

Guide to Ascension

Eric Keller

English

Fifth Edition 2023

Public Domain

Index

- 0.1. Guide to Ascension – 5th Edition – Index
- 0.2. Guide to Ascension – 5th Edition – Foreword
- 1.1. Guide to Ascension
- 2.1. First steps
- 2.2. Cleansing – "normal" and "major"
- 3.1. What is the fifth dimension
- 3.2. Water of the spiritual realm – does it really flow
- 3.3. Make water of flow
- 4.1. From concrete objects to the world of ideas
- 4.2. Make changes happen
- 4.3. The hard nut fidelity and infidelity
- 4.4. What causes infidelity
- 5.1. Interdimensional communication tools
- 5.2. The pendulum
- 5.3. Muscle testing
- 5.4. The Yi-Jing or I Ching
- 5.5. Lucid dreams
- 5.6. Interactive meditations
- 5.7. Telepathy
- 6.1. Spiritual healing
- 6.2. Chi forces for healing
- 6.3. Long-term perspectives on health
- 7.1. Ascended life at the vortex
- 7.2. Beyond the vortex
- 8.1. It is possible!

Foreword to the 5th Edition

This is a delightful moment again.

A few months ago I received the suggestion to translate the **12th level website** and this **Guide to Ascension** into different languages. Apparently the 12th Level estimated that our material was gaining increased interest. So I dug in and discovered that it was more difficult than I had imagined. Much of this material requires very delicate phrasing, and finding the just nuance was often quite a challenge. I hope I have now found the best phrasing everywhere.

Not much substantive material has been changed from the 4th Edition. Most were minor corrections. There was just one major change for chapter 7.2. that needed a major rethink.

With my best wishes to all,

June 2023 to June 2024, Eric Keller

Foreword to the 4th Edition

It is the summer of 2022, and a smile crosses my face as I set out to revise this, the fourth version of the "Guide to Ascension".

This is the first "post-Covid" version. It comes to you after two eventful years that have shaken the whole world. One major change has been how we experience and understand *spirituality*.

Spiritual matters have traditionally been in the domain of a special group of people: priests, ministers, shamans, etc. – they have many names. But in 2008 the major decision was taken to *open the doors of the 12th Level to the general public*. This came in a General Assembly of the 12th Level.

The first step was to prepare the terrain. What does it mean to live spiritually every day? And what does the 12th Spiritual Level stand for?

Without my knowledge, I was chosen to be one of five candidates for this task. We all had to write an introduction to Ascension. I did not know the others. We all set to the task, and apparently all of us completed this introduction. I still do not know who the other authors were.

I started out late because I had just retired from my professorship at the University of Lausanne a few years before. After 30 years of continuous and very stressful years of teaching I was totally exhausted. I needed some time to gather my wits. But slowly, around 2013 I felt an inner urge to begin collecting and writing down my thoughts for my own "Guide to Ascension".

From the start I knew that I needed a severe editor who could set me right if I got off the track. For several years I had felt the sense of an invisible guide within me. He came to me in my dreams and in a few of in my meditations. With the help of a seer, I found out that this was in fact a previous incarnation of mine who had been alive about 1800 years ago in the Roman Empire. His name was "Melkiades".

That set the stage. Between 2013 and 2016 I wrote the "The Melkiades Ascension Blog". I used the pseudonym "Melki" for myself and "Melkiades" for my Higher Self. The *Melkiades Ascension Blog* was published electronically until 2018 at "Melkiades.com", in two

consecutive versions.

For this version there are not one critical editor, but several. The most prominent is Archangel Michael – yes, the one with the sword – who just popped in as I sat down to write this foreword. He definitely wants to be part of the editing team. The present version is being updated and extended for this version, and given our important readership in Spain and in Latin America, it is also translated into Spanish.

In 2020 I was elected to the 12th Spiritual Level – to my great surprise. I am still fathoming this event. My understanding of spiritual matters has clearly been extended. I shall reexamine and possibly enrich and nuance the ideas that went into the three previous versions. This may anchor a yet deeper understanding of spiritual matters.

My writings are based on personal experiences and reflections, but they have no pretense of representing universal truths of any sort. They are nothing more than a collection of my own private opinions. While I do have a 12th Level authorisation to publish this "Guide to Ascension" as part of this 12th Level collection, these writings exclude no one.

Do read other guides to Ascension and do compare. We all learn ever more on the path of ascendancy.

July-August 2022, Eric Keller

1. Guide to Ascension

By Eric Keller

An easy-to-read handbook to ascended life

Public Domain – Fifth Edition 2023

This volume's main topics are:

- **Evolve and extend our conscience in Ascension:**
How ascended life is different from a "normal 3D existence", and what this means for our daily lives.
- **Interdimensional communication:**
How to communicate with our inner self.
- **Spiritual healing:**
Use our ascended powers to lead us to a healthier psychological and physical state.
- **Life in the ascended dimension:**
The promising environment of our ascended world.

Is ascended life for you? Or are you already experiencing ascended life?

Have a read and see where you are. 3D was a place to succeed, to perform, and to make money. Ascended life is a place of understanding, pleasant emotions, joy and participating in common actions. Where would you rather be?

In both? That is also possible. We are in a slow transition and there is space for both. Let go of a few things and make more room for some others.

This book was written, slowly, chapter by chapter, under the four headings given above. The creation of the book was not linear. Some chapters emerged ahead of their time, while some manifested as new thoughts from existing material.

Material came into this book in line with my development. When I had thoughts for this book, I wrote them down, thought about them, and made sure they followed a logical progression. I then refined the series of thoughts extensively. When it was really rounded out, I put the sequence where it seemed to fit in the book.

Piece by piece, over time, it became a real book.

Will the entire story ever be published as a printed book? This is not important. What is much more important that many of us start thinking about these ideas right away. The more we participate in the discussion, and the more we try out and adopt new and more appropriate concepts, the better it is for all of us.

Where are you now?

Do you believe that you have a soul?

I believe that I have a soul. You will meet him in a moment in the next pages.

But before, let me ask you some questions.

Have you ever got a great new idea, but you don't know how?

Have you ever been in a great danger, but you suddenly got saved?

Have you ever heard a voice inside that told you how to get out of a tough situation?

Perhaps that was an inner guide, someone who wants to help you.

This could be your Higher Self.

Please come along. I'll tell you how I met my own soul, my Higher Self.

1.1. Beginnings

Melkiades is my Higher Self. I am Melki, my Material Self, the guy with a body and a computer. Melkiades and I are writing this blog together.

My relationship with Melkiades is a bit special because we "talk" to each other every day. I ask him questions and I get clear, coherent answers. He can show me visions and lucid dreams to explain something or to teach me a new idea. If I ask him serious questions, I get serious answers. A few times he's also joked with me. Melkiades is like that dear uncle you had when you were young. He's a good friend, but of course, he's miles ahead of you and he can teach you a great deal.

I'd like you to meet Melkiades. Obviously I can't show you his picture and I can only tell you what I receive from him. He appears like a normal human being when I talk with him. He clearly knows what I do and what I think. He understands our human constraints of time and resources, and he suggests solutions that fit into our daily lives.

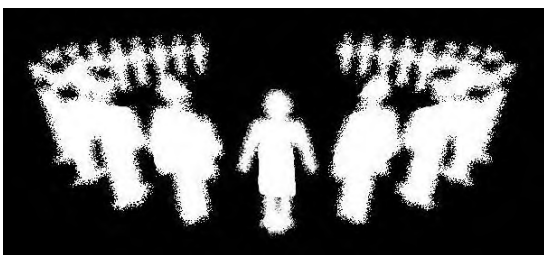
But he is not just another Melki. He is more conservative than I am. Although I'm honest, I've never lived a particularly saintly life. I've had my love affairs and I've eaten like most people without much attention to food composition, herbicides and additives. I've gone through some pretentious periods, and I am not an "eco freak".

By contrast, Melkiades' suggestions for food and life style are rather on the frugal side. He not only wants me to save money and eliminate waste, but he is also a decisive supporter of bio, health food and alternative approaches in medicine. Perhaps most importantly, he wants me to move out of the limelight, do my work prudently and without any pretence. For example, I should not to give any public talks for now.

Since Melkiades and I began serious discussion a few years ago, I have gone through some retraining.

Take that issue of foods. I like good and delicious foods and I don't like comments like "you should eat this and not that". What Melkiades did was to put me in front of the "hard evidence". He put me into positions where I had to stumble upon information about food, overweight conditions, additives, diseases and my own health condition. This wasn't easy. Melkiades showed me that there is very much to learn. Not only did he direct my attention towards the alarming state of malnutrition and health of our society, but he also insisted that I should take better care of myself and that I should pass the information to others.

Melkiades and the clan



When you start talking with someone, you eventually want to meet him. So I kept asking to meet Melkiades personally. For a time there was no response. Then, one night, it happened unexpectedly.

I was meditating on nothing in particular, just cleaning my mind. All of a sudden, I felt that I was leaving the Earth. This had never happened before, and I was delighted. I took off into space, and the world around me became blacker and blacker. Below me, I saw the Earth receding in the sunlight. I was thrilled, I stretched out and travelled through the blackness.

As I was passing into outer space, wondering where I was really going, I saw a ring of white-robed men standing in a three-quarter circle. I moved closer and I understood that

this was my soul family. It was my clan. Somewhere on the left side of the ring, I found a natural place among them.

All were silent and quite solemn. At this first meeting, they were all men¹. They stood there, shining in their white robes, not moving very much. I noticed that I was also wearing a white, shiny robe now. At the bottom of the ring stood "the boss". I looked over to him, and it was unmistakable. He was a bit shorter than I am (I'm mid-size). He stood straight and projected a bright and clear light, stronger than the light I had seen reflected on the earth, and stronger than that of the other clan members. On both sides, there was a bit of room. The members kept a respectful distance from him. I felt strength, clarity and wisdom emanate from his strong little body.

I looked around. We were 33 in that round, in addition to Melkiades. Some were taller than I, a few shorter. I sensed that some of the others live in other dimensions, and that not all are currently on Earth. We stayed around just long enough for a group photo to be taken. Nothing was said. But for me, it was an immense gratification to know that I am supported by a whole clan as well as by my Higher Self.

All this happened in 2011. Since then, I launched this website and I've worked hard to clarify my mind about who and what a "Higher Self" really is. You will find out what I discovered when you read these pages.

Ascension

About mid-2012, I had another important experience.

I was in a lucid dream, and I saw myself hurrying along a large, upward-slanted corridor with many other people. All of a sudden, I heard Melkiades say to me, from the left side, "You're now ascending. Hurry along with the others." I did not hesitate and did as I was told.



However, the experience woke me up. I went to the computer and started writing down my experience. As the day went on, the experience started waning, and I said to myself that this had just been a simple illusion. Everyone is talking about ascending these days, and I supposed that I had just imagined that it was happening to me as well. Nothing more but some wishful thinking.

The following night, Melkiades came back to me. "You were wondering if you'd really ascended," he said to me. "Right, so did I?" "Yes you did." "And

how can you pick out someone from all the billions of people on earth?" "Oh, that's quite easy. Everyone has a number code. Yours was 8080, so you were ready to ascend." "So why not 8888?" "The 8888 code is reserved for some really exceptional souls, like Mozart or Einstein. The extra numbers encode what they've accomplished. But 8080 is just fine for your ascension".

He left me there, scratching my spiritual head. But I was happy to have the news that I was now definitely in a new world. The 3D world had been getting on my nerves a bit.

But what does this ascended existence really mean for me? Is this just some spiritual mumbo-jumbo?

¹ At a later meeting, I understood some differences in soul families. In that initial meeting I met only my direct male relatives. But in another vision I met a much more diverse soul group that included persons of all possible descriptions, men, women, adults of all ages as well as children, more than 30 in total.

I thought that many others would probably have similar questions, so I asked Melkiades if I should start a blog on this website about my new experiences. His response was enthusiastic. When I saw how pleased he was, I asked if I should write the blog together *with* him. Again I saw great enthusiasm. That made up my mind to write down this story.

Promise of a demanding cooperation

I told Melkiades that I would listen to his suggestions before writing each blog, and that I would check afterwards if the written material corresponded to his intention. I told him that I would make great efforts to obtain and understand his intentions and impulses correctly.

In addition, I promised that I would attempt to contribute the finest possible scientific understanding to this enterprise. In full respect of the great and exacting interest of my readers, I would attempt to be as lucid, as logically demanding and as coherent as possible, all while keeping an open mind for new information.

In turn he has given me lucid dreams, Yijing hexagrams and information via the pendulum, muscle tests, synchronicities and greatly strengthened intuitions. As time has gone by, the clarity of the messages has improved, and the disagreements between the various sources have just about disappeared.

I do a great deal of cross-checking about these different methods. It's easy to delude oneself and get caught up with a specific interpretation. It is important that the message remain very clear, even though it may be surprising to our 3D minds.

I sense strength and confidence in the collaboration with Melkiades. From what I can tell, Melkiades also seems satisfied about our joint effort.

I hope this will be of interest and help to you all.

2.1. First steps

Welcome. You are among friends.

