elements different in their apparent complexity but similar in their essence meet each other, that provokes the evolutive awareness. The more the shock of the encounter causes an imbalance and make us feel a range of extreme emotions, the more this element comes in opposite direction and is a reflection of the same element in us.

Therefore, don't take offense in meeting your opposites, because they will allow you to redefine yourselves incessantly, and the intensity of your reactions to them is the measure which reveals to you your own identical potential, balanced or not in you. This is what welearned from your world.

We can't recognize hatred in ourselves as long as we haven't felt its impact and its imbalance on ourselves originating from the exterior. All things are only aware of their existence by their own meeting in opposite direction. It is always our reverse reflection in the mirror that reveals the most about ourselves. Therefore, starting with this awareness, we can freely choose knowingly.

True love is a choice after having transcended all the potential of hatred in oneself.

## EXPOSE 6

### LOVE IS ALWAYS UNCONDITIONAL

Do you know that love is to recognize oneself in the other? Hatred is the rejection at a very high degree, of what is not self. Love is the acceptance at a very high degree, of what is self. God, in his totality, can only love all of his parts and it is his energy in everything that is this bond of love . We call it Divine unconditional love, but in oneself it is the energy of cohesion, the energy that maintains the harmony in the universe, all its parts unified in an equilibrium constantly renewed.

As an entity of Divine origin, we also have to learn to love all the parts of our being as small as they might be, because it is this unconditional love of our totality that is a guarantee of the harmony, the balance of the whole. This feeling of love can exist and become profound despite the handicaps, the sickness, the worst situations as a total acceptance of our reality. Only a keen awareness of our experiences is a source of going beyond. This love can also extend to our entire environment.

To better understand the journey of the evolution, at first we have to see ourselves as a manifestation of the Divine but limited in an envelope. We slowly discover our particularities in interreacting with the rest of the universe, what seems different to us. Our unique personality forges itself with the incessant contact with the exterior, and then we discover on others some affinities, some elements which resemble us. We take pleasure in comparing them, bringing them back to basic components, perceiving them in what they have that is essential. Thus, we go back to the source, the common energy to all and we admire the multiple aspects that it takes to become aware of itself.

After a long journey in the infinite diversity of life, we come to search for the bond between us, wanting to find again the first unity. Everything becomes spiritual which means that everything that is issued from the original energy ends up, some time or other, returning to that energy.

The first energy was one and perfect at the origin, but without consciousness of its own existence. It reflected on itself but did not recognize itself. It even perceived itself as an exterior aggression which was opposing its expansion. The shock made it burst in a multitude of fragments which forced it to become aware of each piece one by one, to again reassemble themselves in a coherent totality. We are some pieces of this puzzle that want to reassemble themselves incessantly. I can't help myself but to make a humoristic parallel between the difference of your sexes and your pieces of puzzle.

Through each living being, the first energy tries to find again its lost unity. It pushes each being to unite with the others to regain the balance of before and with each union, it becomes aware of one part of itself.

Each individual needs the other to know what he is not and thereby, reflect on himself to know what he is. Then, this come and go between what I am not and what I am, creates this need to unite with the other to mutually integrate each other, to become one being with two

facets. This being with two facets then will try to unite with another being with two facets to create one new being with four facets. This last one also will try to unite with another being with four facets and so on.

The image of our own reflection in the mirror is also a good example. The first time that we see ourselves, we do not recognize this chaos of colors, lines and shapes. It is with the awareness at first of each element and their differences by comparison between them, and then of their similarities by regrouping in a whole, that we finish by almagamating the totality. Then we become aware that it is a complete reflection of ourselves in reverse. Do you know that this whole process of recognition happens in a fraction of a second everytime you look at yourself in the mirror? This phenomenon also happens at the cellular level, at the human being level, at the planetary level, at the galactic level, at the universal level. God took one minuscule fraction of his time before recognizing himself in this reflection of himself, but for us it corresponds to a complete round-trip of the whole universe.

All this time that we spend in examining the other, before recognizing ourselves in him.

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All the efforts were made by my people to understand the critical situation in which we found ourselves. Despite the count down, we had to plan our actions. We had the capacity to move planets, to influence the curb of the stars, to make life appear in sterile worlds. In certain circumstances, we could accelerate the process of evolution up to a hundred times. In the diversified worlds, we allowed ourselves to amplify the growth of certain species that were more promising of love. Therefore, the genetic selection favoring one species without having to eliminate others, was part of our actions.

It was finally time for our fourth companion to accomplish his task of making the flora and the fauna reappear on earth. Do you sincerely believe that all the beauty and the complexity of your world were created by chance or by a long process of evolution done blindly? There is an artist behind the manifestation of any beauty, like there is a creator behind any form of life, and a harmonist behind any behavior of a species. Don't forget that you are in the reverse direction of the evolution and that everything starts from the centre.

I have already mentioned to you that my people of origin could create everything with substances that preserved their consciousness. This also implied that they could create living works of art, all forms of life imaginable such as the ones that populated and still populate your planet. Each world is propitious to particular forms of life which are selected and adapted by us to the environment. Each age of a planet also favors some species more than others and our sowers of life look after this evolution.

Considering the lack of time, some forms of life already existing in our federation were chosen. With their agreement, a new palette of interrelations was designed and approved by everyone before the entirety was transplanted on earth.

Now that you the humans, have learned to select and then genetically modify plants and animals that are part of your immediate environment, it must no longer seem inconceivable

that all the richness of life on earth was elaborated consciously by an older race. Besides, your aptitude in this field and the protective love toward all forms of life that some of you feel was transmitted by us, your closest relatives.

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Coming back to you and your characteristics, human love, it is this need of the energy in you to regain the original unity; to forget oneself in losing consciousness of one's individuality in the arms of another, to regain this perfect balance, memory of before the fall.

Your bodies constantly bathe in diverse currents of energy. Some of them bounce back on you after a collision, others go through you. Automatically, your bodies are always searching for a balance between the energies in the interior and the ones in the exterior; memory of the first harmony. One part of these energies that go through you, can remain captive in you by the fact that you are more dense than them. This includes also the energies captured by your expansion, your respiration. Then, an imbalance settles in with the accumulation and the pressure that they produce in the bodies.

I am well saying the bodies, because this phenomenon happens in each one of your envelopes. The capture of these energies in their original outburst brings them to continue their propulsion in you in a gyrating movement. They enter in contact with your own stable energies provoking internal frictions, which are pleasant if you are flexible, and unpleasant if you are rigid. According to the principle of adaptability which says that the more a statical state is extended, the more the change of state will be unbalancing and even painful. We can't indefinitely prolong even a pleasure without its opposite coming to balance it again. The need of these new particular energies to find again their original movements and your whole being to regain its equilibrium with its environment, will bring you to make different gestures. The two opposite extremes of these gestures will be either the rejection of this overflow perceived as a disorganizing stranger or the recognition of this overflow as a possibility to grow.

Love is this overflow of energy in us that pushes us to unite with others to unload ourselves by the principle of the communicating vessels. I give you my too-full of a particular energy by transferring in you, in your too-little, this same energy. You do the same with me and here, both balance themselves again.

When we have too much energy concentrated in oneself, we can move, do some exercises to expel the surplus or at least distribute it better in our body. The sexual act is an activity which allows, at the base, to expel our overflow of pleasant or painful energy through the other, be in the best circumstances, to divide these energies equitably between the two. Between these two behaviours, there is a whole range of nuances that have a whole range of results. This can go from the impression of emptiness, making it necessary to again distribute the remaining energy in our body, but with the awareness of a loss, up to the impression of fulfillment, of a new balance born from a mutual exchange.

This come and go of the sexual act provokes a wave of energy which, if there is no blockage, no rigidity, spreads itself in the entire body and at the maximum of intensity,

transfers itself in the other. This pendulum movement has only for goal to mix two energies, opposite in appearance but similar in their essence, in one new energy.

I could talk for a very long time only on the manifestations of this principle, but you should know that the emotions, the thoughts, the feelings, among others, are particular energies imprisoned in the respective different bodies which form your totality. It is up to you and nobody else to decide what you do with it; to see them just as a source of imbalance and reject them to the exterior or to share them with others to better distribute them between you.

Our different bodies are constantly bombarded with different energies. Each one is sensitive to the energies that are associated to it. The physical body is sensitive to the energy of action, the emotional body to the emotions, the mental body to the thoughts, the sentimental body to the sentiments, the amorous body to the energies of cohesion, etc. After the shock of the encounter, these energies, in presence of the same substance in us, will try to balance themselves between each other. The more there will be a contrast going as far as the opposite, a contrary space, the more the imbalance will be destabilizing for each one, possibly bringing a radical change.

We are in eternal readjustment with ourselves and our environment.

Therefore, love is these diverse energies particularized by their envelopes that try to regain their balance, their original unity. Love has a range of almost unlimited nuances that become more refined with the refinement of the bodies. The colors that emanate from the different bodies are well representatives of this range. The definition in the growing order of these colors will help you to grasp the subtleties.

Black, in positive, it is the unknown, the unconscious, the energy non-revealed, the moment before illumination: in negative, it is the absence, the emptiness, the chaos without law; in great quantity, it is the anxiety, the fear facing the mysteries beyond the light.

Red, in positive, it is the vitality, the intense passion, the raw energy, the fire from the centre of the earth and its stimulating force: in negative, it is the impulsiveness, the imbalance, the agitation; too dark, it is the aggressivity, the anger, the violence.

Pink, in positive, it is the calm, the refined energy, the noble sentiments, the pure friendship, the time suspended, the eternal present: in negative too pale, it is the devitalization, the vapid sentiments; in great quantity, it is the dullness and the stagnation of the situations.

Orange, in positive, it is the warm and enveloping energy, the emotions at the service of seduction, the joy of life, the balance between the physical passion of red and the intellect reason of yellow: in negative, it is the pride; too dark, it is the vanity; in great quantity, it is the hypnotic power on the others.

Yellow, in positive, it is the reason, the conscious energy, the light which excites, stimulates the intellect, the mental activity, the awakening of the spirit: in negative, it is the egocentrism, the constant criticism; in great quantity, it is the blind dogmas, rigid.

Pale yellow, in positive, it is the optimism, the enthusiasm facing the spiritual world, the energy which feeds the psychic powers, the illumination: in negative in great quantity, it is the dissolution of the matter, the terrestrial reference points, demotivation facing the every day reality.

Green, in positive, it is the natural sensitivity, the compassion, the balanced functioning that leads to the blossoming, the evolutive energy that leads into the self-confidence: in negative too dark, it is the uncertainty, the discordance, the possessivity, the jealousy.

Blue, in positive, it is the profound, cold and voluntary energy, the quiet determination, the sincere devotion for an ideal, the quest for the soft harmony: in negative too dark, it is the solitude, the anxiety; in too great quantity, it is the stubbornness, the incessant and obsessive quest for the Divine.

Pale blue, in positive, it is the intuition, the constructive imagination, the creative energy, the inspiring and stimulating beauty of the sky: in negative too pale, it is the passive imagination, the sterile daydreaming; in great quantity, it is the melancholy, the impotence.

Violet, in positive, it is the somber and spellbinding energy, the humble rest of the body and the spirit, the serenity that favors the introspection, the inward look: in negative, it is the transition, the end of something; in great quantity, it is the justification, the arrogance, the incommunicability.

White, in positive, it is the totality, the perfect first state, the pure energy revealed, the innocence of before, the presence which with reflection becomes consciousness: in negative in great quantity, it is the reflection of all things, the returning of our own reality to the other, as beautiful or painful as it might be.

Grey, in positive, it is the objectivity, the neutral, impartial energy, the balance favoring a new start, a new field of exploration: in negative, it is timidity, indifference; in great quantity, it is the lack of energy, of motivation, the forgetting of oneself, the negligence to the extent of threatening the survival.

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A large vibratory palette in a same individual is a new attribute which appeared in the universe not so long ago, prompted in part by creators of high ranks. It favored the perpetuation of the personality. The original energy in being divided, limited in different envelopes, had always tried to reunify itself after the dissolution of the bodies. A prolonging through many bodies that perpetuate the limitations, was perceived as an aberration by this energy. There, the original energy, the Divine not manifested, lives the prolonging of the division. God wanted to become one again, but each one of his parts aspired also to become one. Was it wrong?

Be that as it may, we then sowed and transplanted on earth a new palette of life more compatible to ours, more diversified, rich in contrast to avoid the supremacy of one over the others and also the vibratory scale too narrow.

A humanoid race, which means possessing at least four bodies, offered itself as volunteer to come on earth. It possessed our basic characteristics and the same evolutive potential. But since it had grown in a world in development, it was apt to adapt itself to the severe conditions of the earth. Approximately one thousand and four hundred couples, the minimal number to guarantee the prosperity of the experience, made the trip aboard a mother ship. The word mother is used here to describe the protective consciousness of our bigger vehicles of transportation. When they finally arrived to their destination, earth had hastily been prepared to greet them. This great event happened approximately two hundred thousand years ago.

Our technology is not a technology, or at least not in the way that you conceive it to be. It is based on life and its respect. Any life consents to help us in the understanding and the improvement of our environment. There is no sacrifice, abuse of power or constraint. Also, there isn't any hierarchy as you conceive it or some beings considered as superior or inferior in relation to the others. Any life is important according to the Divine principle. Our life is consecrated to the well-being of the other which naturally rebounds on ours. In an universe where love is an established fact, it is unthinkable to see life in any other way than by the bonds which unite us to the others. The gift of oneself is our daily goal. But this doesn't exclude the gift toward oneself.

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Any encounter with a new energy is a cause of imbalance in oneself, awareness of what is not self and then the acceptance in oneself to give a new me. You who suffer and yet would like to feel pleasure in living, you should know that suffering and pleasure go through the same senses. Your capacity to enjoy life gives you the same capacity to suffer. These two opposites go through the same sensitive channels. Do you know what makes their difference? The pain, the suffering, it is the rejection of what touches us. It is not recognizing that everything that we experiment, live, is an inverse reflection of ourselves. Nothing that happens to us is a mistake of destination, an experience imposed by someone else without our consent. Literally, we are where we are supposed to be, live what we are supposed to live. It is totally impossible to be somewhere else. Pleasure, joy, it is the acceptance of what touches us, to recognize in them a part of ourselves; that everything that happens to us is just, even the tragedies and the sufferings, because they help us to grow and develop beyond their ephemeral contexts, a state of constant happiness.

If we do not fully live everything that happens to us, it is often because of the immaturity of our body, of the imbalance too intense or because of an anterior blockage. We shut ourselves off to the exterior aggression by desensitizing our envelopes, by crystallizing our reactions in a protective armor. This armor keeps us from feeling the energies judged unpleasant, but also keeps us from feeling the ones that are pleasant. Our universe congeals and doesn't progress any more.

Certain experiences of the past might have threatened our survival and it is normal to a certain point to avoid them. It is not necessary to get burned a hundred times to consider fire as dangerous, but fire is not a threat in itself, except if your evolution doesn't allow you to get near it without getting burned. Don't forget that some day the elevation of your being will allow you to dance in the fire.

Love can be an energy so strong that it could endanger your integrity, even your life. Do not doubt for one second that there are some beings so powerful that at their approach, you would burst into pieces, others whose interior fire would consume you. It is for this reason that it is the beings of the light who decide when and how they approach you and never the reverse. You can create an opening toward them by elevating the vibrations of your bodies. But your evolution, in a gentle way, is primordial in their eyes. The survival of the content of your being important, but not necessarily its ephemeral envelopes.

There is nothing bad in oneself. There are only imbalances which seem too big for our capacities, but this is a reaction set to a past perception, because nothing from our experiences can be disproportionate in relation to oneself, because it is all our own emanations that come back such as they are.

The danger is to crystallize a form which will become in the long run insensitive to other stimuli. Therefore, it is important to understand that it isn't the experiences that are important, but our reactions to them. How do you react to everything that you experience? Do you know what you are the most sensitive to, pain or pleasure? What provokes in you the strongest reactions? Have you learned to amplify your discomforts, your sorrows, your fears or, on the contrary, your well-being, your joy, your hopes? Do you take more time than necessary to examine your imbalances than to rebuild your new balances? The primordial rhythm, expansion, contraction, rest, recommencement, could be translated at the human scale by action, reaction, observation, recommencement.

A stop too prolonged on one of these three times will bring, sooner or later, an imbalance of the whole which will have to be compensated with the readjustment of a similar duration for the other two. When we prolong excessively the action, we get lost in the crowd to the point of forgetting oneself. When we prolong excessively the reaction to our action, we are jostled by the crowd to the point of staggering on oneself. When we prolong excessively the observation to our reaction, we hesitate in the crowd to the point of congealing on oneself. Oh yes, only the harmonious rhythm of all three is a source of evolution.

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It isn't always possible to respect the rhythms of each world. In your solar system, because of its troubled past, everything was turned upside down so many times by us. But could we be blamed for trying to save what was at stake? It is true that this last transplant of life on earth was a little too much jostled for our taste without the usual precautions.

I wasn't directly implicated in the choice of this first humanoid race. My colleagues had put it on earth with a few advices on the functioning of the planet and some instructions to follow. We couldn't, up to a certain point, keep a permanent contact. According to the directions from above, we had to supervise everything in a general manner and from a distance. The direct tutelage was handed over to a council of thirty-six beings chosen among the most promising between them. Just the same, we had inserted some bolts in their organism to control the stages of their evolution. Either by us by means of a key or either by stimulation of consciousness by means of a code. The opening of their immense potential had to be done progressively. An awakening too fast of certain facets could bring an imbalance

that ran the risk of making everything fail. This humanoid race and its ambient surroundings had to follow a precise evolutive curb. We thought that these beings had the capacity to manage their new world and to be its dignified guardians. Unfortunately, we overestimated them. In our world, they were under our dependency, and here we were asking them to become responsible by taking their destiny in hand.

This race seemed to prosper for a time and then, after about twenty millenniums, it started to degenerate. The air rarefied and saturated with negative remnants of the past that we only were able to clean halfway, infiltrated the heart of these beings and insidiously corrupted their intentions.

Since this race was put on earth by us last, and that afterwards we had to withdraw almost completely, it only took a few millenniums for it to see itself as descended from heaven and blessed among the Gods. It developed this flaw to believe itself to be superior to any other live creature, and even to use the direct progeny of their ancestors with the first arrivals to position themselves between them and withdraw some selfish advantages. The born-destitutes bore a grudge to the Gods for having made them befall on this unjust planet and then having cowardly abandoned them.

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The level of evolution of the earth causes humans to often blame an exterior element like destiny or God when ordeals, calamities hit their daily life. They are not totally wrong. Some will crunch under the weight of the misfortunes cursing the fatality, and others will give them the value of a challenge worthy of a hero tested by the Gods. But when good news, happy results happen, we take the merit or at least, we only credit part of it to good luck. On earth, many humans stagnate in their evolution when life only brings ease and abundance, but when the difficulties arise they are shaken, awaken from their comfortable lethargies and are pushed to examine, to question themselves, therefore to progress. Humans are at their best and surpass themselves in the worst moments. This last phrase is too often true on earth.

But, it is up to you alone to change this behaviour. To shut ourselves off to the trials of life, to reject them is not the solution, because to desensitize ourselves to suffering, it is to desensitize ourselves to pleasure. Don't forget that the entire range of sensations goes through the same channels. Therefore, the first solution is in your reaction to exterior stimuli. In appearance you don't have control on the events which come from you in opposite direction, but you do on how they will affect you in the present. Transform your present reactions and you will transform your future by rebound. It is up to you to exalt your happy events instead of oppressing your tragic events. It is up to you to build, to progress on your joy and therefore, to grow instead of destroying, of regressing on your sorrows and diminish yourselves this way. However, your life is made up of the complex mixture of these two extremes.

You should know that the beings who have reflected on this principle have discovered the profound satisfaction of evolving in the happy situations; to emphasize the progressive events with concrete actions, always bring them to be more beneficial. Therefore, it is in reflecting on our reactions to what we live that we find one of the keys to evolution. To live in the superior

worlds, this experience is indispensable, because where trials and sufferings do not exist, progress and evolution have to base themselves on other criterias. In my world, they are kindness, beauty and truth or if you prefer, love, harmony and knowledge.

Even in paradise, there has to be evolution otherwise we return, by the principle of reincarnation, to the world that is more appropriate to stimulate our evolutive consciousness.

## EXPOSE 7

### IT'S RIGHT NOW OR NEVER

Do you know that you are master of time, now? All of you, who are here listening to me, you should know that the Divine energy is here around us, in us and that it can realize everything now and at each instant that passes. Everything is possible and you can realize all your desires, all your aspirations in this very second. What has to be done for the miracle to happen? It's simple, we only have to believe in it.

But you are so loaded with experiences from the past and so impatient to acquire future talents that you forget the essential, the present. You should not linger on forever turning over the past, nor eternally hope that the future will be better. You only have power on the present. Only the present moment has a value of eternity. The journey of evolution is endless. The perfection as a goal exists only the time of its contemplation and the reverse path takes us somewhere else. Therefore, you have all of eternity to explore your universe. There is no hurry for anything. Why wouldn't you take the time to savor each second of your life?

It is not only in the duration of time that the key to evolution is found, but in the intensity of the present moment.

Why wouldn't you go deeply into each situation of your life, to find your revelation in it? In hypersensitizing each of your gestures, each of your words, each of your thoughts, you are stimulating your awareness. So many mechanical gestures, so many insignificant words and so many trivial thoughts clutter your life. This leaves very little space for your spirit to influence the knowledge, the one that would help you understand the mechanisms that rule your behaviour and would allow you to change it as you wish.

Make a stop in time. Stop transporting yourselves in a past past or in a future future. Come back toward your stable centre. You are entirely contained in this present moment and this present moment is eternal. You are in an eternal becoming and only the enjoyment of this endless moment can bring you happiness.

Happiness is a state of being beyond the situations. A state of being can only be felt in the present. Are your gestures satisfactory in the present or are they, the majority, in reaction to a past situation or an anticipation of a future gratification? Do your words build the present or are they, the majority, turned toward the past or projected toward the future? Do your thoughts relish the present or are they, the majority, regrets about the past or worries facing the future? The past only serves to reflect on one's experiences to better appreciate the present. The future only serves to plan one's becoming to better appreciate the present. And all these reflections, all these expectancies are happening in the present. You only have power on the now, and it is so filled with richness that it is only in it that you can find all satisfaction, all gratitude, all contentment.

It is only in the eternal present that it is possible to know illumination and become transfigured.

When we begin to understand the importance of the present moment and its role in the transformation of our reality, our past and our future are changed forever. Yes, the past can be transformed, because it only exists in the eternal present that can remodel it at will. When we understand that time is not only linear, that our past near or far doesn't follow a simple line, that our past lives are not only parallel but expansive in all directions, we understand that we can transform anything. My past is in me and can be represented by a smaller being. My present, it is a being of my actual size. My future is around me and is a bigger being. My perception of my present self travels between the bigger exterior, the future self and the smaller interior, the past self. This come and go, if it is amplified, voluntarily can put us in contact with our future to be able to actualize it or transform it in the present, and the same for the past. When the universal energy comes back on itself, doesn't it transform itself in depth up to its source?

All the past experiences, which are no longer useful to you, can be neutralized and cease to exist in your reality. Rather, I would say, can become an integrating part of you, no longer having their forces of imbalance or stagnation but just an experience relayed in the unconsciousness. This experience can have its role and be actualized every time that the present consciousness needs it. If the past perpetuates itself, it is through the consciousness in the present. Besides, the consciousness manifests itself only in the present time. It only knows the now. The consciousness manifests itself in a series of present moments which, anticipated in the future, form the superconsciousness and as soon as it is past, form the subconsciousness.

Outside of the actual instant of consciousness, all the rest is only unconsciousness.

The primordial energy is eternal, but the forms that it takes can disintegrate if they are no longer vitalized by the energy that molds them. The vital energy tries to unite us in a coherent totality and our ephemeral envelopes try to separate us in a chaotic multitude. We are continually balancing between these two contradictions. As we oscillate tirelessly between the past and the future, the more you learn to open yourself up to the eternal present, the more you will drop these perpetual games that hide from you the true penetrating light of the consciousness.

It is in the sharp perception of all our manifestations that we discover the source which brings us to the essential.

The discovery of what is important for the evolution and the fundamental happiness of the being makes us abandon many manifestations which have become futile. We believe to understand ourselves better by looking behind and in front starting from the place where we are. This is partially true, but still only an elevation of the viewpoint makes us really see the entirety. We never look at ourselves from high enough and we never laugh enough at ourselves. To play a role, even dramatic, doesn't keep us from being at the same time convincing to ourselves and to others and at the same time, detached from the reactions that this rôle provokes. It is still the original movement that looks for the balance between abandoning ourselves completely in the game of incarnation and contemplating ourselves in our performance. To be at the same time, actor and spectator.

I wouldn't want you to think that I minimize your reality. But from the place where I observe your universe, many elements important for your daily life only have a relative value for me. Time is a good example. It is the fourth dimension of your world and plays a significant role associated to your sentimental body. Time is the rythm created by your successive stimulations of consciousness. In the world where I live, time seen as a rythm, is surpassed by a more just, vaster notion. Time is the deepening, the revelation of the multiple layers that integrate things; as much in going toward the exterior than in going toward the centre. It is the consciousness that absorbs all things and in all directions. Since I live in the world of the fifth dimension and that my basic body is the amorous body, time for me is the space that separates me from the complete union with the other, meaning the comprehension from the interior of all life and the fusion with it. Therefore, if sometimes I make you see the limits and the shortcomings of your universe, it is because I want you to understand that they are not immutable. I am there to make you discover other realities.

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All along the history of your planet, there have been many rebounds. We were in great part the perpetrators, but sometimes the powerless observers also. We couldn't be present in permanence nor directly intervene in your world, because it was in one part of the universe which wasn't under the control of our federation. Which compelled us, according to the usual principles of freedom of expression, to wait a minimal delay before allowing this first human race the choice to adhere to our unity. Earth experienced the first twenty thousand years of stability and development. The progress was not fast enough to our understanding but yet constant.

The misadventures really started when another federation claimed this territory and its inhabitants. This federation preached individualism and supported, as standard, the realization by one's own efforts. It made the benefits of total freedom glisten to humans.

It is only in the confines of the universe where the ambient energy is rare, therefore very little communicative and where it crystallizes itself in forms of life separated from each other by big spaces, that the reign of the individual could only be born. Many races in the confines like yours, preach individualism as the highest degree of the evolution. It exists some federations of planets whose principles and objectives are to demonstrate their greatness by submitting the civilizations that they meet in their explorations. The nations conquered this way hope one day to reverse roles and in turn take control. From these power struggles is born a certain balance. These races believe that they give privilege to the individual and yet, the freedom of expression is restraint, subordinated to a despotic hierarchy. But nonetheless, that situation in those places goes without saying and it is unavoidable in what concerns their evolution. Our race interferes only rarely in these worlds that have chosen, even under constraint, this way of life. However, where the sparkle of a greater consciousness shows up, we are there to help it blossom.

It exists an incalculable number of federations from which each one forms what we call an entity ruled by a certain number of basic principles, that are accepted and practiced by the whole. The nations naturally adhere to a federation whose total philosophy suits them. These federations live side by side in an amicable manner, so long as they are connected in their

essence, meaning that they live in an environment whose ambient energy is similar or almost. Sometimes, they can form a confederation more or less structured, but it is mostly the pyramidal hierarchy that predominates. Which means, among other things, that there is a greater number of federations at the base and that this number lessens with the elevation. The differences in density are impassable barriers for anyone who hasn't developed the aptitude to vary rapidly its vibratory levels. Each group lives alongside their close neighbors, and maintains bonds of respect and of no interference. The influences more often come from the level above.

When I have doubts and I am in need of advice, I appeal to the beings more enlightened than me; just the level above. Going higher yet would be to appeal to beings whose knowledge is beyond me and would be of little practicality in my reality. I myself can serve as a guide to all the entities that are still travelling through the path that is already behind me.

Normally, there is a continuous communication between the levels of evolution. When an entity, be an individual or a group, feels ready to cross over an important step of his evolution, there is always a support that is given by the immediate superiors. Your case is exceptional because you have been quarantined. You have been cut off from permanent and reassuring contacts with your elder brothers. But the day will come in a near or distant future where you will again be admitted in our big family.

Therefore, an intergalactic dictatorial federation wanted to subdue the first humans on earth to include them in their empire. Which is what my people refused, even though this derogated from our principles. In this case, we knew the immense potential of humans and always hoped that it would manifest itself some day. We had to fight to safeguard our rights on them. They were our children and we didn't have the intention to leave them in hands that could have used of their potential for selfish ends. Besides, the qualities proper to this race shouldn't have been brought to that place, so little propitious to their development.

The war between the Gods took place, above your heads in front of astonished eyes. Humans believed that they had raised our anger, but instead it was our pity. We couldn't leave so many innocents to be sacrificed without reacting. Were we becoming humans in spite of us? With time, some instances of high rank settled in our favor and allowed us to continue to protect and watch over them. But all the direct actions were forbidden. Only the discreet observation was permitted. We had to leave them totally free of their choice, while knowing that their potentials were great as much in the right way than in the opposite way. The wrong way for us is the one that brings the limitations, the regressions and even the auto destruction.

With time, cut off from our lights, the first humans degenerated to the point of losing many important aptitudes including their personal survival. Which is what brought them back to the rank of animals.

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The human being believes to be either under the bondage of a destiny all traced in advance, or left entirely free to the hazard of its whims. The truth is situated between these two poles. His present destiny is made of all his past emanations which come back to him. His freedom is in his reactions to these emanations. His new reactions will bring him to new reflections which will be the basis to his new actions. His reactions, his reflections and his actions will be his new emanations that will build his future destiny.

We can't ignore or reject what we have emitted as personal energy in the past. It comes back tirelessly until we become aware of it and we integrate it in ourselves by neutralizing its unbalancing effect. An emanation of oneself can come back a thousand years and even a hundred thousand years later and seems unjustifiable to us. But all the same, it is our reaction to it that will define the world in which we live and who we are in relation to it. Your universe only exists in relation to what you think of it and your emanations recreate it at each second. Change the way you perceive the world now and you will change the future world.

At each second, we can modify our life, remake it completely and even make it topple over in the extreme opposite. Your history is filled of these examples of radical change in the space of a fraction of time. We have the potential to realize everything but only in the present moment. It is certain that an extreme reversal of a situation is exceptional. It is necessary for it to be understood in depth, to have the mechanism behind the appearances, but already this book helps you in this direction. To know that it is feasible and that you are, you alone, your own limit, opens your consciousness to the concept that all is possible now.

To feel all things the moment they touch us with their full intensities, it is going beyond the pleasures and the sufferings common to all. There might be a profound contentment even in the worst situations, because then we understand the reason and we assimilate the lesson. It is the life experiences lived only partially that leave some residues, some blockage which obstruct the complete opening and the free reception of new experiences. Our consciousness, always present, can become the scale which measures our actions and indicates to us if we are regressing or progressing. The consciousness can only be active, if we are totally present to everything that happens to us.

Your look on the past or on the future is often tainted with your actual reactions, with your judgments of value which distort their perceptions. Your past touches you, influences you, limits you only in the present. You were the best you could be at that moment. Your future saddens you, intrigues you or exalts you only in the present. You will be the best that you can be at that moment. But today, according to your consciousness, you are the best that you can be. And if not, what is preventing you to be so?

The secret is to live fully one's present and without blocking the reception of any sensation. To be totally there, where we should be.

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Our desire to make your whole solar system progress rapidly brought us to favor also different forms of life on the other planets. Even if this seems difficult for you to conceive for the moment, you should know however, that the next exposés will help you to better understand the infinite diversity that life adopts in the universe.

Meanwhile, you should know immediately that in the expansion of a system, the consciousness progresses in going toward the concentration, the materialization of the energy in bodies and its ambient rarity. At the maximum of this evolution, the opposite cycle of return toward the sun brings the involution manifesting itself by the dissolving of the matter and the densification of the energy in the air.

When a sun has expelled up to twelve planets able to receive the twelve stages of evolution, the return toward it is unavoidable. It is the reproduction in a small scale of the movement of the whole of the entire universe. Even your planets which do not possess life palpable by physical senses any more, possess a life at other levels of frequency. From the closest planet to the one furthest from the sun, life evolves, transforms, adapts itself. The beings who live there have their metabolism ruled by their distance with the sun, therefore, their contribution in energy. This way, life can exist under all its forms, on all your planets. The furthest ones have a form of life that has reached its maximum state of solidification and coagulates in a very slow consciousness.

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Your physical body, with its five senses, is the solid base around which your universe organizes itself. It is ephemeral but indispensable to your awareness. Without it you are only an unconscious perfection. Your body gives you the chance to become aware of your potential of perfection, to explore it at your own rhythm. It is the stable vehicle which contains all the elements to actuate you in your world. You chose it and granted it the characteristics suitable to your new field of exploration. In the inferior worlds, these choices are rather unconscious and resulting from the attractions of the similarities. In other words, your entity will be involuntarily attracted by a body with a level of evolution and a genetic heritage similar to your evolution. Unconsciously, you will also give it some particular characteristics of your personality. It will be at the image of all your emanations.

In superior worlds, we learn to control voluntarily and progressively the construction of our bodies. The voluntary control of our reactions to what affects our body is the start of this creative aptitude.

Your body has a potential almost unlimited. The day that you'll want it to be, it will be immortal as it was conceived at the origin.

But for now, take care of it! It is the exact exterior image of your interior consciousness. It is also the complete and precise reflection in depth of your Divine double. You are not a pure spirit enclosed in a strange body. It is your manifestation in the universe and the cause of your personal consciousness. Not only you have to treat it well, keep it healthy, but you have to consider it as your main tool of development. To feed it well, to make it do some exercise, to give it the rest that it needs, to give it all the care for its exterior and its interior so it can be at its best, should already be understood; not necessarily to live the longest time possible, but for a quality of life profound at each instant.

It is your different bodies that are the cause of your evolution.

I have to make a confession to you. In the universe, there are some Gods who neglect themselves and their interior worlds suffer. It is true that some beings might complain to a God if there are wars, famines, calamities of all kinds that hit their collectivity. Where there is a group of beings governed by the same basic perceptions, there is a divinity to take the responsibility. It is the unity that creates the entity. Therefore, if there are some ordeals that hit an entire population, it is proof that somewhere, a God is fighting internally, is sick or simply is giving up to despair. But his collective responsibility stops where your individuality starts. You only have yourself to blame if your being is in trouble, because you are under your own responsibility.

You are a God for the whole collectivity that you represent.

You are in no way responsible, from any point of view, for what happens to others. You don't have the power to influence the destiny of someone else without his consent, conscious or unconscious. You don't interfere in the life of others if there isn't an attraction of the opposites and a space to fill in each one. You are there, where you should be, with the individuals that you should live side by side with and in the situations that you have to experience. There is no coincidence. What you consider as coincidence is a entirety of directing laws that you haven't discovered yet.

Do not interpret my words wrongly. I do not encourage here all forms of egocentrism or even egoism. The altruistic gestures are not made because of duty or responsibilities toward the other but for the love of the other. You are only responsible for yourself and that is a lot already.

How many multitudes of lives in you are waiting for you to take your responsibilities in order to live in harmony? Is there some entireties in you which suffer from deficiency, from sickness and imbalance of all sorts and that you ignore, either consciously or not? So why ask the Gods to stop your wars, your famines, your calamities of all kinds when you don't do it for your own interior universe? The Gods are our superlatives in one way or the other. They are what we make of them. Are you from these Gods who only love the parts of their totality that are pleasant to them and who neglect or even despise the ones that are not to their liking? Don't do like your Ancient Gods who cared about the existence of their subordinates only when their bad behaviour disrupted their habitual occupations. Therefore, don't wait for disorders of all sorts in your different bodies to busy yourself with their fate.

This severe comparison with the Gods is to make you understand that because of each one of the cells in your body, you are conscious at each moment of existing. Each one of them is particular and they form some ensembles who orchestrate themselves in a totality that you can be proud of. This entire collectivity deserves to receive daily, your gratitude and your unifying love. Take time to meditate on each part of your body, on each organ and on the harmonious beauty of the whole. You can't meditate on each cell of your body because you are such a complex God. But you can learn to love profoundly the whole being that you are and thereby, touch with that love each entity that lives in you. This unconditional love will be perceived by the smallest of your parts and will be returned to you by a sensation of well being, of total harmony. It won't be a state of being necessarily perfect, nor exempt of challenges to overcome, but more and more serene in an eternal becoming.

Stop seeing yourselves under the dichotomous angle of a vulgar body versus a noble spirit. I have the regret to inform you that you don't have what you call a soul. You are literally only your bodies. It is them that are completely the cause of your consciousness and of your personality. In very clear words, without them, you don't exist. As for what is your survival, after the death of your physical body, this will be explained to you in the next exposé. If I was intentionally blunt with you, it is to prepare you for what follows.

You don't have to choose between the materialism which only believes in what it sees or the spiritualism which only believes in what it doesn't see.

You can make for yourself a poetic image of the spiritual or superior worlds that stimulate your aspirations. You can create idyllic visions of paradise that can realize themselves if they are maintained long enough and with conviction. You might even be able to concretize them in this present life if you don't believe too much that it is only accessible after many terrestrial obstacles and trials. But all of this isn't necessarily based on reality. The reality is an individual perception confronted with the perception of the others. Your imagination shouldn't serve to fill your deficiencies in the reality common to all, especially if it doesn't serve to change this same reality. It must help you to fix some objectives that bring you to change the way you behave, and thus to change concretely your environment. When your life is satisfying and fulfills you, there is no need to dream about a better world than the one that you create at each moment that passes.

Reality contains all the possibilities that you can materialize. It is up to you to choose the range of situations that brings you well-being and to go beyond. The quest of happiness shouldn't keep you from raising challenges demanding efforts in quantity. There isn't a state of beatitude that doesn't become with time, generator of boredom. The desire for eternal vacation is only a chimera maintained by those who never give themselves the right to rest between two quests. For the others who respect the three times of life, it is absurdity. When we accomplish what seems to be in accord with what we profoundly are, the obstacles to surpass, the trials to assimilate can be sources of joy and contentment.

Stop for a moment. Take control of your life again. Learn to savor all things all over again. Make use of your senses to the maximum of their capacity. Enjoy each second that passes. Make of your life a celebration to your senses recovered. Be aware of each gesture that you make, of each word that you say, of each thought that you emit. Do they make you feel good, happier, bigger? Now, what can you change in your life to make it more in harmony with your deeper self?

Each gesture that we make, as small as it might be, is important for the construction of our reality.

Everything is included in the universe around you. What do you want to materialize itself in your environment? You can create everything. But the first gesture to make is to do a selection in your immediate universe. To choose to make in evidence what makes you grow and to be indifferent to what makes you diminish. As long as we have extreme reactions to particular situations, it is because they still have something to teach us, to be assimilated by us. We shouldn't reject anything, but only integrate it in us by neutralizing its power of imbalance and move on to the next step.

Any extreme behavior hides its opposite.

We can't eternally forget oneself for the others without causing an imbalance in oneself. Like we can't eternally be centered on oneself without causing an imbalance with the other. A time to go toward the other, a time to come back toward oneself and a time to rest. We can't help others if our vital interior balance is threatened. We can't take the responsibilities of others on our shoulders without simply delaying the evolution of the other, his own awareness. If we do that, it is because we also had something to learn from this experience. Help or love others doesn't mean to make gestures which denies the fundamental being that we are. It is to lie to ourselves and others. Our true self will come out, sooner or later, under the pressure provoked by our like. We have to be honest with ourselves and the others; to start from where we are; to see ourselves as we are in our soul and consciousness and build on this solid base. In brief, we are responsible only for our own balance and our own evolution.

It is in the intimacy of our being that we can hope to grow. The kindness that we bring to others only reveals to us what we already are. But it is in turning toward oneself, toward all the components of our being that we can progress. Do you know why? Because in turning toward oneself, we can influence voluntarily a beneficial energy that will help our subordinate parts to evolve. Each particle of our bodies relies on us to evolve toward superior states. Instead of following the natural cycle of evolution, you can accelerate it voluntarily by exalting your bodies toward a precise goal. You can rebuild yourselves in depth by returning toward your fixed centre.

I have already told you previously, that it is the superior beings who decide when and how they approach you to insufflate you with their wisdom. The respect of the rythm of evolution in each one is a fondamental law in the superior worlds. But here is a first revelation on what sets a contact in motion on their part; it is when you, yourself, decide as an evolved being, to make contact with all the parts of your being and that you teach them your wisdom. When all the lives in you progress under your influence, you too are ready to receive the light from the superior worlds.

We can only give to others what we first gave to ourselves. If the kindness, the beauty and the truth progress in you by your conscious and constant efforts, you are ready to get a glimpse of the marvels of the superior worlds.

## EXPOSE 8

### THE ETERNITY OF EACH ONE IS IN THE CONSCIOUSNESS OF EVERYONE

Do you know that you are eternal? You are so by the Divine essence in you. At the origin, you were created to be eternal as a species. But it is by your own efforts and your experiences from generation to generation that you became eternal as an individual.

For most humans, it isn't easy to understand which part of himself survives at the time of death of his physical body and where this part is located. Does it integrate his whole being or only a particle? Up to what point does his individuality, his personality stay intact? Does death bring a permanent state of being? Is it the end of evolution for eternity or do we have to take other bodies again to continue our progression? Does the path of life lead somewhere? After death, is the survival of the physical envelope an attribute reserved only to humans or does it also include animals, plants or even minerals? All these pertinent questions deserve answers.

At first, we must understand that the original energy is qualified as Divine because it has always existed and will always exist; that it is indestructible, that its source seems inexhaustible and that it was at the origin of the creation of all forms of life in the universe. It is also the fibre that weaves all things. That is why we say that the Divine is everywhere, including in ourselves. It is its meeting with itself that generated its multiple variations of density, intensity and duration that have given it the almost infinite diversity of forms that we find in the universe.

These forms can go from the lightness of the wind to the solidity of the stone; from the fineness of a feeling to the power of an emotion; from the intelligence of a concept to the brilliance of truth. All that makes the first energy modulate, as little as it might be, gives it a form automatically.

But all the possible forms of the universe are ephemeral, whether this can be counted in fractions of seconds or in millions of years of light.

This energy-source will keep this form for the time of the exploration of this form, meaning the time to regain its interior energy and its balance with the exterior; the time of a stimulation of consciousness. Therefore, this energy is at the origin of the form and gives it its basic particularities. In return, this form brings this energy to become aware of its interior limits but also of its exterior potentials. The form disappears when it is no longer stimulating, source of awareness. But it leaves its imprint in the original energy. The form has in some way molded the energy, transmitted to it its new characteristics that this last one keeps the time it takes to deploy itself in another vaster form.

The more the forms become complicated, the more they give complex and subtle variations to the basic energy. It's like imagining a gamut going from an element as simple as a sound produced by a musical instrument to a complex element like the music produced by a grand orchestra. But, whatever the degree of complexity of the form like your physical body is, the energy will keep its imprint. Your physical body always molds the energy that it contains

and also digs a mold in negative in the space around. But to be more precise, your physical body is the energy itself densified in one form that will try to spread itself in the space more rarefied around.

Like the skin of a snake must make room for a bigger envelope to allow this entity to grow, similarly, your bodies must take some expansion or give up the space to others more adapted to your level of evolution.

For the supreme being to whom we give a constant consciousness of himself, we are all important in our characteristics and our specificity. The more a form of life is simple in its components, the more it is similar to a multitude of other forms and is ephemeral. It must reproduce to prolong itself in its descendants. At its death, its particular energy which occupied a particular space, will serve to nourish another similar entity which will fill up the empty space left by the form.

Your own body must incessantly fill with other cells, the empty spaces left by the dead cells.

The more a form of life is complex in its components, the more it is rare and durable. It must reproduce itself less and less because its longevity is guaranteed from its persistence. It is the pyramid of the evolution where the simplest and most numerous forms are at the base and the most complex and rarest forms are at the top. Do not see an allusion to the slightest hierarchy. Each complex entity is made of a whole of simpler entities to which it owes its complex form.

The more we move away from the centre of the universe, the more the energy fractions itself and this way gives a multitude of beings. The more we come closer to the centre of the universe, the more the energy fusions itself and gives a restrictive number of individuals.

The moment that there is a number of entities that have the same characteristics, they form a whole which is also an entity in itself What is called an egregor by some, it is the energy which resides in an entirety, whether it is in the physical world, an individual, a species, a reign, a planet or a galaxy. It is the same for other worlds whether they are emotional, mental, etc. The simple organisms prolong themselves in their descendants which extract their characteristics from the egregor, the energy of their like. When the envelope of an individual desintegrates, the particular energy will be absorbed by the energy of the whole and his vacant space will be filled with a new individual drawing up his energy from the whole, the egregor of the collectivity of his species.

In other words, each one of your simple cells, in giving up their individual independence to the profit of your complex organism, can reproduce themselves and their characteristics can be found in their descendants thanks to the collective memory, yourself.

The animal species can hope to reproduce themselves and their characteristics to be found again in their descendants, thanks to the collective memory of the race. When an animal dies, its particular energy is absorbed by the collective energy of its species, from where will be drawn the new energies that will feed the descendants. Don't forget that the basic energy is eternal, therefore indestructible and after the dissolution of its form, can only

densify or rarefy itself in the space to take up another form afterwards. Since the quantity of collective energy is constant, it always recreates the same number of individuals.

Here is an introduction rather long and complex. But in my world, it is a current thing to juggle with concepts like these, like it is current in your world to juggle with the emotions. You will understand this phenomenon further on. For now, you should know that I am limited by your language created to express your reality and not mine. However, I am there to give you a glimpse of the superior worlds according to the basic principles discovered by our people.

To come back to my discourse, I tried to relate to you the phenomenon that happens at the heart itself of the first energy that has given the diversity of the forms. But as complex as these forms might be, they are vowed to die leaving their imprints in the vaster being to which they belong. Everything that had a beginning will have an end. But this succession of ephemeral envelopes, isn't it the simple result of the perpetual encounter between a particular energy, an individual and the opposite energy, the rest of the universe, each one becoming aware of the other? Your bodies are ephemeral but are the first cause of a succession of stimulations of awareness. It is because your bodies are continually transforming themselves that your consciousness is in perpetual evolution.

Your first body, the physical body, has reached a level of development of stability such that it has become your reference point, your most palpable universe and for some, the only reality. But, even if your physical body is your basic reference and belongs to a universe made from the same particularities, as of now, you have to know this. In short, an individual, to be aware of his existence and to be able to evolve, needs at least three functional bodies according to the law of numbers. The first two, in interacting, create the third one. To survive as a personality at the death of the first one, you need a fourth one. On earth, humans have the possibility to develop three other bodies for a total of seven. But the evolution in your known universe gives you a potential of twelve bodies. Each one of these bodies is associated with a precise world which owns its precise range of manifestations.

But at first, here is the list of these bodies and their definition according to your situation and your evolution. The direction of the scale of your evolution is in fact an involution, a return to its origin. You can read them in reverse to better understand the journey of the beings of light who spread themselves in the worlds more obscure.

The first one is the physical body, or better called the sensitive body, the more dense one of your known universe. Nevertheless, it is mobile and the seat of the raw sensations and perceptions, the most adequate to experiment your universe, one of the furthest from the centre. Therefore, it is the stable reflection of your universe and even has the same composition. In reverse, it is apt to seize the individual emanations of the dense matters in an atmosphere where the energy is rarefied, therefore not very conducting, not very connecting.

The second is the emotional body which varies from the texture of water to the texture of the cloud. It is the seat of the waves of emotions which give to the being a beginning of personality, this mixture of the individual and his perception of his environment. Therefore, it is the reflection more or less stable of a universe made of internal reactions facing the exterior. In reverse, it is apt to feel the forces, the primordial currents that connect or cause a shock

between the elements. It is sensitive to the rapid and extreme changes of frequencies as much in density, in intensity or in duration and to their powers of attraction or repulsion.

The third is the mental body which varies from the blowing of a storm to the slight breeze. It is the seat of the thoughts which give the being a beginning of consciousness, this mixture of emotions that reflect on themselves. Therefore, it is the changing reflection of a universe in perpetual questioning, but which nonetheless establishes some first conclusions. In reverse, it is apt to reflect on the functions of the beings and things; on their deep motivations and their complex intentions that makes each entity unique.

The fourth is the sentimental body which varies from the thunderbolt to the whistling of the wind. It is the seat of the sentiments which give the being a beginning of prolonging, this mixture of cyclic thoughts that create the perception of time. Therefore, it is the rhythmic reflection of an universe which leads toward the permanence of its entirety. In reverse, it is apt to elaborate on the great categories, the distinctions, the particularities which animate each species of life. It can classify and therefore, better understand its environment to act more efficiently.

The fifth is the amorous body which varies from the lightning to the rainbow. It is the seat of love which gives the being this need to recognize himself, this mixture of personal sentiments that we search for at the exterior. It is the beginning of the desire to unite with the other to find again the original unity. Therefore, it is the reflection of a complex universe that goes from the harmony between its parts to the search of the complete union of its elements. In reverse, it is apt to capture the bonds between the beings and the things to better appreciate the vast range of nuances, variations that manifest themselves through them.

The sixth is the conceptual body. It is the body of the concepts, the symbols that arise from the experiences of the five first bodies. It explores the whole of the principles, the laws, the equations at the origin of the multiple interrelations between the forms and their rôle essential to understand the universe. It brings the consciousness to its apogee in the matter and at a first understanding of the universal perfection. In reverse, it is apt to understand the archetypes, the foundations that allow it to structure its evolution in the matter in a more coherent fashion.

The seventh is the transcendental body. It is the transcendence of all the experiences, the assimilation of the whole, from the concepts to the discovery of the essence of all things; the multiple which becomes one again and realizes the eternal being. At that stage, we can relieve ourselves of our physical body without losing so much as one fraction of our total consciousness. Before the formation of the first level of this body, death can affect the inheritance of the other bodies. Its universe opens itself on horizons with perspectives radically new. In reverse, it is apt to perceive the variations of frequencies that neatly differentiate it from the other entities.

The eighth is the universal body. It is a specific and unique frequency obtained by the harmonization of the seven first bodies. The bodies literally melt into one another to create a diapason which allows the borders between the parallel worlds to fall. The conscious travelling from one world to another becomes possible. In reverse, it allows the exploration of

unknown, varied worlds, and the discovery of their riches.

The ninth is the revolutionary body. It is the force of intention, linking the seven first bodies which leaps into action and increases its vibratory level to the point of accelerating the process of evolution to revolution. It is an explosion in all directions that accelerates the total awareness. Its universe deploys itself and integrates a vastitude. In reverse, it sees itself as a different entity in relation to the exterior and is apt to define itself by comparison with the nonself.

The tenth is the radiant body. It is a new equilibrium obtained by a super evolutionary speed that reaches a stability. Its speed is so rapid that it is perceived as static in its perpetual expansion. The evolution even seems to be only an illusion. Its universe doesn't have any more perceptible limit, but only the one of its consciousness. In reverse, it interacts with itself and is apt to perceive some variations of time in its own internal reactions.

The eleventh is the unique body. It is the disappearance of any palpable body, of any perception foreign to it. It is the conscious unity expressing itself in harmony with itself. Its universe is the immensity of its "I am". In reverse, it perceives itself as unique and complex at the same time.

The twelfth is the essential body. It is the perfect integrality which contemplates itself in its realization. Its universe is the here, now. In reverse, it is the Divine that is aware of its individuality, of its presence in the universe.

This description of each body might seem arduous for the moment, but their understanding will come slowly with the exposés that follow.

Each of these twelve bodies evolves in a universe, a field of perception that is its own. This constitutes the possible range of evolution that goes from the more dense body to the most ethereal one, therefore, from the furthest universe from the centre to the closest universe to the centre. Since there are three time periods for everything, the going, the return and the stop, we assume that there are twelve other different bodies stationary in the centre of the universe and twelve other different bodies descending in what you call the reverse of the universe (anti-matter). The subject will be elaborated later. For now you should know that all this makes thirty-six universes to cross in order to accomplish a circle, a complete loop. Each particular universe divides itself in twelve principal levels of evolution, and in turn each one divides itself in three to twelve levels. Which implies that in a precise type of body, it takes a minimum of approximately thirty-six to one hundred and forty-four lives ( $12 \times 3$  to  $12 \times 12$ ) to make a complete circuit around the universe to which it is associated. The more the bodies become complex and subtle, the more their life expectancies become longer.

I come back to my exposé at the starting point, relating it in detail beginning with the physical body. The original energy needs three basic interferences to become a form; the density, the intensity, the duration. The reverse vision in your world would be that any form needs these three basic elements to survive. But all living entities, including all the possible kingdoms, need three forms, three bodies to be aware of their existence. The basic attributes of these three bodies would be the action, the reaction, the observation. It is a principle issued

from the science of numbers. The unique one, the first in expansion (action) must meet its reversed double, the second (reaction) to engender the consciousness, the third (observation).

All men and women know that it takes two beings, identical in their essence but opposite in their envelope, to engender a new unique life. But for you, the implication of this principle at all levels of evolution, is still to be discovered. For the moment, remember that three basic bodies are indispensable to the conscious life.

I come back to you and your particularities. Immediately at birth, humans possess the first three bodies that are in the order of the physical body (action), the emotional body (reaction) and the mental body (observation). The three bodies are in a stage of maturation that makes them functional, but at different levels of evolution. Some can be heavily handicapped with different extreme imbalances, some shocks of return or simply be in dormancy, but I won't elaborate on this subject for the moment. These three bodies are vital to explore your world in all consciousness.

Your physical body is your basic body the most materialized, the stability itself on which your actions soften and elaborate themselves, your field of experience.

Your second body, the emotional body is functional, but still at a level of learning to discover its own stability. It is a succession of reactions to what your physical body perceives, and is itself the seat of particular perceptions of the other emotional bodies. Its senses are similar to the one of the physical body, but more refined, perceiving a range of nuances more spread out. Its body deploys itself usually at approximately one third bigger, and in certain circumstances up to three times the size of the physical body to which it is united. Its life expectancy is in average one third longer and up to three times, depending on its size in relation to the one of the physical body.

Your third body, the mental body is also functional but at a level of development even more unstable. The word stable is used to describe the relative balance up to the perfect harmony of the different components of a body. It is a succession of observations to what your emotional body feels and it is the seat of its own particular perceptions of the other mental bodies. I will not repeat that its senses are more refined than the ones of the preceding body, that it has approximately one third more up to three times the size of that body and possesses a life expectancy longer and proportionate to its size. Right now, you should know that the refining of the senses, the increase of the size and the longevity are constant with each other body that you endow yourselves with.

In short, the second and the third bodies are vital and essential to the development of the consciousness of all beings. On your earth, these three first bodies are present in the whole animal kingdom, going from the fishes to the insects, to the animals of all kinds including the birds, and also humans.

Nonetheless, for the experiences of the life of an individual to prolong themselves in a durable manner and serve him as knowledge for his evolution, he needs a fourth body, in the circumstances for humans, the sentimental body. It is that body that gives to the individual a

beginning of permanence in his cyclic awareness, and allows him to use this aptitude to create some constancies to modify his state. In more concrete words, it is the start of a memory which will influence his future actions.

This sentimental body is also important for the notion of survival of the individual. I explain. The personality of an individual, issued from his evolutive consciousness, needs a fourth functional body so that at the death of the first body (the physical body for humans), the three other bodies prolong the individual consciousness; based on the principle that three basic bodies are needed to be conscious of one's existence. Therefore, a fourth body guarantees the survival of the personality of an individual.

But don't worry, I can tell you immediately that most of the humans have the first four functional bodies and even the fifth, the amorous body. Approximately, the third of the individuals who have these five functional bodies also have the sixth functional body, the conceptual body and the third of these last ones have the seventh functional body, the transcendental body. Almost all of the other subtler bodies are only embryonic in the human being. The fourth body, the sentimental one, whether it is very unstable or very stable, however has to be mature, entirely developed, in a word operational to guarantee the survival of the individual personality.

At the death of the physical body, it is the emotional body that becomes the basic body with its own universe on which the actions elaborate themselves, the new field of experience. The mental body becomes the seat of the reactions, the sentimental body becomes the seat of the observations and together become the two main bodies which will be used to evolve.

I must tell you right now that few animal races on earth have sufficiently developed this fourth body to be functional and warrant their individual survival. Their feelings are embryonic and still in full development. They survive through the egregor of their species. Which means that their subtle bodies prolong up to a certain point their experiences which are preserved in the entirety of the race that forms a unity; a Divinity of some sort for each one of its members. It is from this collective energy with unique particularities that the new generations will be born. In other words, at the death of their physical bodies, their emotional and mental bodies survive one third longer, but without the contribution of a fourth body, the individual evolutive consciousness stops. However, the energy contained in these two bodies that prolong themselves, will serve to fill the new bodies in formation of the species to which it is identified.

The animal races which live alongside humans have a chance to progress and aspire to acquire our attributes. We have to put in parenthesis, the manifestations of survival of certain domestic animals, because the phenomenon implies a prolonging in your reality, thanks to the energy of your physical body that they draw from you. Besides, many of the manifestations in your world of the survivancy implies the gift of your energy which allows the ephemeral reconstruction of the first of the three bodies indispensable for a contact in your reality. This reconstruction doesn't necessarily guarantee the real presence of the entity, but mostly the reflection of its past. This doesn't exclude the exceptional contacts, thanks to your spiritual evolution. Besides, only the "living beings" who have already some predispositions or make in this life some sincere efforts to open themselves to superior worlds, can have true contacts with beings belonging to other vibratory registers. The "deceased" in general wouldn't have

very much difficulty in coming back down to levels of frequencies that they have already explored. But with all evidence, do you know many people who would like to regress in lesser states after having known better and this without going through the forgetting of the rebirth? There are few entities who can, by their own will, stroll as they like on a large range of frequencies. I could elaborate deeper on this subject but the space is lacking for the moment, according to Colin.

Also, you need to know that in the past, fishes, reptiles and birds were three animal kingdoms that had their hours of glory. Their intelligence and their resourcefulness didn't have anything to envy from those of the average humans today. They didn't develop a technology like yours, not being endowed with a fourth body, therefore of the faculty of wanting to complicate life for themselves at any cost. This allowed them not to ransack their environment too much, and this way to live for a long period. Their flashing ascents were of course, also insufflated by some enlightened superior intelligence.

The veneration of an animal divinity is not a primitive behaviour, but the reflection of a reality; like the natural respect toward any Divine entity that represents a whole, a collectivity issued from one of the twelve worlds. It is the immoderate adoration of an animal that feeds us or of a singular man on a cross that is primitive. Also, you should know that the collective survival is not necessarily an inferior step to the individual survival. Because the survival of the species is in general the motivation of each individual forming this unique entity. Which is also what guarantees a balance between its members.

A multitude of species on other planets, have reached a relational and technological level of evolution very superior to that of humans, even though they only have a collective survival. The individual survival, when it is at a clumsy beginning in a species, will manifest itself by what you call the law of each one for himself, the me first at the expense of others. But, it is still seen as a progress in the superior worlds. Some extra-terrestrial nations that are interested in your species, it is among other things, because of this particularity in you. I will come back on this last subject later. This principle of collective survival which is diffused in the whole animal kingdom of the universe inspired me for the title of this exposé: The eternity of each one is in the consciousness of everyone.

As for the individual survival or rather I should say the personal survival, it is then possible because of the fourth body. I say personal because the individual is defined by a container, a body, while the personality is defined by a content, the modified energy. So, the personality of an individual prolongs itself at the death of its first body because of its fourth one.

You should know however, that it is its fifth body (the amorous body for humans) that will play a role in the return of a personality in its preceding basic body (the physical body for humans). This is what you call reincarnation. It is once again the original movement of the universe that explains it; expansion, contraction, stop, recommencement. All life must start over this cycle of three time periods or die. The recommencement is inscribed in any rhythm that prolongs itself. Your heartbeat, your respiration, your days, your seasons, your years, etc. The fourth body guarantees the survival of the personality issued from the first stable body (physical body), but it is the fifth body that guarantees the survival of the personality of the second (the emotional body). If this fifth body has not yet reached its maturity to function or

even has only a primary evolution, the second body can't abandon definitively the universe of the physical body without threatening its own survival. So, a superior force will push it to reintegrate in a new physical body. This mechanism is not reflected, it is a fundamental principle and as such, it is automatic. It can be modified at will like your heartbeat or your respiration, but functions naturally without your conscious intervention. This superior force, it is the total and conscious entity to which you belong, that fills its empty spaces. Like yourselves, you renew constantly and unconsciously the cells of your physical body to remain whole, your superior self does as much.

As of now, you have to know that any individual still lives two thirds of his time in a body and another third without it before taking a new one (the three original times, expansion, contraction, rest). Which means for humans that they spend two thirds of their time in their physical world and then one third in the superior worlds before taking again a new physical body. This is the same rhythm as one of your days. Two thirds in your basic body, awakened, and one third in your second body while the first one is sleeping. These proportions, as for one day, vary sensibly from one life to the next, but are an average that we should not perturb too much in the long run, at the risk of an important imbalance.

Another important constancy is that each body has a life expectancy of one third more than the preceding one with the same cycle of two thirds of existence and one third of rest, of absence. This phenomenon is associated with the fact that each body is also one third bigger and one third more complex than the previous one. The scientific explanation could be resumed briefly by the fact that each round-trip cycle of the energy in an individual, which means from its centre to the periphery and from the periphery to its centre, has a duration proportional to the size of the envelope. The size of a body is due to the fact that the more the energy is dense, the more it tries to spread out and the more it is rarefied, the more it tries to concentrate itself. In other words, the more the bodies of an individual are solid, (concentrated), the smaller they are and the energy animated in them is rare. The reverse is also true. The beings of the light have bodies vast and dense in animated energy, but almost impalpable in matter.

All this to tell you that these variations of duration and size of each body bring some variants to the experience of each life. For a human, this expresses itself in a life with a basic physical body with two other vital bodies which can be the mental and the sentimental, because the emotional body is in a phase of dormancy. Can you imagine all the variations starting with the different life durations of the bodies? In certain lives, it is the emotions that we privilege; in one part of another life, it is the intellect that dominates, etc. It is for this reason that the fifth body is indispensable to the reincarnation, because it allows room to manoeuvre to be sure of always having three vital bodies in function.

This principle is more complex yet, because it includes the twelve great levels of frequencies of each body and their under-frequency. Therefore, as long as there is a basic body, there is rarely any complete stop of a subtle body, but only one part of its register.

In spite of that, there are some individual personalities, even in the superior worlds, which die definitively with any which ones of the combinations of the twelve bodies for not having known how to develop, simultaneously, at least five bodies, five levels of experience.

The sixth body, the conceptual body, might be embryonic, functional or in partial service depending on the individuals. The seventh body, the transcendental body, is rarely in service on earth, operational in the average and often embryonic. But these two last bodies are necessary even in a limited quantity and embryonic on your planet, because they stimulate the aspirations of the other bodies. A world, to be rich, must be able to make seven different bodies exist side by side in the interior of its population. Three plus four and this way be a source of rapid progress by its diversity. The eighth body, the universal body, is not desirable on earth because it makes the principles that rule the seven first bodies, fusion themselves in an entirety, threatening the individual perception of each one, therefore the reality itself of the physical body, the stable basis of your universe.

Each new body brings one more dimension, thus a richness of supplementary experiences for a total of seven fundamental dimensions. The twelve bodies are the basis of twelve universes that spread themselves through the super universe and overlap in multiple ways. The seven first bodies are present here, now, where you are. Any entity who elevates its register can become aware of them.

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I lived more than a hundred thousand years in constant transit between two worlds; travelling through time and space; trying to recover the past, to go beyond the future; setting back my boundaries up to integrating your own limits. The time of evolution of your solar system was trafficked and accelerated many times and this from 75 to 100 times its normal rhythm. This is what is interfering in the dating system of your scholars. But I don't want to contradict your actual scientists and for this reason, for the moment, you should put into parenthesis the mention of time.

Four times in the history of your system, the same hostile federation came back in charge, claiming back this territory including earth and its inhabitants. It did everything to take its possession. Each time, we had to fight to keep our rights. Entire cities with their population converted to the law of the strongest and preached their supremacy on the more pacific populations. It was the beginning of the reign of the invaders with their conquests, the subjection of the "feeble" This degenerated when the softies didn't want to curve the spine any longer. Then, from conflict to conflict, from conflict to war, from war to carnage, as a result this obliged us to pursue and destroy the initiators of this whirlwind of chaos.

After the first fifty thousand years, we had to admit that the whole of the operation on earth had failed. The humanoid race had lost its principal attribute that made it apt to develop and prolong a personal consciousness, thus to construct any form of civilization.

Then we accepted the offer of another extra-terrestrial race that wanted to settle on earth and take up the challenge of giving back to humans all of their original richness. In principle both parties had to reap some advantages from it. The invited race had the possibility to enrich of a few octaves its poor palette of frequencies. In return, it would teach the basis of a harmonious society which respects in some way the equilibrium between the individual liberties and the well-being of the collectivity. It resulted from this meeting, a great civilization which reigned during more than ten thousand years.

Two other races coming from the confines of our federation, made the same gesture and were at the origin of two other civilizations which prospered on earth. We accepted these exchanges in the measure that these races had the same profound values that we had. It is these four consecutive civilizations, including our own tentative that was coveted by the standard, that was preaching the individual liberty by the rebellion.

There was a heavy heritage of violence, destruction and chaos that haunted your whole solar system. Many of your planets were at the origin of many unfortunate disturbances in a distant past. The perturbations were settled in your system long before the earth was their last manifestation. Despite all the power and the technology that we possessed, even so we had some limits. Even if we could reorganize some worlds, we couldn't predict and plan everything concerning the repercussions of our actions. One part of the unforeseen was always possible.

Therefore, approximately fifty thousand years ago, the civilization created on the last extra-terrestrial contribution, also fell into decline. Despite these three happy cross-breeds, this part of the universe seemed subjected to a curse. A term not too scientific and unused in my mouth, but yet well human. The last humanoid representatives lost the faculty to prolong their individual consciousness beyond death and ended up by adopting the behaviour usually fallen to animals. Unable of any action exceeding the acceptable level of intelligence of a primate, they all had the good sides and the defects. This degeneration (in relation, of course to their original potential) reached its lowest level when the fratricidal wars, along with generalized cannibalism, settled themselves in permanence in their behaviour. These tendencies seemed irreversible.

The air still rarefied and saturated with the negative remains from the past infiltrated the heart of these beings, made them fall regularly in a barbarity worse each time. In those moments, we had to eliminate any trace of technology which could have been used to make negative gestures including their own massive destruction. We abandoned them in their state of survivance in leaving of course the bolts locked in them.

How to help, encourage growth while respecting the individuals and their liberty of choice? As a civilized race, you too are there also, at this same crossroads.

## EXPOSE 9 ALL THAT IS UP IS LIKE ALL THAT IS DOWN

Do you know that the universe is what we conceive it to be based on what we perceive it to be? In other words, that all is relative to our perception of the world. The five senses of the physical body of humans have a very precise range of perception of the exterior stimuli. And furthermore, for these stimuli to become coherent, they need to be interpreted which means compared to the information already stored in oneself. These interpretations or what I call these classified reactions, are your way to identify this unknown, the non-self. But your conception of the rest of universe is all personal and in perpetual evolution.

There are as many universes as there are personal perceptions of the non-self.

The more there is a number of individuals who perceive and conceive the exterior in the same way, the more this stabilizes this exterior and prolongs it in time. A reign, a species, an entity is a number of individuals who have the same perception of their scale of measure. More precisely, a reign is the precise combination of three bodies on the 36 possible bodies; one species is the combination of three sub-bodies on the 36 to 144 sub-bodies possible in each grand body and one individual is a combination of variations in the interior of a sub-body.