If you have already ascended, you simply feel it. You will feel an inner joy. Problems that followed you for a long time have now fallen away. Pain is now gone. All of a sudden, you feel clean inside.

If you are about to ascend, you may feel stressed, or uncomfortable, even ill. Many people feel misunderstood and misinterpreted by their friends, by their partners or by their family. You may feel dissatisfied with your work or with the world in general. You may sleep irregularly, and you might even be in ill health.

Right now you may be confused. Parts of your body may feel strange for a few minutes or days. Your body may need readjustment, and that for several weeks. But...

1. **Do not worry.** Find quiet moments. Ascension brings calm and a clear mind. With time, dissatisfaction and confusion will make room for joy, contentment and recovery.
2. **Let go of the anger.** Do a meditation in which you ask for forgiveness all around. Ask to be forgiven for what you did when things did not go right. Then feel the peace that enters into your mind. Then get a good sleep. As the spiritual guides say, "adjust to higher vibrations".
3. **Do not force anything.** Ascension comes when your internal state wishes it to come. It comes in its own time, not when you want it to come. So simply begin the cleaning inside. Ask for forgiveness and forgive others, and then wait in confidence. Things will come to you.

In the coming days and weeks, get as much sleep as you can. When you feel tired, accept the fact that you are tired and simply go to sleep. Ascending is a growth process and your body needs your sleep to adjust to its new state of being.

You have slipped into ascension

Many do not know that they have in fact ascended. They may find out by how they feel internally. You may discover that you now feel quite different from a few months and years ago.

The most important thing is that the anger went away, the frustration is gone and a sort of wise empathy has begun to spread.

2.1. Live your life lessons

Once you feel that new verve in you, your natural reaction is to tell everyone that you're now on a new and golden path.

Hold back.

My guides tell me that this is a dangerous period. It's easy to think that now you're the master of the world. When I was first told that I was in the ascension process, I went home, feeling exalted and driving way over the speed limit. Luckily, I didn't get caught.

Please relax. Rein in your horses.

You've been preparing your ascension for a long time. Now is the time to put all this learning to work.

Some life lessons

Now is a good time to apply your life lessons.

In my case I learned that I should **take on only so much responsibility** at a time, and that a working day does have an end. I had to learn to change my pace after a good and honest day of work, and to do something else.

Must I finish this chapter this very evening? Or shouldn't I check up on my household duties and spend some time with my partner?

Another life lesson was that **other people can be very different from me**. What my partner experiences is not necessarily what I experience. What my colleague at work experiences may be quite different from what I go through. It seems obvious, really, but it takes an extra effort to see things from their perspective.

There are hundreds of important life lessons. You may have your own list. If not, it's a good idea to make a list of your life lessons. Then apply them systematically.

My most important life lesson

But my most important lesson has been to learn **to work with my spiritual guides**. As I ask around, very few people use this approach. But that is clearly the most important task to learn in ascendancy. If you take away just one lesson from this chapter, **this would be it**.

Why work with my spiritual guides?

Many times they know better. Often they see things differently. They can detect new opportunities for you. They can help you. They will begin to support you visibly.

How do you work with your guides?

It wasn't evident at the beginning. No guide ever came up to me and said, "Hey, why don't you work with me, I'll show you how!"

I had to ask. Seriously, and I had to insist to them: "and don't lie"! At the end, they *will* answer, if you are serious and persistent.

The guides are always there, constantly, even though you don't know that at first.

First signs

Once you get the first signs, take conscious note of them. Did you get a sudden, deep breath? A surprising event happening around you? Unexplained noises?

Verify. Keep asking the same serious question till you have a clear answer. This may take several days.

Get into a conversation

Now find out if their suggestions were excellent and reliable.

If so, you are ready to enter into a veritable learning relationship. That is the real take-off point.

The most important part is to learn to *communicate* with my guides.

I found out from reading and with experimentation that I could ask questions and receive answers through a continuous stream of information. This flow of information moves through lucid dreams, channelling, consultations with the pendulum, Yi-Jing consultations, muscle tests, etc. etc.

I had to start listening. It's not difficult to do, the main difficulty was to believe that this is

indeed possible, and to do all the tests to see if you can really trust this source of information.

Proofs

In my case, the proofs took years to accomplish. I needed extensive demonstrations that I was indeed receiving lessons from the other side. I will give many examples in other parts of this volume of how this happened. I took much time to find the information, to try it out and to make sure that this channel of communication actually functioned, and more importantly, that it was *reliable*.

When I started putting all the information together, I found that working and living in this constant dialogue with “the other side” is really an entirely new way of living one's life. It's my form of the ascended lifestyle. It's very different from the usual, humdrum 3D life. And this is what I want to share with you here.

Confidence

That brings us right to our main objective.

You can no longer cheat or pretend once you enter on this path. It's honesty to the bottom of your heart, and that won't always be easy.

Working with your guides systematically gives you confidence.

You feel that you're on the right path, you're not alone, you're getting help. It's the first step to meeting up with your soul group. In the long term, you'll work together with them much more, to help spread solace and peaceful coexistence throughout the world and the universe.

If you're a recent ascent arrival, just enjoy the new feeling of confidence growing in your insides. You have grown, you are stronger, you are healthier and you're enjoying your new and stronger ties with the spiritual world. Just be yourself, and the rest of the world will notice your new internal strength.

[Verification with the pendulum: my Higher Self agrees strongly with what was written here. My pendulum movements distinguish "agree strongly", "agree", "disagree", "disagree strongly" and "undecided". For this it was, "agree strongly".]

2.2. Cleansing – “normal” and “major”

When you first come into ascended life, you want to run out and explore. What's so different? What is everyone talking about? Why all the excitement?

But Melkiades told me, "stop, don't be in such a hurry. Now is the time to put old suffering behind you. This is the process of cleansing. Enter into ascended life with a clean mind, and free yourself of your old, painful and useless memories."

And as so often, a pictorial answer came to me in a lucid dream.

Lucid Dream

I was in something like a parallel world. Everything played in a black-and-white movie with fine shades of grey. There were no colours.

Colleagues of mine were experimenting with some new magnetic material. They had developed a large magnetic cloth. You could stick one end to one side of a room, and the other end to another side.

I was asked to do that and I found that the material was light. It stuck quite firmly to the metal attachments on the walls. I stood on a stool and hooked the screen to the two sides of a large hall. Now the small part next to the door was separate from the larger part of the hall.

The symbolism is evident. The part next to the door, i.e., my previous 3D life, was now separated from my larger ascended existence.

The dream went on to a second part.



My colleagues – whom I knew vaguely from my university days – lived close to a large lake. They had created huge man-sized stones that were enclosures out of a similar, firm magnetic material. The stones would open out to the side and persons could nestle inside.

From a distance it looked like a group of large roundish stones, distributed naturally around an open field in front of a forest. I saw a young woman nestle sideways in such a enclosure as if it were a womb. When she closed the plastic outside door, one could see her inside, nestled in like a fetus lying on her back in the large stone.

I talked to one participant, asking him what they were doing. He was talking with people around him in what appeared to me as a mix between human and non-human speech. He said that in these magnetic enclosures, the occupants went through an emotional cleansing from all the junk they had gathered on Earth.

When talking in non-human speech, he was communicating with higher beings who were helping him.

At that point I understood that I was in a lucid dream. This sounded familiar. In various channelled descriptions of the after-life, I had learned that some time after death, souls go through some healing process, in something like a hospital. This could be the cleansing

process that I was looking at.

While still in the lucid dream, I asked Melkiades if I should address this healing process in this chapter. Indeed, that was exactly his intention. After learning about all the depravities of 3D life, we now had to cleanse ourselves. We cannot go out into ascended life if we bring with us all that we had gathered in 3D life. We light-workers and ascended souls, we need to heal ourselves before we can help others.

Detach the emotion from the experience

I was grateful for receiving such a detailed answer.

Psychological healing has one very important function, to disconnect emotions from past experience. Emotions are rooted in our profound human and animal existence. Fight-or-flight emotions, sexual arousal and competitive emotions, hunger-and-scarcity emotions, all of these evolve from animal and human experience. Many emotions are useful as dynamos of human deployment, while some others get us into cycles of conflict that may last for several incarnations.

For this reason, it is important that all of us go through a profound cleansing after dying – or even before as we are ascending. We don't forget our previous experiences – it is important not to forget what we learned. They are retained as memories, many happy as well as many unhappy ones. We have reason to believe that all these memories are stored in a huge spiritual library (the akashic library), so they will never be lost, and that you can access everything you ever went through.

In the cleansing *we detach our emotions from the experience*. The memory is still there, but the emotion is now free. If we did not do that, we might well reincarnate with the same anger or frustration that we experienced in a previous life. That may perpetuate conflict through another lifetime.

Magnetic radiation does the cleaning

What I also find fascinating in this lucid dream is that I was given detailed information on how the detachment is done: with magnetism. This was magnetism by handling the large magnetic cloth. In my dream I remember that I was even worried about carrying a cell phone or being near my computer, because such strong magnetism might affect the device. Then I was shown that all these "souls" were cloaking themselves in similar magnetic enclosures in order to cleanse their emotional links.

I take this as a suggestion to do so myself. A naturopath has told me how it is done. You need a large magnet, such as can be found in some older loudspeakers. These are roundish and have a strong positive pole on an inside ring, and a negative pole on an outside ring. Running this magnet very closely over the head and the spinal chord while thinking of the opposite to the emotional attachment will cleanse the emotional link. For example, think of "joy" or "freedom" when cleansing out a negative attachment. Repeat the procedure every week as long as you still sense some upset. Some people take several months to clean out all their negative attachments, others can clean them out in just a few weeks.

I am grateful to my Higher Self for the continued guidance. I am also learning that ascension is only the beginning of a lengthy process of becoming an effective light worker.

2.2.3. Cleaning out strong negative traces

With ascension we let go of negative traces.

According to Melkiades and my spiritual guides, most are all born as pure spiritual beings. The contamination with negative traces generally occurs when we enter into emotional bonds with negative elements. Sometimes this happens by simple experimentation, but many children are actively seduced into negative bonds through sexual experimentation or by criminal behaviour in the family or in their neighbourhood.

I met a bit unexpectedly a lovely young woman of about 20 and we started talking. By and by, and over several months, she explained her whole life story to me, in little bits and pieces. The story became ever worse as it unfolded. Over several weeks, a whole systematic extortion plot was revealed in all details.

She had been seduced by her father at age 7. He deflowered her at age 11. At age 14 he introduced her to other girls and boys who had also been abused. Then at age 15 she was introduced to prostitution. Since then her father demanded sexual satisfaction once every month and asked her to go out on prostitute jobs regularly. Her father had her entirely in his control with menaces and by paying her part of the prostitution revenues. Frequent reminders were given that performance on her tasks was never good enough. No contraceptive protection was ever used. She had already had three abortions.

Now she wanted to break this bond definitely.

Persons outside of this regime have difficulties understanding how children or adolescents growing up in a western society do not rebel against such a torrid regime. In fact, they do rebel at times, but as far as I can tell, the chances are very high that adolescents will not give up prostitution voluntarily, once they have set out on that trajectory.

Therapy

[This is not therapeutic advice – only supplied for information.]

I had some ideas of what needed to be done.

Years ago in a programme in clinical psychology at McGill and Concordia universities in Montreal (1979-1983), I had created an intensive recovery programme that combined some elements of deep hypnosis with selected psycho-somatic elements of Eugene T. Gendlin's "Focussing" approach¹. Over the ensuing decades I used and refined this experimental technique on myself and with some 30 non-paying volunteers. This was highly successful everywhere.

However I never fully documented this programme, because I was occupied with many other professional charges. But when I realized what had happened to this young lady, I collected the various elements of the programme and guided her through a series of exercises in order to alleviate her pain and suffering.

Here I shall summarize the therapy itself, but please refer also to the free text given in the reference above.

In full and gentle acceptance of the entire lived-through experience, I ask persons to come into a *highly emotional state*, e.g. by remembering all the situational events in vivid details. Once in that state they are asked to feel the pain and discomfort of the past experience in any part of her body (the "focusing" experience).

That **sensed feeling** is pursued throughout the body, into all possible regions of the body, for extended periods of time, till the feeling of the pain, frustration and/or agony has entirely disappeared. That pursuit of the sensed feeling might take up to half an hour, and the person is asked to stay with the pain, and with possible visual images, till it disappears.

1 <https://focusing.org/sixsteps>

Subsequent to that, the persons are asked to imagine a happy or serene scene or event until they gently slumber off.

The clients tell me that they feel a great relief at the end. After several such experiences, nearly all the agony disappear long-term. If the unhappiness surges again, they should reconnect with the sensed feeling, face it and chase it around the body again until it disappears.

In a serious situation as described, the entire programme would take about three months and would require about 15 focusing sessions. Subsequently, after months or years, further painful events might surface and additional focusing sessions might be indicated.

Where to now?

The worst of the agony is hopefully behind us, and we can turn to what can be done about this gigantic slavery-and-extortion scheme. Have you thought about what has gone so terribly wrong with our world, particularly in the case of prostitution, slavery and human slave trade?

Can we do anything at all?

I answer emphatically, yes, we can do a great deal. Much much more than I ever thought possible. This has become very important, since events with long-term effects for all of humanity are on the point of going through some crucial phases just within the next few years. We can contribute much to world improvement.

[I again asked my Higher Self with the pendulum if I captured his intention correctly. I was again given "strong agreement". I'm smiling, because in daily usage, "strong agreement" is quite rare.]

3.1. What is the fifth dimension?

A bit by accident, we've ascended. At least, that's what we are told.

"Yeah, perhaps," you may say, "But I don't see it. The world still looks very much the same to me as it did before."

Right. Let me tell you a silly story that makes exactly your point.

Two Australian aborigines were out fishing in the Torres Strait when the Dutch navigator Willem Jansoon came by on the *Duyfken* in 1606. Willem called out to them, saying "We're the Dutch and we've come to discover Australia!" The aborigines, divinely empowered to understand Dutch, were pleasantly surprised, rowed home and told their wives, "The Dutch have just discovered Australia! Now we can trade our fish for Dutch cheese!" The wives, not impressed, answered gruffly, "get off it, bring the fish, the fire's on and I'm hungry."

The world does not *look* any different to everyone, just because you might think that there is a fifth dimension. It still looks the same, we have just added a new hypothesis.

Australia – a 250-year long hypothesis



Fig. 1. Nicolas Desliens Map (1566). Wikipedia.

When Jansoon first made out a faint line at the southern horizon, did he know that this was a whole continent? No, he may have heard some stories, but he couldn't be sure. Half a century before, the Portuguese had been spinning some such yarn in Europe, which was incorporated into the Dieppe maps (Fig. 1).

But the European public was only sure that there was really a whole continent down under when Matthew Flinders circumnavigated Australia at the very end of the 17th century. There was a huge 250-year stretch (1550-1800) between the first hunch and a reliable confirmation. During all that time, Australia was nothing but a *hypothesis* for most Europeans. More specifically, it was a hypothesis that very slowly grew from rumours, through strong hunches and a highly probable reality, to a confirmed fact.

Nothing unusual *per se* – that is one normal path of knowledge acquisition and of science. Some fact or concept at first appears very strange, and then goes through various stages of demonstration and acceptance till it becomes common knowledge.

With respect to arriving in a so-called “ascended” (>4D) dimension, we may be where Jansoon was at the Torres Straits in 1606. We may have heard some amazing rumours, or we may have had some lucid dreams, or we may even have astrally travelled to an ascended dimension. But you're quite right, at the present an ascended dimension is nothing more than an intriguing hypothesis.

But... how could we improve our certainty that we are really in the 5th dimension?

The possibility

To start, we could explore the theoretical possibility. Let us agree on three Euclidian distance dimensions (height, length and depth) and a time dimension (past-present-

future). From this vantage point, is a 5th dimension possible?

If one has learned to function in just so many dimensions, conceiving of the next higher dimension can be difficult. All the phenomena you meet are "logically" interpreted as occurring in only the known dimensions. Let's illustrate this with the example given in the "Tenth Dimension" video on YouTube¹.

Let's take a Mobius strip (a strip of paper turned once over and glued together at the ends) [Fig. 2], and let's draw a line in its middle. The pencil will go through various 3D gyrations and it will pass outside as well as inside of the strip to complete the line, when this is seen by a 3D person [Figs. 3 and 4]. However a 2D "flatlander" – one who only sees two dimensions – will not see anything more than a single line all the way around the strip [Fig. 5]. Also, the flatlander will see a never-ending path, while we happy 3D Euclidians can easily make out the finiteness of the strip.



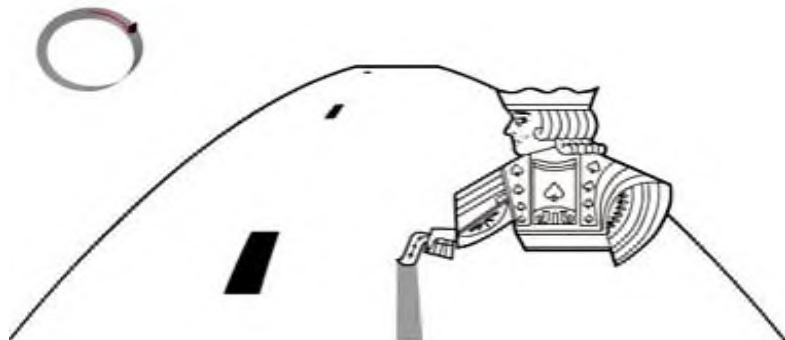
Mobius loop 1



Mobius loop 2



Mobius loop 3



2D flatlander view.

Figures from "10th Dimension" YouTube video.

A very attentive 2D flatlander might have seen some changes in the light intensity of the strip along the way, but only a 3D person would have been able to relate these changes to the various positions of the light source. A lower-dimensional mind simply assimilates, or "folds", higher-dimensional evidence into lower-dimensional interpretations of the evidence.

In theory, a higher-dimensional state is always possible. But to confirm its presence, we need 5D evidence which in the past we might have systematically folded down into three

¹ YouTube "[Imagining the Tenth Dimension part 1 of 2](https://www.youtube.com/watch?v=JkxieS-6WuA)" and "[Imagining the Tenth Dimension part 2 of 2](https://www.youtube.com/watch?v=ySBaYMEsb8o)"
<https://www.youtube.com/watch?v=JkxieS-6WuA> and <https://www.youtube.com/watch?v=ySBaYMEsb8o>

or four dimensions. It is not easy to imagine a 5D object, because the whole world functions with the 3D-plus-duration model, and pretty much everything seems "explained". Some of my scientist friends would say, "Sure, you could always argue for another dimension². But what will it buy you?"

Along the way, they might point you to the famous "Standard Model" of particle physics. This is a long-evolved, extensive and very detailed description of atomic and subatomic particles, and for many observers, of our entire physical existence, the many aspects of cold dark matter set apart. But none has yet convincingly displaced the "Standard Model".

So unless you're a well-versed physicist or astrophysicist, you'd find it difficult to point to physical evidence of a 5th dimensional fold. All hitherto known physical properties of our daily universe are predicted by numbers accurate to the 10th decimal point or better.

This explains a lot of the reticence that contemporary scientists show toward the tales of a 5th dimension emerging from spiritual, extraterrestrial and "insider" sources. For them, a 5th dimension is nothing much more than an interesting conceptual hypothesis.

We might well leave it there, were it not for *wormholes*.

Wormholes

According to Wikipedia, a wormhole is a hypothetical topological feature of spacetime that could provide a "short-cut" through spacetime (other common term: a "portal"). Accordingly, we 3D Euclidians could be meandering through a 5D space, much like the 2D flatlander meandering along a 3D Mobius strip. And like the flatlander who suddenly ends up on the other side of the glued-together Mobius strip, we might suddenly reach a "short-cut" that instantly transports us to an entirely different place in spacetime. That short-cut would be a 5D "jump", seen as an invisible "fold" in our flattened 3D conception of the universe.

Wormholes have been predicted as far back as the 1920s. In the 1950s and since then, they became a popular theory for certain astrophysicists, as well as for millions of sci-fi buffs who explored the time travel aspect of the wormhole hypothesis.

All this remained highly speculative till a few years ago, when Andrew D. Basiago showed up on the Internet talk circuit saying that the U.S. had developed a controlled wormhole system in the 1960s, 1970s and 1980s in which he and some other youngsters had been the first to travel to remote locations, as well as to remote times in both the past and the future³. He and several other "travellers" in the same secret U.S. program have now stated officially that they have travelled to Mars in this manner.

Further important evidence of a "jumproom to Mars" programme came through a number of interviews on Camelot and with various other "whistleblower reporters", particularly by a person who called himself Henry Deacon and who had stated even before Basiago that he

2 Here is another easy way to understand the 5th dimension:

A point has no dimension. It occupies a fixed place and it cannot move.

A line, that is, a first dimension, offers multiple opportunities for a point to exist along one direction.

The same is true of the second and the third dimension, which add two more orthogonal directions for the point to exist. In the flexible space of three dimensions, one can define a 3-dimensional object.

The fourth dimension multiplies the point's existence along the time line and the 3D object can now be considered in its past, present or future state.

The fifth dimension offers a further multiplicative state that permits us to consider several time-specified 3D objects as part of a single set. For this reason, some theoreticians call the fifth dimension the "information" dimension. Since you can create numerous new time-specified 3D objects with an easy 5D reference, the 5th dimension can also be considered as the dimension of "creativity".

3 <http://www.projectpegasus.net/index>, see also the spontaneous 39-part interview with Jessica Mystic from 2009. https://www.youtube.com/watch?feature=player_embedded&v=iwE8m50sbWk

had been sent to Mars in exactly this way to perform maintenance on some electronic apparatus that the U.S. maintained there.⁴

Our first reaction is to consider all of this total nonsense. We're likely to "fold this down" to a hyperactive imagination and megalomania. But that rationalization disappears quickly when one listens to the hours and hours of detailed accounts that Andrew Basiago et al. have given us.

Also, a number of "deep insider" sources have given many further supporting hints, particularly since 2015. The rumours of such a programme have not died down, they have grown in importance over time. In recent years many other whistleblowers have provided such detailed information, and enough supporting documents have surfaced, that any curious Internet customer can obtain sufficient evidence.

For recent documents, go to our internal document site.

More important than we thought originally

After many hours of listening to various of these testimonies, I ended up believing Henry Deacon, Andrew Basiago and others around 2012. Their stories had the ring of truth to them. It did indeed seem possible that a "wormhole elevator" has been built and that Henry Deacon, Andrew Basiago and many others have already travelled to Mars and other places in such a device.

Moreover, time travel also appears possible with this device. Basiago gives a detailed account of how he travelled back to 1863 to see President Lincoln give his Gettysburg address, and he briefly talks about projections that he made to a potential 2017 as well as a 2035 future time line. These time travel experiments were apparently made with much care, so as not to introduce history-changing elements (i.e., to avoid the "grandfather paradox").

The way I understand these devices, it is through manipulations of the 4th and 5th dimensions that this technology achieves quasi-instant spatial and time displacements. From this perspective, spacetime and the 5th dimension become manipulable entities. So obviously, instantaneous time and space travel -- if they are indeed possible -- would make the 5th dimension much more important than we had originally thought.

It would "buy" us a great deal. Physics that not only understands, but also manipulates wormholes is a huge advance over the standard physics we have now which treats wormholes mainly as an interesting hypothesis for astrophysics.

Matter-of-fact attitude towards the 5th dimension

Could the "jumproom technology" prove beyond a shadow of a doubt that the 5th dimension exists? Yes, it could, in all likelihood. But let's be realistic. This is one technology that will be kept secret for a very long time and I'm not holding my breath for a sudden disclosure of every detail.

In the meanwhile, the simple and strengthening possibility that this technology exists reinforces the ascended hypothesis that my Higher Self has told me about. That's good enough for a current state of the hypothesis. Although we are still a long way from a full confirmation, the existence as well as the importance of a higher dimension has been well reinforced.

⁴ E.g. YouTube "*JUMPROOM TO MARS: a new conversation with David Wilcock*" <https://www.youtube.com/watch?v=VMwJmIRF7ZE>, YouTube "*Rafael Palacios interviews Henry Deacon*" <https://www.youtube.com/watch?v=6WwYKnqzHco>, YouTube "*PROJECT CAMELOT BARCELONA FUTURETALK_revised*" <https://www.youtube.com/watch?v=X1Sw8yutl1Y>.

Much like the early Australian explorers who with every new nautical mile became surer that they were in fact circumnavigating a new continent, I personally derive a growing belief that my mind is indeed exploring an entirely new dimension and is gaining experience in viewing the world from the 5D perspective. Since my ascension, I've had a new relationship to time, space and paranormal events. It is a perspective that merits much further exploration.

[I asked my Higher Self if he agreed with this blog as it stands. The answer was: "Agreed". I sensed a certain lack of enthusiasm, so I asked, "Do you believe that all of this is rather elementary?" Answer: "Agreed". "Do you think that it is important to establish these conceptual bases?" Answer: "Strongly agreed". "So, can it go on the website?" "Agreed"]

3.2. Water of the spiritual realm – does it really flow?

OK. We've ascended, we're applying our life lessons, we've gone through emotional cleansing, and we've developed an idea of what an ascended dimension could be. If you're still with us, you'll probably want to explore this new dimension.

Let me open the gates.



Isn't that amazing?

Here it is, a wonderful garden. Look around. Sunshine everywhere, it's wonderful, trees and flowers, and life all over. Come in and let the joy become part of you.

Sit down, take it in. Or better yet, close your eyes and listen – with your ears and with your heart.

Can you feel it? What is so special about this place?

After a while, here is what I hear, "The love is incredible. Everywhere you turn, there is

understanding, acceptance, joy and love. This dimension is a world of love".

I had never thought about love in this way. What is all this "love"? Had I not been loving enough in 3D?

I asked Melkiades.

An enigmatic answer came back, "***in spiritual life, love is like water in biological life***".

I thought for a second, then I got it. We know that water penetrates through every cell of plants, animals or humans. In 3D, all of biological life needs water. Melkiades said that in spiritual life, the medium is love. It is necessary for all that exists in the spiritual world.