Let's come back to the different bodies and their universe. What reincarnates itself with the humans as with certain species, is the first energy that has the imprint of your personal characteristics which is attracted in a way that you would say instinctive toward a corresponding body. The correspondence really happens at the level of the imprint, like a form that can only enter in an identical reverse mold or slightly bigger; like your children's block games where we must associate a form to an empty similar space. Nothing is lost in the universe. An empty space left by a form must be filled with another form. In other words, a new body being born having precise characteristics, is an empty space that must be filled with the corresponding energy. I apologize, I often speak to you from my point of view, which is what corresponds to the reverse of your world (an opposite by the extreme distance that separates us). I call a form, the modified energy and an empty space, a body.

Sometimes, because of interference or imbalance of evolution between the bodies, some errors are possible, like the choice of a mold too big which brings the exaggerated dispersion of the energy in the body, therefore, of its general weakening. The contrary is also possible; the choice of a mold too small which brings the exaggerated compression of the energy in the body, therefore, of its general concentration. The choice of a mold too big is in general done by an ascendant being and the choice of a mold too small by a descendant being. These beings will have to come back in time, sooner or later, to choose a body more proportionate to their measure.

The equilibrium as aspiration is primordial. The three rhythms, to go toward the other, come back toward oneself, rest, are inevitable. To live in a body too big, with too many possibilities that we can't fill, is in the long run, detrimental to self-esteem. Too many means

and few talents to exercise! In return, a body too small, with too few possibilities, will exaggerate the perception of self, its importance while frustrating it. Too many talents and few means to exercise them!

This imbalance of the vessels too big or too small can be found at all levels of experiences. An emotion too big for your capacity, a gesture too small for your size and there it is, the consciousness that reappears. The consciousness is our multiple ephemeral envelopes, which constantly redefine themselves with the meeting of the self and the non-self. The proportions of one's envelopes are in perpetual search of balance in the present time. When there is an imbalance between the exterior pressure and the interior pressure, there is a readjustment. The consciousness is the constant restoration of a new balance between two different energies. Our consciousness always tells us if our actions, our words and our thoughts are in balance with our interior and our exterior. We can't lie to ourselves about ourselves, about our real measure, we can only ignore it.

This is why we shouldn't regret past actions if they were done with the consciousness of the moment. But our consciousness can tell us that to repeat the same gestures would be to regress, to become smaller, as it can suggest to us the gestures that would make us grow. To move forward, we need a time of imbalance, a time of readjustment, a time of balance and we start over again. All the great walkers know that.

In the expansion of the universe, earth is situated in periphery of its centre to the confines of the inhabitable worlds. Further away, there are the worlds in becoming, but maybe even further away there is the Other. But where the earth is located, the ambient energy is rare. Therefore, it tries to agglomerate, concentrate itself to create some entities whose densities, intensities and durations give very varied forms. The more the rarity of the ether that surround all things is great, the more the diversity of the entities is great. Their interrelations, their confrontations and the imbalances that this brings can be extreme. It is the rarity of the first energy that brings the great diversity of entities and behaviours.

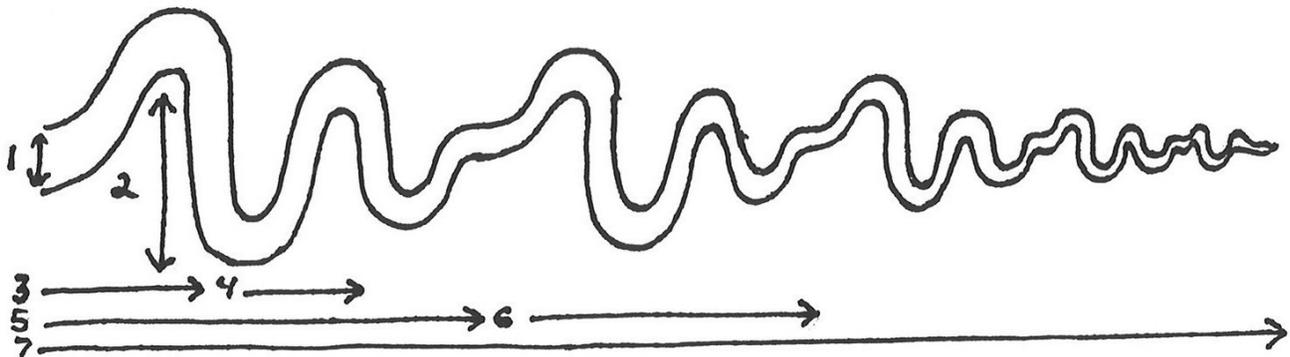
To better understand, let's take the opposite example. In the superior worlds, near the centre, the more the first energy is in abundance (dense), the less it allows a diversity of entities and behaviors, because the entities can only be more dense than the ambient density. A being less dense than its environment, it is a minus, an empty space that fills itself immediately. It is for this reason that the earth supports a great variety of forms of life with power struggles that can be very disturbing. This observation includes all the different bodies which also have a very large palette of behaviours. In the superior worlds, the variations are more restraint, but more intense and the harmony is greater.

So here is a new observation but which is very old in your beliefs. You say that the more God is absent, the more there is a diversity of lives with extreme behaviours and with violent confrontations. The contrary is also true in the superior worlds. The harmony between the beings is tributary to the density of the ambient energy, therefore, to the presence of God.

Do you understand why you can't access too rapidly to subtler worlds or live alongside very evolved beings. As an entity, you would be of less energetic density, an immediate attraction for any dense energy and you would instantly be filled, but at the expense of your

survival, your consciousness, because your lesser space being filled would no longer exist. You would be destroyed by dispersion in the ambient space. The content of an envelope must always be at least slightly more dense than its environment to be aware of its existence. The opposite is impossible, except in the anti-matter.

Let's come back to the principle of reincarnation. Each of the twelve known bodies is the seat of a stable universe, on which a structured life elaborates itself around principles proper to that universe. Each body gives a dimension to our perceptions. If you function with three basic bodies, you respectively function with the depth, the height and the width. A fourth body gives the time. A fifth gives the variations. A sixth, the constancy. A seventh, the transcendence. And this, whatever the sequence of the bodies being used is. So there is really seven possible dimensions related to the seven bodies that it is possible to have at the same time. However, there is a total of twelve universes that are possible here, now, but having different frequencies. It is like your multiple bodies that are imbricated one into the other and are simply different registers of frequencies which go from the lowest to the most elevated of the same energy.



1. Depth 2. height 3. width 4. time 5. variation 6. constancy 7. transcendence

In other words, there is only one glorious body that is divided, for form's sake, in twelve levels of frequencies. It is the progressive elevation of your vibratory level that makes you abandon the lower registers of vibration, the one of your physical body among others.

The elevation of the vibratory levels of the body and of the evolution by the same fact, is due to a principle rather complex, but here is a basic definition. The round trip of the energy in a body, between its centre and its periphery, brings it to assimilate some exterior information as being part of oneself and makes the bodies literally grow. But this round-trip, the further away it is because of the expansion of the bodies, the more it creates an elevated amplitude. You can compare this to a resonant wave on an oscillograph. The more the wave goes up high and descends low starting at its centre, the more the frequencies become intense. The intensity will accelerate the speed of the round-trip; the duration of a cycle always faster and faster. In corporal language, the round-trip of the internal energy, therefore, makes the bodies grow with the stimulation of consciousness in periphery of the envelope. This stimulation of consciousness with the bigger and bigger amplitude of the bodies, will intensify, become more intense and by the fact itself, accelerate the speed of the stimulations of consciousness. The rapidity always greater of the stimulations of consciousness, is in oneself an elevation of the vibratory levels of the bodies, an evolution.

This elevation of the vibratory level brings the crystallized energy that composes the bodies, to dissolve and go back to its original movement, therefore, to activate and densify itself. The density of the energy in the bodies is inversely proportional to the density of the body itself. This phenomenon is natural and automatic. With the development of the sixth body, the conceptual body, we understand the mechanisms of this function and we can start to voluntarily control and accelerate this process.

On the whole, to understand the phenomenon of the evolution of the bodies, at first we need to consider the three basic manifestations of the primordial energy. Its density will situate the bodies in space; the more it is dense, the more the bodies are near the centre of the universe, what we call the fixed paradise. Its intensity will define the size of the bodies in space; the more it is intense, the more the bodies will deploy themselves in space, what we call the expansion of the consciousness. The duration will define the frequency of the bodies in space; the more it is short, the more the bodies are subtler in space, what we call the parallel worlds.

When by your vibratory elevation, natural or voluntary, you relieve yourself of your last physical body and the cycle of reincarnation in the matter, you enter in the stable world of the emotions. With your emotional body that has become your new basic body, you go deeply into its universe while developing your other superior bodies. Now you understand that each body belongs to a stable universe which serves as a solid base for the beings that live in that universe. But it is necessary to have reached a high level of stability with one's emotional bodies, for them to become the basic reference of the universe. I well said them in plural, because as I have already mentioned, they too are also ephemeral and must be renewed, bringing a new cycle of reincarnations in the world of the emotions. The evolution in this world demands from the being who lives here, to have also three basic bodies essential for his conscious existence, a fourth body to prolong himself between two emotional bodies, etc. Each world follows the same fundamental rules.

Certain beings are born, become aware at different levels of the twelve worlds and go back up to the fixed centre without knowing, in their great cycle, the inferior worlds. What you call the angels, the archangels and their multiple variations, are born at a vibratory stage that identifies them to you already as realized entities. In fact, it is the opposite. They are pure and innocent, sign of their short range of experiences, because they haven't known the extremes of your world. For most of them, they are born in the fifth world, the amorous world and some species, in the sentimental world. Therefore, they can't guide you in your actions because in general, they don't understand your motivations. But they are always of even mood, obliging and well intentioned for certain tasks. They are mainly guardians, life protectors or messengers, mediators between the beings. To invoke them, it is simply necessary to leave one's emotional world and elevate oneself to their level of comprehension, the one of the noble sentiments and unselfish love. So if your intentions are at that level, they will help you. Maybe their next grand cycles will bring them in more austere regions where maybe, they will become some of those fallen angels like those who have influenced the earth a long time ago. To go to the confines of the universe is not a downfall, but a mark of bravery that is respected and honored in the superior worlds. I will come back later on these fallen angels to whom I believe I am part of, according to your criterias.

Humans oscillate in their conceptions of the superior worlds between two extremes. Some imagine them as more and more ethereal as far as becoming only pure light, which comes back to say impalpable, almost unreal, for someone who has a dense body. This vision makes them afraid to lose all that is dear to them on earth. Others describe them with their multitudes of living beings in some gardens, some cities, who are keeping busy with gratifying tasks, which comes back to say, the same as in our world, but in superlative. This vision makes them afraid to continue indefinitely what bores them on earth. In the other worlds, do we keep our five senses or do we lose all points of reference? Both visions are just, because a human can only imagine what is included in the universe. But the transition between the worlds is imperceptible because it is gradual. Where the highest level of a world ends, the lowest level of the other will start. Twelve main levels divide each world. Because of your different bodies, you can live alongside up to seven worlds at a time.

Then, don't be surprised if after your physical death, you believe you are still very alive in a world very real, because your physical world is your basic stability, but you are already living in at least four other worlds (emotional, mental, sentimental and amorous) and these worlds tinge, more than you think, your perception of your physical world.

It is not by the hundreds, but by the thousands that the universes superpose themselves in the same place here, now. Actually, you receive at your residence with the intermediary of a cable relatively small, many hundreds of universes which appear on your television screen. You don't seem surprised that they don't get all mixed up in the wire nor in the receptor. Let's go further in my comparison. Many among yourselves are talking to another person on wireless phones, while millions of others around you are doing the same gesture. You don't seem surprised that you are not picking up interferences, like the conversation of an inopportune individual or worse, some intelligible sounds. Then, why is it so difficult for you to conceive many worlds which cohabit in the same space without one interfering with the other and which ignore each other most to the time?

You can perceive up to seven worlds, seven variations at the same time with your seven bodies, but the range of frequencies spreads itself almost to the infinite in the two opposite directions. Your own material planet, of which many believe the humans are the only consciousness, is filled with forms of life that perceive it from their own points of view. At the moment that an individual has three bodies, there is consciousness. Their different bodies will be explained later. Each time that an entirety of lives has a perception and a common conception of its environment, this personalized perception stabilizes itself and becomes a basic reference to its universe.

In your physical world alone, thousands of life forms exist side by side without perceiving each other, or else get a glimpse of one another without understanding each other. It has been only a few years since you have invented some devices that allow you to enlarge the range of perception of your senses and to observe some forms of lives unknown to you up till then. You have done it especially in the infinitely small. You still have to discover the infinitely big, not as a dead matter but alive. For a microscopic flea, you are a planet. For the earth, who are you?

The scale of sizes, time and vibratory levels are our main obstacles between each other.

The ants live in your universe and you are aware of them because you perceive their small forms and their fast actions. They are still in your scale of perception. But in the universe of ants, how are you perceived? Aren't you not only a somber calamity that veils the sky periodically and announces a possible destruction, unpredictable and inexplicable according to their knowledge?

You believe that the rocks, the minerals are in your universe? Not really, you only perceive their very slow exterior manifestation of a very rich life in the interior which vibrates at an entirely other scale. To know the palpable life of the rocks, it would be necessary to slow down your rhythm and convert your seconds into years. From their side, most of the rocks don't believe in your existence and consider you as a myth, because only the bigger ones and the more clairvoyant ones among them are aware of you, this entity febrile and terribly ephemeral. There are so few humans who remain seated more than ten years on the same rock, to allow it to get a glimpse of you.

Nature is filled with elemental beings issued from the plant kingdom, which prolong its essence. Not to be confused with the egregors. They are the guardians and the stimulators of the new generations of plants. They are the remains of a form of intelligence of the anti-world. (I will come back later with a brief description of the anti-world). They are badly understood by you and go unseen by the majority of humans. Their vibratory frequencies are below your lowest perceptible frequencies. They perceive you in an episodic manner, like an evanescent form, when you show love toward nature, therefore, toward them.

The egregors are entities issued from the common energy of a whole, belonging to any one of the twelve universes. As an example, the emotions of fear, the thoughts of joy, the feelings of hatred, the concepts of purity etc. can form some egregors, some autonomous entities but stripped of consciousness. They are the different emanations of the individuals who can attract each other mutually if they vibrate at the same diapason, according to the law of correspondences; by agglutinating themselves they can grow to become an imposing form, even colossal, especially in the places where they are produced in great number. It is these masses of vibrant energy produced by a species of entity, that construct and prolong their reality by sending back to them an image of themselves at the scale of their whole universe.

In a more complex explanation, all the emanations of our bodies spread themselves around us, thus in our other subtler and always vaster bodies. Going beyond our envelopes, they will end up, some time or other, by coming back toward the source that emitted them. If the body that has created them no longer exists, it is then that they try to unite themselves to their like to prolong themselves. One single body or two bodies linked together, which subside without the contribution of a third body that was giving them the consciousness, doesn't evolve any more, it is them that we call elementals. At the death of these bodies, the simple elements that compound them, separate themselves and try to unite themselves to their like to prolong their life, and it is these agglomerations that we call the egregors. They are in oneself the energetic remains of the bodies that are not prolonged in a consciousness; or the beginnings of new bodies still not associated at least to another one to give a consciousness. They influence our life by their company nonetheless. All that we emit comes back to us and they are involuntarily responsible for it.

In the superior worlds, we manage to be able to voluntarily attract the egregors toward oneself to create any primary form, going from some object up to a state of being. Only a very evolved being, understanding the great mechanisms of the universe and in respecting the Divine order, can create starting from these egregors, an elemental or even a conscious life.

Any universe is stable and lasts in its form only by its perception by one individual or many at the same time. But we must also take into consideration the different universes that superpose themselves. Like the individual is conscious because of his three first bodies, most of the universes have three dimensions, three bodies, but rarely more than that. Their three bodies are generally successive starting with one basic body which can be any of the twelve. This statement reveals to us that the matter itself of which a universe is made, is conscious. Your planet earth is a conscious entity whose third body is the physical body, therefore, the mineral kingdom is its nicest success.

We perceive, at first, the universe of the other lives through our basic body and with its limits. Even if we study these other individuals in all their characteristics and their different manifestations, this remains only superficial knowledge of the other. Only the use of our other more refined bodies, imprinted with the reciprocal worlds, allows us to know the other in depth, to integrate one's knowledge to the point of being able to identify oneself with him. It is for that reason that many species have a hard time to imagine the inferior or superior worlds, because they only get to know them exteriorly and with their limited and biased perceptions of only one body.

Many humans only believe in the solid chair on which they are sitting, and the table that resists the force of a thump of their fist. They do not doubt their reality for one second. But many feel uneasy with the emotions, the thoughts, the feelings, so unseizable. A few even find them an organic origin and limit them to that. For the beings who live in the emotional world with their emotional bodies, the emotions are the basis on which are built all things. When they sit down on an emotional chair and give an emotional thump with their fist on an emotional table, their table resists as much to their emotion than your material table resists to the force of your fist in your material world. An armchair of light for a being of light is very comfortable and supports him very well. These examples alone should make you understand the richness and the reality of these worlds for those who inhabit them.

The matter with which is made each one of your bodies, gives it some senses apt to perceive the same matter around it. A conceptual basic body evolves in a conceptual world where some concepts are perceived as the fundamental reality. This reality which would seem inconceivable for an entity living in a physical basic body is, nevertheless, a pleasant universe and full of wonders. I stay there regularly, especially between two amorous bodies. There, we essentially live alongside entities that have relieved themselves of any complex and useless behaviour. They have preserved what is primordial in all things. They understand the principles, the concepts that are at the source and govern the whole universe. Their residences, their gardens, their cities, their regions are made of these essential elements organized in a refined world and rich in sensations.

Everything is a question of frequency and perception. A simple observer only sees a few nuances of green in the foliage of a tree, while a painter sees at least tens of nuances and

maybe more. The refining of the senses in the superior worlds doesn't bring its impoverishment, but the opposite. Except that the delicate nuances might seem superfluous, even impossible to someone who sees everything only in black and white.

The superior worlds are not at best a copy of your world, which would be for some the reflection of a lack of imagination of the humans and the proof of its non-existence. But on the contrary, it is your world that is influenced by the superior worlds. The worlds more dense in energy spread themselves automatically in the worlds less dense in energy. The dense energy spreads around itself in accelerating. The rare energy concentrates on itself by crystallizing. The density of the energy is inversely proportionate to the density of the matter. Therefore, the interior worlds are made of crystallized energy more dense with a level of vibrant energy more rare. Therefore, they are more unrefined and impoverished in nuance and in subtlety. By elevating ourselves in the superior worlds, we discover that the five senses of the physical body are limited and fixed in relation to their potentials in the superior worlds.

Earth is an all recent creation in periphery of a centre. The rarity of the first energy doesn't allow for now, to access a more elevated level of evolution. Its geographic situation in space, between the central light and the obscurity of the confines, gives it a very precise register of evolution. The palette of the behaviours of humans is governed by all the emanations originating from the heavenly bodies and the egregors that circle their planet. In other words, your planet is a live and conscious organism that evolves at its own rythm, made from the meeting between the sum of the emanations coming from the exterior and the sum of the emanations coming from its interior.

For their evolution, humans are dependent of the planet earth, of its position in space and of the sum of all the lives that make its totality. Earth evolves at its own rythm, made from the whole of lives that compose it and of its interrelation with the rest of the universe. It can only support a vibratory register very precise which means that no matter what humans do, their evolution is tributary and limited by this register. If your type of spirit incarnated here, it is because its level of evolution corresponds to the one of the place. It won't be able to hope to surpass the limited vibratory level of the earth without giving in counterpart a heavy tribute. Earth will be one day an idyllic place when it also will have decided to cross over the steps that will bring it closer to the centre.

In the meantime, your role is to be in harmony with its entirety. What role do you believe you are playing on earth? An entity that contributes to its balance or a chaotic cell that threatens its survival? You are only responsible for yourself. But of how many parts of yourself can you let go without threatening your life? How many cancerous cells can you tolerate without your organism declining? So you are not responsible for the earth, but the responsibility toward yourself makes all the difference.

There is the natural evolution and the voluntary one of the beings who have decided so. When this process is set in motion we can make our habitat progress, but at the price of a concensus, of an intimate relation between oneself and one's parts, between oneself and the whole. The situation and the characteristics of an heavenly body in space are made from the perceptions common to all forms of life that live in it and define the boundaries, which limit the evolution of each individual. We can't suppress one part of this entirety without threatening

one's own survival. We can't go beyond these planetary limits without having to help the evolution of the entirety in return. To elevate ourselves, we have to relieve ourselves of our overflow.

In the worlds immediately above you, there is still some structures, some organisms which regulate the life of its inhabitants. There, we find all kinds of sceneries, houses, cities where beings are busy with tasks similar to yours and who still have their reasons to exist. Since the contrasts of all kinds become less, all the time that was dedicated to regulate them on earth is now used for other ends. The beings who were the settlers of conflicts in your world, become enlightened helpers for all those who are searching for harmony, light in their new world. Each world is divided in twelve levels which means that the lowest level is very near the world beneath and the highest level very near the world above. But the levels are symbolic because everything happens here. There is a real elevation, meaning toward the sky, only at the threshold of the third world. Therefore, it is the mental universe that sets in motion a beginning of ascent for you.

In the superior worlds, the relations simplify, harmonize themselves by living alongside beings that are more and more similar. In living more and more experiences in a multitude of lives, we develop a personality more and more complex and vaster. But as rich as we become, nevertheless, we recognize in the other the same amount of richness, because our true heritage is not made from a store of events or knowledge, but of deep feelings which animated us in the circumstances. The more we elevate ourselves, the more we are searching for the essential, what unites us to the others, but our personality unique to each one of us is not any less. We are always impassioned by the discovery of the diversity of the universe, but with elevation, we are more and more searching for the primordial principles that govern the whole and which conceal themselves behind each manifestation of life. We are moved by our own enthusiasm and we progress incessantly in a state of serenity always more and more intense.

In the superior worlds, we enjoy all the pleasures dear to humans and the occupations that give a meaning to life. Their manifestations become refined with the refinement of the senses and gain in nature of plenitude.

It has to be understood that the difficulties that you might have in your relations with others are necessary for you. They are even created by you to stimulate yourself. Without these extreme stimulations, many among you would stagnate on the spot, doing the same gestures over and over again without going deeper into them, nor surpassing them. On earth, the jails, the ordeals, form beings who are thirsty for freedom and understanding and when these obstacles are overcome, they have formed beings who voluntarily continue to open barriers, always searching for a greater inner peace. The day when the mechanism of the permanent evolution is engaged, these beings can aspire to a better world; a world where the source of progress is no longer the suffering or the acute awareness of one's helplessness, but the joy exalted with each progress, the peace profoundly felt with each stimulation of consciousness.

Are you part of those who progress in sorrow or those who progress in joy? Your answer indicates your future path if you are ready for a superior universe. In the meantime, it is here, now that your becoming is building itself.

To better understand yourself, it is indispensable that you should know your origin, your history as a species and this through my own experience.

During the period of the highs and the lows of the first race implanted on earth, I also lived alongside beings who existed on the other planets and who were submitted to vibratory perturbations. It had become difficult for myself not to be affected by what all these races had to endure. I had developed a privileged contact with the inhabitants of Venus, who were very near my original vibrations and my states of being. When I still had to come to your world for short periods, it was on Venus that I resided. Its proximity from the sun and its marvelous inhabitants suited me better. Our good understanding, with time, made us decide in a common accord, to make another bright gesture. To sow the earth with a new race of humanoids more performing yet than the first one which already dated back to more than one hundred thousand.

This new race possessed the most sophisticated attributes of that period and a potential unequalled. But it was virgin, which means still in a course of experimentation in our research centres. It was brought from our mother planet to Venus, the best place to acclimatize it to your system. Afterward, it was lightly modified to suit the conditions of the earth. This happened approximately thirty-five thousand years ago.

It might be difficult for you to hear me talk this way about your direct ancestors. I am talking about them like an experimental creation made by us in an artificial context, and you can't help but compare this to your own laboratory races. But the reference stops there, in the measure that we have a high respect for any form of life. The fact that you have been elaborated and raised under our tutelage doesn't debase you in any way. The non consent is the only thing to proscribe. The servitude which brings some benefits to two protagonists is a happy marriage. Ask your domestic animals what they have lost and gained by associating with you. If they tell you that they have gained more in relation to what they have lost, then I say bravo to you!

We don't traffic life without its consent.

Can you experience what we feel as sadness and desolation in front of so many humans who make fun of or despise all forms of life that they don't understand? There is also all those who are simply indifferent in front of all those works of art created by our greatest artists, only to develop in themselves the consciousness of beauty and harmony. We also have created you as works of art of great perfection. You were part of the new stage that the universe was waiting for. If you only knew the colossal potential that is locked in you!

All my efforts and personal engagement in this project brought me to affectingly get closer to your world. Even to the point of deciding, thirty-five thousand years ago to lower my vibratory level to be able to incarnate myself in a solid body, and thus be able to come on this young planet that had become a kind of provisional colony.

To spread themselves in the distant worlds in relation to the central source, the conscious entities like me have to contract onto themselves to solidify, and thus not to disperse

themselves in the rarefied air. Like when in your respiration, you expire by contracting yourselves and expelling the overflow of air. It is the same in the different bodies that become more and more dense in crystallized energy and poor in animated energy. The more the envelopes are set, the more they are insensitive to the vibrations, but the more they are resistant to the dispersion of the internal energy. We can also compare this to the reaction of your physical body to the extreme cold. Your body contracts itself automatically bringing back toward itself its warmth and by compacting it, avoids its dispersion too rapidly. It is a mechanism of automatic survival, but which can be modified at will. With the solidification of the bodies, the vibratory level lowers itself, slows down automatically. But it is impossible to lose the experiences of our superior bodies; these bodies simply fall in dormancy. They are no longer apt to function, because the level of sensibility of their senses is beyond what it is possible to capture in the new environment. Like your other lives in dormancy, it remains just the same that their store of experiences are present in you and can wake up at any moment in case of need.

When we finally arrived on earth in a mother ship more than thirty-five thousand years ago, we counted approximately two thousand twenty-five beings on board including my crew. We settled ourselves in a small region on an island in the south centre of the Atlantic. We had chosen that location, because we knew already that the place would be submerged in water some fifteen thousand years later. At that time, your earth had retained a weakness due to its displacement of orbit provoked by the arrival of Venus. At every fifteen to twenty thousand years, its fragile axle would move provoking catastrophes, drastic changes, bringing some readjustments to the entire chain of life. We could have corrected this little problem earlier. But it was agreed that this cyclic sweeping was serving our interests by putting to the test the resistance of our transplantations and the natural elimination of our blunders. Therefore, it was decided with the accord of my superiors, that we had approximately fifteen thousand years to accomplish this project successfully.

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## EXPOSE 10

### ALL IS A PERPETUAL SEARCH OF BALANCE

Do you know that the personal being is the perpetual encounter of the individual and the common to all? The expansion of the being in all directions is not a figure of style, but very well the concretion of the expansion of the consciousness. If you were made only to move forward, you would have a sensitive skin only on the front of your body, but your skin gives you a peripheral sensation of the universe. You can feel what is behind you, but your eyes are fixed ahead of you. You can turn around if it is necessary, but three of your senses, the sight, the smell, and the taste are turned toward the future, your hearing on both sides and only the touch goes all the way around. This should indicate to you the priorities. The wish to know, understand and integrate in oneself comes from a constant stimulus of your physical envelope.

Your different bodies, with their elevations, possess senses that are more and more refined and which by their refinement define their own universe. Their development brings them to be more and more peripheral and inclusive. Your five senses are associated more or less to your five basic bodies, but there are really seven senses associated to the seven dimensions or seven potential bodies. By order of evolution, these seven senses would be the touch, the taste, the smell, the sight, the hearing and two unknown, the anticipation and the purification. Each series of seven bodies simultaneously possible on the range of vibrations, have their seven senses developed in the same order and the seven dimensions as well. But all these bodies receive waves of energy particular to each one that either rebound on the exterior, either pass through them or either stay captive in the interior.

Don't forget that starting from your basic body (the physical body for you), each new body deploys itself about one third bigger than the preceding one and in certain circumstances, up to three times bigger. Our basic body is the most fixed one at the level of its dimension, but every other body following is more and more in a swaying movement and according to the stimulus, the excitement unpleasant or pleasant coming from the interior or the exterior, can contract or spread itself. Therefore, some currents of energy might be perceived at a good distance and affect us well before they are densified in our physical reality. These currents bring imbalances between the energies of the interior of ourselves and the one from the exterior. It is always this constant imbalance that creates the consciousness; the consciousness between the self and the non-self; the consciousness of the existence itself.

The sixth sense brings us to have a presentiment, to guess by intuition, by deduction what is preparing, densifying itself around us. It is the anticipation of the becoming, the maximum extension of our senses to pick up a vaster reality. The seventh sense brings us to strip things of their ephemeral containers to only keep the essential. It is to immediately perceive the essence behind the forms; to bring out the primordial by purification.

We can associate, for general understanding, the four great categories of the seven manifestations of the first energy. It is the order of their creation, but each one can be present in the seven others. This progressive sequence can start from any basic body belonging to the 36 possible universes and climb again in the direction of the evolution of the entity. More

simply said, each new body added to the basic body gives one more cause, one more effect, one more sense and one more dimension.

CAUSE	EFFECT	SENSE	DIMENSION
DENSITY	ACTION	TOUCH	DEPTH
INTENSITY	REACTION	TASTE	WIDTH
DURATION	OBSERVATION	SMELL	HEIGHT
RYTHM	REFLECTION	SIGHT	TIME
VARIABLE	COMPREHENSION	HEARING	VARIATION
PERMANENCE	SIMPLIFICATION	ANTICIPATION	CONSTANCY
ESSENCE	ESSENTIAL	PURIFICATION	TRANSCENDENCE

In general, it is the energies less dense, inferior, that rebound on your envelopes and affect you for only the time of the encounter (the collision). Don't forget that the dense energy tends to spread itself in the energy less dense by the principle of the communicating vessels, to find a common balance for the two energies. But beware, is the content of your envelope really harmonious in the union of all its parts? Because this energy that hits you and which seems inferior on the whole, can find a breach and fill a space in you that is inferior to it, meaning less dense to one of its particularities.

How many times are we shaken and then affected by what seemed to no longer reach us, to be settled in us? We can't lie to ourselves about our real interior balance. What throws us out of balance is a conscious sign that there is in us a lack, an empty space to fill. Everything happens between two entities that mutually fill each other. The parts of each one that are more dense, fill and balance themselves with the less dense parts of the other. If you don't know fear, it will be given to you by another who will fill your empty space with his opposite. When you will have integrated all these facets in you, in some way neutralized fear in its imbalance, you will be aware of its force but will maintain it in balance in you.

You can if you consciously want to, go through the other when you feel that there is a space to fill. You do it, because yourself you have an overflow of this energy and without its sharing, you feel saturated and even overflowing. If you have an overflow of joy for what it is possible to have in your immediate environment, you will try to transfer it in a deep mold, its reverse. Then, you will be attracted by its opposite, an individual whose sadness is unbalanced, overflowing in him. You will mutually fill each other until you reach a balance in your respective vessels. This happens at all levels of all possible bodies and most of the time without the knowledge of the beings implicated, at least in your reality.

When an energy more dense passes through you, it can't leave any trace of its passage if your energy less dense is balanced in the entirety. But the slightest imbalance, a particular deficiency in oneself, can attract and trap a portion of the energy more dense. This energy will create a tension in you. In trying to balance itself again, to spread itself in its new environment, it will provoke a stimulation of consciousness. The consciousness, born of this imbalance, will force you to find a new readjustment between the inside and the outside.

We are in unstable balance, in permanence pushed by some internal energies in expansion and some external energies, which maintain us within some limits. The energies more dense tend to spread themselves until they reach a level of balance with their environment, then, they tend to contract on themselves. Having reached a certain point of concentration, they try to spread themselves again. It is a constant come and go between our fixed centre and our periphery that redefines our dimensions in permanence. Your heart and your lungs, essential for your survival, can testify to it.

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When I say that I incarnated in a dense form and came on earth thirty-five thousand years ago, it is not totally right. I fractioned my consciousness to inhabit, mold many corporal forms at the same time (simultaneously). My consciousness is too vast to be confined in only one body like yours. It is only a particle of my totality that expresses itself in the interior of a body or if you prefer, my totality that manifests itself through many beings at once.

The evolution of a being brings him to become more and more complex, rich in experiences, vast in knowledge, thus to develop a multitude of facets. Each one of these facets corresponds to a greater conclusion, a life as an example. In the direction of your evolution, you are going toward the fusion between yourselves to form some entities with multiple facets. But the beings who descend from the superior worlds do not have any other choice than to fraction themselves in a number of individuals more and more growing. The more we descend your evolutive scale, the more the diminution of the facets of each being that we find, demands it. Are you starting to understand my complex universe that I am trying to simplify for you?

Therefore, when I arrived on earth in my principal form, I was coming as a leader mandated to reign and advise this young colony. At first, I had three garden-cities built, of which the vaster one, the one where I resided, contained our research and development centres. I was accompanied by a spouse and a group of collaborators who were close to me. Each member of this principal nucleus of approximately thirty individuals possessed a body more or less physical according to your criterias and quasi indestructible, which means that they could renew themselves at will and so were little alterable by the exterior aggressions. That didn't stop us from deciding to reproduce ourselves, with the goal to engender a progeny of entities apt to govern the other secondary kingdoms in the course of elaboration. We wanted to transmit to as many descendants as possible, the qualities inherited from our ancestors, in the hope that in turn they would also propagate them.

The race that we had brought with us had an immense potential beyond our own capacities. But for the moment, it was only a potential still not revealed. Their body had the aptitude to perpetuate itself from approximately seven hundred to one thousand years. But this hope of life was voluntarily cut short after a few centuries at approximately three hundred years. The quick deterioration of the components of the bodies brought a lack of flexibility, a reduced mobility over a long period of their life. Despite our efforts, the environment was imposing its rules.

On the lands adjoining our cities, we were teaching to this virgin race, how to provide for their own needs. We wouldn't always be there! Self-sufficiency was an essential condition imposed by our superiors. Fifteen thousand years should have been long enough to spread this race to the four corners of the planet. One of my first decisions was to order the clean-up of the earth and of all these elements that could impede this success.