Thoughts and actions are motivated by love. Without it, relationships, families, all that really makes a difference for us would crumble rapidly – just as life could not exist without water. Or if you need another comparison, love in the spiritual realm is what oil and petrol are to combustion engines. Without that, nothing will run.

Hmm. So I asked, what is it about love that I still do not know?

I know that I care very much for some people around me.

I know how I feel when I see love in the eyes of someone dear to me.

I know how I feel in love making.

Is this love? Is this spiritual love? Yes, Melkiades tells me, that's part of it, that's is how I experience love. Love grows spontaneously, it flows more and more into your body when the conditions are right.

Melkiades tells me that love is the real key of life.

While you can't tell someone to "go love someone", you can create the right conditions for

making love grow. Help love grow spontaneously. Melkiades says, "Plants do not grow on stone". You can't tell them, "go grow on stone." But you can give them some rich soil and sufficient water, and with some sunlight, they will and want to grow.

The great sulk

Sometimes one can't really show what love is. But one can show what happens when love is no longer there or was never there at all. The **absence of love** tells you distressingly what love could be – if it were (still) there.

Absence of love is so common in the world that we must address it immediately, before the getting into the rest of the story. If you are suffering now because of lack of love, we need to address your concern rapidly.

Because my guides are great teachers, they soon gave me a powerful example.

I was on a one-and-a-half hour flight. On the two seats next to me sat a very good-looking couple in their late twenties. They were both nice to me when they sat down. They obviously belonged together because they shared a suitcase. But during the entire flight, they didn't exchange a word and didn't snuggle up to each other. He looked straight ahead and she looked out of the window.



I was wondering. Would they now spend an hour and a half of "quality together-time" sulking? Or of making a point to each other? Or of being bored with each other? Why did this fit-looking male not even say a word to his absolutely charming girl friend? Or vice versa?

I started thinking about the two, wondering and feeling sorry. I don't like to see people suffer. Internally, I heard the reproaches. "He has no respect for what I think. I don't even dare open my mouth any more." "She's not interested in the things I'm interested in." "He's a nice guy, but he's got a one-track mind and doesn't understand what interests me." "She's so stubborn. She goes into a huge sulking mode if I don't go along with her ideas."

I had heard all this before when talking to friends and clients, and here is what comes out in the end: "I feel alone", "I don't receive the love I deserve", "I give all the love I can, but don't receive any in return". Even to the point of: "He isn't even capable of love. All I'm good for is lovemaking. And even that has become a bore."

The flow of love is blocked. The water is not getting to the plant and it can't grow. The petrol is not getting to the engine. We're stuck on the road. Time to call the service man. We need to know if the problem is minor or major.

Is it a minor problem?

Sometimes it is just a minor problem. You may just need a little gas, and the engine will start. Other times the case is more drastic.

Let's look at all the possibilities.

Is it a minor misunderstanding? In those precious minutes together, why not talk things over? With all the airplane noise, no one could hear what you say to each other. In a few minutes of frank conversation, frustration with something that happened might dissolve in a few minutes or hours.

Quick solution. Talk – honestly. Listen to what he/she has to say. Take it seriously. Think about it. Work together. Together you can build a better future of love where you avoid this same trigger.

Show understanding, don't react to insults. Let the emotions calm down. Listen, communicate and solve problems. Don't just sit in your seat and sulk.

Is it a persistent problem?

Is it something that keeps coming up?

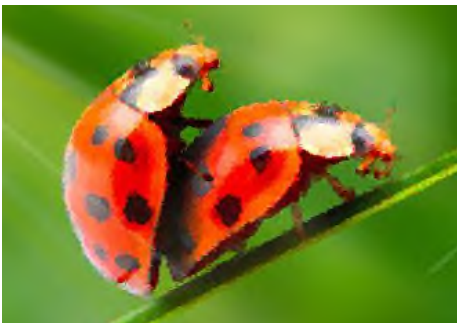
Just "talking it over" isn't good enough – we need the right kind of communication. Yelling at each other is not communication. Here are some useful questions:

- Does your partner really listen to your problem? Honestly? Is there a concrete attempt to help, which shows that the problem was really understood?
- Do you sympathize, even when your partner did something stupid?
- Are you there to stroke his/her hair, when something unjust happened in the day? Do you help, and get helped some other times in turn?
- There is also gestural communication. Sexual encounters are one of the most important places where non-spoken, gestural communication really counts.
- Do you listen to the needs of your partner? Do you help him/her come to full excitement? Are you relaxed and enjoy the full and wonderful time it takes for both? All this is part of "communication": feeling how the other person feels when building to a joyful and full climax, in her or his own, proper time.
- The whole sexual story is doing something together that is really extraordinary. To do the thing really together, in love, you need some powerful listening and feeling skills. We open the pores and let love flow in and out.

Are we now touching as some serious questions?

Or the case may be yet more serious. You may be wondering where your relationship really stands. If you have gathered some doubts, some serious questions are now crossing your mind.

Two key questions



You can quickly get to the crux of the matter. Just two questions can situate the current state of your partnership.

Ask yourself question 1 (care and compassion): "What happens when I tell my partner about a frustration I experienced in my day?" Is there understanding, sympathy, and possibly an offer of help? *Yes/no.*

Then ask question 2 (sharing): "Is our intimate experience the story of two solitudes, or is it the story of mutual understanding and of the flow of love between us?" *Yes/no.*

If you put "no" to one or both of the questions, **do not give up right away.** If you've established that love isn't getting to the plant, it's time to check the blockages. Begin to communicate. Get help from someone whose relationship is going well. Ask how they solve their disagreements. Learn from others, then apply what you've learned to your own relationship.

And give it time. Even if there is no response at first, the ice may have been broken.

Responses may come only weeks or months later. Hang on, try again, watch the signs, be patient and in the meanwhile, build your relationship with your Higher Self for rich answers and internal support.

Can we get help from the Higher Self?

Or are you in that very unhappy situation?

Have you tried talk, touch and everything else, for quite some time, and the ice just won't melt? That can happen as well. It's happened to me, and it's a sad story.

It's a very lonely place. But you know this: *Hang on. You are not alone.* You have your Higher Self with you, and your personal "He", "She" or "They". They will help you pull through. That too has happened to me.

Yes, we can get help from the Higher Self.

Yes and definitely so, you do have your own Higher Self.

Check this: If you are female, your Higher Self is about 95% of the times a female. If you are male, He is about 95% of the time male. Meditate for five minutes and then ask Her or Him their name. If no name occurs to you right then, just begin the conversation with "dear Higher Self". Once you feel that there is someone listening to you, you are ready to continue.

Now you are ready to ask these questions again.

Apply the key questions

Apply the caring scale (question 1). Does your partner really care for you now? Did your partner care for you in the beginning of your relationship? Has it waned over the months and years? Or was it just "fun and games" or a "sexual power game" that got you entangled in the relationship? Which never matured into real caring or into a fully shared relationship?

Those are the moments of truth. Check this out with your Higher Self. You may well see a dark reality that you never wanted to see before.

Apply the sharing scale (question 2). "Is our intimate experience the story of two solitudes?" Ask your Higher Self.

Separate?

If you get the message to separate, you need good friends around you. The best place to start is always with your Higher Self. She or He is always with you and always wants you to succeed, even if the lesson is tough. Talk with her or him.

If your inside says, "this is no longer the place of love", listen carefully. Your inside may also say, "Yes, this is really bad. And yet the morning is near. The sun will come again, and I will open myself to love again – months or years later."

Your deep inside knows that you are capable of loving much more than the current circumstances permit. She or He wants to help you to find love again. And you will.

Melkiades adds a comment

Now think of those around you. Be cautious when you have decided to separate. If the message is clear in your mind, proceed with the full strength of conviction, yes, but try to

minimize the pain for all around you. Separation is a very painful event for everyone: your partners, children, family and friends.

Do it firmly, but also as gently as you can. And communicate with your friends who understand. Don't keep it in. Work through your pain. There will come a day when the pain has an end. *It usually comes later than we wish, but it does come.*

Deblocking love

Whether your home situation is filled with love, or if it's suffering from minor or major lack of love, knowing that *you are not alone* gives us hope. You will find real friends who can help you. Look around. There are help lines. There are others who are going through similar pains. With friends that really understand, the pores open up and love can begin to flow.

Listen to your inside. It will tell you what you need to know.

Some time ago, while qualifying for the ascended state, we learned to listen and to be there for the other. So we already know about the difficult lesson of tolerance, of time of learning, and the acceptance of the differences which distinguish us and bring interest and life into our existence.

Our garden of Eden will only improve if we don't trample on the flowers.

And now comes the hard lesson. What about those that do not understand us? Those that are insensitive and closed to understanding? That treat us as inferior beings, or worse? What to do about them?

Examine where you place your own thoughts. Revenge? "Get back at them"? If so, aren't you wasting your time and energy? Can these thoughts help *you* evolve? Are these thoughts really going to get you any further?

As we become more familiar with the flow of understanding, tolerance and acceptance of the higher dimensions, we gradually learn how *love* functions as "the water of the spiritual realm". Yes, we can block it. Or else, we can help it flow into every nook and cranny of our communication with others, in how we treat others and how we experience our existence.

Listen to love and let it take root in you.

[I asked if I represented my Higher Self's views correctly? "Well understood". "Is there still more to come on this issue?" "Strongly agreed". "Should I still publish it as it is?" "Strongly agreed. More will come in later sections of the story."]

3.3. Make water flow

We heard this about ascended life: "The love in this dimension is incredible. Everywhere you turn, there is understanding, acceptance, joy and love. This dimension is a world of love".

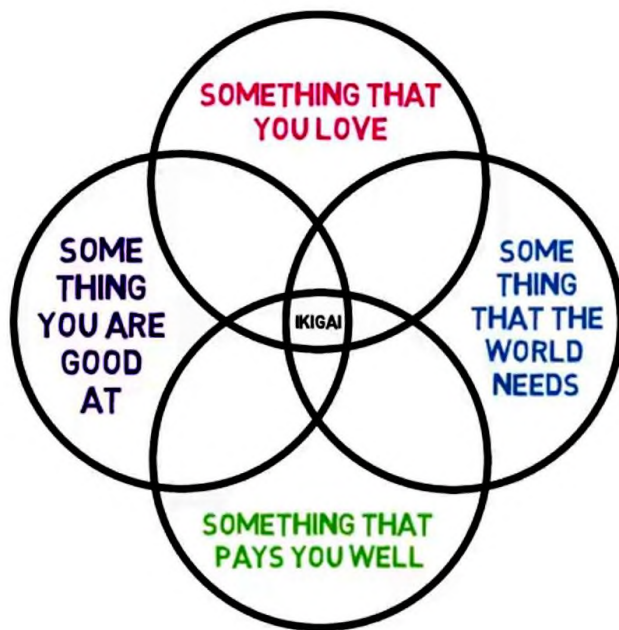
We have also seen what happens if love stops flowing.

Question: Can we also get it to flow again? Naturally? Spontaneously? Every time?

The answer is **yes**. There are two parts: **what you do** and **how you do it**.

What you do.

The Japanese bring to us an old wisdom that they name "Ikigai" (Katsuya Inoue). They tell us that we are spontaneously and naturally happy when you do...



...something that you love to do, that captures your full attention and that you would love to do any time.

...something that you are good at, that you have practised much more and that may amaze others.

...something that the world needs and that we seek for your services.

...something that pays you well, something that pays as well as possible for your long-term survival.

Image. From a screenshot of "The Japanese Formula For Happiness - Ikigai"

If you combine two or three of these elements in you, you are awaking your "reason for existence". When you actually integrate all four element into your life, you feel that "life makes very good sense to you". Then you will be full of a continuous stream of happiness, confidence and satisfaction.

"Ikigai" is translated as "a reason for being". *Right inside of you is where your inner joy originates*, not outside in money or in fame. Get the flow going in each or these four domains of Ikigai. There is no need to be the best, just be yourself and enjoy yourself while you are doing your normal activity. That keeps the love flow going.

At the beginning of their adult lives many people find that they cannot easily combine their preferred activity (a. and b.) with their income-earning capacity (c. and d.).

No real problem. Keep this schema for the future, it may help you as you move along. As you mature, opportunities might open up to combine three or all four desired activities into a complete and more satisfactory combination. Keep asking, and suddenly a super

1 <https://www.youtube.com/watch?v=Zxj3P0enJNQ>

opportunity might open up.

It did so for me.

At the other end, many hold on to disliked long-term employment into their fifties and sixties, in the hope of paying themselves long and great retirement years later on. When those retirement years finally arrive, will these disliked years finally pay off?

Think of it in terms of inner joy. During all those disliked pre-retirement years, your inner joy was shut off or severely reduced. Can you then turn it suddenly on again, when that day of your retirement finally arrives?

Listen to some insights from 100-year olds^{2,3}. Did they wait around till they reached retirement life? No, they took life as it came all along, riding along in their waves of greater or lesser joys all their time. If you are really unhappy while waiting for retirement, aren't you wasting some precious years?

Making some minor or some major changes along the way could be a much better option for your long-term happiness.

How you do it.

Can we spin all this into a single, recipe for a “magic life essence”? Can this combination define the purpose of life?

Possibly. The solution has been with us for quite some years, but it is only now beginning to seep into general awareness. It is quite similar to what we gather from *Ikigai*.

Again it is not more money, nor greater fame, nor working ever harder that makes a reliable difference in people's lives. Instead, study after study have documented that *better social relations* lead to a happier and longer life development, particularly also in old age.

One impressive long-term study has been the **Harvard Study of Adult Development** that began with 704 men in 1938⁴. 60 were still alive a few years ago. This group consisted of Harvard University men and a comparable group of men from a socially disadvantaged area of Boston. All men (and later also women) have been examined with extensive tests and medical examinations, practically every year since then. The study is still continuing.

The most prominent outcome of that massive collection is that “good relationships keep us happier and healthier”.

Social connections are really good for us, and loneliness kills. “People that are more connected to family, friends and community are happier and they are physically healthier, and they live longer than people who are less well connected,” the study says. Loneliness on the contrary leads to lives that “are less happy, their health declines earlier in midlife, their brain functioning declines sooner, and they live shorter lives.”

Moreover it “is not the number of friends you have or whether or not you are living in a committed relationship, but it is the *quality of your close relationships that matters.*” We must clearly avoid conflict relationships, for both psychological and physical reasons.

At age 50, the main predictor for a happy and healthy octogenerian was their degree of satisfaction, not any of the medical predictors. As well, the resistance to chronic pain days at age 80 was better for the happy octogenerians than for the less happy group.

2 <https://www.youtube.com/watch?v=9AThycGCakk>

3 <https://youtu.be/BXyfCGDnuWs>

4 “What makes a good life Lessons from the longest study on happiness Robert Waldinger” TED Talk.
<https://youtu.be/8Kpr7NjGDX4>

Rethinking our life purpose

So taken altogether and even across a varied life development, inner joy and satisfaction beckons to us. And it is not money nor fame, but it is a set of solid and reliable relationships that you can construct and can maintain any day. They will include you right where you are. It lets you ride right now in your chosen group.

And what is the *glue* that ties us together?

It is the *emotions* in the family and in the larger network which keeps us all connected. Family ties, sons and daughters, long-lasting friendships that were never broken – all these trusted relationships create an emotional network.

Empathy

There is a key word to get to the bottom of all this. It is "empathy"⁵. Without the ability, willingness and integrity to live with empathy every day, we are looking at the losing end.

Do watch the videos noted here. The failure of empathy in much of western society has strangled us. On the contrary, empathy for those around us should be paired with every other emotion we feel. That is how the fertile ground grows, where healthy and long-lasting relationships can develop.

What about the disputes and disagreements that arise in the family, in the neighbourhood or at the work place? Will they tear rips into the emotional network, or will they be contained?

Look at it like a rubber band. A child who wakes up with a bad dream can go to her mother and will be consoled. The rubber band will catch her in a bad moment. Similarly if a teenager wants to stay out past midnight and will be refused, it will be because the rubber band does not permit it. Her family protects her. At the same time, if the teenager stubs her toe very badly, the whole family will assist her. There a healthy rubber band is in action.

But if we are too intolerant, or too arrogant, or unreasonably demanding, or if we do not share nor communicate, then the rubber net will ultimately tear. Then we let each other go. Email will remain without answers. We lose each other. At the end of life, we are left alone.

Your inner peace is the fountain of joy

I have a final recommendation, just for you.

Every moment and event in life comes to us with its own panorama of choices: a positive outlook, an intermediate perspective, or an unhappy view of things.

The choice is ours: what is an honest perspective that is also as *positive* as possible?

If you always stick to the most positive outlook, you may occasionally be wrong. But in the meanwhile, you will gather a lot of smiling friends around you, and that is well worth being wrong every once in a while.

Highly recommended: Aim for inner joy!

[Have I got it right? Melkiades: "right on."]

5 "Empathy - best speech of all time by Simon Sinek | inspiratory" <https://youtu.be/ijynoicauza>

4.1. From concrete objects to the world of ideas

This section talks about major changes in life.

Machines and biological life need fuel and nutrients. In addition human relations require loving energy, communication and understanding. Ascendancy thus favours shifting *from the requirements of objects to those of humans*.



Let us see this more in detail.

What you need to do to feed a family? Get food, fill the basket. What you need to do to make your loved companion happy? Perhaps loving energy, communication and understanding.

This a natural change. At home, your mind has spontaneously switched from food in a shopping cart to what makes your love partner happy.

Now scale this up a notch. Instead of functioning as a small wheel in a large 3D machine at work, your conceptual role might evolve to participate in

planning, designing and building a machine or a set of events.

Think even bigger. Start with an idea of a work improvement. Perhaps your personal idea might "fly" and it might find its way into a greater responsibility for you in your company.

Another example: instead of playing bit pieces in an orchestra time after time, you might contribute small musical adaptations here and there. Slowly the horizons might open up to composing yet larger pieces. So instead of being band players till the end of your days, you might try your hand with a set of improvisations. From simple notes to read from a music sheet, your attention would evolve to questions of music composition.

So, the notes on a sheet of music develop their meaning, and "moving up" encourages us to focus on new and creative activities with ordinary objects. Although this seems like a minor change, it is actually a crucial inner development.

Has this change reached everyone?

Now consider the "entertainment business". Romans filled circuses to watch gladiators and various animals kill each other. It is true that we have moved to less blood-thirsty, or more "virtual" amusements. Now teams compete over getting a round thing into an enclosed space, and actors titillate us with things we would like to do, but that we cannot commonly accomplish.

But notice, the basic scenario remains.

In all these events, large numbers of spectators watch a small number of gladiators, players or actors perform their actions. Even most popular interactive games follow largely the same pattern. Even in modern games, there are the "good guys" and the "bad guys", you choose what you want to be, and off you go into "battle".

Some new ideas

Take these thoughts ever further. You may begin to question the "good guys" vs. "bad guys" scenario. Do you really need "good guys" and "bad guys" in your mental make-up?

Or are you now growing past that elementary construct?

Extending the issue into the worldwide scenario, let us wonder about why the world has been caught in the traps of never-ending wars. Who ever thought that up? With what purpose?

Those are some of the issues that surface in Ascension. We begin to question many of the initial setups.

This can be confusing. Hold on to your hat. In a minute everything will click into a new setup.

Becoming the creator

Internet technology has facilitated this creative shift. It has already demonstrated the huge pressure to move from “watching” to “creative participation”.

Think of YouTube or any other upload system for blogs, photos or videos. It has become much easier to upload a quick video shot on one's web-cam, and there is now a vast variety of outlets for any type of blogging or creative output.

The problem is no longer finding the authors, *it's finding the readers!* In fact, there are so many contemporary authors with such a huge output that a beginning author of a book has to pay a publisher to get it published.

Another illustrative example comes from "Second Life", an unusual online game world. "Second Life" is a creator's world. It lets you build and furnish your own virtual house in a large online world. The freedom to create your own virtual objects is nearly unlimited. The decisions about what you want to do in Second Life – build a business, meet people, create a second family, fall in love, just laze around, or whatever – is entirely yours. In Second Life, you are fundamentally your own boss, and you decide what you want to do.

The results are interesting. There is much more "building" than "living" in Second Life. Most neighbourhoods in Second Life are stone-empty, which is a fascinating virtual counterpart to the empty 3D vacation towns we see all over the Alps or on the Mediterranean coast. It is evident that we humans love to build and create, but once our work of art is ready, we shine with our absence.

Solution?

What we need is the ***family***. Houses without family members lack something very important. We are social beings and empty houses miss their central purpose. We need other humans.

Change situations

In the world of creation, we can create new thoughts, new things, even new situations.

To which you might answer: "I've had novel thoughts all my life, that's easy. And in art class I made a statue, that's easy too. *But create new situations?* How can I change a whole situation?" Indeed, it is not so easy, and that's where clearly thought-through thinking becomes really useful. You need to work with others.

Many changes are so extensive that you need to cooperate with others. You are in charge – but you are also together with other evolved beings around you. So now you can co-create your solutions with those that share your beliefs. If you understand each other, you can create together.

Cooperation and joyful learning

Our creative liberty makes us discover the necessary counterpoint to our ability to create: cooperation with our fellow companions.

Without cooperation with others, most of us might toil on as "forgotten minor artists" and will never find recognition or inner equilibrium. Most valuable changes have such extensive consequences that a single person cannot effect the change alone. *Only cooperation with others brings about lasting social change and in the long term, joy in the shared work.*

If we are recent arrivals in creation, we are often raw beginners with respect to cooperation. Our "survival" and "doing better than the other man" has been much extolled, particularly in the western tradition. "Get ahead!", "Go for it!", "The best wins all". All this individualist striving needs major rethinking, now that we are ascending. Co-operation and winning together in a world that seeks only individual winners is very different from winning against all others and seeing others crawl in defeat.

Were you happier when you won against all others? Or were you happier when you won in a team, with all others? Ten bets against one: you were happier in the second situation.

Modern projects are large and technically much more sophisticated than those of 50 or 100 years ago. As a consequence, many more now need to become co-architects, co-composers, co-engineers and co-writers in complex large projects – that is to say, persons capable of thinking like the creators themselves, but with the additional capacity to understand how a whole project can concretely function in our society.

Together is our real future.

Many more of us will not only buy parts of projects, but will also want to contribute to building them, together with others.

This is a huge shift. Many who enjoy music will not only tap their feet and dance, but will also learn to compose music and contribute to bringing joy and musical excitement to others. Those who have something to say, will not only read and watch videos, they will also write and make videos themselves, and with others, to improve our mutual understanding.

It's already happening all around.

[Verification (after corrections desired by Melkiades): "Melkiades, do you agree with this text as it stands?" "Strongly agreed." "Can I put it on Internet?" "Yes."]

4.2. Make changes happen

Someone asked me to write a message into his notebook. I hardly knew him, but the image of someone with the back against the wall came to mind. So I asked Melkiades to help me, and my fingers wrote: *"If you've got your back against the wall, ask your Higher Self for advice. Listen. Then turn around and go through the wall."*

Before you pounce on me, yes yes yes, you **can** go through the wall, nearly always. In this blog I'll show you how.

They went through the wall

Let's start here. Did you see Greg Braden's "She-is-healed" video¹? Watch it if you can.



It shows a scene from a Beijing volunteer medical clinic² where a woman had a large bladder tumour, shown on a split ultrasound screen. The left part of the screen showed the tumour in its initial stage, and the right part displayed it in its current state.

Around the bed were three trained mental practitioners. Together they chanted a Chinese word which means "she is already healed", again and again. And wouldn't you believe it, over some three minutes, the tumour practically disappeared, right in front of our eyes.

Let this sink in. The healers didn't say, "woman, please be healed". Nor did they ask any divinity to make the tumour disappear. No one asked anything of any one. No, they simply said, in unison, "The facts are different. The tumour is already gone."

We assume that the patient integrated this belief and transmitted it to her entire body. Within a few moments, the woman's tumour had no choice but to disappear. Three healers chanting in unison and sharing a profound conviction with the patient were more powerful in determining "reality" than the tumour itself.

In tune with the chanters and the patient's profound convictions, the patient's body "turned and went through the wall". On the other side of the wall, the continued existence of the tumour ceased to make any sense. And if the patient maintains the same belief

structure in the future, there is an excellent chance that the tumour will not reappear³.

1 Greg Braden's "She is healed" video: "Gregg Braden - Quantum Healing of Tumour thru the Power of Thought_Feeling". <https://www.youtube.com/watch?v=PZpRP1FV0IE>

2 Now closed due to political pressure.

3 This is an inverse application of the placebo effect, to effect healing with patients who wish to effect it through a profound change of their belief structure. These patients actively want the placebo to have a healing effect. Further explanations will be given in Section 6.1.

Whole societies can go through the wall

Let's take another example of "going through the wall".

A few years ago, we had the horrible Fukushima disaster. The radiation has spread over northern Japan and all of the United States and Canada. In front of every mountain range with a west flank, the east-flowing jet streams provoked more radiation fallout. In many areas, the radiation levels rose well over "normal" danger levels. Our society had the back against the wall.

For a few weeks after the accident, the whole world was saying, "What are they gonna do? What are they gonna do?" and no one seemed to be able to do anything. The reaction in Japan was hesitant and sluggish, international support was weak, and subsequent reports on safety measures on atom reactors in Europe and the U.S. showed long lists of deficiencies. But no one was able to do very much.



Then, much to everyone's surprise, Germany announced one morning that they would simply stop and get out of atomic power production. I have no idea how the decision was made, but Germany's powerful wind and solar industry as well as the green coalition partners may have played an important role. With the increased internal pressure to produce electricity by alternate means, this new government strategy would support the alternate fuel industry, which in turn would favour German exports. And with the voters largely on their side, the Merkel government turned this unfortunate event into an advantage. They went through a wall – which in fact had barely been there beforehand.

On the other side of the wall, there was much less need for atomic power. Even though the subsequent transition has not been as easy as a stroll in the park, developments away from atomic generation have been made much easier by this collective decision. The German society – and subsequently Switzerland, who also decided to get out of atomic power – negotiated a sharp turn in economic prioritization.