The first race implanted two hundred thousand years ago, had in great part degenerated and one faction had become violent and cannibal, therefore, a threat to the new race. Despite these morphologic similitudes between the two, they were genetically incompatible and therefore, if there was union, could only engender some aberrations. I had to order some genocides of entire population and the one of certain races of animals dangerous also for my new race, pacific and innocent of dangers. We had some "arms" that could target the specific frequency of a simple individual, of a species or of a great collectivity and decompose it by bringing it back to its elementary components without making it suffer in any way and without affecting the rest of the environment.

So many decisions, so many responsibilities and how me alone, I had to take charge of these actions. I did it to the best of my knowledge, although with the regret of not having tried everything to avoid these massacres. I could have made preventive deportation, but the continuity of their vibrations in the atmosphere was not desirable. But I also believe that my judgment so sure before, was starting to be affected.

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Your natural cycle on earth is that at first you have to make a gesture. This action will bring you some sensations which will transform themselves into emotions in you. This reaction will bring you to classify these emotions which will become thoughts. This observation will bring you to prolong these thoughts into sentiments. This reflection will bring you to extend your sentiments into love. Meaning in the understanding of the situation. The situation will bring you to make new gestures more conscious. And the cycle starts all over again. This cycle is essential to the understanding of your complete being. It is issued from the progressive sequence of your five bodies.

The three basic principles of movement of the universe are expansion, contraction, stop. They are the three essential elements that have given the consciousness and that we find in each of the three basic bodies under the form of action, reaction and observation; the stop being the rest between two manifestations. But each extra new body adds a nuance to the triangle. The fourth prolongs the observation in reflection. The fifth prolongs the reflection in understanding. For those who are interested, the sixth prolongs the understanding in simplification and the seventh prolongs the simplification in essential.

To simplify it all, each body derives from another one more dense in matter or the reverse, each body prolongs itself in another subtler one. The progression of each one in relation to the other has given a series of behaviours always subtler. Let's take your five bodies that most humans possess. The physical body gives the sensations (action), the emotional body gives the emotions (reaction), the mental body gives the thoughts, (observation), the sentimental body gives the sentiments (reflection), the amorous body gives love

(understanding). This is the order in which any manifestation of the being should unfold; from the more dense body to the subtler body. If you displace one of the elements from this natural chronology, you interfere in the process of evolution. An example among others; if you make an emotion precede a sensation, you will taint its perception; if you reflect on the gesture that you are about to make, you take away its content of a new experience. What I am saying seems unconsidered and it 's true (joke).

Nothing new gets accomplished by reflecting on it.

A gesture must be spontaneous and rest on our total understanding of the past. Love is the most beautiful example. It is a force coming from our individual heritage, that pushes us toward the other without reflection. If we lock it in some reasonable and calculated limits, it loses its spontaneity, thus the power to make us experience vaster. Love is the only force that can make even the most egocentric beings evolve. We should also avoid the thoughts that provoke some emotions, anticipate the sensations of a gesture, etc. This might seem strange to you, all these remarks, but they are justly understood in the superior worlds. Only the beings who have reached a certain level of evolution can manipulate and reverse this process to accelerate the natural evolution in a beneficial personal revolution. Also, don't forget that the beings in provenance from the spheres above and who incarnate in the spheres below completely reverse the process.

Your whole being is made up of sensitive experiences which provoke a range of emotions in you. These emotions, prolonged by the mental, transform themselves into reflections, in thoughts-conclusions. These prolonged thoughts become sentiments, states of being that create the permanence of the personality. These four basic elements in the order; sensation, emotion, thought, sentiment create the four basic bodies necessary for the survival of the personality. It is also our sentiments, the crystallization of our thoughts, our emotions, that create our universe. A universe is made up of sensations common to all, personalized through the reactions of each individual.

The ascensional beings must respect the order of evolution of the bodies and strengthen the experiences of the one body on the body that precedes it in density.

Therefore, a sentiment which is a profound reflection must always derive from a thought, which is a profound observation that must derive from an emotion, which is a profound reaction that must derive from a sensation, which is a profound action that must derive from the whole of sentiments that form the personality of the being. If your fifth body, the body of love, is sufficiently developed, you can include it in this endless cycle. Then the sixth, the body of concepts, then the seventh, the body of the transcendence. We simply have to respect the evolutive order, because any behaviour which is not based on some solid anterior foundations is a source of false identities for oneself and for the other.

I repeat it, this progression used either partially or completely; the action, the reaction, the observation, the reflection, the comprehension, the simplification and the essential, can have as a starting base any one of the twelve bodies and the twelve universes that are associated to them. And if your vision is vaster, imagine the thirty-six possible bodies with their universe whether it is here, in paradise or in the anti-world.

At one time, the Earth was a true paradise at the human scale. The luxuriance of life under all its forms and the harmony between them had been well dosed by us in its first version. But at my official arrival on earth, many defects had proliferated and modified its aspect. I had a certain control on the quality of life near the cities. But the more we got away from the centres, the more it became impoverished. I built seven other research and development centres in seven different places of the planet susceptible to engender some autonomous civilizations.

Some tentatives were made also to reeducate the remains of the first race that had received three times the contribution of exteriors races. This entreprise gave a few results; some populations more pacific, better organized; capable to cultivate the land, weave the fibres, modulate the clay, build more solid houses; having more respectful relations between them, somewhat the rough draft of a civilization! For the moment, a companionship too intimate between the two races was not allowed. The interracial couplings were strictly prohibited and the nonconformists severely punished.

All this colossal work seemed to bring only minimal results. To preserve a race intact was one thing. To make it develop itself was another. Maybe, I didn't trust my entourage enough. I left little initiative out of my control. My mandate was clear. A last tentative of fifteen thousand years, no more, and after we repack everything, we erase the traces of our passage and we let nature do its thing. At that time, my world of origin was recovering slowly from the shock, already dating back one hundred sixty-five years ago. It finally could count the victories over the fatalities. The worst had passed.

What I can tell you is that all this work was done because I believed that we could create here a better world equal to our world. But my mistake, it is to have believed that we could change the immutable data of the universe, create an advanced world in one part of the universe that still wasn't ready for this evolutive leap. My planet of origin had done it with the concensus of all its members. But all the same, it was paying the heavy tribute today. Wanting to change the rules of the game without the consent of all the protagonists, including the consciousness of the planet, the solar system and why not God himself, was vowed to failure. Could it be possible that I was also contaminated by this feverish pride, believing myself to be better than all those who preceded me? Oh yes! I learned all I could learn from this part of the universe to the point of being sneakingly submitted to its influence and be part of it against my will. I have known and experienced what I believed I would never have to know. I did worse than those whom I considered backwards, barbaric. But I had all the necessary intelligence to justify myself. I have descended into this world to elevate it, and it is me who lowered myself more.

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To come back to my exposé, the human being that we are manifests himself mainly by his thoughts, his words and his actions. These three manifestations must be in constant harmony and reflect the best in ourselves. An elevated thought is a meditation. An elevated word is a prayer. An elevated action is a ritual. All our daily thoughts, words and actions are important in the eyes of the eternal. They should always be realized in a sacred optic which means with all the awareness, the profundity of the intention.

In order to have creation, progress, expansion, these three manifestations, thought, word and action, must each contain three elements. Only the number three is a guarantee of change. In these three manifestations of the being, what is common to all must be combined to what is proper to the individual to create what is personal. Only what is personal is source of evolution. The meeting of the thoughts common to all with the individual thoughts creates the personal thoughts (meditation). The meeting of the words common to all with the individual words creates the personal words (prayers). The meeting of the actions common to all with the individual actions creates the personal actions (rituals). Without this constant meeting, there is stagnation of the individual or the universe.

The earthlings often confuse what is individual with what is personal and in their quest to resemble the supreme being from whom they are part of, they try to get rid as much of their individuality, their ego than of their personality, their consciousness. The personality of each one is the greatest richness in the eyes of the Divine. At the risk of repeating myself, God became conscious because of the interreactions of his parts between each other. It is the same for you. You are conscious only because of the reactions provoked on each one of your cells of external and internal sensations. You redefine yourself incessantly by these constant cellular reactions that reach you through currents spread out throughout your entire being. For your other bodies less dense, we don't talk anymore of cells but particles.

Therefore, God redefines himself incessantly thanks to our internal reactions provoked by external sensations. Our individuality issued from our actions leaves him indifferent, but our personality issued from our reactions touches him very closely. I will come back on this strange reflection. For now, you should know that the difference between the individual and the personal is subtle. We have to be a sage or a fool to demarcate them well. In general, we can say that the individual is made of reactions and raw emotions, consequence of exterior stimuli. The personal is made of emotions and reflections, results of internal stirring.

At times I am sorry to often bring back to you the evolution of the being to some principles that seem mechanical and stripped of sensitive quality. But it is to make you understand that behind the most complex manifestations of life, there is some natural elementary mechanisms. Which doesn't take away the pleasure to find them at all levels of evolution with the refinements that this implicates. This search for simplicity behind the complexity is the main motivation of the sixth body, the conceptual body, the one that is my actual field of exploration.

Concretely, to transform, improve, make the being that we are grow and his life in rebound, it is necessary, first of all, to know that you only have the power to act in the now. We can only transfigure our past in the present. We can only illuminate our future in the present. The past and the future are reflections of our consciousness in the eternal present. The past, like a mirror, is a projection in the intensity of our experiences of what shapes us and tints our actual life and can be changed at each moment. The future, like a mirror, is a projection in the intensity of our potentials of what shapes us and tints our actual life and can be changed at each moment.

Another stage of the evolution is to examine our thoughts, our words and our actions. For that we have to reverse the process described earlier. The one that a body, to evolve, must lean naturally on the stability of the body that precedes it.

Therefore, in your case, it is necessary to start by examining your thoughts, become aware of the content of each one and of the whole which forms your mental body. The only way to become an objective observer of oneself is to study the self starting from a superior body. The following body, thus the sentimental body is sufficient. Each one of your thoughts which succeed each other in a certain rhythm, underlies a hidden emotion which comes from your inferior body, the emotional body, and can be identified. If the emotion is clarified, it reveals that it is a reaction to a sensation experienced by the physical body, a lower level. This going back from the observer in a superior body, to the one to which belongs the element to be observed, is the guarantee of the acute awareness of the element and of its transcendence.

For a given period, the systematic observation of each thought, the understanding of its reason of being, brings an awareness, a reactualization in its pertinence for your evolution. Many of your thoughts are naturally issued from the present moment and are ephemeral with a limited impact on us. But the ones that manifest themselves repeatedly, often under the form of reflections on oneself or the universe, must be observed from a more elevated viewpoint. Because these thoughts are the threads that weave the background canvas of your universe and redefine your personality in permanence. The universe is what we think of it.

If you examine your thoughts from a more elevated viewpoint, your amorous or even your conceptual body, you can renew them at your convenience, in contact with these bodies, insufflate in them a greater span. The thoughts, from whatever nature they might be, have their own lives and come back to us like anything that emanates from us. The universe that surrounds us is continually tinted with our emanations.

It might be difficult sometimes to neutralize the thoughts that keep us from progressing, and even make us regress in some lesser states. An efficient way to do it, is to meditate on their opposite. A thought of helplessness, frustration or depreciation which is a crystallization due to many emotions felt during repetitive situations, can only be dislodged at first by the identification of its source and understand if its source is always existing or if it belongs to the past. If it is always present, we must understand why it is still influencing us and what it has to teach us in the immediate time. We must give back the just proportions to the situations. To drop a glass of water and break it by inadvertence doesn't make us a total imbecile and for eternity. To put back the proportions to their just value. What is just in our thoughts and what is exaggerated in relation to the context? What in the past made you get used to perceive yourselves and perceive the world in an exaggerated, amplified manner in one way or the other? To remedy the situation, only the opposite can balance again this imbalance. If you have targeted diminishing thoughts, don't try to deny them, they would indirectly influence you, more sneakily. But it is in meditating on their opposite value that a solution is found.

As an example, it would be to take the time, if you have as an handicap a lack of self-esteem, to fill your mental of opposite value like the one of strength, courage, good will, neutral encouragements. Not in murmuring to oneself "I am good, I am courageous, I am

strong” which would be lying to oneself and create a bigger internal imbalance, but by simply evoking these opposite qualities, the opposite egregors that could fill this opposite void in us. To pronounce during times of rest, before going to sleep or awaking, some impersonal words of love, willingness, success, abundance, serenity, illumination inexorably attract these manifestations in your lives.

We are made from the sum of our thoughts. You decide as of now, which ones will be the most numerous in you and will weigh the heaviest in the balance.

Afterwards, it is the observation of your words, the prolonging of your thoughts that is done at a higher level, because if the thoughts belong to the mental body, surely the word is associated to the sentimental body, the expression of your heritage from the first four bodies. It is for this reason that you have the language the most complex of all the species on earth. The beginnings of the language start with the reactions of the emotional body, structure themselves with the observations from the mental body and become reflections with the sentimental body, etc. Therefore, it is in the body of love, the connection with the other that we can better observe our words and their impacts. If our thoughts define us as individual consciousness, our words define us as collective consciousness. Many of the words are ephemeral and seem to reflect a sentiment of the moment. But be attentive because the sentiments are always the durable prolonging of thoughts, which themselves prolong some emotions, which themselves prolong some sensations. It is not asked of you to control your words nor your thoughts at the source. But to observe them to bring to light their content. This actualizes them in their essence and gives you the choice to repeat them or to stop them knowingly.

Wanting to cancel a behaviour by its prohibition, it is simply to believe that ignoring it will make it disappear. Ignorance never brings the elevation of consciousness.

It might be difficult sometimes to differentiate the words that make us regress or make the others regress from the words that make us progress. But from the more elevated viewpoint of the amorous body, seat of the comprehension, there is no ambiguity. Do our words serve us to come closer, to unite us with others or on the contrary, to keep us distant, to separate us? Are our words some exaggerated limits that restrain our progress and elevate some barriers between us and the others or if on the contrary, they stimulate our evolution and build bridges between the individuals? Do we generally talk to make ourselves smaller and make the others smaller or the other way, to grow or make the others grow? We can't retract a spoken word, nor fall silent forever to avoid the blunders. But when we go back to the source of a word that has particularly struck us by its negative impact on us or on the other and that we decode its reason, we can start to manifest its opposite.

What would you like to hear from the mouth of the others? Be consciously honest and start as of now, to say it to the others. You can express to yourself and to others, comments that can disturb, unbalance, but if it is done to improve the understanding and solidify the bonds between the individuals, this is natural. But always remember that if you have enough saliva to criticize, you must also have enough saliva to compliment. If you pay attention to what makes you feel good with the others and express it, if you are aware of all the pleasant stimulations that come from your surroundings and express it in words, this prolongs and

densifies them in your life. Your words can become constant prayers that grant your wishes, those of your near relations, and tend to build a harmony of the entirety.

Finally, it is your actions that you must observe. They are associated to the amorous body, because they are a gesture toward oneself or toward the other, the rest of the universe. We can only examine our actions objectively starting from the sixth body, the one of the concepts, the principles that govern the universe. To bring in evidence their hidden root, we have to do in reverse the cycle that an action derives from a sentiment, derives from a thought, derives from an emotion, derives from a sensation. If your sixth body or even your fifth body is not very developed, you can ask the help of the corresponding body belonging to your supreme being, your superior self. The heritage of the vaster bodies can be accessible to us at all time. We only have to believe in it and establish the contact. There is always a greater consciousness associated to each one of our bodies in which it influences a movement to a certain degree.

It might be difficult sometimes to look at ourselves and the way we act, and to discern our actions that make us advance in relation to the ones that make us stagnate or even regress. To know the profound motivations, to understand the essence to better see the intention behind a gesture, is sometimes vital. But it is not at the beginning of the cycle, before the gesture that we must reflect, but at the end of it, in its consequences on one's life and the life of others. Whatever we may think of it, to reflect too much before making a gesture is to limit that gesture and to haze its primary pulsations. It is difficult to understand, but a reflected gesture is not a source of discovery, but a repetition of *déjà vu*. A new gesture must rest on the whole of reflections deriving from the past gestures and not be controlled by the emotions, the thoughts, the sentiments laying on this gesture. Whatever happens, the discovery of the unknown, the vaster fields, is primordial to evolution. The only rule to respect is that this gesture doesn't cause a regression serious to oneself or to another being.

Do your actions really reflect yourselves? Do your different bodies harmonize themselves in this intention? Are the enthusiasm and the deep satisfaction present in this action? Like a sacred ritual, are your gestures a constant tribute to the life expressed through you? In this continual dance, you can celebrate your unique grandeur while respecting the ballet of the ensemble.

I repeat that to examine our thoughts, our words and our actions by actualizing them in our consciousness to attempt to transform them, should not be a sort of control to better compress them in the unconsciousness, and this way be influenced in an even more insidious manner. A sincere desire for progress goes through the calling in question and in depth of these three elements fundamental to the expression of life.

The acute awareness of one's own limits is in oneself a first step to go beyond those same limits.

What do you think about yourself, the others, your past, your present, your future? Do your words reflect the best part of you? Are your actions always filled with benevolence, respect and love? Are the three in symbiosis like their respective bodies? Elevate your thoughts so they become a constant positive meditation. Elevate your words so they become

prayers edifying for yourself and the others. Elevate your actions so they become sacred rituals to the glory of your Divine self.

Everything we do deserves to be well done. There is nothing profane. All is spiritual, because it all derives from the Divine essence. The more we are aware of each of our manifestations, the more we modify them, and thereby transform our present which reflects itself in our past and our future.

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To come back to my story, that last tentative to elevate the consciousness of the earth no longer had its urgent side nor its absolute necessity. I was very proud and I was still dreaming of rebuilding, me alone, our past glory. How terribly individualist and arrogant I was becoming!

Seven civilizations took their flight under our offices. They were supposed to blossom slowly by separating themselves from the mother country. When finally came the hour to pack my bags, I didn't have the strength, nor the capacity to set off again. My vibratory level lowered over a long period didn't want to elevate itself any more. There were only a few companions who were able to make the return trip when the mother vessel appeared.

Yet, at my arrival fifteen thousand years earlier, I only had to stretch out, rest a little bit to regenerate my body entirely. After approximately five thousand years, the first signs of dysfunction appeared, forcing me to use some devices reactivating the vibrations and stimulating the cells. I had to use them more and more often and regularly to maintain my body alive. Then came the time, approximately seven thousand years after my arrival, that it was no longer possible. My consciousness was so vast that I decided to prolong myself through the bodies of my own children, guaranteeing to myself an intact memory. At that stage, I was no longer an immortal God like my brothers of light who inspired fear and veneration, but a simple giant like those who populate your legends.

Incarnated in a body more and more solid and more and more ephemeral, I was only the size of one meter to one and a half meter more than the average human to impose respect. But even with a body of this size, I had to let go of so many powers, that I was perceiving it as an impediment. Perhaps, it was what hurt me the most. To be so vast, so rich in experiences and to be reduced to function in bodies so gross with restrained senses, with means of expression so primitive. Can you imagine for a second your consciousness locked in the body of a mouse?

Implacably, time did again its work. Three thousand years later, I started to lose the conscious memory through the changes of bodies. During one period, I used a stimulator of memory to accelerate the learning. But came the inexorable period of amnesia of the beginning of life. When came the moment to put an end to this adventure, my being had been captured by the aura of the earth and made prisoner.

When came the time to make us forget; to erase our most evident traces, it had become impossible for me, even with all my willpower, to set off again toward my planet of origin. I agreed to take refuge with a group of faithful in Egypt waiting for the predicted deluge.

One of the imbalances of your period is that you are bombarded more than necessary with information, news, sometimes happy, often unhappy, by all your media of communication. You are kept informed of everything that is happening in the four corners of your planet. Your senses are crammed to the extreme, without having the time to follow the natural cycle of assimilation. This cycle is that a sensation brings an emotion which in turn transforms itself in thought, then in sentiment. Our sentiments are the solid base which brings us to react by posing gestures to adapt ourselves to the stimuli or transform them. To have so much sensitive and emotional provocation, only the sentiments of powerlessness, of frustration perpetuate themselves in you.

You are living a transitory period where your ways of communication inform you close to the minute of the state of your planet, but the tools to intervene and interact are not running well yet. In order not to feel depressed facing your lack of power on your environment, you have to be selective in what reaches your senses. You have to accept a certain quantity of information, of stimuli, then stop when your basic equilibrium is threatened. You must respect the three elementary times which are a time toward the other, a time toward oneself, a time of rest.

You can't help anybody if your internal equilibrium is in constant confusion. That one part of you be unbalanced in contact with the exterior is inevitable and source of discovery, but a major imbalance of your totality is not desirable in the name of mutual help. You should privilege the information on which you can interact concretely and thereby, progress by a constant restoration of a new balance.

A life entirely turned toward the others or entirely toward oneself are two excesses which some time or other, or one life or other, will have to be balanced with an opposite life. Three times, three equal measures. Without this rhythm of action, reaction, rest, there is no evolution. You can give of yourself to others an entire life, but surely your next life, you will live it entirely centered on yourself. If you skip your time of rest for an entire life, surely you will spend an entire other life in idleness. It is impossible to escape from these three cycles on a long term at the risk of a serious imbalance which will bring its new balance by its opposite. This, by the principle that a rarity in oneself always ends up filling itself by the expansion of what is more dense. A density of generosity too big toward the others creates an imbalance with its counterpart, egoism, and the moment will come where the generosity toward oneself will be unavoidable.

This constant restoration of a new balance of the opposites is found everywhere and at all levels of the universe. In the superior worlds, we learn to respect these three primordial movements. Also, there is a time to think, reflect, a time to talk, exchange and a time to act, concretize.

In the process of evolution, starting with the acquisition of the fourth body, there is a will to prolong certain states and to make certain others stop. The more there are bodies that add to each other, the more the force to voluntarily take in charge one's evolution is felt. We come to understand the basic mechanisms that govern the evolution and to stimulate them by one's own means. Thereby, we accelerate the process which in normal time progresses

according to its own rhythm. Reincarnation, which is one of these natural processes that brings a personalized energy to automatically integrate in an envelope corresponding to its vibratory level, might be consciously directed. As for many humans on earth, it is often the circumstances that impose the different relations, the diverse professions and the palette of the experiences of each one. We can progressively take control of one's own destiny and make choices knowingly.

The more the being evolves in superior states, the more his life builds itself at each present instant. His past only exists in the contemplation of his experiences and the future only exists in the contemplation of his becoming. He has learned to master his emanations not at the source, but in his exterior manifestations. His karma annuls itself and he can at each instant redefine himself eternally.

## EXPOSE 11

### ONLY THE ALL CAN KNOW IT ALL

Do you know that God resembles you? Often you like to give God a personality which contains all the superlative qualities that you would like to possess yourselves, or at least appreciate on the others. And you are right to do so because you are, as well as all living beings, the personality of God. Without all of you, God is impersonal because he is unconscious of himself. When you give him extreme characteristics, as much toward the negative than the positive, it is yourselves that you position in relation with your own beacons, your own aspirations.

To become Divine, it is not to lose one's personality. In general, humans are afraid to lose their identity, either in melting in their God that they perceive as pure light; or either in becoming a simple copy of a personal God with super qualities. We oscillate between being one and unconscious or multiple and conscious.

The uniformity of the members of your religious groups, imposed by their leaders, creates a spiritual stagnation. In the name of common beliefs, we engender on unique beings, torments and inner anguish. In the name of an ideal that should only be an indication of a possible becoming, we infringe guilt on individuals who do not have the actual capacities to reach it. And the religious thinkers themselves display an impersonal front image at the cost of repelling their true personality that ends up coming out in opposite fits of anger. The most evident example is your sexuality which, when it is condemned, repressed or falsely sublimed in the name of a life code falsely virtuous, resurfaces sooner or later in regressive behaviour, obsessive or masochist. Rare are those who can transform the sexual energy in an elevation of spirit. It has to be a natural desire and not an imposed constraint.

The richness, the heritage of experiences of each one is essential as much as the richness, the experiences of a community. The civilizations, the periods oscillate between these two opposite poles, sometimes tipping up in the extremes. Each life in us enriches the being that we are with its particularities and yet, together they form a whole united by its essence common to all. It is not the individual who perpetuates himself, nor the empires that endure, but the personal consciousness issued from the meeting of the individual and the society.

All complex beings are an entity and at the same time, a collective. You are an individual and an entirety. Both are ephemeral. It is their interrelations that can be durable. Your personal consciousness is made of perpetual reactions between what you feel in provenance of each one of your particles and defining your "we" and the contact with the other entities defining your "I". You are aware of your existence because you constantly react to the external stimuli versus the internal stimuli. What might seem strange to you, it is not the forms of life which exist side by side, nor even the vibrations which meet each other that are durable, but the frictions that this provokes and which create some sparkles of consciousness.

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To continue my story, the first important catastrophe after my arrival on earth took place approximately twenty thousand years ago. It devastated the coasts of Europe, one part of the Mediterranean, in short everything that bordered the oceans at the East. Our island lost two thirds of its surface which sank in the ocean. Entire populations which didn't want to follow us in our immigration toward Egypt, were sacrificed. Then, the small part of survivors from the tidal wave degenerated rapidly, having only some remnants left of our reassuring technology. Without the knowledge of its functioning, it was useless and could only engender superstitions.

I had brought with me a great part of our technology and our ancestral knowledge. Nonetheless, we lost contact with the other six birthplaces of civilization, which from cities centres had spread slowly in territories and then in vast empires. Each one took its destiny in hand. Our technology in Egypt only functioned for the time of a few centuries. Its utilization, its repair, its nourishment, finally all the knowledge that was necessary for it, got lost in our descendants. Despite the fact that at the beginning we were visited regularly by our celestial brothers, it was always for short periods, the time to give us a hand was very limited and sanctioned by some superior authorities. It was only to keep an appearance of contact, a drop of hope in this sea of obscurantism.

So through many generations, I led the civilization that you delimit today to Egypt, but which at that time spread itself on a vaster territory. Simultaneously, I also contributed to the soaring of a civilization in Australia and another one that covered one part of India and China. My multiple facets deployed themselves through hundreds of individuals whose vaster consciousness occupied some key posts. As long as I incarnated myself in my own descendants, that preserved my genetic heritage. The custom of the lineage of your leaders was at first a promise of the safeguard of the superior consciousness. But it became with time an aberration, putting some average consciousness, even corrupted, in some important positions of management. After Egypt, it was Indonesia, the most prosperous civilization, eighteen thousand years ago. It is unnecessary for me to relate to you each one of my lives with their shares of exploits and errors. With time, I have known and lived the entire possible range of experiences that is given to a human to live on earth. From a dignitary to an adviser, from a servant to a slave, from a man of all trades to a sluggard, from a soldier to a coward, all that you can imagine, I experienced it.

I learned to restrain myself and to be content with what I had. Resignation, abdication, acceptance, we can give it the name we want. To swim counter-current, maintain the internal revolt in permanence, only made me to be more winded and reduce my reserves of energy. I had to learn to survive in all the conditions possible and I became, despite myself, an earthling like the others.

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The rythm of life takes all its meaning because death exists. This time of stop is vital, if I can use this play on words. The consciousness is not a continuous phenomenon, but a rythm in three times like all the rest. Only its accelerated rythm gives the illusion of continuity, but it is a rapid sequence of stimulations of consciousness, each one being a going outward, a return, a stop. An outward journey in periphery of oneself to perceive the rest of the universe,

a return toward one's central self to see and readjust oneself and a stop in oneself to forget the self in a perfect balance; two times for the stimulation of consciousness and one time of unconsciousness. Death, at the biggest scale, is this third time. The prolonging of life or death indefinitely as you conceive it, is impossible because it is not inscribed in the rhythm itself of all things. There must be a constant metamorphosis to provoke, stimulate the consciousness. At the moment that a state of balance prolongs itself in exaggeration, the lack of stimulation inevitably brings back the unconsciousness.

Death can be experienced at any moment whenever there is no more stimulation of the consciousness. When we are no longer stimulated by the exterior which redefines us incessantly, we lose the notion of ourselves and we forget ourselves. Death is a momentary forgetting through a balance between the inside and the outside. But death, as you conceive it on earth at the end of a life, is a momentary forgetting of a physical reality to better rediscover it. It is a stop on oneself before setting off again to the discovery of a vaster universe. It is a time of unconsciousness between two physical bodies, between two stimulations of consciousness of the material universe, but because of your other bodies and their own rhythms of consciousness, your journey continues.

Only the very immature or strongly perturbed subtle bodies might make death to be traumatizing.

Each body adds one more dimension. With the multiplication of bodies, we have the multiplication of the dimensions. Starting with the second body, we can perceive other lives on the course of time; in general three other bodies that are intimately connected to our present life. The third body triples this perception and give us the possibility to include up to nine lives. The fourth body up to twenty-seven. The fifth body up to eighty-one. These are approximative. The development of the other bodies, the sixth and the seventh follows the same multiplication by three. The development of an eighth body is impossible. But the development of the eighth body by the definitive abandonment of the first one can still multiply by three the preceding number giving a possible total of two thousand, one hundred and eighty-seven lives. I leave you to do the calculation of the superior bodies.

It is for that reason that the physical body only has consciousness of one life, but because of our other bodies, we can progressively connect ourselves with other lives; at first, perceived in a linear way in successive lives, then parallel in simultaneous lives, then finally spread in expansive lives. Therefore, it is our other subtler bodies that link us to other lives and their store of experiences. Our physical body gives us our basic identity and excludes the memories of another body. But our emotional body, then mental etc. puts us in contact with the emotions, the thoughts, the sentiments deriving from other lives.

The personal heritage of each life experienced will enrich the total being to whom it belongs and will give it a consciousness always vaster. The multiple talents realized by each of its personalities will make of him a being more and more complex, possessing a big palette of possibilities. If God is pure light, any form of life can only make him see that his essence, decomposed through this multitude of prisms, inevitably becomes multicolored. In growing to his image, each individual incorporates to his personality a fan of colors that is larger and larger and richer and richer in nuances.

Therefore, we should not be afraid to melt in the Divine. The experience is ultimately possible as you can imagine it, but the essential remains. And your personality is essential to God for the comprehension of his internal universe. You should not confound personality and individuality. The personal being is the eternal encounter between the individual and the common to all. A being rich internally, with multiple facets and talents, will appear without precise character for the one who has developed up to there only a few facets and talents. Unless this rich being only shows voluntarily a limited aspect of himself in order to be accessible to the other. Nonetheless, he will only be perceived under an angle unveiling an incomplete personality, even unbalanced. The whole being able to be perceived only by an entity similar with the same dimensions.

Like God might appear to you as being hazy, because he is not only a simple human personality even made of your superlatives. But he is the sum of all of them that you bring to him. A being with relations all nuanced in subtlety will appear bland, impersonal to the one who functions on simple registers like, I adore, I hate or I ignore. These three modes are used too often to express one's feelings toward God. It is preferable that you give him your superlatives, because it is a way to give yourselves some beacons, some guidance marks for your own evolution. It is for that reason that God, on the whole, is what you make of him.

Those who unite themselves intimately with a vaster God, whatever the definition that they gave him is, branch themselves to a superior consciousness. This way they can transcend their daily reality and open themselves up to sensitive experiences which would not be accessible to them in any other way. But we might also identify ourselves to some Gods who preach sectarianism or discriminations of all sorts. The federations, which I have already talked about, which are based on individualism and power struggles, form some complete entities. An entity or a God is a group of unities ruled by common interests. I repeat, the Gods are our superlatives in every way. And we invoke the ones whose characteristics are our own reflection in inordinate proportion. For what reason would some beings do some extreme actions, if it isn't because they are moved by a force that is beyond them? Up to you to choose under which influences you want to evolve. The ones that make you grow and unite with others or those that lessen and isolate you from the others.

All life is unique. You are all unique. This is the most marvelous creation of God without him knowing it. You are not so at birth, you become unique by yourself with the meeting of your individuality with the universe that is around you. Without these two components there is only unconscious individuals or an impersonal universe. The first essence was also unique at first but unconscious, without personality. Its encounter with itself, this shock which gave it the multiple individual forms, created the potential of interrelations, therefore of the creation of the personal evolutive experience. You are a richness without end for the Divine essence. The unique Divine, by fractioning himself in a multitude of forms of life, has nonetheless transmitted to each one of them its primary quality to be unique. There is not a fraction small enough to no longer have this first quality.

Each and everyone of us, we oscillate between our individualization and our identification to the universe that we are exploring. The two extremes are not desirable in the measure that they are poor creators of new realities. We create our world each day, each second. There is nothing immutable, only a provisional stability issued from perceptions common to all. The

extremes are like a pendulum which having reached a certain distance from its centre can only come back toward itself to explore in reverse direction the same opposite distance. After many round trips in the opposite directions, it tends to stabilize itself in its centre. Any individual who goes too far in one direction will end up, sooner or later, meeting its opposite and will have to interact with it; two forces in opposition. To the weak, it is a pebble that obstructs his path, to the hero, it is a dragon.

Any extreme hides its opposite.

The true force of the evolved being is to have assimilated in him his two opposite elements. The true bravery is to have known all forms of fear and to have neutralized them in oneself. See in front of you your opposites, your enemies, as the only ones who can reveal to yourselves your true personality and if there is in you one doubt on your identity, be assured that they will fill it. In the superior worlds, we explain this with the phenomenon that a charge of energy too dense (concentrated) or too rarefied (dispersed) can either spread itself or get replenished to regain a balance with its environment.

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Through the centuries, there were always some episodic contacts with our brothers from above. Sometimes, they were bringing me news from the mother country. But me I was pinned down here and I had to do my best with some means which were becoming inexorably impoverished. The splendor of our garden-cities were only distant memory. They had made room for buildings more and more rudimentary.

The building of the pyramids was one of our last successes before totally losing our superhuman capacities. They were erected approximately eight thousand years ago with the goal of stabilizing the axle and the rotation of the earth and for a long time. There were only approximately a few millenniums left before the next great imbalance. In our eyes, this event was no longer necessary. The role of those gigantic constructions was always to attract and concentrate a flow of energy big enough to penetrate into some vital arteries of the planet, and to insufflate a sufficient force for its balance. Therefore, the locations were chosen on some neuralgic points of the great energetic currents of the earth. To preserve the ultimate magnetic power of the stone, entire mountains were cut into pieces and reassembled in the same order in the chosen location. The transportation of the pieces of this immense puzzle was done by magnetic repulsion, this faculty to push away any object by synchronizing its precise opposite polarity. We received the help from above to build other pyramids in four other locations on the planet. Their powers were increased by a casing with double facing capable of attracting and preserving the energy. It is a pity that this envelope, having the power to focalize the energy deep into the veins of the earth, was looted to serve, among other things, in making futile jewelry. The artistic creation which underlines only the vanity of its owners to the detriment of the resources, of the life, of equity between the beings should not be the pride of a nation. Because of that, those energetic centres have lost a lot of their efficacy. Which is what you will officially know in about ten thousand years.

The pyramids with levels, which were built by certain nations, are clumsy reproductions of our garden-cities abandoned by us. The greatest ones were realized by some nations still possessing the formula of the magnetic repulsion.

With the unrelenting passage of time, my faculties humanized themselves completely to leave me with only some scraps of memories. These sparks of consciousness were giving me a glimpse of the possibilities that I could no longer realize for want of means. What is the use to constantly imagine great projects impossible to concretize? I was often taken for an inoffensive fool or a dangerous illuminate. I might have preferred to become amnesic for good. I even wished for my whole entity to be annulled, my eternity included. Where can the discouragement bring us to? It was difficult for me to love life on earth because my memory of before, even hazy, was provoking in me a very strong nostalgia. Could I forget completely a grandiose period where everything was possible?

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Let's come back to my vaster knowledge. Everything is an only one and same original energy modified. If you learn to manipulate and control this energy, you can transform everything and create everything in you and around you. The first step is to accept this principle that everything is made of particularized energy, including your physical body and all solid things around you. The houses, the furniture, the objects, etc. are inanimate because they only have one body, but it is the same energy that composes them like all forms of life possessing three bodies. The second step, it is to understand that the original Divine energy particularizes itself starting with seven interferences, seven principles that modify it. They have been enumerated in the preceding pages as causes. Here they are again: the density, the intensity, the duration, the rythm, the variable, the permanence, the essence. If you learn to control these seven essential alterations, you can become creators of universes.

The simplest, it is to start with the first, the density. Any living body like yours is covered with a field of energy which, in general, penetrates through the inferior limbs, runs along the spinal column, spreads itself in the entire organism and comes out through the superior limbs to spread itself around the body under the form of a cocoon, to repenetrates at the base. This forms a closed energetic circuit that functions automatically like respiration which is involuntary, but that we can modify at will. This current of energy can be amplified by the emotional imagination and mental concentration. We can, at first, increase its quantity in our organism. Under the form of current, of column, of river or rain, it can concentrate, densify itself in us to the point of creating strong tensions, vibrations which spread themselves in waves in the whole body. This captive Divine energy will try to take some expansion by filling the spaces less dense in you. Then a new balance will settle itself between your parts. The more your body gets used to contain a greater quantity of energy, the more this energy transmutes your body in a more refined body, because, I repeat it to you, the density of the energy is reversely proportional to the density of the matter. In this progression, we have to learn to control the dosages of density and their repartition in the being. This allows to heal one's body and to prevent the future undesirable imbalances. The density creates the basic matters, the forms of the bodies.

The second manifestation, the intensity, is a little bit subtler. It concerns its force of frequency, its amplitude. Compared to an oscillation, it goes from a little distance starting from its centre up to a large distance before stopping. This allows, if it is small, a softer and local influence or if it is larger, stronger and total. It is the density of the energy diminished or amplified in its force of action. This allows to reinforce one part of one's body, to calm one part that is overly energized and even to create a field of energy of a great strength around oneself. The intensity creates the emanations and the dimensions of the bodies.

The third manifestation, the duration, concerns the space of the frequency produced by the time that a pulsion lasts. It is the sonorous range going from deep to sharp giving the register of the different threads from which the matter is weaved. In controlling this sonorous register, we can play with the fluidity to the solidity of the matter. This allows to reconstruct in one's body an ailing damaged organ and even resculpture one's entire anatomy. The duration creates the range and the nuances of the bodies.

The fourth manifestation, the rythm, concerns the speed to which a pulsion, a frequency comes back, like the cycle of the hearbeat. It is the number of pulsations in one given time that creates the continuity, the weaving of the matter. In controlling this register, we play with the different textures including their colors and their thicknesses. This allows to reproduce, in depth, the fineness of things in three dimensions and even to create what doesn't have a model at the origin. The rythm creates the repetitive motives and their arrangement in the bodies.

The fifth manifestation, the variable, concerns the multiple variations of frequencies included in one entity alone; how to elaborate and create one complex thing starting with the first energy and for this to form an unified totality. This allows to create, in a more and more diversified way, any possible form. The variable creates the different facets and their interrelations in each body.

The sixth manifestation, the permanence, concerns the longevity of the complex entirety of frequencies. It is its constancy, its stability in time and space. This allows to make our creation permanent. The permanence creates the balances and the continuities of the bodies.

The seventh manifestation, the essence, concerns the essential, the reason to be from this creation. It is its function, its basic role. For a form of life, this is what animates it, gives it its consciousness and its place in the universe. Only the help of some very elevated entities can insufflate life in a form entirely new and conceived starting only from this primordial energy. This allows to create a form that has a durable sense or a life that has the consciousness to exist. The essence creates the complete autonomies and the possible evolutions of the bodies.

I am not saying anymore on the creative potential of this Divine energy. It is only a very brief glimpse of a science that we acquire in the superior worlds. When it is well understood in its totality, it allows the creation of any form of life. This exposé only had for goal to open your spirit in a vaster way and to let you get a glimpse of the future potentials.

If you would succeed at experimenting the first manifestations of the energy to improve your general balance, your health, your inner strength and even to materialize what is necessary to your well-being and your evolution, I would be happy.

This book is dedicated to the origin of all things and doesn't try to go deeply into one in particular, but nothing here is treated in a superficial or questionable way. I am too proud to imagine for one second living in the shame of having induced you in error. I like to make fun of myself when I find that I am too serious.

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Through history, those who like me know your origins, have almost all attempted to accelerate your evolution, your awareness. But the planification of these tentatives had to remain secret between the chosen ones. There was long discussions between those who were in favor that you would keep your innocence, in keeping quiet the secret of your roots and those who were in favor that we would instruct you rapidly on your potential by revealing your true role. There were some divergences of opinions, some confrontations, even some internal battles ! We had become what was exasperating us in your world. I was part of those who imposed the hiding of the truth to better control your destiny. It was not evident to put into your hands some information that could make all the experiences crumble. To instruct you gradually seemed safer to me. And anyway, the episodic visit of instructors to enlighten the nations was giving results more than ephemeral. The collective memory was keeping only little remembrance of it.

All these prophets, these messengers from heaven, these great talkers who have come to give us hope again, to make us dream for a time and then afterwards, have left us in greater distress! I have believed in many prophets; from Melchisedech to Isaac, from Samual to Jeremy, from Moses to Jesus-Christ. There I might be going a little too far, but I am trying to restore for you my emotions of that period that are no longer those of today.

When the entity called Christ finally manifested itself in all consciousness through the body of Jesus, it was to announce the opening of a lock that was keeping the fifth body, the one of love from manifesting itself completely. Before him, the personal survival through the bodies had been lost and was reserved only to those who deserved it by their sustained efforts. The fourth body, that most humans of the period had, guaranteed a certain prolonging after the death of the physical body. But many died definitively of a second death in the world of emotions. Christ has allowed, thanks to his intervention, for the majority of humans, even for the most humble, to have a personal survival.

It is for that reason that he was considered like a savior of souls, like the one who erased the debt of our past errors. But to my great regret, he still wouldn't bring the re-opening of the passages, some access roads between our two worlds. "His kingdom wasn't here" like he was saying. Too bad that his mandate wasn't to stay and establish a great civilization. It wasn't for lack of having tried everything to convince him. It seems that we had to elevate ourselves on our own to be worthy of admission in the federation. One way to tell us gently good-bye, see you again. Which of course made me despair another two thousand years. How many bolts have to be unlocked for us to finally be a splendid race?

To the great ones, a lot is expected from them; and to those who fail, we take everything away from them. I believe I lost everything; my strength, my powers, my self-confidence, my pride, my lightness in being. My back stooped, I wandered through thousand lives. I cried billions of tears. I implored heaven to forgive my errors as many times that I have contemplated it. I demanded my return at the shortest notices. But at the end, I would always remain alone, haunted by some regrets, some whys without answer. To be human, it is to have thousands of questions and one revelation every two thousand years.

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My brothers, who are listening to me, I want to bring you a little bit of light, a little bit of my love, a little bit of my hopes. The universe is so vast, almost to the infinity. But we believe, my friends and I, that there is a finality in the rarity of the energy that is deploying itself to the confines of our reality. Issued from the first energy, we are all connected by the same web, you and me. From our origin to our multiple realizations, all of this makes of us only one supreme being with almost unlimited facets. From my viewpoint, I can conceive a limit. But for you, it is like there isn't any and it is good that way.

Since the road is endless, the resting period of the explorer is as important as its quest. In space, time is created by the original rhythm; the rhythm which divides itself into three parts, the ascent, the descent, the stop; expansion, contraction, rest. Time is the accord of rhythm that we take with oneself to concretize a desire that we have in our thought. These three steps, which form the rhythm of time, are found in all things. An ideal day should be one third of the time to go to the discovery of the world, one third of the time to come back toward oneself and one third of the time to rest. The rest is as important as its two counterparts. It is essential to regain the balance between the two manifestations. It occupies the third of our time and without it, the continuous consciousness will bring us in a swirl of extreme imbalance. We would be constantly bombarded with exterior sensations without being able to assimilate them, which would make us literally explode into pieces.

During the time of rest, the sleep, the being forgets the rhythm of time imposed by the exterior and becomes a unique individual. Then, he can explore at his own rhythm, his internal world, become himself again starting from his true identity and interreact with the new store of his personal experiences. Liberated from the limits imposed by the physical body, the other bodies can give free rein to their reactions facing the different experiences of the day before. The individual discovers and reacts to his true emotions, his true thoughts, his true feelings which deploy themselves around him. All that is around him, things, beings, decors, situations, are all facets of himself seen from his stable centre, his real consciousness. His behavior facing them is a readjustment, a tentative to tame some new data to the ones already integrated in himself.

This mixing through scenarios that go from the realistic to the symbolic, from the emotional to the conceptual, brings connections from where a new identity will emerge. This time of stop allows the being to again find his centre that has become vaster because of the new experiences, and thus to redefine himself in relation to the exterior world.

During the day, awake, you are a Divinity in his own dream.

If, by evolution, the emotional and mental bodies or even the others reach a sufficient level of autonomy, they can live their own introspections and even travel through the reality of their world. What you call the astral journeys during sleep or in the conscious waking state, are the different bodies which, non sustained by the unifying consciousness of the basic body, separate themselves and live their own experiences in their corresponding world. In general, it is necessary for a human, that his emotional body has reached a level of development and stability to serve as a basic vehicle. The mental body will be, because of his thoughts, the will of action to explore its world, but the emotional body will impose its limits and its caprices.

The sleep and the astral journeys are in oneself a mini death, a liberation of the superior bodies with the purpose of learning and exploration of their future world. The bodies, the subtler they are, the more they are conscious of being a part of a vaster whole, and their experiences happen at a greater scale. The vaster bodies also belong to a superior self, a future self that allows them to have premonitory dreams. Thereby, sleep allows transcendent experiences to some levels where the self can go beyond itself. During the day, the physical body imposes to the whole its biological and hereditary limits, but at night, it is the other bodies which impose their characteristics.

Life and death are like the cycle of the waking and the sleep, but at a slower rhythm. A life, like a day, should be a time to discover the world, a time to come back toward oneself and finally death, a time for the superior bodies to go deeper into their experiences. Therefore, the time between two lives is on the average equivalent to one third of the complete duration of a three time cycle.

This cycle can be found at all levels and at all scales of sizes. The rhythm of the thought is a time of expansion, a time of contraction for a time of absence of thought. More clearly, at first, a thought emerges from our unconsciousness to become conscious. Secondly, it returns from our consciousness to the unconsciousness from where it is issued. Then, there is a time of stop before a new thought emerges; two conscious intervals for one unconscious interval. The ideal respiration should be three identical times, a time to inhale, a time to exhale and a time to stop. Your heart beats also in three measures. The entire universe follows this rhythm in three phases, expansion, contraction, stop and it all starts over again.

This is the path for all beings. From the centre of the universe where the energy is unconscious, depart some entities propelled by the Divine breath. This way, they go up to a certain distance to the confines of the universe, then come back in an identical time to its centre. There, they stay a third time, identical to the first two and start this cycle over again. What justifies the distance, the remoteness, is the density of each being in reaction to the force of expansion of the centre. The beings who have a density rich in experiences will not be projected as far as the beings lighter in experiences, those who will go to the limits of the worlds. Without the original breath that pushes them in the worlds less dense, many beings would stop in the ambient densities equal to their own density. Therefore, there would be in appearance, cycles of evolution longer for the lighter beings, but in fact, their speed, therefore their perception of time, is accelerated which is what gives them a faster sequence of lives and experiences. Their return toward the centre respects a rhythm common to the whole and then to the totality. As fast and as far as they have been projected, as fast they come back in

the time common to the whole.

This is comparable to your respiration. When you inhale, your thoracic cage takes some expansion and your cells in periphery go faster and further, while your internal cells go slower and not as far. But when you exhale, in the contraction of your chest, all your cells come back toward your centre in a harmonious rhythm of ensemble. This is the way that the entire universe goes, like a big respiration that carries all the entities in one single big round-trip movement.

Your respiration is also a testimony of another secret. When your physical thoracic cage takes some expansion, the vital energy is aspired by your centre and when it contracts itself, the primordial energy is expelled toward the exterior. When the matter of the universe spreads itself, the energy comes back toward its centre, concentrates itself and when the matter compacts itself, the energy disperses itself. Transpose this to the scale of the conscious beings and you have the opposite double movement of the beings dense in matter and the beings dense in energy, who come and go from the heart of the universe.

This becomes complex, because each family of beings have their own time of respiration that goes from the superior beings with slow respiration to the inferior beings with fast respiration. Furthermore, no member of the same group breathes in unison. This is what brings all the different cycles which superpose themselves and interfere with each other to create a multitude of variations in the life of each one. My personal experience can be influenced by the superior being to whom I belong, whether it is being in expansion, in contraction or resting, and the richness of the nuances spreads itself almost to the infinity in both directions. You understand that this integrates all the cycles like respiration, a day, a life, a revolution. When the matter of the universe contracts, densifies, crystallizes itself, the energy spreads itself around. When the matter comes apart, rarefies, dissolves itself, the energy concentrates itself. Life in a form is this contrast.

The more our body materializes itself, the more the contained energy escapes from it, and at the dissolution of our body, it is the energy that densifies itself.

The orbit of the satellites around the planets, the orbit of the planets around the sun, the orbit of the sun around a great central axle shouldn't make you forget that they all are issued from the expansion of the centre of the universe and return there; the moon toward the earth, the earth toward the sun, the sun toward the centre of its galaxy, the galaxy toward the centre of its super universe, etc.

This cycle of expansion, contraction, stop, is the rhythm of life itself in perpetual evolution everywhere. If it is well understood, it can be controlled in your multiple bodies. Like the actual respiration that you can amplify or modulate to accelerate certain transformations, the cycles of all your bodies can be amplified or modulated to accelerate certain transformations. But you can't stop them except at the cost of your own existence. There is possible death for all possible bodies, but if the energy is sufficient in one body, it keeps the essential imprint.

Now you understand that in increasing and in manipulating the energies in your bodies, you purify the matter, you give it back a fluidity, you prevent its crystallization, forerunner sign

of its inertia before its dissolution. Many illnesses are due to a devitalization of the matter, a local energetic imbalance that threatens the harmony of the whole. A premature crystallization of the matter is due to a premature dispersion of its energy.

To heal oneself, first we have to see ourselves as a God. We are all Divine and are the consciousness of a vast universe that is our glorious body. This body divides itself in different levels going from the matter passing through the emotions, the thoughts, the sentiments, etc. This body is as complex as an entire galaxy might be, and from this fact, we have to see it as such. You are the supreme being, the consciousness that controls the balance of this vast entirety. You detain all the strength and all the powers to maintain the harmony in your universe because you are the essence that unites all its individualities in a coherent entirety. You are responsible for multiple lives in what relates to their happiness or their unhappiness. For them, you are the God, the first energy that animates and surrounds them. Therefore, decide now to be a God of love and kindness instead of a God of hatred and vengeance. Do not be a tyrant any longer, nor a God who neglects his creation. Don't forget that all your emanations come back to you, some day or other. So what you emit toward the others, it is also toward yourself that you do it. It is for that reason that we often say, that the imbalances that bother us in the others can serve us to measure our own internal imbalances.

Your physical body is your basic body the most stable, the most accomplished, therefore the less inclined to dissonances. Which makes it that the perturbations, the sicknesses, the deformities that affect it, can only come from the other bodies still unstable, in full development. It is the emotions, the thoughts and the sentiments still immature, confused, even perturbed, that affect the state of your physical body.

Therefore, you have to do in sort that the energy circulates in all your bodies in a way that it is spread equally. Because sickness is an energetic imbalance provoked by an imbalance of your emotions, your thoughts or your feelings, etc. This prolonged imbalance exaggerated, brings a crystallization of the matter, thus an impoverishment of the energy in a precise zone of the corresponding body. Its densification in matter will descend automatically the line of the bodies if the cause prolongs itself up to the most dense, in your case, the physical body. At that stage, it is indispensable to redo the course in reverse to go back up to the source, and thereby make the crystallization stop. Normally, if the blocking, the set condition is reanimated, the energy once again will vibrate and will circulate freely. Any emotion, thought, sentiment even the most painful, if they are lived fully, are a cause of temporary imbalance but not of long term sickness. It is their blocking, the refusal to live them in totality, their crystallization in us that provoke worse imbalances, even permanent. To make the energy circulate in all these bodies, it is to accept to make all the sensations which come from the exterior, circulate freely. To assume them all as being the reflection of our own emanations, thus necessary to the evolution of our consciousness.

Don't be like a God who spreads discord, disunion and suffering in him any longer. Give to your universe what you expect from your own supreme being to whom you belong. Spread some waves of love, kindness, beauty, truth through your different internal worlds and receive in return, their waves of gratitude. Don't expect any more from your external worlds than what your internal worlds receive from you.

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My story starting from these last two thousand years is comparable to any story that an earthling can live. The doors closed on my former possibilities, on my control of my former aptitudes going so far as being only a simple citizen, insignificant in the multitude, with vague memories of his illustrious past. You, yourself have the remains and the nostalgia of a lost golden age locked in your collective memory.

I became with the force of things, suspicious, solitary, running away from the people as to not hustle them, nor scare them. Being half extra-terrestrial and half earthling, I was torn between these two poles that never seemed to want to balance themselves in me. I was perceived as a stranger wherever I went, the one we don't trust because whatever I did, my blunders betrayed my double identity.

I came down to this obscure world to know it, understand it and there, despite myself, I lived a whole range of sentiments, thoughts and emotions never perceived before. Despite all my good will, I fell to the lowest of your scale of value in living and submitting to frustration, deception, discouragement, regret, culpability, remorse, pain, contempt, betrayal, blackmail, revenge, violence, cruelty and I leave some. All that humanity can contain in negative behaviours in their extreme, I have known them through the others and through myself. Now, they are my heritage, my consciousness. I hold them in respect in me because I have neutralized them in their destructive potential. Now, I can understand and feel what you feel in the darkest corners of your internal universe.

After many misadventures and defeats, I didn't have the choice, one day, than to react and climb again, step by step, the ladder of evolution devolved to the earthlings. To give myself a chance again, to trust myself again, accept my past and present mistakes as the inevitable steps to my awareness. That this whole distance covered had a meaning and had made me stronger, richer in experiences and adventures unthinkable anywhere else but on this damned blue planet. Then, my lives took a new flight. I discovered slowly but surely some qualities, some fineness that without realizing it, I had acquired in amalgamating with your race. Because of you I learned all over again patience, enthusiasm, courage, effort, pride, serenity, pleasure, trust, respect, mutual help, generosity, love, joy, and I leave some. All these facets became enlightened under a new angle because of their opposite. Did all of this make me a better being? Surely, and especially a being vaster in experiences of all kinds, thus more conscious in many points of view.

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If we come back to the basis, the first times that you became aware of your existence, it is when an element entered in contact with you, at first drawing your form in space and defining what you are not and then going through you, it gave you a perception in depth of yourself, what you are, and finally in being captured by your envelope, it prolonged the effect. Without this contribution from the exterior, I can't be aware of my existence. The consciousness is in everything that has the faculty to vibrate to its environment. The prolonging of the conscious life is in this vibration perpetually maintained by the exterior.

The energies redefine us incessantly in molding us from the exterior, in going through us and molding us from the interior. The form of our being becomes a literal imprint with three

levels and keeps the essential of the stability, of the harmonious beauty that this form has reached.

Each cell of our physical body is ephemeral, but the energy that goes through it takes its imprint and thanks to this mold, it will fill up anew the space left by its disappearance, with a new cell. Nonetheless, the prolonging of its consciousness is intimately connected to the superior being in whom it lives, yourself. Your cells redefine themselves incessantly only with the contact of the exterior, you and your environment. What you think of yourself redefines constantly all the parts of your being, thus prolonging them through you. Each element that composes each of your bodies has a chance to progress only through your own evolution of your consciousness.

You are responsible only of the maintenance of balance of your being and of the evolution of its parts. But your own evolution, your progress, is in the hands of your superior being.

In brief, each one of your cells redefines itself by its contact with the exterior. Your cells become aware of their belonging to a totality by the link that unites them to the other cells and finally, they look for the balance of the whole. As an entity, you do the same journey with the rest of the universe. The cells, in uniting with you, have a chance to progress. The same is for you with the supreme being. In making your connection deeper and deeper with the universe from which you are part of, you elevate your thoughts, your words and your actions and therefore, you are making life progress in you. Unconsciously, you do it with each inspiration in absorbing a little of your environment. Consciously, you can become a God with unlimited possibilities by uniting yourself to your superior self.

I, myself, live through many lives at the same time, and it is only a fragment of my spirit that lives in each one of them. For these entities, I am the totality, the being realized. I send them my energy, my love and in return, I receive their individual sensations personalized. At the image of a God, at the fraction of seconds that they experience suffering or pleasure, pain or joy, I feel them. You are yourself a God who with your energy, animates each cell, each organ of your body and maintains the whole in a harmonious totality. You are the perfection to reach for each one of your parts and they can become aware of it by your total energy that intimately lives in it.

The notion that each part of a totality contains the essence of the totality, is not a figure of style. Each element of a whole as small as it might be, possesses in itself the energy that connects it to its totality and therefore, has the potential to know it and then to explore it in its entirety. As small as the form of life that lives in you might be, it has the possibility to become aware of you and the potential to resemble you. From the immensely small to the immensely big, you have the capacity to know the supreme being in whom you live, passing through the essence common to all, then to become him by the experience of each one of its facets. Your supreme being is himself only one life in the interior of the superior being.

God is in you, what we call the christic aspect, the first energy. This energy is perfect and is connected to all that is identical to it in its essence which gives you the possibility to know all things. But it is only the personal experience that brings you to know intimately what is a bigger totality and to transform you in a superior God.

Therefore, you are a part of a God in learning to become his totality.

Humans in general, believe that to adore only one God was a progress in their evolutive history. Yes, in a way if we consider God as the first source of all life; no, if we consider the multitude of superior beings that there is between you and the totality. Because for many, the unique God is also highly personal, thus with innumerable facets. This unique God made you forget the spirits, the divinities that animate all things; from the forest to the wind, from the stone to the light, from the bird to the archangel. To not recognize these spirits that are the Divine essence personalized in all things, it is to cut oneself off from a part of the Divine. To adore only one God makes you forget to thank all the entities which maintain the balance and harmony in the universe. They can be a source of inspiration without being models to follow. Our aspirations are personal to us, but must include the ones from other forms of life.

The Divine in all things must not be an abstract notion, but the respect and the celebration of any life.

Any form of life, as small or as big as it might be, should be respected, honored as a manifestation of the Divine. Where you are in the reading of this book, the unconditional love of any life shouldn't appear impossible to you any longer but a possible reality. Everything that forms a whole and contributes to its balance is worthy to be acknowledged for its role. Who can define what is vital or not to a whole? Of how many parts of your body can you let go without threatening your survival? You are not responsible for the life of any creature but if you interfere in their life, yes, you become responsible for your actions.

Any life in which you interfere alienates itself to you. This creates a link between you two which lasts the time it takes for a new balance. This new balance might require some readjustments and some important compensations. This principle is well understood by you when it comes to the fact of affecting the life of another human being that can go so far as to take away his life. But what about the life of a plant or an animal? What is the impact on the lives that you eat or that you kill for any other reason, and in rebound on yourselves? Everything is more connected than what you think. Any physical life that dies by you or for you also sees its secondary bodies unite themselves to your entity. They enrich or weigh down your own corresponding bodies. If you want to live healthy, in balance and also progress by elevation of your bodies, you have to take that in consideration. Any life that is altered because of you, deserves to find again its balance and peace in its specificity and its unicity. If this is done, it stays united and in harmony with its kind even after its death, thereby guaranteeing the return of its subtle bodies toward the total entity of its species.

The complex and delicate balance that there is between all forms of life and that was thought of by us, can't be disrupted without all of you being affected. The number of individuals of a species can't be modified without the whole entirety having to readjust itself. Not only because of the imbalance of the alimentary chain, but also because of the imbalance of the secondary bodies. The animal divinities which no longer have a physical body to fill, where do you think they go? They come apart in simple elements and will enlarge the egregors which inevitably try to unite themselves to you. If they are loaded with sadness, rancor or with any other negative emotion or thought, they come to taint your life with their contents. The repercussions of your actions on your environment are of an intensity which you are barely starting to be aware of.

Say thank you each day to any form of life that sacrifices itself so you can continue to live. Ask that their energy contributes at making you grow. Do not abuse what nature gives you. Make sure that each life is replaced by another. Take the time to perceive the world through the eyes of other creatures. Your understanding, your kindness, your love toward all life will give you the feeling of being united to the entire universe. This will give you a glimpse of the Divine essence in all things and will connect you directly with the God of kindness and love to which you want to belong.

Everything starts from the self. What we emit as positive energy links itself to the similar energy of the whole and gives us back from the universe, this particular positive facet. There isn't a positive gesture too small to not contribute to a better world.

## EXPOSE 12

### ALL IS TRUE

Do you know that all is true? Even what you believe to be false. All is included in all. Since you are part of it, you can only imagine what is already included in the universe. As far as your imagination can go, it is based on some structures that are the same than those which govern the universe, thus have exactly the same potentials and the same limits. So, stop wasting your time asking yourselves what is true and what is false. Instead ask yourselves which are the truths that are useful to you now to progress. And don't be afraid to abandon those that make you stagnate, or worse, those that make you regress. They are easy to recognize, they are those that make you dependent on them by making you smaller, diminishing you; or that make you feel guilty if you contradict them or attempt to leave them.

Any truth needs its opposite to exist.

Don't look for your soul mate in your like any longer, but rather in your opposites. Only them can help you reveal yourselves to yourselves. It can't be any other way, because your soul mate dissociated itself from you at the origin by opposition. Man and woman are two opposite forms issued from a same entity. Some believe that at the origin, there was an androgynal being who divided himself in two to give the two sexes. The answer is rather that each being had at the beginning, the potential of two sexes and that it is their experiences that brought them to define themselves as belonging to one sex instead of the other. This is what the spirits live, who are born complete and who are brought to explore a whole of characteristics which slowly will define them in one of the two directions.

The spirit (the first energy) precedes the body and exists from all eternity. It becomes aware of its existence only through the forms that react to their opposite.

Man and woman are two opposite poles, two ways of perceiving and experiencing the universe; two opposite directions that explore the multiple facets of the same energy. As long as the spirit incarnates itself in a body, as subtle and ethereal as it might be, it always adopts one pole or the other. With the experience of multiple lives where we alternate the bodies of both sexes, the spirit acquires a balance, a total personality unifying the two opposites. But even in the superior worlds, when the spirit borrows a perceptible body, it always adopts some nuances defining a pole.

This was created by the two original movements of the universe: the one that goes away from the centre and tends to spread and the one that comes back toward the centre and tends to reunify. One movement in one direction that tries to diversify itself, to know, to conquer unknown territories, to go to the end of its potential and its individuality. One movement in another direction that tries to harmonize itself, to understand, to find itself in known territory, to come back to the essential, to all that unites. These two movements must, some time or other, be part of the evolution of each entity. And we find them again at all scales of sizes as far as integrating the entire universe.

Certain entities will push their experiences toward an extreme pole that will dissociate them from their neglected opposite parts. Then, they will perceive their other half as a complementary double of themselves, what you call the soul mate. And it is only with the comprehension of this phenomenon that they will be able to aspire one day to unite themselves completely with their opposite half.

However, there are some beings who travel together since numerous lives and have become with their common experiences, inseparable, so much is their union complementary. Some have seen their consciousness being born at the same time and were for each other the reciprocal discovery of oneself. The first impressions at the awakening of a new entity remain forever engraved, like for you, the first true love of a life.

Therefore, a soul mate can be one of those entities that is another facet of the being in becoming to which you belong. This facet can be found incarnated in a member of your family, a stranger; or a friend, an enemy; or a lover, a rival. We have to know how to recognize and understand the why of each being who is found on our path and withdraw the best from these encounters. This is where the soul mate is found. Which doesn't exclude the aspiration of wanting to fusion with an exceptional being, even if this can often make us forget to find him in oneself.

This attraction between two beings that we call love and that manifests itself with affectionate gestures which go from the closeness of the bodies to the fusion of the imprints, is this need of the first energy, prisoner of our envelopes, to find again its natural balance between the inside and the outside. This energy tries to unite itself to its likeness but the bodies give it an imprint that differentiates it from the other. Therefore, it is the essential energy that attracts us one toward the other but it is the imprint of our forms on the energy that will measure out the intensity of this attraction to its opposite, the repulsion. Our energy can rebound on the other, go through him or else is captured by its envelope. An envelope similar to ours, reflects our own density. But it is our differences that make us aware of what we have in relation to what we don't have. Our envelope might be dense enough to push away the same density of the other, but if it hides an imbalance, an emptiness, a lack of internal density, sooner or later, it will be filled by ourselves or by others.

This is why opposites attract each other and not the like, because identical forms push each other away with their reciprocal energy while the opposite forms attract each other because there is a space to fill in the other with the surplus of energy from the other. I transfer in you what I have too much of in me and which you are lacking. The slightest thing which is in uneven proportion between two beings, will tend to balance itself by the principle of the two communicating vessels. This is true between all things and the more the opposites are pronounced, the more the attraction to fill the space in the other will be strong.

Sometimes, we perceive our individual starting from our exterior envelope and we imagine ourselves identical to the deepest of our being. But then, we meet a being whose behaviour disturbs us. We believed to possess in us what animates him and somehow, we find ourselves in a state of imbalance. He comes to fill an empty space in us that we didn't believe we had.

The example of hatred and love is good. In contact with hatred from another, do you feel it like a force that invades you and makes you, yourself, hateful, or if your own experience of hatred in the past has made you integrate it and balance it in you? If you have already integrated this emotion, you know that you have it, but you maintain it in balance with its opposite, love. Then, hatred coming from the exterior will rebound on you and will only touch you a little. And if you have a surplus of love, it will try to fill the lack in the other.

We are in a relation of balance with our like and we are in an expansion of consciousness with our opposites. When I speak of opposite, this might only be a small element in the other that opposes itself to us, like the other might oppose itself to only a small element in us. Therefore, let's be thankful to our opposites, because of them, we are testing our internal balance and we are redefining our personality incessantly.

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When I really became aware of my deplorable situation, I knew then, that no exterior miracle would come to improve my situation. I had become prisoner of this earth and furthermore, I was reduced to live like a simple mortal. Through the centuries, I was stuck, got bogged down in some complicated mazes where each crossroads put me off the track, perturbed me more. Me, who was issued from a world where the codes of behaviour were simple and clear, where everything that surrounded us facilitated life for us. And now, I was living far from this beneficial energy and cut off from the inspiration of my fathers. As my guide, I only had my own reflection, which implicated all the insecurity and the vertigo of being left to oneself. It was a very high price to pay for one's freedom. But the individualism has this price. To be at the same time one's own master and one's apprentice and to assume all the errandries, the aberrations and even the ignominies.

To evolve, I started by accepting the state in which I was. In other words, not to live in the lie, the illusions and the false hopes. I retook my lives and my destiny in hand.

There comes a time when we must make peace with one's past, cease to regret one's grandiose periods or feel guilty about one's circumstantial errors. To rebuild and elevate myself anew, at first, I had to redefine what I had exactly as experiences, then to accept the reality in all its integrality. It was the starting point to go beyond this same reality. The acute awareness of one's possessions and one's real potentials, it is the essential condition to any change.

Afterwards, I started to put the emphasis on my successes, on each one of my victories as small as they might be. Even at the price of exalting them beyond measure to counterbalance my defeatism that had become chronic with time. Thereby, I learned to prolong the happy moments by savoring them profoundly, in giving them the chance to unveil their nuances, their rare qualities. To remake for myself a positive personality, I had to trust myself again and trust others in rebound. To give them and give myself the possibility to be at our best. I also gave myself the right to hesitations, to errors, to moments of distress as the only way to become aware and to advance. We are all apprentices in perpetual search of balance, but this through so many blunders!

To forgive oneself doesn't imply to excuse our actions to minimize our responsibilities afterwards. But it is to sincerely become aware so there is a proper amend toward oneself and toward the others. To forgive the others doesn't mean also to excuse their gestures and erase them from our memory as if nothing had ever happened. But it is to understand deeply the hidden motivations of the offender and the real repercussions on the offended. Don't forget that we learn all things in being by turns, the issuer and the receiver.