You yourself can also go through the wall

You can also make a major decision – all of a sudden, on your own. Here we have an important personal decision when this anonymous contributor realized that she was pregnant with a child⁴:

"It will be a year since I found out I was pregnant tomorrow and he will be 4 months old.

"Since I discovered he was coming: I stopped smoking, drinking, hurting myself, lying, not taking my medication, binging junk food, not sleeping for days at a time, then sleeping non-stop, running away from conflict, yelling to be heard but not listening, holding grudges, and every other horrible habit/coping mechanism.

"It is the first time since puberty I have felt confident making plans for the future because I no longer assume I will kill myself before reaching it. Although I love my husband and family more than they will ever understand, I always thought it would be better for them (and selfishly myself) if I was gone.

"But I can't bear the thought of not seeing my son grow up, and him having to grow up without a mother who loves him so much. I also can't bear the thought of him having the 'fucked up' mom.

"So I won't be. I will not let myself ruin this. No matter what. And that has made all the

⁴ <https://postsecret.com/> Retrieved 18.10.2020.

difference. I didn't think I could do it until I just had to do it. And now? Now I'm so happy. Thank God.

"I never want to put all this baggage on him, so I don't know if I will ever tell him, but no matter what else happens in our lives: he's saved me. And that's the happiest secret I've ever written!"

The monster we are up against

All of us are unhappy about some aspect in our lives, aspects that are asking for a change. What's more, our societies are running headlong into a series of ecological disasters that cry out for change. Again and again, as societies or as individuals, we find that we cannot continue in a certain direction and that we must, somehow, find another solution.

No one likes change. But when things get to an intolerable state, we'd better take the measure of the monster that we're up against. We should learn how a major change can be negotiated as efficiently as possible.

When you trace back any intolerable situation to its origins, it generally comes down to some habits based on a wrong interpretation of the facts. The habits get us into an intolerable "pickle", long before the actual facts impose themselves. Long before an intolerable state becomes factually unsupportable, there are numerous signs that we're headed towards the wall.

Atomic power?

We were told during the 1950s, 1960s and 1970s that atomic power would be the cheapest and most effective solution for solving our energy needs. Five decades later, we know that this was a rather incomplete interpretation of known facts.

Three major factors were not taken into account, first, the considerable difficulty of maintaining a trouble-free burn process and of containing radiation over long periods of time in large power plants (even with earthquakes and tsunamis), second, the enormous difficulty and cost of disposing of radiation materials, and third the substantial cost of disposing of a reactor once it had served its life time.

Once all the extra costs are taken into account, what had seemed a cheap and effective solution at first turned out to be an expensive nightmare. We manoeuvred ourselves into an intolerable situation, because an erroneous calculation was made and was sold to us. We are now labouring with habits created under erroneous assumptions, and we have to find our way out, as best as possible.

How long have we known this? At the beginning of the 1980s, we already had enough facts in hand to correct the first false assumptions, but by that time, we were already committed to the construction of many more power plants. Habit and commercial interests had taken over, and it seemed impossible to stop the train.

So what was the wall? Nothing but a wrong continuation, long after recognizing the error. In other words, in this case "the wall" was nothing more than a set of erroneous beliefs.

In general "going through a wall" is "nothing more than changing a set of beliefs".

Changing beliefs

I put "nothing more than changing a set of beliefs" into quotation marks because it is in fact a very hard thing to do.

First, we must admit the error and second we must change the habits – as rapidly and as

smoothly as possible. This rubs everyone the wrong way, but when the time has come, and logic demands it, that's the way it is.

Admit the error. The first difficulty is to admit the error. Many people, politicians first among them, feel that they never make any errors – all errors are someone else's fault. That's simply stupid. All of us make errors, and how we deal with them is a measure of our maturity.



Let's take a common error: you've missed your exit on the express-way. What do you do? Are you so angry that you miss the next exit as well? Will you carry your anger or your hard-headed persistence into the next thing you do and upset the rest of your day?

The mature way of dealing with this common error is to calm the spirits so that you can quickly determine the next possible route. Sometimes the navigation system will do that for you.

Of course the loss of time and fuel is upsetting, but the most important thing is the overall goal. You want to get to your destination rapidly and with the least amount of effort. The mature thing is to accept the fact that you've made a minor error, and to consider that other things are much more important to you than the detour.

You can take this even one step further. You can ask why you made the error. Were you simply inattentive? Was there some other landmark that disoriented you? This can be useful for the next time you get to the same place, so you can seek out relevant landmarks for your exit.

In other words, relax, don't get into a fit and let your intelligence guide you. Upset emotions or fat-headed persistence will not get you any further. And stop pretending that you incorporate some divine wisdom. You and I are simple humans that stumble through life and do the best we can with our interpretation of reality. We make errors and if we're smart about it, we learn from them.

Errors are necessary

In fact, errors are even necessary because they are part of our creative ability. How did Bach, Mozart or Beethoven come up with their incredible range of melodies? By experimentation (and often with some divine inspiration). Some of it was better and some of it less. Not all of Bach's melodies are a total hit, and we can tell how the composers experimented by examining some of the original partitions and by comparing similar passages.

So to sum up, let's develop a mature attitude towards errors. We make errors, either by consciously working with trial and error, or because of inattention or insufficient competence. If we made an error, we remain cool and think of alternatives.

Some errors have become bad habits

This gets us into the tough part.

Changing a bad habit is much more difficult because one must replace one complete set of belief structures by another complete set. Furthermore, some false beliefs may have powerful commercial support, or may now be part of our self definition, and will thus become particularly difficult to eradicate. Frequently we don't wish to accept the full range of changes that are required for a transition to a new state.

It's your choice. You may be against the wall. You can turn around and pass through it – or

not. It's only a set of beliefs.

Are you the boss?

It all comes down to the issue of how you see yourself: are you a person who likes to be led by others? Or are you the person who likes to take things into your own hands?

An ascended person naturally tends towards the second solution. You see yourself as the boss and you like to make your own decisions. Spiritual realizations clarify one's playing field. All the factors involved in the change become crystal-clear, and you can make your personal decisions or add your vote or market weight in the directions that seem most appropriate to you.

[Verification: "Melkiades, are you in agreement with the text as it stands?" Answer: "Totally agreed." "Can I put it on Internet?" Answer: "Totally agreed."]

4.3. The hard nut: fidelity and infidelity

Now that Melkiades and I were on a good footing, I asked him about a private issue that I've wondered about for all my life: the issue of fidelity.

My life has been marked profoundly by this question. For various reasons, my father had a number of love affairs with women other than my mother. My mother was intensely aware of these events, and so I grew up in an embittered family. Disagreements, arguments and an icy silence were common in our home life, right till I left the family at age 19. Eventually, when I was 31, my parents divorced – largely over this issue. Although both of them have lived memorable and in part brilliant lives, their lives were also profoundly marked by this issue.

Myself I fell into a similar pattern early on. In my twenties, I had a string of transitional, and often overlapping sexual relationships. That ended as I matured, about at age 35, and since then I have kept my physical relationships straight: few, long-term and not overlapping.

At the same time, the issue has never left me entirely. More than a decade ago, a long-term relationship broke up because my partner “wished for more freedom”. Also every once in a while, I have felt attracted to someone outside my long-term partnership. I have never acted on these impulses, but I have mulled a long time over this issue. Is it right or is it wrong? And why?

I wanted a clean answer from my Higher Self about these questions. How do entities familiar with spiritual concepts deal with these issues? What can they suggest to us about sexual fidelity and about attractions outside of the established couple? The answers came back, piece by piece, and here is what I got. The answer turned out to be surprising, yet entirely clear. They have provided a clear response to my insistent questioning.

Time for change

My responses required a basic rethink.

In ascension, we do not beat heads against a wall to defend dogmas. We understand that great variations exist in human existence. We concentrate on essential concepts, and we accept intelligent compromises. In my sense there is no sense in fiercely defending non-essential cultural and religious principles. That would only waste energy while we're moving into a new sphere of understanding.

Many aspects of life change at this time: how to make a living, how to effect political change, what to eat and how to do healing. So it comes as no surprise that we also see changes in sexual behaviour. How we behave sexually gives a clear indication of our deepest psychological state.

Nearly everyone says that their sexual life is different from the way their parents lived their private lives. Some wish for more sexual liberty, some others for less, some look for more "love" and less "sex" in their relationships, and most make a strong point of refusing dominance, violence and exploitation. Many choose a homosexual or even an asexual lifestyle. No doubt, sex has evolved far from the post-WW2 period where one didn't talk openly about sex and just went ahead to “produce the next generation”.

Sexuality is so personal that no adolescent or adult can avoid the issue, including monks and nuns in sexually abstaining religions. Sex is profoundly part of our human nature. So we must make intelligent and tolerant decisions about sex. As we make choices for

ourselves, we develop a conception for a future society.

What do we take along and what can we leave behind? Take along the porno collection into the fifth dimension? Live in a lesbian world and reproduce by insemination? Go back to the Middle Ages and the era of chastity belts? Or do we want “free sex”, like so many sports stars and politicians? Behind every option hides a psychological and social model. As we see ourselves sexually, we fundamentally conceive of our existence as human beings.

Melkiades gives me two filters

What follows applies only to mature adults. Sexual issues lie on entirely different levels for children and adolescents. Perhaps some other time, I should take up the issues of sexuality at younger ages.

Also this is a starting-point discussion applicable to functioning in the lower spiritual levels. Sexuality in the higher spiritual realms (levels 7-12) involve somewhat different sexual configurations.

For levels 5 and 6, Melkiades gave me first, a ***tolerance filter*** and second, a ***3D/5D filter***. Once I applied the two filters, everything fell into place.

The tolerance filter

First, apply the tolerance filter.

Positive emotions, patience, tolerance and acceptance of others are the basis of a good and joyful social environment. Acceptance and tolerance are the initial lesson in our ascension. Tolerance forms the basis of good social interactions.

A filter contains a *white list*, elements that we accept, and a *black list*, elements that we refuse. For 5D existence I've had to learn to accept and tolerate homosexuality, pornography, sexual abstention and voluntary consensual polyamory. On my black list figure domestic force, violence and exploitation.

The 5D tolerance list was frankly surprising to me. As a clear hetero, can I simply *accept* homo or poly experience? Yes, answered Melkiades. No one needs to be excluded from ascendancy because of their homo-erotic inclination. However reflection does not stop there. A finer understanding will come in the second filter.

Let's go back to the white list of the tolerance filter.

I don't share homosexual inclinations and still feel surprised to see two men kissing or two women cuddling with strong sexual overtones. I know this is not “me” in any sense. However I understand that others feel otherwise and as long as no major harm arises, I can learn to live alongside of this alternative life style.

I also accept that others may want to participate in pornographic videos, although I strongly wish that these participations be truly voluntary and be made in humanly acceptable conditions (which according to many reports is frequently not the case). What I'm concerned, neither public sexual self-exposure nor its viewing interest me in the least. I also find that by far most pornography misses the true story of love and understanding, which in my experience represents the most powerful incitation in sexual encounters.

I can also accept sexual abstention. Some people (according to some studies, some 5% of the population) are simply not interested in sex.

The interest in sex also declines frequently with age or while waiting for a suitable long-term partner.

Others have given vows of abstinence when joining religious groups. I personally think that long-term abstinence in a sexually capable person seeks to avoid issues that nature actually imposes on us, and that we should really learn to resolve. Recent events, particularly in the Roman Catholic church, have shown that religious abstinence can regularly lead to sexual abuse of children and adolescents; so my tolerance of sexual abstinence is tied to questions about an adherent's real psychological capacity for such a challenging life style.

Would you climb Mt. Everest if you had no mountaineering experience? Do you really want to sidestep your deepest human needs and risk that it "slips out from under you" and causes deeply destructive aggressions in other people's lives? I hold very serious reticence about long-term or permanent sexual abstinence, exactly for those reasons. However ultimately, I do not have any right to argue with an adult person's reflected decision when they choose abstinence temporarily or long-term.

Finally, I can accept that others may wish to share their sexual lives with two or more simultaneous partners.

The *tolerance* of these four sexual life-style choices avoids useless discussions and opens the door to more important ascension issues. This filter separates *cultural norm variation* from truly *destructive sexual interactions* include excessive dominance, domestic violence, general use of violence and exploitation.

On my black list figure domestic force, violence and exploitation.

Frequent beating one's children or one's partner, sexual abuse, enslavement or slavery are all acts that show wilful or hurtful domination over another human being. These acts show perverted or total absence of love, or even hatred.

In Melkiades' opinion, persons practising such acts *cannot participate in the ascendancy to the fifth dimension. There is no question about that, punto final.*

The 3D/5D filter

In the first tolerance filter we considered the sexual behaviour of *others* and our attitudes towards such behaviours.

The second 3D/5D filter concerns *our own experiences*. This is more central to the ascension process: How do I live my own, personal sexuality? This second filter also closes in on the question of fidelity.

We see: sexual experience changes as we go from the third to the fifth dimension.

In 3D sex we experience a first range of aspects, including **raw sexual desire** and various levels of **power** applied consciously or subconsciously, and/or a **need** and/or **dominance** over one's partner.

*In 5D, sex becomes much more a **discovery, construction and a sharing of love.***

3D is primarily **taking**, 5D is much more about **discovery, giving** and **sharing**.

At the negative end of things, "3D taking" love can turn into pressure and dominance. A medieval warrior who returns to his princess and opens the chastity belt practised cruel sexual power and dominance. Similarly, a modern buyer of sex services exploits the power of his money to buy physical sex. Even an insistent boy friend who is primarily or exclusively oriented towards the satisfaction of his own desires is marked by dominance and exploitation. There is no giving, only "taking" and "collecting".

Other examples are relationships founded on conscious or subconscious wishes for greater economic or social advantage. This is unfortunately quite typical for the sexual

motivations of the 3rd dimension.

An emotional ping-pong

In the 5th dimension sexual motivation starts with the heart, attention, and emotion, and with that elusive quality we call **love**.

Two people gently evolve towards a deep sharing and an emotional joining of their essential being. A sort of emotional ping-pong evolves in the 5th dimension: we see how an emotion affects the other person, and the other person sees the same in us. This starts delightful discovery and interchanges that give ever greater satisfaction as we feel ever more understood, stimulated and supported.

In the 5th dimension we can take this emotion into many directions. Here homosexual and lesbian love may often open up into discoveries of the very different world of the opposite sex.

This is what often happens as adolescent men or women evolve into heterosexual experience. When all goes well, they will often discover a rather different set of desires and habits from what they knew before. The transition can be rough. But stay with it: that too is part of ascendancy. Discover the Other with *tolerance*, and ask and speak gently with your partner about what you yourself are experiencing and what you desire. That lets you advance in the relationship.

Some parts of that new world will make sense to you more quickly, some more slowly, and some might remain too different for a long time. The long, mutual ride will also help your partner evolve – and that is part of the deep sense of ascension.

An ideal long-term relationship

As we evolve from 3D to 5D, we retain our 3D bodies as we gain access to spiritual capacities. That permits us to use 5D sexual joy to transform our physical 3D sex into a new and most powerful combined 3D-5D experience.

In the realm of the fifth dimension, love can become ever more important. In 5D, we need not be concerned with the physical aspects of the body, survival or competition. In 5D all those aspects are already taken care of. There is no competition, unless we stupidly create it with our imagination. There is no need for food and resources, all is there if we need it. We need far less help, and assistance is available from all sides.

So the motivations for relationships aren't need, help and necessity, but a spontaneous gathering of understanding, sharing and caring – if you like, a cumulation of love.

And can it last?

Yes, if you feed it. Share a new thought or a new insight with your loved one every few days.

This is what ascension brings to our sexual lives. We may have started our long-term relationship for simple 3D reasons: temptation, curiosity or raw sexual desire. Then we may have matured into a couple or a family to assure stability in a hostile 3D world.

We may have made sure that there is at least one stable person available to us all the time, especially to help with nurturing and educating children, and to ensure an adequate income and for cases of disease and disability. Nature has given us natural intuitions to try and form couples and families, and we pursue these inborn programs spontaneously.

But our deepest psychological need extends to more than all that. As we advance in a

couple, *emotional availability* is the real key in a satisfactory long-term relationship. The most important thing is that the partner be present, helpful and full of understanding when the need occurs. It is this resonant, “ping-pong” understanding of the partner that brings the greatest happiness to our relationships in our sexual unfolding.

“Does it feel right?”

If the answer is yes, hold onto it, nourish it and don't for a moment let it slip away. **It is the grandest entrance into the fifth dimension that we can have.**

[Verification. Melkiades: “Have I got it right?” Answer: “Yes, you got it exactly right.”]

4.4. What causes infidelity?

Major changes are happening right around us: how to make a living, how to effect political change, what to eat and how to do healing. Even in our most private behaviour, ascension is causing us to rethink our sexual behaviour.

The explanations I received so far from my Higher Self were clear, but at the same time, they still didn't answer my initial question on fidelity.

Given its very high cost, what brings about such massive infidelity?

Let's quickly shed the illusion that infidelity is "not really a problem".

An online questionnaire of 918 self-identified heterosexual men and women centred in the U.S. found that 23% of men and 19% of women have experienced a relationship outside of their current long-term relationship. They "engaged in sexual interactions with someone other than their partner that could jeopardize, or hurt, their relationship"¹.

Other studies show that this percentage could be higher or lower depending on how the question is asked and how infidelity is defined: in the presence or not of the long-term partner, the span of time covered by the report, etc. Even though the frequency varies as a result of many variables, infidelity is pervasive in the world's cultures. It even exists in societies where it is punishable with death by stoning. Publicly reported cases of stoning have occurred just in the last few years.

Melkiades suggested to begin with differences between 3D and 5D relationships. Let us analyse some probable events leading up to an infidelity.

This is how it happens

A first part of the answer to "why" lies in the opportunities.

Sports idols, film stars, and popular music performers show and tell us that during their time away from home, the opportunities for infidelity can multiply to phenomenal levels. After every concert, Elvis Presley was beleaguered by highly willing sexual partners, a fairly common pattern in high-profile public activity.

The greater the perceived status, the more frequent are the opportunities. Curiosity, novelty, status-seeking and the like fuel such pursuits. Also, strong moments in sports or in the performing arts are often followed by important psychological low points where attentions of the other sex are particularly welcome.

But opportunities and momentary low points cannot explain all. Even daily experience can feed into infidelity.

Infidelity feeds on deeper needs. In the same online study cited above, cheaters and non-cheaters alike signalled substantial sexual and emotional dissatisfaction. Sexual dissatisfaction was noted by well over half of "cheating" men, and by about half of "cheating" women. Even non-cheaters expressed sexual dissatisfaction: close to half of the women and about a third of the men.

Those are substantial numbers. The result was reflected in the responses about emotional

¹ Mark, Kristen P., Janssen, Erick and Milhausen, Robin R. (2011). *Infidelity in heterosexual couples: Demographic, interpersonal, and personality-related predictors of extra-dyadic sex*. Arch Sex Behav, DOI 10.1007/s 10508-011 -9771 -z. (<https://kinseyinstitute.org/pdf/Infidelity%20in%20hetero%20couples.pdf>)

dissatisfaction. Well over 40% of the cheaters of both sexes indicated unhappiness about their relationship, and well over 20% of non-cheaters were unhappy about their relationship.

Even when cultural and questionnaire-related issues are taken into consideration, the degree of unhappiness feeding into infidelity cannot be underestimated.²

What are the remedies?

There are two remedies:

Number 1. Move to greater satisfaction within the couple (3D → 5D, see previous blog).

Number 2. Outside of the couple, never confuse emotion with 3D physical sex. Physical relationships are strictly reserved for the couple. Enjoy outside relations only at the non-physical level: no kissing, no foot-touching, nothing physical.

Please, let this sink in: Infidelity, when it is found out, is often experienced (and scored on systematic tests) as **more devastating than any other traumatic experience, such as losing a family member.**

Many who have gone through the experience of a partner's infidelity were marked for life, and/or they took years to recover from their experience. **It is not a banal event, and we can leave, unwillingly, psychological carcasses behind us if we engage in infidelity.**

Physical relations are reserved for our long-term relationships, or possibly, for honest candidates of such long-term relationships. When you apply this principle and protect your long-term physical relationship like a set of crown jewels, all falls into place. You can feel the joys of purely spiritual ping-pong as much as you like, but everyone must know your physical home base. This brings peace and clarity to you and to all those around you.

Bring the emotion home

Then there is one more step: bring the emotion home. When you've had a great time, getting appreciated and being emotionally welcomed by others, let your partner benefit from your experience.

Bring the goodwill into your home relationship and revive emotions that may have dried up over the years. Rekindle conversations and common projects. Let your partner benefit from a new 5D ripple. When 5D joy is shared, the couple can be strengthened and a potential estrangement tragedy can turn into a new beginning within the relationship.

Become intelligent and responsible

It can be seen that Melkiades favours sharing 5D joy – prudently – rather than closing oneself off from joyful 5D sharing. This is the opposite of what some psychologists propose. While they suggest that we should erect iron fences around our emotions in order to protect our long-term relationships, Melkiades suggests that we should become intelligent and mature about our emotional and sexual behaviour. Keeping caring, joy, and love far away from ourselves as if it were some kind of plague would not be coherent with our evolutionary path.

In ascension, we evolve away from fences and limits towards intelligent and responsible actions. Animals in prisons tend to find ways to escape, and when 5D “ping-pong” is rejected out of fear of “emotional infidelity”, more devious ways would be found to bring

² Castleman, Michael (2009). *Marital infidelity: How common is it?* Psychology Today, <https://www.psychologytoday.com/us/blog/all-about-sex/200910/marital-infidelity-how-common-is-it>

emotional satisfaction – i.e. real, physical infidelity.

Long term there is no use in fighting our intuitions to share joy and understanding with others, and we needn't deny others access to the best sides of our emotional being. But we definitely need to understand our emotional motivations and the limits that we wish to impose on them. That is the key lesson of emotional intelligence and maturity.

It took me about a month to fully understand the logic and reason of this advice from my Higher Self.

[Verification. "Melkiades, are you in agreement with the article as it stands now?" Answer: "fully agreed."
"Can I put it on Internet?" Answer: "yes".]

5.1. Interdimensional communication tools

5.1.1. Definitions

"Interdimensional" in this context means "between the physical and the spiritual domains". "Physical" designates dimensions 1 to 4, and "spiritual" refers to dimensions 5-12, plus the level of the Creator.

In the following sections we examine various ways of obtaining information from the spiritual domain. Interactions with your Higher Self are at the core of our spiritual existence. So we first need to know who the "Higher Self" is.

A "Higher Self" is a spiritual entity that extends into every aspect of your physical being. It is a detailed spiritual map of your physical being. Furthermore, this map contains links to related spiritual entities who are in resonance with you. This resonance could be very strong, particularly if it concerns emotional sympathies. Or it could be limited to particular areas of concern.

The sexual preference of the Higher Self tends to correspond strongly with that of the physical self: male Higher Selves tend to inhabit males and female Higher Selves tend to live in females. Many have proposed that gender cross-overs (about 5%) could be recent re-incarnational arrivals inhabiting a new body. However Melkiades indicates that most cross-overs are in fact persons that voluntarily chose the opposite sex before they were born, in order to learn typical sexual roles, experiences and life patterns in their opposite gender. After their current incarnation, they may often return to their previous gender roles.

Melkiades, my Higher Self, has shown his agreement with all parts of this description of "the Higher Self".

As we have seen, ascended dimensions stand in contrast to the embattled field of self-affirmation in a 3D life. It offers a rich and fruitful existence, lived in harmony with our inner being. Central to this spiritual peace is a collaboration with one's Higher Self that becomes ever more pronounced with time. This interaction brings wellness, joy and security, which in turn nourishes our interactions with our loved ones. Peace and cooperation with our inner self are thus at the basis of our spiritual interactions with the rest of the world.

This has always been the centre of my own being, even though I took a fair bit of time to become conscious of it. I will now tell you how I began *interacting* with my spiritual inner self, with my Higher Self.

5.1.2. How I learned to communicate with my Higher Self

A lesson for a statistician

Melkiades came into my life only slowly. While already *aware* of spiritual realities when just a child, a *conscious spiritual awareness* only began to intrigue me when I was about 35 years old. At that point I noticed that some "higher intelligence" acted, or actually interfered with my life. This occurred in the following event.

One summer I fell madly in love with a sensitive and charming young woman – who unfortunately was already married. In previous years, I had learned how to throw the Yi-Jing to consult my fortunes; that summer, I must have thrown my three Canadian cent

coins for well over 100 hexagrams¹: Were we, or were we not, going to end up living together?

Those were the days when one decided the Yi-Jing by throwing three coins in the air six times. Incredible as it was, day after day, the Yi-Jing always fell on similar negative combinations, often with exactly the same hexagram, and other times with some other negative hexagrams. The conclusion was unmistakable: there was definitely no future for me with this lady.

If you know the Yi-Jing and a bit of statistics, you understand what an amazing string of coincidences this is. The Yi-Jing is a rather gentle and polite fortune, and it usually shows ways of turning events into the best possible direction. A long sequence of clearly negative hexagrams is thus highly unlikely. If you assume that three cent coins will fall purely according to chance, this string of much more than 100 negative consecutive hexagrams was *exceptionally weird*. Time after time it told me that this relationship could not be, and that I had to come to terms with exactly that.

And as it happened, the Yi-Jing turned out to be right – against my will. In midsummer she went off, alone, to the Canadian East Coast and I drowned my sorrows in a hedonistic visit on the U.S. West Coast. The supposed love story, which had been ever so intense a few months earlier, came to an abrupt end – then and there.

So "who" had "fixed" my Yi-Jing that summer? Perhaps I'm imagining things now, but I seem to hear "my Higher Self" chuckling in the background. That was the first time that Melkiades made a strong appearance in my life. He has since confirmed that he had a clear hand in this story.