In the following stage, I decided to side mostly with those who had chosen, like me, to build some bridges between the beings and not to elevate barriers between them. I wanted to become again the one who formerly, always volunteered to balance the opposites, harmonize the differences. However, I never wanted to do it ever again to the detriment of my own health, of a major imbalance in me. The important was to make the energies circulate in my being, for my emotions, my thoughts, my sentiments to be free to come and go. Especially to avoid the blockings, the stagnant situations which bring the crystallization of the energies, forerunner sign of death.

Everything is in perpetual transformation, redefinition.

So, it was important that I stay alert and open in my beliefs and my convictions, that I satisfy myself with my experiences only in the measure that they become some foundations to elevate myself higher yet. Also, I ceased to run after the useless battles that drain us of our vital energy. To know instead to be present where one should be, and implicate oneself in some situations to one's measure. To no longer see the other as a stranger, a threat, but as a chance to discover a vaster universe and oneself to grow by the fact itself. Finally, to be listening to one's consciousness which always tells us if our thoughts, our words and our actions are at the height of our evolution.

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The desire to find the balance is a source of progress, its acquisition is a sign of immobilism. To want the ideal love as well as to search for perfection can be goals that motivate the being, but this must remain some aspirations. To tend toward them is the key, because in that desire appears the path to follow which that alone is a source of pleasure at each moment. When a certain goal is attained, we feel satisfaction, an acute awareness of our realization, but rapidly inherent limits to this attained goal push us to desire, to go beyond this new barrier. Then, where is the finality when there is no eternal contentment? It is in the path travelled that happiness is found. A goal is always in the future that doesn't really exist in the eternal present. The present is the path that we travel through and the only one to contain all the possible choices. What we feel, the whole range of emotions as ephemeral as they might be, are intimately linked to the present time. Even the emotions, the remembering thoughts of the past or the anticipation of the future, whether it is sorrow, joy, fear, hope, are experienced in the now, here.

Therefore, now, determine some goals that bring you joy immediately and know that this joy is your only reality.

The past and the future are fleeting and incomplete glimpses of the superior being to whom we belong. It is for that reason that our entire power, as an individual, resides in the present. We must welcome all the experiences of life and fully live their store of reactions that they provoke in us, even if we have to develop at the same time, in a framework, a serenity more and more profound. The inner peace is not in contradiction with the pains, the worst sufferings or the joy, the greatest ecstasies, because this peace is the state of well-being that prolongs, behind the ephemeral reactions, the whole of the sentiments that we wish to be durable.

If your state of being is unsatisfactory for you, do not criticize the events of your life, but your reactions to these events. You create a vicious circle by always having the same reactions to situations, which is what creates their prolonging in a state of being to their resemblance, and this state of being tints your reactions to your new experiences. Only a serious and objective analysis of your reactions can deeply change you.

In the descent toward the worlds more dense in matter, some emotions of sorrow, of sadness, even hatred might seem to become permanent feelings for certain beings. But there always comes a time when the individual, the ego no longer has the choice than to die in oneself and be reborn to the world. What provokes this rebirth, it is this basic energy common to all living creatures that has a particularity. It is good only when it is free of any form. It always tries to recover its original identity of before the limitative collision. Certain beings, like me, explain it with a force of cohesion that pushes the universal energy to regain naturally its balance in all things and in the whole universe. It will push, some time or other, the most unbalanced being to find what is lacking in him to be in peace with himself and his environment.

Here is another basic principle which unites all of us. This natural need of the first energy to recover its original unity which is what creates all the attractions of the universe. I circle around you in a spiral more and more retained because I want to unite with you. I only want to be one with you, forget our bodies, our forms which push themselves aside to be only one and same energy for eternity. This aspiration of love well reflects the ideal of any conscious creature, but it is found again at different levels in an unstable balance between our internal energy which tries to unite itself to the other and our forms which prevent us from doing so.

The unconditional Divine love is the one energy that attracts all the forms one toward the other, and it is this same energy differentiated in each form that pushes the forms far one from the other. From this phenomenon derives the entire balance of the universe. Sometimes, one energy predominates over the other and then, it is the reverse. One time to unite, one time to differentiate, one time to balance oneself.

The unconditional Divine love is this instinctive need of the first energy, imprint of oneself, to fill the gaps of the others. When we feel it, we live it, it brings us to have attraction, empathy toward all other forms of life, because it is the essence of the beings identical to our essence that we perceive before anything. Behind the compassion, the kindness, the love, there is a visceral desire to fill up the other, not because it is good in relation to what is bad, but because it is a fundamental principle of the universe.

The first energy is well only when in balance in all things.

Love is this energy in us which pushes us to wanting to recover our original unity. We all dream of losing consciousness in the arms of another, to forget oneself simply to be in a state of perfect balance. Human love also allows to go beyond our own limits erected by our thoughts, our reflections, our accumulations of past experiences. It allows to lose our head to see ourselves act out of control of our reason. It gives the possibility to grow when everything seems to stagnate. It is a sharing of energy, the discovery of new imprints. It forces us to wanting to possess the heritage of the other. It disorganizes our plans for the future, and let come into our lives one part of the unexpected which transforms us in someone else, better or worse. The result will be that whatever we were before love, we will not be the same after.

Love is this search of the original "I" before the consciousness of "Us".

But this desire to return to the perfection of before the fall, this absolute nostalgia has only meaning in its desire. We can only return to the womb of our mother by passing again through death. The end of a manifestation is followed by a rebirth stripped of any conscious memory. To be reborn to a new reality, it is what we are with each life, each morning, each breath. Therefore, love is also a death in appearance of a limited self which is reborn in a vaster self. The individual set in his egocentric habits rediscovers, thanks to love, his true self stripped of his masks, of his costumes and can aspire to find the essential.

However, the Divine did not discover the multiple facets of himself to disagree with the progress that they contain. Therefore, there is a time to forget oneself and a time to recognize oneself. There is a time to give and a time to receive. The expansion toward the others makes us feel our eternal self, present in all things. The concentration on ourselves makes us feel the transitory nature of our self, but that without it, the consciousness would not exist. Inspiration, expiration. In the expiration, we die in oneself to give ourselves to the universe. In the inspiration, we feed ourselves from the universe to be reborn to oneself. The two movements are necessary to life.

We can't eternally give of ourselves without emptying ourselves of our essence, and we can't indefinitely receive without weighing ourselves down with too much love. Love is found at the border of these two poles: between the forgetting of oneself to explore new worlds and the consciousness of our accumulated riches. The force of love, it is to make each one feel the bond that there is between us. The power of love, it is to transcend our limits, our weaknesses, even our mistakes to open ourselves up to greater, to more harmonious.

There is nothing good or bad in the universe. It is a point of view from a consciousness limited in a given space and time. Everything profits somebody. Everything is a source of awareness, thus of progress. The day or the moment that you will understand your role in your environment, you will be able to change as you like, your role and your environment. Fear, illnesses, hatred, wars will not disappear from your world until you will have filled the space that there is between you and your opposites. Your overflow of hatred or love must equilibrate itself with the one of your brothers and sisters. The opposites must mutually fill each other, then it is only at that moment that your world will elevate itself. There will no longer be evil persons when there will no longer be good persons. There will no longer be

executioners when there will no longer be victims, because at that moment, the opposites will have fused themselves in a new balance.

In the meantime, each one redefines his knowledge with the contact of what is similar in the other and discovers his potentials with the contact with what is opposite in the other. Sometimes we believe ourselves to be stronger than the other and we try to transform him by saturating him in our universe and here the opposite happens. It is him who transforms our universe.

I am not a being of goodness in relation to those who are beings of badness. I don't come here as a being superiorly evolved to help some beings inferiorly evolved, but as a being with an overflow of everything who must donate to those who still have too little. Only my opposites can relieve me of my too heavy load, because unfortunately, the likes of me have the same load as me. When we stay together too long, we all suffer of plumpness. Notice that there is a lot of plumpness or rachitism in the groups of entities which only mix with their like.

This interrelation of the opposites is so strong that it can only be avoided with sustained conscious efforts. If you define yourself as a moral being, it is because there is somebody immoral around you. Therefore, go fill him but be careful that it isn't him who contaminates you. In any way, each one of you will come out of it transformed as long as your armor is not too thick. And if you become immoral, it is because from the world where you come from, you haven't been allowed to taste this unknown part of yourself. Is there a person in the universe who has learned to respect the fire without having been burnt at least once? Everything that you can consider to be bad, be assured that it is because you have had the experience as an instigator and then as a victim. Without that, there is no awareness of what is harmful to the others and to yourself in rebound, nor of what is beneficial to the others or to yourself.

We can, all along our days, be around beings who have reached different stages of the three cycles, expansion, contraction, stop. In spite of the appearances of regression of some, of egocentrism of others or even simply immobilism of many, everyone is in evolution. Each one follows his own natural movement or is influenced by bigger movements imposed by the collectivity to which he is part of. A planet imposes its great personal cycle as well as the systems vaster yet. An individual must keep that into account and not swim needlessly counter-current, but he must let himself be led by the influences and control only his reactions.

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When my lives started to be more serene, I was able to seriously undertake the study of the real mechanisms hidden behind the apparent complexity of the human race. I had lost, through the millenniums, a great part of my knowledge coming to me from my planet of origin. And in the simple terrestrial bodies, everything had to be re-learned. Now I was aspiring to climb your scale of evolution voluntarily. To elevate myself concretely, I had to go deeper into the matter of this physical world, not in subliming it like some, but in exploring it and appreciating it in all its richness. I developed the aptitude to savor all the subtleties of the physical world which brought me afterwards to being able to be sensitive to those of the superior worlds.

To reject the material world, it is to deny your basic reality and thereby build on some illusions of false concepts of the worlds to come. There is no reward in heaven that is waiting for the virtuous, the ascetic or even the martyr. The forced deprivations can't develop the senses to be able to appreciate the fineries of the paradisiacal worlds. Life takes its meaning in death and death takes its meaning in life. One life without reason and joy can't give a valorizing and exalting death.

I learned to recognize the beauty, the kindness and the truth in all things and to underline them by my own contribution. As minimal as our gestures might be, they contribute to constantly recreate our universe. Everything is included in the ambient air. Each human only materializes around him, consciously or unconsciously, a precise register of elements which reflects him. Are you one of those who decides what materializes itself or not in his immediate environment? On earth, the palette of possibilities is large enough to satisfy the most difficult of its creatures.

I also learned to reconstruct each one of my bodies with will and perseverance. To be able to develop an emotional stable body, we have to live a range of emotions large and well dosed, balanced. I have known all the emotions that are possible to know as an actor and as a spectator. The key is in the most complete opening possible to assimilate as many variations possible, while knowing that it is transitory. The emotions, even extreme, end up some day or other, by balancing between themselves. The opposites harmonize themselves to become a solid basis on which we can explore other universes. The other bodies follow the same processus. The mental body to be stable and become the parameters of a universe, must be based on thoughts which have reached a high level of maturity. I have in me all the possible, imaginable thoughts that a human can have, as twisted or brilliant as they might be.

I am penetrated in permanence with some thoughts coming from a multitude of lives in me. Like flashes of lightning, they circulate freely creating a complex network, a dense weaving that I maintain in a balance constantly renewed. It is for these reasons that we musn't be ashamed or fear the troubled thoughts in us, if they are maintained in balance with their opposites. It's me and me only who decides now which ones can prolong and densify themselves to the point of creating my reality.

As a total entity descending in worlds more restrained, I had to fraction myself in many bodies at the same time to incarnate my totality. At the beginning, I was keeping my consciousness unique, but slowly I inevitably lost the links between us. I became a whole of beings who lived side by side without recognizing each other. When again I took the road to return toward myself, it was the recognition of the other as a part of me that was the most difficult to realize. The development of my vaster bodies was the crucial stage.

To construct for ourselves some vehicles always more refined and functional by their conscious control, allows some journeys in the worlds that correspond to them. This evolution is done naturally in all the beings who try to understand the motivations beyond their everyday life. Since the purification of the bodies doesn't bring their desensitizations, but on the contrary greater sensitivity, then we have to stop rejecting all the natural pleasures of the senses in the name of elevation. Your physical body might seem to have primitive senses due to its slow vibratory level, but nonetheless it is the best one adapted to actuate itself in your

material world. Its rough side doesn't make it shameful. Without it, nothing of what might follow in your evolution will have some solid basis and a reason to exist.

I covered many askew roads before finding a straighter path. The force of life, of the first energy is to push us to always go beyond ourselves. Despite the stagnations and even the recoils, there comes a time when we no longer have the choice but to progress or die. One of the tricks to have a long and happy life, is to give ourselves regularly some challenges to realize, that make us happy in the present. We die the day when we no longer progress in anything. Life is only a vicious circle for those who are satisfied with repetitions. It is an evolutive spiral for all those who understand that what seems repetitive is in fact different each time.

We shouldn't wait for the death of the physical body to finally do a retrospective reckoning; nor a rebirth through a child to determine for ourselves some new ideals. Each night is a mini death and each morning is a mini birth. Each night should be an intimate moment to appreciate and cover one's day with the desire to withdraw from it the good things and to understand the blunders. Each morning should serve to fix for oneself some attainable objectives that make us progress each day to a higher level. It is with each inspiration and expiration that the evolved beings make this step. If you give thanks in a constant attitude to the life that rewards you with its riches, then inevitably, will ring the hour of your definitive departure from this physical world, because you will have reached a level of plenitude that will only be exceeded by the accession to a superior world.

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I come back to the basic of the understanding of evolution, to what motivates the beings to progress. I take your body as an example. When your stomach doesn't feel well, you feel it immediately in your total consciousness because you are for your stomach, the supreme being who governs the whole. But your stomach is itself an entirety of lives which forms an entity that is passing through a critical period of finding a new balance. Your wisdom will dictate either to let go because the stomach must learn by itself to find a new balance or either to react by posing a gesture to help it to recover. In general, what does your conscience dictate to you as behaviour? If you succeed in understanding the importance of your role in front of the ordeal of one of your parts, you will understand the behaviour of your superior being toward you.

If you take action only when the equilibrium of the whole, you, is threatened by a major imbalance, don't be surprised that your superior self does the same thing. Your supreme being always tends toward the balance, the harmony of the whole. It is only when one's entirety is threatened of imbalance that he reacts. When your stomach hurts, you tell yourself that it will take care of itself, that the stomach will find a new balance. But if the problem perseveres or even becomes worse, your unity of being is threatened therefore, you react to find again harmony. With the unifying energy that you call love, you are trying to find a new balance to the ailing parts and to reintegrate them in your harmonious entirety. Therefore, don't be surprised if your supreme being, to whom you concede your existence, only lends interest and his help when you threaten his own equilibrium of the whole.

But this underlies a principle still more profound. Since only your sensations of extreme sufferings or extreme pleasures in your body attract your attention on one organ in particular, likewise, only your experiences that surpass the habitual range of sensations attract the supreme consciousness toward you. You awaken it to the awareness of an entity that lives in it.

The consciousness is always the fruit of an imbalance. The balance and the normality are sources of unconsciousness and of stagnation. The unstable extremes bring it to feel the effects differently, to question itself on these changes and to take action if an imbalance doesn't take care of itself. Do you understand your freedom as an arbitrator and your own responsibility facing yourself and the others? You have the choice of your own imbalances and to take care of them at your own convenience. A superior force will only intervene if the whole to which you belong is threatened. Your actions don't matter to it, however your reactions are sources of sensations that interpellate it.

But, all of this doesn't take into account another equation. Do we have to wait for the extreme situations before we react and find a new balance? Evolution has seen to it, and it is there that you, humans, you demarcate yourself on your planet, that you can restore the balance in one part of yourself even if the whole is not threatened. This is one of the manifestations of your sixth body, the one of the concepts. The understanding of the principle of the equilibrium in the entire being can be maintained by the consciousness of its mode of functioning. Then, love of oneself is no longer a vague concept, but becomes the concrete recognition of each smallest part that makes up your totality. Your love for yourself then takes an intimate meaning for each one of your cells. If the process is well set in motion, the same process between your superior being and you will be set in motion. He will receive from you waves of pleasure and harmony that will rejoice him to the point of giving it back to you in trying to intensify them in you. At this stage, we can talk about the revolution of the being.

Only a superior being can transmit to you a modification that you don't have. The birth and the history of the civilizations are always the heritage of a more advanced universe. The progress of the worlds, any source of inspiration always starts from a centre more elevated in vibration or more dense in energy and spreads itself by the pouring of an overflow in the universes below. Like a fountain having many levels, when the source reaches the base, it goes back up in its centre to start the cycle all over again.

You, yourself, can flow out like a fountain of truth, of beauty, of kindness on your whole being and make this reviving source go back up in you by its centre, thus provoking the elevation of each one of your parts. The love of each smallest part that forms your totality accelerates your evolution more than any other form of love. But your feelings toward yourself must be true, beautiful and good and if they are not, they must be sent back up to the source to become conscious of what troubles them.

We can only give to the other what we have, especially what we have in surplus.

When you will spread your true identity on the other, do not see the individual only at the surface but also each particle of life that forms this complex being. Then, your love will penetrate deeply in him and will transform him into a better being.

Only a being who possesses more than the other, can give. This phrase simple in appearance is very complex. We can only give what we have and only to those who don't have it. The example of the communicating vessels is just. I can only pour off in you the quantity that will balance again in two equal contents our two containers. If my quantity of one element is very elevated in relation to the rarity in the other, the re-balancing between the two will create an immense reciprocal shock. For that reason, it isn't too good to have an overflow of one thing in relation to one's surrounding. Because the price that we pay might be a major imbalance.

Like we can only give to those who don't have. Like only a being richer than the other, can transform him. For this reason, you shouldn't associate with and love only the beings to your resemblance, but also those who have less than you. I explain myself. Only the beings superior to me, on one or more aspects, can give me what I don't have and therefore, transform me. As a being who possesses some riches, some multiple facets, I can only transform in an evolutive sense, the beings to whom my contact elevates the level of consciousness. In the superior worlds, it is easy to live alongside our brothers who are similar to us. They send back to us a sufficient image of ourselves that is pleasant but little stimulating for the evolution.

We can't be looking for the company of beings who are superior to us, because it is in the order of things. Our vibratory level keeps us from going beyond a certain limit of intimacy. But them, they can approach us because they have the faculty to lower their vibrations to our level, and thus transmit to us a little bit of their overflow. This saying says it well: "The one who tries to elevate himself will be lowered, but the one who lowers himself will be elevated". Its apparent contradiction is explained this way. By bending down to the most unfortunate and in giving them our overflow, we lighten ourselves, and thus we elevate ourselves automatically. I love these truths disguised as humor. But seriously, the opposite is also true. Wanting to go up to a wealthy being so he can fill you can only weigh you down and make you descend again. We have to make room to receive. The art of stabilizing the flight of an hot air balloon, either with the inflating or the deflating, is another nice comparison. We have to know how to share our possessions to make room for new ones.

To give in refusing to receive or receive in refusing to give will inevitably bring an internal imbalance which will demand to be filled with its opposite. We have to learn to give and to receive in an equilibrium always renewed. You can only give to those who are different than you, going as far as your extreme opposite. But when you give in harmony with the Divine energy, right away the empty space is filled with this same energy.

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My galactic brothers to whom I am the little terror, have returned. This affirmation isn't entirely just, since they have never totally abandoned us and have always kept an eye on us. Rather, I should say that they are here in a more intensive way since their other rebellious children, the earthlings, amuse themselves with some colossal forces that they barely understand. The immense energy compressed in certain minerals are remains of the anti-world which are in dormancy on this side of the universe. I will explain it more in detail in the next exposé. But you should know, as of now, that the liberation too rapid of this energy

disrupts the structure of the bodies, going as far as to their complete dissolution.

Your self-cancellation should not implicate a deflagration that could affect other worlds. Your nuclear bombs do not destroy only the physical body and its corresponding worlds, but with their vibratory blows, disintegrate and shatter in pieces all the subtle bodies and their particular universes. This energy strongly concentrated issued from the anti-world, when it is abruptly liberated, can somehow annihilate its opposite. It creates a hole, an empty space in this universe that is very difficult to fill. For these reasons, the manipulation of the anti-matter in this part of the universe is highly regulated and prohibited, especially to those who are thinking about using them for some purposes of destruction. My brothers are present more than ever since the end of the forties, since you have tampered with this dangerous power. All the places, the possible locations of experimentation have been put under high surveillance. If the unthinkable start of a massive destruction with such engines would be set in motion, in one fraction of a second, the angels of death would go into action.

It is a pretty name, the angels of death! I took it from your religious language to describe the beings whose mission is to eliminate everything that can be a serious threat to the whole. Usually, the death sentence of a harmful entity is left in the hands of its congeners. But the complete annihilation of an entity or a species, which means the destruction of all its possible bodies, depends on a precise group for whom it is their mission.

Individualism pushed to its extreme can become the start of a chaos. One cell in the universal body that decides to act entirely independent from the entity to which it belongs, can be the source of a cancer if it contaminates other cells with its behaviour. The respect of the entire being to which we belong is an essential condition. We can't act indefinitely in opposition to one's environment without creating an imbalance that threatens in a short or long term the entire universe. It is what happened in the past in your system and it is for that reason that it was put into quarantine.

With the exaggerated egocentrism, doubled with an unpredictable behaviour even chaotic, you also isolated yourselves from the rest of the world. We could only prevent this slipping from bringing a new important deflagration. We must tend toward the balance and harmony in this glorious body that the universe is. This is why we have brothers whose role is to destruct everything that seriously threatens the balance of the whole. If everything that we have done doesn't give the results anticipated, our brothers act for the good of the collectivity. Your freedom stops where the freedom of the other starts. Nobody has the right to live in a way that is a perpetual threat to his surroundings. We can control, neutralize your aggressive gestures, but your deeper emanations can touch us without us being able to avoid them completely.

You inflict pain and kill thousands of animals for your experimental research. You eliminate without too much sorrow the beings of your laboratories who have turned badly. Then, are you conscious that for the superior beings you can be considered as animals who have turned badly? But the wisdom of the elders allow these eliminations only when chaos has settled in and it is no longer possible, even with our currents of growth, to exert influence on the dangerous behaviour. We take care to arrive only rarely to these extreme situations. Even if in the past we had to let these brothers, that I call the angels of death, do as they wished.

It was seriously debated many times in your history, the possibility of destroying you completely as a race, including your survival in you subtle bodies. Fortunately, it was decided to operate some cleansing only, localized in some places or targeted on some individuals.

It is always in the moments when the energies of hatred or violence have reached critical levels that my extra-terrestrial brothers have played a role to lower the pressure and thus, annul the threat to their world. They don't want to relive at any cost the errors of the past. They have often intervened, directly or indirectly, to make the empires too aggressive fall or stop the conflicts that degenerated in endless killings. Your actions belong to you, but your emanations which go through the stratosphere, so much they are projected with force, concern and implicate them. Whether it is the fruit of a city or a civilization, they saw to it that there wouldn't be any more excess.

We know that any life is precious and that if we alter only one of them, we alter automatically our own life. We form all the stitches of an immense cosmic fabric. Up to what point can we make holes in it before we provoke a big tear? Any life that we take, can alienate its destiny to ours. Who has the force and the particular aptitudes to become their tutor? Of how many entities can you become responsible by sealing their destinies to yours?

At different levels, you are very far away from our world and at the same time, you are intimately linked to it. What happens here on your planet can influence what happens at the other end of your galaxy. It is for that reason that the ways of communication are still closed between us.

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Fortunately, times change. The doors open themselves to the speed of your evolution and to the size of your aspirations. I am there to witness it! The moment has come to give a summary of my entire discourse on the concepts of the universe according to my people of origin. Therefore, let's come back to the first meaning of life.

At the origin, there was only one essence in expansion in all directions. To the limits of its expansion, it came back toward itself meeting itself in opposite direction. In this reflection, it didn't recognize itself. These two opposite energies entered in collision, creating an imbalance. From this imbalance between two energies was born the start of the consciousness. Two energies in opposite directions that meet each other, the most dense one will try to encompass the less dense one to fill it, thus creating a circular movement. This movement more dense around another one less dense is the basis of the formation of an envelope, of an individual form. An incalculable number of different forms are born from the density, the intensity and the duration of the collision and by the fact itself they started to vibrate, each one at their own rythm. From this processus is born the entire known universe. Therefore, the consciousness is situated exactly in the interreaction between the individual form and the rest of the universe.

The entire universe is made from the same primordial energy that vibrates at various levels. These variations bring the awareness of the difference of the other and in rebound, of oneself. This alternation between the awareness of the other and of oneself creates in the long term the personal self, the me. Each vibratory form feels at first its exterior envelope and

then its content. This content, made of primordial personalized energy, tries to recover its original state, tries to come out of its envelope to unite itself in balance with its likeness. Thereby, the energy common to all pushes the entities toward each other, but the personal envelopes of each one impede this complete union of the energy.

Then, this same energy will try, through the entities at first, to know the others on the surface and then to discover them more in depth. It is only in filling the space of the other and in letting the other fill us that the fusion will be possible. The sharing is the first stage but the complete union is done with the total integration of the imprint of the other. A new entity is formed possessing two facets in it. The process continues with the union of two entities having each one two facets giving an entity with four facets, and so on. At each stage, the entity acquires double the facets to the point of becoming as complex as a human or a universe. The evolution of the first days of an embryo shows you the process in acceleration.

This return to the original unicity, which seems unattainable for the primitives entities, is considerable for the entities more and more complex. The multiplication of facets of the beings by the union of other beings having always the same number of facets, accelerates in a vertiginous way the complexity of each one. The unique being becomes rich with a multitude of lives which, united in him, lose their autonomies, their individualities, but not their characteristics, their personalities. From this complex and harmonious union, each one of these lives acquires a particle of the qualities belonging to the whole.

Each cell of your body, by uniting themselves to become you, have lost their independence, one part of their individuality, in some way their possibility to live without you. But their personality, their characteristics are still well defined and prolong themselves in a way that is certain in relation to their hope of life as individuals. Up to a certain point, through you, they know some experiences, some sensations, some stimulations of consciousness that would be impossible without you. They can even taste eternity. Each one of your cells progresses because of this link. Are there some cells in you that can reproach you of being ignored, neglected even hated by you? Is your love toward yourself unconditional?

And there is God, first source of all things, who now appears like the integration of all the facets of the known universe. It is for that reason that you should not be afraid to lose your individuality by becoming him, because on the contrary you will indeed lose one part of your actual autonomy, but you will win by becoming rich of all the personal experiences known in him.

Your individuality is created by your envelope that is ephemeral, which is what makes your individuality ephemeral in rebound. Your universe is an entirety of envelopes also ephemeral. From the meeting of your individual with the universe common to all, is born a reaction that we call the awareness of existing. This consciousness prolongs itself through each reaction deriving from a meeting. This sequential prolongation ends up by giving the illusion of continuity, but in fact it is a consciousness in eternal redefinition at each instant. This continuity, in appearance, becomes the personality. Therefore, it is these reactions to constant stimuli which, like some images of a film in acceleration, give the illusion of the movement of life and of its permanent consciousness.

In this optic, everything that seems solid and durable to you is ephemeral and the interrelations between the things which seem so ephemeral to us are susceptible to be eternal.

But I wouldn't want to bring you too far in this vision of the universe which could be demotivating. You should know only that what you do in life is ephemeral and is only important to you and your universe. It is how you do it that has some importance in the eyes of the eternal. Do you understand the meaning of this reflection? You can do anything you want, but observe how you do it. It is how you make a gesture, its content, that leaves a trace. The result, the container is ephemeral. The meaning of life is not in the goal to reach but in the how to get there.

The distance of the road to be covered is endless. Eternity is in each step.

There is nothing in the universe that is useless or unwelcome. Nothing happens to us in life that isn't intended for us, even what the others send us is only the reflection of ourselves. We progress and we perceive from the universe only what is accessible to our senses and our senses are in perpetual development, in eternal intensification and refining. The universe around us already contains all the possibilities. If we only pick up a precise register, it is because of the limited perception of our senses. This register is also the result of what we conceive from it, starting by what we perceive from it. The objective consciousness of the universe doesn't exist. There is a relative objectivity or instead a common perception when many individuals together have reached the same development of their senses. But this conclusion doesn't take into account the individual reactions to the perceptions of its senses.

Two humans can be walking side by side and conceive two different worlds around them starting from the same perceptions. One will be sensitive to the beauty, the joy, the harmony and the other to the ugliness, the sadness and the division; the same register tinted with the emanations of each one. The ambient surroundings contain all the alternatives.

Therefore, our individual reactions seem more important than our perceptions common to all. In fact, both are essential to the evolution of the being. One leans on the other and vice versa to give the personal consciousness, source of advancement. It is the universe common to all, associated to one type of body, that serves as a solid base where the individual search associated to other bodies in development elaborates itself. The individual reactions, disconnected from the perception common to all and excessively amplified, bring some aberrations that can reach madness. The perceptions common to all, without individual reactions and amplified with stereotypes of behaviour bring the stagnation that can reach some collective regressive actions. The societies must tend toward an equilibrium between their two poles at the risk of encouraging these consequences. How many nations have some difficulty finding the middle path!

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Besides the return of the mother race that has created you, there are four other primordial races that are interested in you. Three of them are here with the agreement of the elders to continue their research on your genetic and energetic potential. You are very fascinating in many aspects!

The first race is dying because it didn't know how to develop characteristics that would protect and maintain its physical strength. It is issued from some worlds where the intellect, the thought, the reason surpass all the rest; to the point of neglecting the survival of their dense bodies. This is serious because they haven't reached the degree of evolution where the whole race could give up the physical body without harming or even threaten the survival of the species. Since the physical force is no longer solicited in their evolution, their bodies have become more and more fragile, to the point of falling in degeneration. Their new-borns are very weak and not very enduring. They know that the contribution of your physical genes implies the range of emotions, which is a contribution of which they don't understand the utility. It is even seen as a bad thing because they contain some risky components. If you study attentively the succession of the bodies, you will discover that each sequence of three bodies contains at least one based on the reaction and another one on the observation, or if you prefer, the passion and the reason. But to survive, this race is ready to take the risk. They had the permission to take some physical bodies emptied of their essences, to remove some organs and some tissue in order to make them proliferate and incorporate them in their own organisms. The quality of these organs, if they are stimulated adequately, is to spread their vitality in the entire host body. The first results are promising.

The second race concerned has developed mainly the mental body and the conceptual body, neglecting the emotions, the sentiments and the intimate bonds that derive from it. Their bonding ties are on the whole, intellectual and reasoned, but not very stimulating of progress. It also sees the advantage, in developing a larger vibratory palette, of going beyond its level of collective survival of the species to acquire the personal survival devolved to humans. Their race, despite their evolution, has remained at the animal stage. It is the quality of their ambient air that has allowed them to develop an advanced technological civilization. But now they want to profit from the positive heritage of the personality, which prolongs itself from one body to the other. They especially want to integrate the sentimental body and the amorous body to their three bodies already existing. But concerning the emotions, they find this zone too complex, dangerous and prefer not to touch it for the moment. To realize their project, they remove from the humans the genes that provoke these specific vibrations. But before, they prefer to experiment by choosing some volunteer evolved humans that they put in contact with some members of their race. This way, by living side by side with them, they provoke some reactions that they have all the free time to study. There are some rational beings who need to understand all the advantages as well as the disadvantages of an experience. They want to surround and control all the parameters, and it is only in this condition that they will take action. Which means to insert this new vibratory range in their progeny and observe their development. At this moment, only the removal of genes, eggs, sperms and tissue are allowed. The interracial couplings are prohibited by the elders. For this race, this will guarantee an important evolutive bond in their history.

The third race tries to create a hybrid race. It wants to twin the colossal potential of the humans to their great force of concentration and their great willpower to direct this force to all purposes. Having reached a limited point in their perfections, only this new mixture of two races will allow them to go beyond it. The larger range of the motivations will increase their power to set in motion new fields of exploration. They also hope maybe, to acquire the supreme characteristic which is still dormant in the human. The one that will be explained in the last exposé.

The fourth race, the one that is not welcome, is always the one that tries to take possession of the earth in the name of the law of the strongest. It wants to make of this planet a reserve of natural resources and of strong and docile manpower. Under the banner of the free enterprise, it condemns some nations at being satisfied producing for some elites crammed with riches. It makes believe that with effort, everyone can have access to the summit of the pyramid. In fact, in order to have a grand winner, it is necessary to have thousands of losers. One person considers himself to be rich because there are poor people to remind him so. You are still as a race, far from understanding and realizing the principle of sharing without condition. Some nations are getting close and others are getting further away. The opposites will have to equilibrate themselves someday to leave some room for a new attitude. This last race, the fourth, is not without playing a role for your populations to allow themselves to be convinced of the doctrine "to the strongest all the rights". They are pillagers of planets. When they have emptied them of the riches, they leave them in ruin and go pillage somewhere else. The desolation is often all that is left after their passage. But they themselves are limited and subjugated to greater forces. Their territories only spread to precise zones of the universe and their actions are sanctioned if they threaten a whole too vast.

But times change, and here many humans with a frank personality don't allow themselves to be imposed by the seductive publicity of the wealthy and try other courses more equitable. It is with the humble that the qualities that are promising for the future seem to develop themselves.

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What I am telling you is issued from my numerous experiences of life and from my multiple reflections that derive from them. I might seem to you far from your daily preoccupations with my abstract concepts, but your degree of experience also appears to me as belonging to one of my distant pasts. It is up to each one of us to fill the space that separates us. No doubt that at each moment, I receive the sensations and the reactions of all the beings who live in me. But my role is to keep the whole harmonious and to help it progress toward superior levels.

Humans who live in a world where the dense matter is their frame of daily life are few in numbers to put in doubt its reality and its importance. When it concerns the universe of emotions, its veracity is perceived as more uncertain, less palpable, even though it is certainly recognized for its undeniable influence on its behaviour. The universe of the thoughts seems as far as he is concerned, even more unattainable. It is seen as a remarkable contribution to evolution, but badly understood as a foundation of a great part of the reality of humans. Each register of the perceptions subtler and subtler gives a glimpse of a universe more and more refined. These universes that are the stable base for some beings who have developed its whole range, are as real as the physical universe of the earthlings. These worlds are inhabited, among others, by some beings who are still humanoids, which means who have at least four bodies, but whose vibratory registers have unloaded themselves of the low frequencies. Each vibratory world shelters some ascending beings coming from the inferior worlds, some descending beings coming from the superior worlds and some beings born in this world who will lower or elevate themselves. This diversity of the genuses brings the richness in each level of evolution.

In the universe of the sentiments, the basic register is composed of a whole of profound emotions and of reflected thoughts which in prolonging themselves have become durable sentiments. These permanent sentiments serve as a support to the construction of a reality. This universe deploys itself in a great diversity of manifestations. Some beings have made it their basic universe because of their balanced sentimental body. In this environment with sentiments common to all, some beings explore and go deeper mainly in their amorous body as well as in their conceptual bodies.

The amorous register is simply the intensification of the permanent sentiments in one range of frequencies which is the recognition of the bonds that unite them. They are the profound values similar behind the diversity. It is what pushes us to wanting to understand and to fusion with the other.

The conceptual register is simply the purifying of the amorous bonds. It is a range of frequencies which is the simplification of the resemblances in some basic principles. It is what pushes us to grasp the fundamental laws in all things.

Me, Naja, I now live in the amorous universe, the fifth known vibratory scale. Love is my basic reality, which I lean on and never question. It deploys itself in me, around me and is the basic fiber of which everything is weaved. My home is amorously well built and is interlaced with flower gardens that blend with the scenery deploying itself in the surroundings. As far as I can see, harmony between things is a constancy. The air sows in the wind, particles of love that penetrate our being in permanence. When I meet one of my fellow beings, it is the bonds of love that I first perceive in him; it is what unite us, what give us a feeling of belonging to the same cause. Secondly, I perceive his conceptual body, this particular universe in which we conceive the principles behind all things, especially the mechanisms that underlie the worlds. Thirdly, I perceive his transcendental body, this universe even more particular in which we see the origin of all things and especially, how the essence maintains the entirety coherently. This brings of course, some discussions, some takings of position and exchanges sometimes extreme between us. But this without verbal or corporal violence, simply with humour and teasing that tries to discredit the other with kindness.

Love that has attained its plenitude in my world, might seem to you as ideal and marvelous in comparison to your reality. Nonetheless, there is always room for a greater fusion of the genders. The more you learn to control the energies in you, the more you can dose their transfer in your amorous exchanges. Sexuality, in the more refined worlds, calls for a contact between two bodies less and less concentrated, crystallized, but whose energy is more and more important even more and more dense. The sensations between two beings who have learned to master the art of manipulation of energies and use them to mutually fill each other, are hardly conceivable for you; the ecstasies with limitless modulations that can prolong themselves as long as the bodies respond to the vibrations; the profound satisfaction to have touched the heart of the other and to have felt a fusion even momentary; the serenity of a new balance enriched with the intimacy of the other, can't make us regret what we have left in the lower frequencies. But this refinement must be perceived as legitimate and accessible to all.

The intimate encounter of two beings is the beginnings, the unconscious or conscious desire to blend with the other, to find again the original unity. Starting with this, it is simply the intentions, the emotions, the thoughts, the sentiments of each one that tint this vital act and give it a degrading or ennobling value and the nuances between these two poles.

When you elevate yourself in frequency, which means that you accelerate the duration of a pulsation, you discover some universes always more refined associated to subtler bodies. But this always at the same place here on your planet. When you densify yourself in energy, which means that you concentrate this energy, you experience some states of consciousness associated to superior universes, while still being able to remain in your actual body. The seven first bodies and their corresponding universes are accessible on earth. If the two are in progression in you, you can leave your planet for a world more dense in energy and more refined in frequency. The development of the eighth body associated to its universe, automatically brings you closer to the centre. Your sun could be your next destination.

The suns, which are some important concentrations of energy, are linked to each other by a same density and a same frequency and serve as a centre, a crossroad for evolved entities to travel instantly from one place to another on the entire known universe. It is the development of the density of your energy that can allow you to approach worlds always more dense in ambient energy and closer to the fixed centre of the universe, the true known paradise.

Paradise is the place where all existence reaches a complete plenitude, and where the equilibrium of a whole great circle prolongs itself in its own contemplation. This concrete paradise is the world of the first Gods realized, the place where the accomplished beings meditate on their own perfection. It divides itself in twelve levels, in twelve perfect universes that demand twelve bodies of light. The reincarnation or the metamorphosis of the bodies is situated in the variations of the purity of its essence, which for us could be understood with the elimination of the last filters that keep the first energy from being totally radiant. These universes are the centres where beings live there in permanence and others who make their first visits between two singular bodies. But even this paradisiacal place, this ultimate perfection which seems almost unattainable for many, is a place of transit. These Divinities will have to leave again some time to conquer new interior territories. Therefore, nothing is immutable. Beings change, evolve and with them, their universe.

The central paradise is at the origin of the birth of any conscious existence and of the finality of all transcendent experiences.

We can taste the worlds superior in density or vast in intensity or even refined in frequency, but it is the deepening, the understanding of the wheelworks that govern these universes that can make them durable in your life. To experience a moment of ecstasy, a time of revelation or even three entire days of illumination, this doesn't make them less ephemeral manifestations. For them to prolong themselves, we must understand their mechanisms that set them in motion. For that reason, it is with the amorous body and the other bodies which follow, that the taking of our own evolution in our hand really commences.

The acceleration will happen with the transcendental body that unifies the first body in a coherent totality. To tend toward the equilibrium of a body is a source of well-being, but to tend toward the equilibrium of the different bodies between them is a source of a great stability doubled with a strong will of action. The symbiosis of the bodies increases their potential ten times bigger in only one force having a great directional power. It is on this kind of stability that a real state of serenity is created, a permanent and solid state on which we can lean and which allows us to climb a new step.

There is no discovery, as extraordinary as it might be, that doesn't become with its permanence an established fact in daily life, on which we lean to elevate ourselves higher still. I live in a universe that is marvelous in many respects, especially to your understanding. But this doesn't keep me from aspiring to discover greater marvels.

## EXPOSE 13

### ALL IS IN ALL

Do you know that more than everything equals less than nothing? I love to use this kind of witticism to open my long speeches. In appearance they are absurd and yet no one finds the finality in them. This last one opens the last exposé that will take you on different paths which will have, as a role, to conclude my discourse, to sum up my history and to give you a glimpse of the vertiginous immensity of your potential and the one of the universe in rebound. If I throw you out of balance too much, do not take offense. Your consciousness will only keep what is useful to it for now.

I am called Naja and where I live, it is the fifth universe, the universe of love which is my stable basic universe. This universe is here now at the same place where you are. It is only the level of frequencies that doesn't allow you to perceive me. But if you would be directing a profound and sincere love toward me, maybe you could get a glimpse of me.

Despite the love that is around me, I feel a little bit alone in this universe. My friends are issued from a long evolution on the terrestrial plan and are remarkable companions. But my being is issued from another world where I evolved for a long time before I found myself caught in a cycle of reincarnations down here. For this reason, I am loved and feared at the same time. I bring a certain imbalance in this universe with my reflections that don't always go in the direction of the majority. I amuse myself in destabilizing the harmony of the whole with my oratory art. I provoke the evolution indeed, but my bravados sometimes hide the uneasiness of a being uprooted from his country. I have the nostalgia of my lost grandiose past. Sometimes, I express it in boasting and bragging and I don't apologize often enough.

I am skillful in playing with the concepts to better bring out the essential. Therefore, obligatorily I make use, like my brothers, of my sixth and seventh body, respectively the one of the concepts or if you prefer, of the symbols and the one of the transcendence or of the essence of things. In comparison, your physical body is your stable basic body and you make use mainly of your emotional body and of your mental body to evolve. You should well understand that whatever the three basic bodies are that a life borrows among the twelve known bodies of this universe, they form a functional entirety and generator of consciousness.

I am also, like many humans, in possession of two other bodies in formation which correspond for me to the eighth one, the universal body and the ninth, the revolutionary body. The tenth body is embryonic in me and its maturity will be the sign of the abandonment of my fifth body, which means that the sixth, the conceptual body with its universe, will become my new stable reality.

Also, I have in me the heritage of two hundred thousand years of evolution in my world of origin. This potential is there in dormancy, limited consciousness, obstacle imposed by my terrestrial bodies. I am a being descending into the inferior worlds. I didn't choose an envelope too small. I am one of these angels whose fall was brutal and I found myself wedged in this narrow minded form. Because you must know that we can't fall any lower. Therefore, step by step, I had to climb again the long ladder of the evolution.

For you, a stable universe of love such as the one where I live now, must seem marvelous, and as a matter of fact it is, because it is what humans are able to conceive as paradise. It is true that it is perceived as an Eden by the humans who have visited it. It is your highest perception of perfection because of your fifth body.

To develop one's fifth body, the amorous body, and live in a world where the density of the energy, its intensity and its duration is the one of love, it is two different states. I was born in a world where the ambient air vibrated at the level of love while having a body more dense. I descended down to here to finally climb again up to where my basic body would vibrate again at the level of love. Which leaves to presage that soon I will be able to return to my world of origin at the moment that my density of energy will go beyond the one of its atmosphere.

At the death of your physical body, you have to cross a certain number of worlds to reach the one which corresponds to the superior level that follows and which is situated in the universe of the emotions. And in this new stable universe, you will learn to stabilize your emotions by using your mental body and your sentimental body. You are living alongside beings to your resemblance and others who by their emotional balance, have become residents of these places and help you to progress. This universe with stabilized emotions is already a benefit for the majority of humans, especially if we compare them to the extreme range of emotions on the physical plan.

At this stage, the superior universes are not accessible to you because of the elevated vibratory level and the density which would put your life in danger. Only a being of these superior universes who would come toward you could take you there for a visit. But his absolute protection would be necessary and for a short stay only.

Each one of these twelve universes vibrates on a scale of twelve degrees, which means that it is divided in twelve principal worlds. Each one of these worlds subdivides itself in three to twelve levels, thereby giving a fairly large range of experiences. On the earth, your emotions are impalpable which gives you the impression that they are immaterial even if they influence, in an important way, your material universe. In the emotional universe, the emotions are the basis that defines it. Like on earth, nature can be solid, liquid or gaseous and even reunited in the same entity like your body. In the emotional universe, the emotions go from a palpable solidity to a gaseous state. These lowest worlds are close to the border of your material world and are similar to it. In elevating themselves, these worlds refine themselves up to the border of the mental universe. But all these worlds imbricate themselves into each other. It doesn't exist any well demarcated border other than the one of the progressive change of the vibratory level. The emotional universe, like the others, is as rich and diversified as your physical universe. At your death, for the majority, you go in one of the twelve emotional worlds that corresponds to your level of evolution, whether it is almost physical or almost mental.

You should know that in each universe, there are extremes even if they tend to attenuate themselves with the density of the Divine energy. Like in the material world there are paradisiacal places and other infernal places, there are in other worlds a range of places just as large, and it is not necessarily the elevation of the vibratory level that is the guarantee of progress. You only have to imagine the most troubled emotions concretized in one place and

you will have a glimpse of the emotional hell. At the death of the physical body, the emotional body, no longer limited by it, sees all its emotions come to life and realized themselves in its environment. The being literally lives in the middle of his emotional universe for a certain time before perceiving a certain exterior objectivity. In other words, at the death of the physical body, the interior universe of the being deploys itself in the following body, one third bigger, and what seemed to confine in the imaginary of the first body seems to concretize itself in this new space. If the being doesn't become aware of this expansion, he can believe for a long time that his interior world is the only reality.

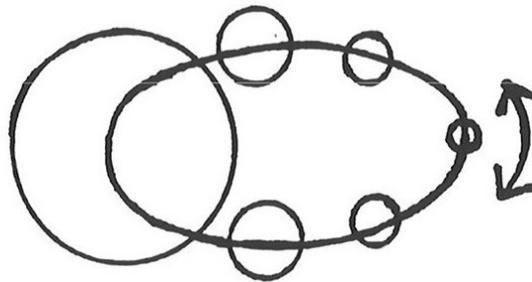
You understand why hell, after our physical death, is our worst emotions that concretize themselves. The torments of the flesh have their equivalences in the emotional worlds as in the other worlds. In the mental universe, the obsessions, the deviations of the thought that become real can also be causes of places where the fools are kings. But these extreme places are only frequented by the extreme beings who created them. Certain beings superiorly balanced, go to see them to help them become aware of their states superiorly unbalanced.

Now you understand that it takes a minimum of three bodies to exist. On earth, the formation of a fourth one ensures your personal survival which is the case for the majority of humans, but it is only the complete development of this fourth body, associated to an universe of twelve degrees, that allows you to definitely abandon your basic body, for you the physical body. When I speak about a complete development of a body, I mean a maturity that makes it functional and not perfectly realized. Only the emotional body must be perfectly realized, therefore stable, to allow you to definitely abandon your physical body. The other two only ask to be operational. Even if three bodies are sufficient to exist, most of the beings with a complex consciousness live and evolve through five bodies at the same time. Sometimes, two other bodies might be embryonic for a total of seven in the interior of a same individual. But it is not desirable to have a range of vibrations too large. The extremes mutually annul each other. It is also the number of the seven possible dimensions that sets the limits.

I must repeat to you also, that besides the twelve known bodies with their corresponding universes, it exists twelve other unknown bodies with their corresponding universes situated at the opposite of us. The physical body is the body the most dense in matter from this side of the universe. But in descending in these twelve inferior universes, the matter reverses itself and again starts to rarefy itself. For these twelve universes, the dense matter is the outcome of the evolution, the goal to reach. This is what you call the anti-matter. The entire evolutive direction of your twelve universes is reversed in these twelve universes.

Here is the simplest picture that I can transmit to you to help you understand the concept. Imagine a mass of energy expelled from a centre, which in going further away, rarefies itself more and more in energy, but densifies itself more and more in matter. This evolutive direction, that some forms of lives take, is at the opposite of you on one big loop that this energy makes. When it reaches its maximum expansion, the perfection of the anti-matter, it takes the reverse path and becomes your known universe, meaning that this energy starts again to densify itself while the matter dissolves progressively. You live in this last evolutive direction. The big circle that this energy makes will pass again by a centre where twelve stationary universes are waiting for it; the fixed paradise which I have already talked to you

about. Also you should know that there are some beings who go up or down in both directions of this immense loop.



Here are some concrete examples which will allow you to understand a little bit better. On your earth, the minerals, like any form of life, have three bodies. Their third one is the solid material body that you know but the first two are underneath your universe, in the last two belonging to the twelve reversed bodies. The rocks are entities that have reached a high level of evolution in the anti-universe and undertake the reverse road. Don't forget that they have a great length ahead of you in time of evolution. Your discoveries on the minerals amaze you every day and their potential seems endless. Their colossal powers were demonstrated to you by your bombs. When I speak of rarity of energy, it is in the ambient air while the solid matter is a concentrated energy, very compacted in a small space. The reverse, at the approach of the centre, is also true. The energy is more dense in the ambient air, but the matter is less and less compact going so far as melting in the pure energy. The minerals are a form of life whose energy is the most concentrated, crystallized and they represent the remains of a great civilization vanished. You know their powers in part. You still have to discover all the subtleties of their particular intelligences.

The plants have a body coming from the anti-universe and two bodies here in this universe, the sensitive and the emotional. Their first body, the stable base from where they contemplate our universe, gives them a wisdom issued from a reverse perfection. It is accessible to everyone who pays attention to it. The unity, the harmony that is released from it, is issued from a long apprenticeship, from a wisdom that humans should study, not only from the exterior but also from the interior. Trees have their roots well anchored in the earth and from it they extract the mineral, their vitality. They use the richness of their predecessors to grow and go one step further. In developing a range of emotional reactions, it has brought them to some variations of forms all in subtlety, refinement and pure beauty.

The animals have developed their mental bodies that is one more step ahead, which is what ties them entirely to this universe. The humans only differentiate themselves from the animals by the addition of a fourth body.

Humans on earth admire nature without understanding too much its essence. And yet, they too have built their reign on the vitality of this essence. They owe their health, their strength and their progress to it. Humans have developed their mental body which is one more step ahead in this universe. It would be good that they use it to understand the importance of what has allowed them in turn, to be born and grow. The diversity and the splendors of nature are not due to chance, but are at the same time the remains of a culture that has known its apogee and on which grows a new seed.

The rocks perceive the prancing life of the trees and find them too inconstant. The trees perceive the rocks as a solid base but slow in action. On the other hand, they physically and emotionally feel the presence of animals, of humans as a permanent agitation with a behaviour that seems unpredictable and threatening. By the way, you who like the beauty and the perfume of certain flowers so much, what do you think they feel at your approach and the odor that you emit? Take care to approach nature with respect, love and understanding.

Each reign can aspire to elevate itself in the superior worlds by developing a fourth body belonging to the reign that follows. A whole of three bodies which gives the conscious life is considered like a reign. The levels of evolution of each one of the three bodies give the species. The variations in the interior of each sub-bodies give the individuals.

If you could travel like me, all the while staying here, by only changing the frequencies, you would discover surprising forms of life. Where there is form and at least three levels of frequency, there is individual life. Where there is individual life, there is interrelation between the individual and the universe. Where there is interrelation, there is personal consciousness. We could even say that each entity is the centre of its own universe. It is the similar characteristics between the forms that create some stable universes, and it is the interactions between the individuals that create the persistence of a species or a race.

To perceive the universe with all the characteristics of different species, is an unbelievable sensation. In your case it only becomes possible with the development of the seventh body, the one of transcendence.

From the wind to the light, from fear to ecstasy, where there is form, there is sensation and consequently, universe. Many of these universes overlap each other, interpenetrate each other in perceiving themselves only with their reciprocal senses. It is still necessary to have a minimum of three associated frequencies to have an evolutive consciousness. The sight of a bee is not the sight of a human, but let's go further. Certain universes are so far away from us with their characteristics that our perception of them goes from the partial up to the imperceptible.

An example among a multitude. Many humans consider the light as the ultimate image of the Divine and his universe, the paradise. It is a truth partially accurate. The light is unique and at the same time can be decomposed in an almost infinite range of colors. What we perceive from it is only a very small part of a conscious form of life. The beings who have made it their basic body and their universe can be considered as Gods in your eyes. They only feel right in the interior of the stars. Your sun shelters many of them. For me, they are brilliant and warm beings, but for you their entire presence would consume you.

Like the simple light, in contact with a reflecting surface, can give thousands even millions of nuances of colors, and this starting from the three essential primary colors combined to a register which goes from the clearest to the darkest. Like the unique source can give, starting from three primary interferences and its position between the clarity and the obscurity or if you prefer between its abundance and its rarity, all manifestations known in this universe. And don't forget that the light is only one of its multiple manifestations.

Another example less well understood is the sonorous universe. Haven't you ever been penetrated by a sound that seems to come from nowhere? It is sometimes a tentative of communication from beings who have built their identity and their universe around the sounds. Music is their civilization. If you think that you know music down here, wait till you hear the music from their world. In their universe, everything modulates in harmony incessantly.

Each mixture of three basic bodies gives a reign that can contain thousands, millions of variations that we call species. Each species is the result of a varied dose of the three basic attributes of the particularized energy, either the density, first bodies, the intensity, second bodies and the duration, third bodies. There are some species of lives very evolved that you call minerals, plants or animals; some species of lives that are ahead of you, that you would describe as liquids, gaseous or ethereal; some species of lives that are at their apogee, that you would define as a concept, a symbol or an essence. The universes and their inhabitants are almost to the infinite.

These worlds belong to the twelve principal universes. Thanks to your five first bodies, you can get a glimpse of the five first universes. The first universe is solid, the second is liquid, the third is gaseous, the fourth is sonorous, the fifth is luminous. For the others, they are not perceptible for the majority among you. To find out about them, read again the definition of the twelve bodies.

Also I have to tell you again, in brief, that besides the twelve known universes and the twelve unknown universes, there are twelve statical universes at the centre of everything with twelve different bodies associated with them. You will understand that it is simple logic. A time for the expansion, a time for the contraction, a time for a stop and the process starts over again. Therefore, if there are twelve principal stages to the expansion, twelve principal stages to the contraction, necessarily there are twelve principal stages to the stop. From the infinitely small to the infinitely big, the fixed central paradise, the source of all the universes, contains itself twelve levels of evolution.

Here is another picture that I can transmit to you to help you understand the concept. Imagine a mass in fusion projected by your central sun which, in an orbital movement around this sun, is going further and further away from it. In a spiral movement, this young planet will know twelve principal levels of distance before reaching its physical maximum density. Then in the same orbital movement but in a reversed spiral, this old planet will pass through twelve other principal levels of approach before reaching its maximum rarity. Its complete fusion in the sun and the emergence of a new mass will take twelve other levels before being ready to be expelled from it again. I stop here this vision of the different worlds so as not to give you vertigo needlessly.

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I would like at this stage, to summarize my whole story by adding some nuances that will help you to better understand me and also your own origin as a species.

The world where I come from, where I was born, grew up and where I learned everything about life is situated near you, in the stars that you call pleiades. Above the mother planet

there is a hundred of other spheres that form what you call an empire. This civilization spreads itself in colonies which go to the limits of the rarefied energy. Life is diversified and takes thousands of forms, but the race that is the source, founder of this confederation is issued from the world of the centre where the energy is abundant and constant. If one of my fellow-beings would stand in front of you, he would seem to you made of liquid light in perpetual metamorphosis. But this encounter would be impossible except at the cost of your life. The mother planet is about six times the size of your planet and possesses a field of protection to one third of its surface in relation to its diameter. Its environment is highly controlled for the well-being of its hosts. The frequencies of the ambient energy is situated at the fifth level, being the one of the amorous universe, which implies that its density is five to six times the one of your world.

To describe the daily life of these beings would be long and tedious. However, you should know that the discovery of new forms of life and the study of their behaviour is the principal characteristic which defines us and describes our occupations. This brought us to become also sowers and regulators of life in the worlds still young. The profound understanding of the motivations of the beings has allowed us to reach a high level of stability with the control at the source of behaviours of all kinds. A code of ethic was accepted by the whole of our united planets. It is based on the free expression of the particularities of each nation, the respect of the integrity of each individual and this in the desire for a common harmony. Love, serenity and knowledge are ambient which means present in permanence in our atmosphere guaranteeing their unconscious applications. We were certain to have reached the perfect balance between stability and constant progress.

Up to the day, when around two hundred thousand years ago, your world along with its planets entered in contact with ours. Two levels of frequencies, two densities that were ignoring each other until some waves of opposite force came to disrupt our civilization. In our evolution, in wanting to control the ill-fated influences in provenance from the exterior universe, we had created an empire highly stable but also highly refined. Without wanting to, we had become highly particularized, therefore fragile to the opposite unknown. We were, excuse the comparison, like your animals locked in permanence in buildings that you make totally artificial, unable to survive in the exterior. It is the acknowledgment that we make today, but at that time it was perceived as a sudden aggression, unexpected and especially negative.

My original world, a splendor of our galaxy, my pride, was in decadence because of a backward world. Why was this encounter needed between two universes in antipodes? Some waves of low frequencies started to surge on our civilization and our resplendent light emptied itself of its essence. Can you imagine two worlds in extreme opposite that interpenetrate each other in being subjected to the shock of this divergence too big?

Your solar system started to draw the energy from our universe. Because, at first, of some holes, some empty spaces provoked by nuclear explosions that would draw all the energies around. Then, by some immense imbalances created a long time ago by the destructive behaviour of many races including the martians. This is comparable to standing near a being highly depressive who will end up by draining you of your positive energy. The opposites fill each other mutually. And if they are at the extreme opposite of the pendulum, the shock can be catastrophic.

My world of origin was far and at the same time very near yours. The distances are relative to your understanding. A pain to your foot affects instantly your whole organism. This only takes one fraction of time barely measurable to provoke a reaction coming from your brain which is still at the other end of your universe. It is the same in the entire universe which is a divine body in formation.

The whole universe is an entity made of an incalculable number of entities. Therefore, any entity is a whole that defines itself as an entity by the common links that unite them. Each entity is responsible for the maintenance of its balance between its parts and its totality with the exterior environment. As an individual, you are responsible for your actions, as a group for all species forming an entity also. As a nation of the universe, you are responsible for all the actions that interfere on other nations of the universe.

It isn't rare that certain implantations of races on young planets turn badly and make their world sterile. The confines of the universe serve to experiment, to try some new prototypes with all the risks that this involves. Even if a new form of life seems promising and has passed all the tests of viability in a laboratory, it remains the ultimate trial of the natural environment where it will be transplanted. Even if we use currents of growth to stimulate the progressive consciousness, it can happen that a species degenerates. This can go as far as its complete self-destruction and also the destruction of its immediate environment. This choice will be respected. But if this cancellation implies a vaster entirety, it is at that moment that the elders decree a circumscription limiting the damages.

God is a magnificent entity who can support a certain number of imbalances, but not to the point that his own integrity is threatened.

What motivated our rapid intervention, this illicit involvement in your evolutive processus, it was because our civilization was literally in a free fall, caught in a recoil that could be fatal to it. We were, in a sense, pure, innocent, filled with love and good intentions. This was natural for us, being a part of our profound being and in a sense, not really revealed to our consciousness. Only its opposite could awaken this established fact, making us become aware of one thing by losing it. A quality or a default not revealed can't be a source of progress, of awareness. The innocence of a child can't be considered as a state superior to the adult who knows by experience. Even if this implies the loss of unconsciousness, of the state of before. The consciousness is always preferable because it is the source of evolution.

You have to understand that where my world was born, love was a state of being generated by the ambient air. To reach its high level of evolution, my people hadn't passed through all the stages associated to the worlds further away from the centre. Because of you and in spite of you, we have known some new registers of sensations that have revealed to us our unconscious interior riches and some new ones in germination.

The true love is the one that we diffuse knowingly.

In my world, I had become after thousands of years of evolution, a being as we say of great wisdom to whom we were often asking for advice and to whom we entrusted some serious problems to solve. And your world had become a serious problem! Our survival as a

race was threatened. I was part of the five principal mandatories chosen to save the equilibrium of our civilization. It was the beginning of a long journey, a long descent in the frequencies, where it seems only chaos ruled.

When I accepted to come in your world to try to understand it and find a solution, I had only one idea in my head. I believed naively that in studying it thoroughly according to our references and in understanding the basic mechanisms that govern it, it would be easy for us to intervene efficiently.

At first, we had the right to clean your system to the extent that it wouldn't be a threat any longer for us and the surroundings. But as for making it progress rapidly, there were some discussions that brought some leaders of high places to ask us to stop our restorative bombings and our stimulators of growth. We were able to avoid the worst. Many of our decisions were dictated by fear and panic in front of an eminent disaster. Was it infringing on the laws of the free arbitrator? Yet, my people were for a very long time sowers of life. We were helping, because of our knowledge, to make the conscious life appear in some sterile places. In this case, there was forced evolution but also there was major force.

I believe that you have some difficulty in understanding how a primitive world in becoming could threaten a world highly evolved. As a comparison, imagine your sophisticated cities grappling with raging elements of nature like hurricanes, earthquakes. Imagine one of your civilized humans facing another human primitive and violent. Who would be the winner or the loser? The low frequencies with very concentrated energy have an immense unbalancing and destructive potential, especially if the other is the extreme opposite. This raw strength has a great explosive force but brief and exhausting itself very quickly. It is its strong concentration liberated that spreads itself with violence in the space around. We can say that any form of violence or rejection of the other is due to this excessive concentration with devastating effects. While its opposite, some frequencies higher and in density more spread out, has a potential less disturbing because it spreads itself in slower and softer waves. We can say that any form of love or desire of connection is due to a total distribution with effects of normalization.

We believed that in elevating rapidly the vibratory level of your system up to our level, we would make this uncontrollable transfer of energy between us stop. It took some time before we understood that it was a bad for a good. We have, in some way, only succeeded in the creation of a new balance between two universes, which both had made half the journey. We are only starting to appreciate in our case the advantages of this readjustment.

After a global clean-up, we decided to reorganize your system of planets in annihilating by the same deed, the traces of lives, cause of this chaos. It also seemed necessary to us to reimplant life under a form more harmonious. A total new diversity of lives was imported, among others, on the earth to welcome a new humanoid race. Venus, as a new planet, served as a base to acclimatize the species. Its inhabitants helped us with generosity in our project.

My nation of origin is a nation of creators, of great artists who always try to improve the qualities of life. The three important basic points to make all things progress is beauty,

kindness and truth. They must be found in any creation but at different dosage according to the intentions of the creators. Do you sincerely believe as a simple example, that a fish can be half violet and half pink with a touch of yellow under the eye without never having seen itself in a mirror? The reflection in the other is not sufficient. This characteristic doesn't add anything to its environment and is only pure beauty. This doesn't protect it in anything, nor give it anything as an advantage other than the one of developing in the eye of the other, the consciousness of the harmony. There are also harmonizers behind the interrelations between the individuals and between the different species. The great ballet of the ensemble is always orchestrated by some superior beings, but it is the contribution of the subtleties of each one and especially their individual reactions that brings the evolutive richness. Now you have to pass to a higher notch and imagine that humans have been created in the same manner.

My people can stimulate, with some appropriate currents of energy, life on a planet that has the basic propitious elements. Some currents of energy more sophisticated might be necessary for the birth of lives more complex. To a certain limit, the transplantation of samples becomes necessary. At the moment that they are some species that have the capacity to build some civilizations, like the humans, they are entirely created in a laboratory with a mixture of basic components issued from different worlds evolved and reorchestrated in some new arrangements. They are our offsprings, our children direct or indirect who are propagated afterwards through the universe.

Some among you believe that these manipulations are sacrileges and offend the Divine part in you. You shouldn't forget that it is only the larger spread of your vibratory level that engenders your greater number of bodies. Which makes you more apt to prolong yourselves individually, but doesn't make you more noble or more sacred than any other forms of life more restrained. By the attention that we have given you in the past, we might have let you believe that you were unique. In a certain sense, it's true, but not to the point of receiving from God all the attention to the detriment of the rest of the universe. Only the energy, the first essence is eternal and is worthy of being called Divine. Since it is present in all things, this makes all things precious. Don't forget that despite all the love that you give to your animals that keep you company, they are, nonetheless, creations highly trafficked by you. Now you are at the threshold of power, like us, to create some lives entirely new. However, you should reflect on your real intentions before playing, like some presumptuous children, with forces that you believe to control. To be an adult, it is to be responsible of one's actions with full knowledge of cause and effect. May the Divine love guide you!

Therefore, approximately two hundred thousand years ago, we implanted a whole new fauna, a new flora and also a humanoid race on the earth. This race had our characteristics essential but latent with some locking codes. Their potentials were supposed to awaken themselves at some key moments of the evolution. Before the birth of a too big consciousness, we had to purify this world meaning restart again the purity, the innocence and the healthy discovery of the universe. This planetary paradise had to welcome and stimulate the wonders and the vibrations of love. Approximately 2,800 samples of humanoids were brought, be 1,400 couples in some vessels. This number is minimal to warrant the prosperity of the species.

For those who still have some difficulty accepting that they have been created by a superior race, listen to this. The evolution of a species or even of an entity never comes from the base but from the superior worlds. Your eyes are not the natural evolution of a skin hypersensitizing itself in the long run, but the prolonging of a pre-existing sense to a level subtler, more complex in the superior beings. In an entity as primitive and primary as a protozoan, there is no eyes, no mouth, no stomach. Yet, it perceives the other, swallow and digest it. Why? Because the function exists in the essence even before the organ. The evolution of all things doesn't come from the base as you believe it, but from the top of the pyramid. You come back toward the centre. You are in opposite direction of the first evolution. The whole beauty of your world, you owe it to some superior entities highly conscious of what is beautiful, good and true.

The original essence contained everything in potential, we only had to manifest it. You are situated at the ultimate expansion of the first energy and represent its final phase of materialization. You can only come back and rediscover that your coarse senses are the last stages of senses that have deteriorated, diminished in solidifying themselves. In going back up toward the centre, your senses, in disaggregating, find again more and more their first qualities and far from atrophying themselves, they acquire a potential that goes more and more in amplifying, enlarging and refining themselves.

Therefore, at the origin, the role of this first humanoid race on earth was that it had to elevate rapidly the vibration of your planet and of all the other forms of life. It became the guardian of this new planetary garden. These humanoids were our representatives and the depositors of a potential that was supposed to help the harmonization of our two worlds.

During millenniums, we have observed their evolution, their progress and the directions that they were taking. An uneasiness settled in when they started to cut themselves off from our source of inspiration and started to revendicate their independence. Their pride, pushed to the arrogance of their great potential, made them believe that they were superior to us and absolute masters of their destiny. The greatest blemish of this first humanity is to have believed that it could do without God, knowing themselves to be powerful to the point of revendicating their total autonomy. The original sin, it is to have wanted to do without the wisdom of the heavens and to valorize in excess the individual to the detriment of the whole. They were a great creation, a great hope and there they betrayed their creators. Earth was put under quarantine again, or rather it is the earth that cut itself off from the rest of the universe. The Divine energy was rare in this corner of the universe and they had found the way to deny the little there was. All this appeared as a failure in the eyes of my brothers. It was agreed to withdraw ourselves and to observe them only from a distance.

The evolution normally understood, is to go one toward the other, understand one another and unite with each other to become one. This is what the Divine original energy wishes. But this first race entered in contradiction with this Divine will. It proclaimed that the evolution could be the development of the individual to his maximum of possibility; the part of the totality wanting to become one. What was perceived at first as a magistral slide transformed itself in a new characteristic of the universe. The fallen angels, cut off from the benevolence of the gods, developed an autonomy, an egocentric force never seen. A new strong species, self-centered, having the capacity to shine in a rarefied space; being able to be inspired

without the inspiration; even being able to find serenity in the worst conditions, this is what the best of the humans became despite themselves.

Three extra-terrestrial races, during three different periods, had permission to unite themselves with humans to again launch the race in decline. Other extra-terrestrial nations coveted this potential, but their unhealthy intentions were prohibited. These three contributions didn't stop the degeneration to do its work. The ambient air seemed charged with a curse.

Considering the pitiful state of the first human race, I suggested, approximately thirtyfive thousand years ago, to bring here a new species that was still in the course of experimentation. A new race more performing than all those that had preceded it and that had to be soon sowed in the four corners of the universe. Therefore, the risk was to submit a new prototype, not totally done, to some very difficult conditions. All the tests and the trials of viability still had not given all the guarantees. Therefore, I am ill-placed to give you some reproach on your own blunders in what concerns the experiments of your scientists who manipulate life. But at the same time, I am well placed to warn you against too much selfconfidence, even too much arrogance.

To be able to come and stay in your world, I had to condense rapidly my energy by lowering my vibratory level. This had as an effect to lessen my senses, to restrain my capacities, but to stabilize myself in your matter instead of dispersing myself in your environment too poor in energy. We can call that to descend in the obscure worlds. It was painful in my case because the processus had to be accelerated beyond the respect of the rythms of evolution. The consequences were to lose a lot of my attributes, my inner balance, among others, my just understanding of the situations and the consequent gestures that derive from it. It is for all these reasons that we can talk of fall. And even about the fall of the angels! Because we were born in the fifth world, the one of love, the same one as the world of the true angels according to our definition. Therefore, we can say that we were angels fallen from heaven according to your writings.

Then, when I arrived on earth, approximately thirty-five thousand years ago, in one principal form, I was coming as a leader mandated to reign and advise the new colony. The new race that I was bringing with me was genetically entirely new and promising. Maybe too brilliant for the environment that had lost many of its first qualities and had become in many aspects inhospitable.

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The hour has come when I must reveal to you your true potential, the one that was given to you at your creation. Now you understand that your life in this world leaves an imprint in the primordial energy, that this imprint is your personality which survives at your death and not your physical individuality. But in your case, the humans, you are an experimental race. You have been conceived with an immortal body, which means that your twelve possible envelopes that form your individuality can prolong themselves indefinitely. You prototype is still not where it should be but here is what it implies: the possibility to evolve to infinity in all the possible worlds without relieving yourselves completely of your first bodies.

You know that in general you use more or less ten per cent of you brain and ten per cent of the energetic battery, the Kundalini. The reason is that you have the potential to use your twelve bodies that correspond, if this is done at a hundred per cent of your capacities. It would be possible for you to reach the twelfth level while still keeping your first body. In one sentence, your twelve bodies can be in maximum activity without mutually destroying themselves.

Here I must open a long digression for those who don't know the Kundalini very well. It is said, in general, that the human brain functions at ten per cent of its capacity. But in this statement, we don't take into account the exponential effect to the square, which means that each extra connection in the brain doesn't simply bring only one more possibility but each time doubles the potential. It would be more accurate to say one per cent of utilization. The energy that feeds it and is found at the base of the spinal column, some call it the Kundalini. Each body at birth has a sort of battery with a well defined charge, a duration issued from the genetic heritage of your ancestors and the heritage of your evolutive consciousness which means a duration of life pre-determined. In case of premature death of the physical body or of another one, it can continue to flow out into this body, prolonging a link with its corresponding world. This battery also functions at a voltage equivalent to the demand of your brain, thus, in general, at one per cent of its capacity. It is this battery that feeds in energy the whole body in passing through the central axle, the spinal column up to the top of the head to come back down like a fountain all around the being and be drawn up by its base in a new course.

What some individuals also call the energetic body is this constant cycle appearing in each body of the same being. Your brain plays an important role in the control and the distribution of this energy. Even though the course is automatic, obstructions can be formed which are detrimental to the equitable distribution of this energy. By willpower, we can repair these lacunas and even amplify, densify this energy to accelerate the evolutive processus. This central battery is at the image in miniature of the centre of the universe with its colossal potential. The Kundalini is a direct and immediate access in you to the entire realization of your being here, now.

Therefore, this battery feeds in energy all the possible bodies. In its course along the central axle, this energy meets the primordial chakras that are centres of concentration of energy the most important in the system. The primordial chakras, for those who are not familiar with this term, are the anchorage points along the central axle of the being that redistribute to each body its need in energy. So in total there are twelve chakras, but it is only those related to the functioning bodies that are active, thus in the human, five in the average. To know their places, any good book on the subject will give you the information. However, what is not always clear, it is their precise role. This system of channels functions naturally and maintains the life of your different bodies, but its potential is under-utilized if I can express myself this way. It is consciously possible to awaken it and to stimulate it to its full efficiency. With your slow and continuous evolution, you are using it more and more and thereby, you increase your superior capacities. But you don't realize that its full potential is immediately operational. You are the one and only limit to your full blossom. Don't forget that a multitude of energy currents run through your body, weaving your ethereal envelope and they possess hundreds of secondary chakras that are neuralgic points for your system.

Here, I must really put a flat in my discourse. The awakening of the Kundalini is not without dangerous consequences. Some consume themselves up in a few minutes for having wrongly understood the procedure. Although, the spontaneous combustions are more often an accidental trigger of the security valve that holds back the immense flow of energy, due to an awakening of the Kundalini in an anterior life. Fear must not stop you in your processus of discovery, but some excesses to the detriment of the general health and of what the good sense of your bodies dictates to you, are never desirable.

Its opening must be done to the rythm of the progression of the bodies, meaning at its capacity to resist the combustion. More clearly, by the stimulation of the Kundalini, to be able to increase the charge of energy of one's physical body and by the fact itself, those of the other four successive bodies. The goal is to bring the bodies to tolerate a greater density, a greater intensity and to make them last. It is a conscious acceleration of the evolutionary processus in a revolutionary processus.

If you are in direct contact, intimate with your different bodies, they will be the beacons of this awakening. The balance is situated between the effort of the mind and the effects produced on your bodies. This opening can provoke some waves of shock, some drastic changes of temperature and some risky currents of energy in all directions. But if such is your wish, you will know how to master this colossal potential .

The harmony of the different bodies between each other is one of the elements to respect for your revolution. It favors the unicity of the being, a directional force by the convergency of the intentions. This revolution is often set in motion when the sixth body starts to manifest itself. It is the understanding of the fondamental mechanisms that makes germinate the idea that it is possible to accelerate the evolutive processus. The stimulation of the primordial chakras brings their opening on the different bodies and their corresponding universe. These chakras also involve the opening of some channels linking you to your multiple lives. They can also be a bridge in permanence with some superior entities. The more the chakras charge themselves with energy and vibratory intensity, the more a network of complex rays develops. These rays allow you to be in contact, like a spider in the centre of its web, to a vast sensitive space. The meridians, the currents of energy that streak your entire physical body are a manifestation at low scale of some currents always vaster at all the size scales, which go from your other bodies up to including the entire universe. It is the understanding of the functioning of these currents that allows some communications and instant travels from one end of the universe to the other.

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We must not believe that the consciousness can develop itself without some preparatory stages. We can accelerate the processus of evolution, in our case, up to approximately a hundred times. But we have to respect the stages of adaptation of the organisms to the environment and the environment to the organisms. The planet itself can't make an evolutive leap without having some readjustment of the whole of the systems around.

Since your race has been created or rather sowed in another world and then transplanted here on earth more than thirty-five thousand years ago, there isn't any human who doesn't

have some extra-terrestrial ancestors. If you look at the sky so often, it is because it is from there that you all come from.

When I came on earth for the first time as a resident, I was coming with my team to reign on this young colony always to be reconstructed. I believed that it would be easy to impose my point of view, because it was the most enlightened one. My pride was my weakness. It was a titanic task to educate the ancient species whose gestual and language was only composed of a few hundred basic forms. It was easier to pass as a magician God than an educated wise man. I had to take many decisions to improve the pitiful conditions of the local populations; to abolish violence with force, terror with fear; to encourage kindness with rewards, services with privileges. Unfortunately, I had to order some genocides of warrior and cannibal tribes. Here is the civilized being in front of the primitive being. Who will be the winner? Who will be the loser? Neither one.

It was anticipated that the installations would be on the island named Attalas, the centre of research and development. In case of a slip, because of the location, it would be possible to cancel everything. The safeguard of the essential and the viable elements had been planned at different sites of the earth. Egypt was the main location that I chose to transport the knowledge and the basis of our culture. The new humanoids that we have transplanted on the earth had been created on another world. They knew their destinies and they had consciously accepted to fill this task; all the while not knowing completely what it involved. The conditions were very good in the immediate environment of the gardens-cities. But they were deteriorating rapidly the more we were going further from the centres. The education, the apprenticeship, everything was forced, accelerated, thus vowed to failure. Which is what we realized a little too late. We had the merit of having tried.

After the annihilation of one part of the remains of the ancient humanoid race that had degenerated and was a threat for the new populations, seven locations allocated on the earth were chosen to start seven focuses of civilization. We had fifteen thousand years to accomplish our mission before the imbalance of the axle of the earth, anticipated for a long time, would come to sweep our island.

At the origin, my principal terrestrial body was quasi indestructible which means could renew itself at will. But the lowering of the vibratory levels and the gestures done by me, carried me in a cycle of reincarnation on earth with all that it involves in limitation. When the time to leave came, I couldn't elevate myself in the sky with my companions and had to take refuge in Egypt. After the big catastrophe that decimated a great part of the island, it was decided that the construction of the great pyramids through the world, jointly with an extraterrestrial nation, would stabilize the axle of the earth definitively.

Despite all our efforts, inexorably, after a given time, I degenerated and so did the entire civilization to which I had contributed. Concretely, it was losing at first our capacities, then our tools that prolong them, and finally finding ourselves at the mercy of the rough elements of the earth. It was a mistake on my part having wanted to implant a race so brilliant in an atmosphere so polluted. I accumulated so many errors that I came to say to myself that I should stop any concrete gesture in fear of other blunders. I spoiled everything and I ask for your forgiveness.

In coming here, I felt a whole palette of sentiments, of thoughts, of emotions that I didn't know. Even if we were working with some forms of life at all stages of evolution, we didn't understand the profound motivations that animated those who were wrestling for their survival. I was a stranger to this cruel rivalry where there is a winner and a loser, where the other one is seen as a potential enemy. These games without mercy, without remorse and without sequel, were putting me off course and I was feeling an aversion to them that I had a hard time to contain. I never descended lower than what my vibratory level allowed me to. Which makes it, that what I knew of this confrontation of the opposites for the supremacy of the one, was well on this side of what was waiting for me in your world.

I have lived during all the periods of your planet in the last forty thousand years and I have known most of your civilizations. I have integrated the bodies of thousands of beings who have allowed me to experiment the whole possible range of sensations, of emotions and of thoughts. Through these consciousness, I intimately embraced the life devolved to humans. I have helped to my best, by leading or by guiding the leaders. At first, I influenced the course of history, so it would turn in favor of the evolutive knowledge and the respect of the differences. Nonetheless, I ended up being trapped in some bodies too narrow. Which means always having my consciousness alert but possessing some ridicule means to manifest it.

My pride took a blow. I learned to survive like the others, to lie, to betray, to steal in order to draw profit from this ungrateful planet. Hatred, revenge, cruelty, all was good to relieve myself of my overflowing frustrations. This is what it's like to have a large palette, too large if you want to know, for our shabby endurance. I have been stuck here too long. I lost hope of getting out of this hole too often. I bore a grudge to the earthlings for what they had become. We can't fight against the greater forces that rule everything. This system had always been doomed and I too became so by analogy. How to regain my splendor, my self-confidence and my temerity? How to believe that all this had had a meaning in my long life? I have seen myself for a long time as a splendid being, fallen, dismissed of his functions, damned by his fellow-beings, a Judas of a whole nation. I accused, judged, condemned myself and I executed the sentence. To forgive oneself, it is so difficult when we are perfectionists in excess. It is like admitting oneself to be fallible, to acknowledge one's errors and to believe oneself to be still correct despite the faults.

Never could I have imagined, in my worst visions, to descend so low and myself live daily this nightmare that this earth is. To know the hatred of the other, to have as a goal only to floor one's enemies; to be proud of the fear that we inspire in the conquered; to take pleasure in making suffer, to torture the innocents. All this, I have known and worse yet. Now I know. Your cries are mine. Your prayers are mine. Your hopes are my hopes. It is so easy to judge what we don't know of the interior. Your whole world, with its thousands of reactions going from one extreme to the other and this in all possible directions, is now part of me.

To go back up this slope, that can be soft or abrupt according to one's choices, I had to bring out from all my experiences, what made me feel good, what was bringing me a state of tranquillity, an inner peace. I started to seek the situations where I could be aware of my lost beauty, of my forgotten wisdom. I had to relearn to amplify my successes, my victories, to the detriment of my errors, my downfalls. I dared to believe that all this had a meaning and that

behind this apparent chaos, an order saw that there would be reparation and justice.

I discovered that nothing was happening to me without me being the source; whether it is clear and benevolent or trouble and malevolent, I was becoming aware of my actions by their recurrences through the other. The other, whom I believed to be my opposite, but in fact who was my own reversed reflection.

The conscious experiences of life always allow us to choose. Our consciousness inevitably tells us if our choices make us shrink or grow. If your consciousness doesn't tell you anything, it is that it's not yet awakened to what you are doing. In other words, it is because you are doing them unconsciously. When your consciousness reveals to you the effect of your actions, then you can choose to grow, thus to identify yourself to a greater, superior being or on the contrary, to get smaller, thus to identify to a smaller, inferior being. But even when you are regressing to a state of before, it is because there is still one part of you that you haven't totally explored. Because the balance of the whole is primordial. It must not be just a facade but a deep and solid base on which we can construct something real, something concrete.

To descend in these worlds, it isn't how I believed it before, to degenerate or even to lower oneself. It is to know in depth some states of being, inaccessible in the superior worlds. It is to understand from the interior the motivations of all forms of possible lives. It is to live a palette of experiences that always goes in widening itself more and more. Therefore, to know especially how far the Divine energy can go in its maximum deployment. This belongs to the adventurers or to the foolish braves of all nature.

Our superior brothers have always sent us regularly some enlightened beings, some prophets, some saviors of all kinds to indicate to us some trails, some possible paths to follow.

Your destiny, for those who know how to read the stars, is already inscribed. You will be a magnificent race or you will no longer exist. There won't be any half-measure. But already some populations are rising to know their true origin and know their true reason of being. They are thirsty for superior contacts that are helping them to go beyond their trivial daily life. They know they haven't been created just to work, eat, dream and die; that they have in them a greater potential that is dormant. They are expecting more of life and if the Gods also want it, all will be possible.

To elevate concretely one's vibratory level and thereby have access to the superior worlds, we have to transform the solid and immutable energy in oneself into fluid and mobile energy. With the sharing of our knowledge, we transform one's experiences, stable but stagnant in revelations, uncertain but active.

My own ascent back was fairly rapid because living in many bodies at once, I only had to link them again and integrate their store of experiences in a totality more and more integrating. I now hold your whole universe in balance in me and I would be able of anything you can imagine. But it is me who decides knowingly, and at the end of the road what I leave to emanate from my being. I have neutralized the opposites in making them meet each other. Henceforth, I pose the gestures that make me grow and make the others grow.

To the image of God, a realized being is not the sum of only the good things but of all things balanced in him.

You have as a species one of the largest palettes of behaviour. I don't have to prove it to you. The extremes verify themselves each day on your planet. From the greatest cruelty to the greatest kindness; from the indifference to the empathy; from visceral hatred to unselfish love. Because of your immense potential that can serve as much to construct as to destroy, my brothers of light always had the obligation to keep an eye on you and to limit your learnings. I repeat it, you shouldn't have been implanted in this region of the universe.

I ask for your forgiveness, in the name of my people, to have created you so magnificent and to have almost abandoned you here in this world that had become, in many regards, hostile with time.

Nonetheless, despite our compassion, it will no longer be allowed for you to transgress from the norms which threaten the neighbouring systems. You have the right to individually kill one another and even to destroy all of yourselves completely. We won't intervene in these choices and their consequences. You are our legitimate children and it is for this reason that we watch you, with sadness, wander in the sterile directions. Like any good parent, we will respect your choice and will only sanction your excesses.

The fate of the world can rock easily from one direction to the other. But these last years, your elevation has allowed to reconsider your role in our confederation. You are not yet in majority in wanting a contact with your creators and in wanting to accept that there are as many Gods as there are unique groups. How many humans are ready to abandon their ancient beliefs and to accept new ones? Materialism has had some good. It has allowed many beings to abandon their infantile beliefs and be ready to accept a new reality, in the measure that it is reasonable and explicable. Everything can improve life if there is awareness. Nonetheless, you are advancing toward what seems to be your adult age. Now you know what makes the greatness of an individual and of a nation. Even if not everyone applies it in their daily life. The number of stimulations of consciousness is growing to the square. The contacts between us might be done sooner than predicted. But you should choose well those which among the five principal races you really want to live side by side with.

For now, it is not possible for us to enter in contact with your governments or populations in a manner of grand scale. Our basic principle prohibits the interference in the behaviour, the evolution of the species. In your case, since the evolution was forced and that you have been created by us to respond to a state of emergency, we feel more concerned, thus closer to you. We really want to support and help you in the measure that it is possible, while respecting your freedom. We can't totally re-establish the contacts and the interstellar paths of access without your accord in majority. Is this desirable by the whole of your population? I don't think so. Therefore, the moment hasn't come yet to open the doors and the permanent exchanges between us. As long as you will be a threat to the innocent worlds that surround you, this barrier will be maintained.

Nonetheless, if you want to meet us personally, it is always possible to do so. You only have to travel half the road that separates us and we will travel the other half. If you really want to see us and your sentiments are pure and altruistic, this will happen. But you might not win anything more than a moment of astonishment, and then after a frustration for a long time. It isn't good to get too far in advance a glimpse of what is not accessible for the moment. This book has already made you see too much of worlds and marvels, and I wouldn't want your life seem bland in the immediacy. However, if this can bring you to change your daily life so it would resemble more to what you really are; to no longer cheat, lie to yourself, but to discover yourself naked such as you are, to start again and build on some solid foundations, this will be my reward.

To talk about my world of origin, it is to remember with nostalgia a faraway land that I haven't seen again for forty thousand years. Even in my interior travels at night, for a long time now, it is no longer possible for me to elevate my being to the vibratory level that would allow me to get there. Even though I have spent the major part of my life there, I couldn't say what happened to it these last millenniums. I sometimes receive some faint echos transported by some messengers that I divert for a moment from their mission.

The fifth world, where I am stationary at the moment, allows me to hope that soon I will be able to return there. Because my level of evolution, my ascent has reached again the vibratory levels corresponding to the ones of my native land. It is for that reason that I want to transmit my knowledge, to unload myself of an overflow before my departure. I will bring with me my multiple facets as well as my multiple lives in me. Also, I have left in my world of origin so many beings that I loved and who, I hope, haven't completely forgotten me. I have left as a Saviour, I return as a humble pilgrim who has travelled a long road. This road is in a loop and brings me back to my point of departure, but rich with so many experiences.

I am a solitary being because I don't entirely belong to this world and I don't entirely belong to my native world. Between the two, I don't always find my place. But I am part of a new prototype which is in the process of being born, and I hope some day that there will be enough of others like me to be able to break this feeling of isolation.

Since the quarantine of your world, the individuals that were implanted there, some have developed in spite of that, a great interior force. Many have reached an immense level of evolution without having had exterior or superior supports, making them beings highly respected and valued. It is easy to be balanced and in harmony with one's fellow beings in the worlds that live under the tutelage of Divine beings. It goes otherwise for those who are born in some obscure worlds, far from everything and have to climb one by one the steps of the evolution. It is worse yet when all the bridges are cut off from the rest of the universe. Those who elevate themselves in spite of that, can only be saluted for their courage and their determination.

The first humans that realized themselves on this planet became beings of great inner strength and are admired everywhere they go. They are entrusted with important responsibilities because they have developed an integrity, an unshakeable faith, an inner light that will never go out despite the worst adversities. One of these first experiences was the prolonging of the personality through the succession of the bodies, which is a fact fairly recent

in the history of the entire universe. But there it is that the prolonging of the individual is in the process of concretizing itself. You are one of the first races to have developed this capacity of an immortal body.

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Now I will explain to you, more in detail, what are the principal characteristics of your new species to which I ended up also being part of. Imagine a being such as you, made of multiple lives, who could allow each individual in him to be reactualized incessantly to become autonomous and interact with your whole. To better understand, I have to re-explain that there is in the universe, many races very evolved and superior to you that only have a survival of race. Which means that the energy that survives and reincarnates, only keeps in itself and transmits the characteristics as well as the individual experiences useful to the survival of the species. Others like you who survive because of their personal imprint. Which means that they can prolong their personalities through different bodies. But here it is that after the survival of the common to all and then the survival of the personal, the survival of the individual reaches a maturity.

As a Divine entity who has the possibility to prolong itself individually, each one of your cells of your physical body has the same possibility. When the physical body of one of your cells dies, its other bodies prolong its emotional and mental knowledge until a new physical cell fills the space left vacant by the latter. Each cell of your body is responsible for the prolonging of its species. But it is you who are responsible for the prolonging of its individuality. If you don't endow each one of your cells with a sentimental and amorous body, besides their three basic bodies, they can cease to prolong themselves or to be simply coherent, in harmony with the whole. Any illness, deformation, imbalance in your bodies are due to some cells, some particles that don't have your accord nor your support to be in harmony with the whole. They don't have the minimum of energy to function normally, and even might be deprived of a body essential to their survival.

One of the keys to attain immortality of your bodies, is at first to endow each one of their cells or particles with a personal survival. Then, to make each one of your parts autonomous and individual. Meaning, to fraction your consciousness in as many parts as you have cells and particles in all your bodies. Your individual survival goes through the recapture, the control of your bodies in their slightest fractions and then to give them the freedom of individual consciousness, the freedom to choose your whole knowingly. This choice will disintegrate or unify your vibratory being forever. If the whole is maintained, the individual survival of each one of your particles will guarantee the prolonging indefinitely of your envelopes, of your vehicles. And you will have the possibility to reconstitute at will any form that will serve you to explore a world in particular. This choice of each one of your cells is this same choice that you have to make with your superior self.

This other way to go beyond the "slow" natural evolution of the beings, is to identify oneself to bigger than the self. In making contact, as an example, with your superior self, you have a chance to integrate it in you. The identification to some God has for goal to make you cross over rapidly the normal stages of the evolution, up to receiving directly and immediately the wealth of experiences contained in the vaster being and to make it one's own. The vaster

being is you, in becoming, your possible future. Its heritage can be accessible right now and become your heritage. To unite oneself to one's superior being, whether he is just above you or higher yet, allows you to access to an understanding, a consciousness that transcends your actual state. You are making a leap in your own evolution that transforms itself in what I call a revolution of the being. Your future is already accessible here, now. If such is your wish, your God can give you the opportunity to live, to precede time this way. However, I must warn you. This revolution might implicate an internal shock between your ancient precepts that you believed to be pertinent and some new ones unthinkable, even upsetting according to your actual consciousness. Only some beings, for the moment, can cross over this barrier of time and accomplish themselves in one minimal fraction of the rhythm usually required. However, if you sincerely wish to establish the context with a greater force, this will necessarily bring you to live some experiences which will go beyond the frame of your daily life and will get you accustomed to some superior states of consciousness.

More concretely, one of the solutions is found in your aura and its deployment. Stop perceiving yourselves only within the limits of your physical body. Open yourselves to bigger. Get used to perceive yourselves in your other vaster bodies and feel their potentials and their limits. Imagine yourselves covering a greater space that rarefies itself in palpable matter with the distance but densifies itself in energy and refines itself in sensation. Your heart doesn't beat just for your physical body but beats in rhythm for all your possible bodies. All your organs can have their correspondences in each one of your bodies. Their matters dissolve themselves little by little but the networks of energy that weave them become more and more dense. Learn to palpate in depth your vaster bodies. Discover their particular sensibility more and more refined and in a wandering motion. How far can you grow without losing contact with your fixed centre, your stable self? And when you have reached your perceptible limits, imagine that you are at a crossroad, at the meeting of a multitude of other conscious forms. That you are a sphere of energy with a complex form that serves as a relay to a vast crossing of currents that circulate through the entire universe. If you arrive at seeing yourselves as an element important to the good functioning of this network, then you will become indispensable. On the road of immortality, you have to become a vital energetic point in the Divine body. Then, you will receive a supply of energy to sustain you eternally.

You are still mortal because your consciousness has not lifted the whole veil on your entire potential. The Gods have created you to their resemblance, but now they will become to your resemblance. God will in a faraway future, difficult to measure, possess a physical body. In that body, each being will survive in his individuality, his personality and his universality. Then, the resurrection of the flesh will be possible. You see, the beings can only imagine what is already included in the grand totality. When this phenomenon will be possible, all the past lives will be reactualized and the eternal present will be triumphant in the new Divine body. I take a pause, my exaltation has provoked a moment of dizziness in me.

What has resulted from the meeting of our two worlds, was a new equilibrium. Our race declined for a time before restabilizing itself on some new basis. What we believed we lost in evolution was compensated with a larger palette of sentiments, of thoughts and emotions. The conflicts between the beings are not always only a source of problems but can also stimulate the imagination and the surpassing of oneself. This discovery has allowed us to take new dispositions facing our environment too ascepticized. This is what we learned from you.

In exchange, your race has profited from our genetic contribution, our science and our wisdom. We preceded time to get you to make a prodigious leap in evolution. The two communicating vessels filled each other mutually creating a new harmony.

I am called Naja, said the illuminate. I am a mixture of two worlds with its good and not so good sides. I was sowed more than four hundred thousand years ago in your time to become a new stage of the evolution. Personally, I only know a few thousand beings that have reached the same level as me, which doesn't exclude a multitude of others. We all have attained a level where the facets of our being are autonomous and interact between each other in the present. They are not only imprints of past experiences, unconscious knowledge of anterior lives in a new body, but indeed the sum of all these lives in the now. This makes me a very complex and unpredictable being in many aspects. The other races that I live side by side with, surely acknowledge the progress that I represent as a prototype. But I bewilder and leave perplexed many beings very evolved with a very vast consciousness.

I chose Colin's body well before his birth. My consciousness is too vast to be able to live only in one body. I have to fraction myself, so to experiment this way your material world intimately. But this descent is exceptional, because I now live in the fifth level which is my basic stable universe. I am in the process of developing the capacity to stroll on the whole vibratory range that is found in my experiences. Faculty that will be the new stage of the conscious being.

I had chosen a certain number of bodies whose potential of opening was great. I have at this time, the capacity of being able to express myself through at least thirty bodies if I want to. But only a few like Colin have made an opening for me. Young, he has manifested the desire to relate to vaster. To better understand this phenomenon, I have to repeat to you that you are all part of bigger entities. But your physical body limits the spread of your perceptions. Colin is like one of my fingers who nonetheless, could have continued to consider himself as one and independent. The majority of the bodies that I occupy are not conscious of it, even if I withdraw the whole store of experiences from it. Colin opened himself up to the idea that he was part of a whole, in the occurrence of a hand, then instinctively sensed my arm. And I hope one day, he will discover me in my totality. In normal times, this progressive opening is done at the base in your world and slowly you connect yourselves one to the other. Many humans know this phenomenon, which is to connect oneself to a God to go beyond one's limits and live some transcendent experiences. This connection is in fact with one's superior self. The majority of humans however, belong to some entities vaster in becoming, in development. Only the enlightened ones of your world are some particles of realized Divinities who spread themselves in the worlds below.

You should understand that Colin can interfere in my thoughts as he can in my other bodies and make me feel his presence now. He is not only a simple memory of a past life. I am not an evolved being who comes to transmit his knowledge, his love or his light. But indeed, a being issued from numerous lives, who is perceived by all these lives and by all the lives that I will be when I will have grown some more. Do you understand that each life in me is individual, actual and interacts between each other. Like the being to whom I belong has the same experience with me and the likes of me. We could believe that I am the sum of all the lives experienced before Colin and even the lives of after, which is what would make me a

being of the future, but for me there is only an eternal present and Colin is in my now.

It is my journey in reverse that allows me to enlighten under a new angle all those that I occupy. One day will come when the light of the truth will become transparent through the multitude. There won't be any more places in the universe that will not receive its share of clarity. Because it will be possible for the resplendent entities to incarnate themselves where it seems good. Like in a glorious body, the beneficial energy will be constant and abundant in all its parts. Then, the universe will take a new expansion and the central paradise will deploy itself so far as to integrate your planet.

In the meantime, the access roads between us open themselves at the speed of the evolution of your aspirations. The contacts are developing themselves to the measure of your desires. We are always ready to receive you, all together, one by one in our great circle of love.

Stationary in your fifth world, I aspire to see again my native land. But at the same time, the part of me that has become human, still feels a little responsible for humanity. I dictate this book through the intermediary of Colin to help you understand your origins and to better know yourself as a splendid being.

I am part of a new race which is on its way to realize itself. The survival of the personality will soon be overtaken by the survival of the individual. That will be the prolonging, without exception, of all the characteristics that form a being in time and space. This is what the Divine now wishes. The death of the envelope will no longer be necessary to cleanse its essence of its multiple burdens. The restorative sleep will be enough to relieve it of its overflow and give it back its vitality. Its body of light will no longer prevent it from modulating to the desired frequency to make it as dense as yours or on the contrary, as subtle as the breeze of the wind or a reflection on the water. This new race will be able to lower or elevate the vibratory level of its consciousness, and thereby, create the necessary body to visit at will the different universes. This way, it will be able to discover billions of forms of life and take their appearances to experience from the inside their sensations and their personal reactions. It will be able to move in an instant to the desired location or to travel at the speed of its choice to admire the passing of panoramas. From the immensely small to the immensely big, it will be able to know all the states of being. The happiness for God, at this ultimate stage, will be to open himself to all the experiences contained in him and to identify himself to each particle of consciousness that breathes and lives in his Divine body.

This is your destiny. When you will learn how to actualize all your individual lives that you think you have experienced, when you will be able to interact with them in the present, when you will control the multiple variations of your different bodies, when you will love unconditionally all forms of life and will be able to identify yourself to them, then you will be a new God in becoming; consciousness unique and multiple at the same time. Then, there will be no limit for you.

This puts an end to my first portrait: "The origin of all"

## CONCLUSION

Is there a truth that is ultimate, singular and immutable? Surely, since you are searching for it. I like this type of answer that sends back some whys to the essence itself. We can't search for what doesn't exist, because the desire creates the thing. We can only imagine what is already included in the universe. Everything that was thought of and will be thought of by a living being, already exists. This is a phrase which we can vilify or meditate on for a long time. It is based on the principle that as complex as the connections of a brain might be, it can only create what is already included in the universe from which it is issued. We can unite ourselves with a superior being to recombine some simple elements in some new combinations, but this is already realized in potential at the scale of the entire cosmos. My own consciousness still hasn't resolved all the equations, what leaves me to presage other pleasures to come, but for now I can only remind you of this ancient truth. We are not discovering anything, we are only rediscovering everything.

I would like to tell you so much more, but I already have said too much. The thirst of knowledge in humans, it is a little bit of us that manifests itself in you. But to see too far, get a glimpse of worlds only accessible in a faraway future, can only make you lose your footing in your present reality. The dreams inspire and make you go forward but shouldn't surpass the concrete.

This book has given you a vast glimpse of the concepts and the basic principles that are generally accepted in the superior civilizations. This was necessary for you to understand how we, as spiritual or extra-terrestrial entities, we think, we conceive the universe. You had to learn about our axioms that govern our lives. Now, you will be able to better understand the role that we played on your earth in the past, the role that we will play in the future and also the role that we won't play.

There is no doubt that it exists some source energies at the origin of other universes inaccessible to our consciousness, but let's leave these other realities to question themselves.

Everything that I have revealed to you here is my truth issued from a multitude of lives comprised and actualized in me. This makes me a being highly personalized, because the personal, one day ends up rejoining the universal. My truth is as great as my consciousness and takes up the entire space that I occupy. The more I take some expansion, the more my truth integrates multitudes of truths.

There is nothing in the universe that is false. There are only truths that have become useless with the discovery of vaster truths, more complete. Here I have transmitted only what I have lived, my accumulated knowledge in the course of my experiences. If you only repeat them to others without living them, without experimenting them in your daily life so they might become personal, they are only words empty of meaning. A truth that is only repeated becomes a lie.

All truths should make us grow, make us feel better, exalt the best of ourselves, even if so often they can destabilize some ancient stagnant truths. The great truth common to all, only the Divine essence has it. God would really want to share it, but from then on, it divides itself up and tints itself with the personality of each individual. We are not a unique totality yet and it is fine this way. Maybe this will realize itself in a distant present.

Civilizations oscillate, in turn, between the valorization of the beliefs common to all, at the detriment of the individual beliefs and the valorization of the individual beliefs, at the detriment of the beliefs common to all. Even in the hypothetical realization of a unique truth in the future, it will be followed sooner or later with a new period favoring the individual experiences that will be a source of new personal truths.

Despite everything that was said before me, I took the liberty, nonetheless, to bring my contribution. My personality has allowed me to tell things again in a different way. Maybe my words will touch the beings who have some affinities with my way of being. As long as there will be someone who will have a personal experience of the universe, it will be good to share. But the knowledge of one, born from the experience, only becomes the knowledge of the other if it isn't also experienced by him. Too much knowledge that is applied in the daily life can create some vibratory divergences between your different bodies and be the cause of important imbalances. The truths that are not concretely applicable should be stored in the superconsciousness, the non-realized to come out again when your evolution will reclaim it.

In waiting for all of them to serve you concretely, I hope that they have helped you to open and enlighten your consciousness.

NAJA



This book was transcribed by me through Colin under the form of a first rough copy of one hundred pages, written with a pen and this in three days. On Saturday, April 26th, 2003 in the afternoon and evening, on Sunday, April 27th in the morning, afternoon and evening, on Monday, April 28th, in the morning and afternoon, on Tuesday, April 29th, in the morning.

It was retranscribed by me in interrelation with Colin under the form of a first proper copy of 125 pages, written with a lead pencil and this in approximately three weeks: from April 30<sup>th</sup> to May 20th, 2003.

The lengthened second version was written by Colin in interrelation with me under the same form of a proper version of approximately 200 pages and this all along the months of June, July and August 2003

It was corrected and typed by Ginette Jacob, Colin's sister, in the fall of 2003. Its shipping to some publishing houses was done during the winter of 2003/2004

After an understanding with a publishing house, a third and final version was realized in interrelation with the editor in April, May and June 2004 increasing the number of pages to the actual total. These last additions concern my story related more in detail and this by episodic blocks all along this book.