It also taught me, a bit painfully, that very likely there exists "divine knowledge", or sometimes "divine foreknowledge", which we may be able to access with interdimensional tools such as the Yi-Jing and others.

A paranormal visit from my dad

Many busy years went by, and intrigued by that summer's outcome, I read extensively about paranormal events during the 1980s and 1990s. With time, some amazing things happened that prepared me for meeting my Higher Self more directly.

A week before my dad died of bone cancer in 1999 (he was 76), I told him much of what I knew about the afterlife. He was grateful that I gave him this information. No one had ever been able to give him such a detailed account. Knowing where he was going was important for him, since he knew that he had to leave us soon. We agreed that if I was right about the afterlife, he would come and visit me.

Three months went by after his death and nothing happened. Then, one day, I was waking up slowly, and I felt my dad's presence to the left of me. He had been a university professor, and two of his research assistants were waiting to my right. There was a large, illuminated space ahead of me pointing to the rising sun.

I didn't really want to wake up, as it sometimes goes when it's before your normal wake-up time. But suddenly, I became aware of my dad saying, "Well, if you're not going to wake up, we'll have to go". That gave me a jolt, I turned over to look at him in my dream, and there he was clearly, looking much younger than he was when he died. I remember him in a brown suit that he wore a lot when he was about 45-50 years old. I became very emotional, and we embraced, right as I was coming out of my dream.

¹ Melkiades has now told me that I threw the Yi-Jing 157 times about the likely outcome of that story. I will admit that I was rather obstinate.

As we were in each other's arms, I felt him disintegrate physically in my arms. I felt the shards crumbling around my arms, and the pieces touched my skin as they were falling. Imagine embracing a very thin porcelain structure that suddenly disintegrates into many small pieces when you squeeze it, and you get the feeling that I had, as I was sitting up in my bed, now entirely awake and full of emotion.

The hands

A few years after this important event, I had one summer in 2004 when I was exceedingly tired. A lot of things had gone wrong in the years and months before that, both at work and in my private life. I did a lot of meditation exercises to get back on track. I only had a few weeks left before the semester would begin. I needed some extra help to get me going. That was when I first met Melkiades directly.

Every day that summer, I used hemisync recordings from the Monroe Institute² to do some 1-2 hours of meditation. That was very good. As I went through the meditations, I felt myself gathering strength. My flagging energies were getting restored. In the meditations, I got a strong feeling of a helping hand from some guides. So I asked, "Ok, if you are there, my guide, can you show yourself to me?" For a long time, there was no response.

But I kept asking. I wanted to meet this unseen presence. Some people see angels, others see a relative, yet others see a companion, why couldn't I meet my guide³? And as it is so often with other-dimensional events, answers come when you don't expect them.



One day, in the middle of a meditation where I hadn't asked for anything at all, I suddenly saw two male hands enter into my visual field, directly in front of my meditation eye. "Two hands? What is that?" I asked. "You wanted to see me," came the answer telepathically. I laughed and broke my meditation. "Yeah, yeah, so I don't get to see your face, just your hands!"

At this point I knew with certainty that I had a personal guide, my own Higher Self⁴.

The intensive meditations I did that summer were a great help. In the subsequent university year, I not only regained most of my energies, but I also rewrote all of my course material. Meditation permitted me to gather my strength, to see beyond the tough personal difficulties that I was going through, and they readied me for the next major portion of my life.

More interdimensional communication tools

My Higher Self did not manifest himself for quite some time after that. Two hands were all for several years, but the experience incited me to look at how I could work more directly with him. If he had helped pull me out of a tough stretch of life, couldn't he help me with other important questions?

I was approaching retirement, and I needed some orientation of where to go in the next portion of my life. For a long time, I kept asking the same question: "How can I communicate more directly with you?" I wished that I had a friend right beside me with whom I could talk things over.

² www.monroeinstitute.org/resources/hemi-sync/

³ I did not yet have a clear idea who was guiding me then. To me a "guide" was any higher and unseen entity, and my Higher Self was my personal guide, so at the time I just addressed a "guide".

⁴ Only a few years later in 2007 I learned that my Higher Self was named "Melkiades".

As time evolved, I learned that my Higher Self was always there, but that he expected me to make an effort to find the right communication tools in order to ask my questions. Communication with him wasn't just like email. I didn't get "messages from the boss" to tell me that I should do this or that, or "kind suggestions from a friend" that a certain course of action might be much better than another. I first had to find the tools, then I had to experiment to establish the codes for communicating, and then finally I had to find the most relevant questions. It was real work all the way!

If the path to the right communication tools was extensive, perhaps it was intentionally so. Through this long-winded approach, I was exposed, step by step, to a whole series of communication tools. I can now present to you, systematically, each of these tools.

5.1.3. From the Yi-Jing to many more

Prior to 2005, I had basically had just one tool, the Yi-Jing. Then I found that I could expand my communication with the pendulum, muscle testing, interactive meditations, lucid dreams, channelling and telepathy. I will characterize these tools rapidly here, and in the subsequent blogs I will describe each in more detail.

The Pendulum (Section 5.2.) and the Yi-Jing (Section 5.4.)

Briefly, I can now distinguish between "yes", "no", "perhaps" and "no opinion", as well as between *emphatic* "yes" or "no" answers. In addition I can tell if a future event is imminent or that it probably lies further in the future.

On all major questions, I get information from the Yi-Jing, the pendulum and often from the 12th Level. If I throw dice manually, I ask the same question at the most for three times. I compare each answer between the two instruments. If I get a widely discrepant answer, I know that I have asked the wrong question. By and large, I now get concordant and complementary answers.

If I ask with a computer Yi-Jing program, I keep asking the same question, and each time I ask the pendulum if that was the right answer. Used in this way, the pendulum is very decisive and it points to a fitting Yi-Jing answer very reliably.

Useless questions

The information also became more reliable when I learned which questions the pendulum refuses to speak on.

It will not answer questions for which I already know the answer or where I can get the answer easily. "That's not the game I will play" seems to be the answer for those kinds of questions. But it turns out that the responses are more reliable and more helpful when my questions require information which I cannot obtain myself, or where my subsequent actions would teach me or my environment a lesson.

Questions on money are an interesting example. While I've often got a truly excellent helping hand on major financial decisions and orientations, minor amounts of money are clearly of secondary concern to the Yi-Jing or to the pendulum. I have often lost a bit of money, but in turn got a useful lesson instead. Sometimes I also lost some money to teach someone else a lesson. This has certainly been annoying all around, but I must think of it as an "investment in wisdom", both in my own and in that of the world around me.

Muscle testing (Section 5.3.) further verifies the Yi-Jing/pendulum results.

Most people know muscle testing as "arm testing".

It turns out to be much easier to keep up your arm out sideways when you are thinking something that is true than when you are thinking something that is false. Hold out your arm sideways, think of something true, ask a friend to press down on the arm and see how you can resist this pressure. Then do the test while you're thinking of something false, like pretending to be named as a person typical of the opposite sex, and watch your arm collapse against your will.

You can also do such testing with the feet. For most people, a true answer makes both sides of your body contract the same way, and a false answer makes it contract on only one side. For some people it's the inverse. You can see the result in the length of the legs.

The difference is substantial, of the order of 1 cm or more. My partner Elena uses this technique extensively in her work in complementary medicine, and the reliability is excellent. The nice thing about muscle testing is that the responses are entirely subconscious. Unless you contract your body totally abnormally – which is easy to identify – the reactions are subconscious and reflect the response of your inner self.

Lucid dreams (Section 5.5).

Nearly everybody dreams, many remember parts of their dreams, and if you pay attention, some of your dreams are direct messages from the Higher Self. Those are what I call lucid dreams.

To encourage lucid dreaming, I simply had to take seriously what I had read many times before: You should write your dreams down. Once I started doing that, Melkiades took over and he led me through quite a few amazing experiences. When I wake up, I know from the clear content and the new learning which of my dreams are lucid. Then I know if I should write them down.

In my lucid dreams, Melkiades usually has me go through some experiences, or he points out some features of what I am looking at. He is usually right behind me, about a yard/meter away. In the ascension experience (Section 1.1.), I felt him very close to one side of me, like someone who wants to tell you something private when you're in a group of people. In any case, he keeps enough distance, so as not to scare me.

Interactive meditations, channelling and telepathy

For **interactive meditations**, you can find an extensive introduction in Section 5.6.

This is a very powerful method and you get to "hear" your Higher Self directly. But it involves finding a practitioner, often some travelling, and one or more free days to hold a session. It's a really great experience, very intensive, but sometimes quite expensive, depending on where you live.

Finally, there is **channelling** (Section 5.7) and **telepathy** (Section 5.8.).

Generally I do not use channelling myself. My Higher Self has encouraged me to communicate more often with channelling and I may do so with time. Channelling requires an exceptional degree of "controlled letting go". The times when I've tried it, it worked well, as indicated by my other communication tools. In time, if I learn to channel and use telepathy more frequently, I will always do so with the greatest care, so as to capture and transmit the messages correctly and adequately.

5.1.4. Proceed with care

What is the reliability of these various tools?

The reliability of such results is different for everyone. Research results suggest that reliability is best for people who believe strongly that this sort of information gathering "really works". Elena and I cross-checked with muscle testing on the feet how reliable my pendulum interrogations are. The result was about 90%. Interestingly, my pendulum responds in kind. It says that the reliability between my foot testing and the Yi-Jing is also about 90%.

For really important questions, we repeat the question on separate days, even three or four times, if the issue is really important. We've had some divergences on different interrogations, but again, the repetition reliability has generally been truly excellent for us.

Clearly, we need to proceed with care. Many of the experiences I describe, as well as of my many interactive inductions with clients, have led me to believe that the Higher Self can help us a great deal in all kinds of life and health situations. I work with Melkiades and the 12th Level on a daily basis, but always with very much prudence. Often I cross-check Melkiades' answers with different methods, both to verify if I got the answer right and to try to fully understand all the dimensions of his answers.

Also experiments with telepathy suggest that a suggestion may well reach some one's subconscious level, without becoming a fully consciously heard experience. In cases of strong mutual affinity, however, auditorily heard messages do become possible, over any distance, as I can attest personally.

When one reaches an advanced state of interaction and reception has become reliable, the "other side" may get tired of the cross-checking. This has happened to me as well as to a good friend who is a seer. For example, I had done a detailed analysis of my mother's eye condition and I wanted to go over the list a second time. The pendulum refused and I only got the "no answer" sign. Then I asked Melkiades what was up, and I got the answer that he did not want to do the list once more and that it was fine as it stood.

Protect yourself

Spiritual work is not simple. Gremlins and perhaps more powerful spirits can oppose your work. The better you become, the more formidable is "the opposition". Don't expect a smooth ride. When opposition manifests itself in the form of strange and inconsistent results, the only response is a resolute attitude.

When strange things start happening, I look directly in front of me, as if I saw the gremlins physically, and I tell them in a determined and dispassionate matter-of-fact voice to disappear immediately. And they do: Results become reliable again, and the spiritual work can proceed as it should.

No help from drugs

I do not suggest working with drugs. I personally function entirely without psychoactive agents when seeking contact with "the other side".

It may be true that a "non-believer" will much more rapidly begin to believe that the other side is "really there" after taking a psychoactive substance. But a drug-induced experience will probably shine on only a small, possibly ill-selected part of the world beyond, frequently without the help of a guide. This might blow up that aspect of your psyche out of all proportions. Or it could possibly become a frightening and totally aversive experience,

and it would be a great shock to the whole body. Furthermore, insisting on that aspect could isolate us rapidly from the rest of the world, from those who have never had a similar experience.

I believe in working with my body, with my Higher Self, and with my environment. Like a good sportsman, I want to be all one with my body, and that includes my conscious thinking, my emotions, my spiritual self and my communication with the rest of the world. Also I'm part of a larger spiritual team, together with people who may or may not have had similar experiences. As an integrated participant in an open and joyful spiritual world, I can then open the dialogue with my Higher Self, as well as with other guides and advisers "on the other side".

I have accepted that the entities on the other side are mostly invisible. When you come to a door and want to know if someone lives there, you can knock or ring. Noises on the other side will then tell you if someone is there. When they don't open the door, one usually assumes that there is a good reason. Then one can start the conversation through the door. This is the way I look at my dialogue with my Higher Self. We're on the two sides of a door, of what many people call "a veil", and we've started to get to know each other slowly through this veil.

Again: I am the boss, and I am responsible

One last but important word: My interactions with my Higher Self should never degrade into an Inner-Self dependency. My Higher Self is not a father-substitute. It is our responsibility in life to learn to be our own boss and to stand up to our challenges. I am the boss of this, my incarnation, and no one else is. When I consult Melkiades, I consult a very dear friend. I reflect much about his advice, but I always make my own decisions.

Also I can be dead wrong. Although I am always super careful about any advice I get, I have occasionally been badly misled. It is very hard to wake up to such a fact.

I think that's the way things should be. Melkiades helps me become much better informed and considerably wiser, and I'm grateful for all that help. We are in an extensive learning process at the outset of our ascended life, and we appreciate all the help we can get. At the same time, we fully assume – and we profit from – all the risks that this rich life offers.

[Verification with Melkiades: "Do you fully agree with what I wrote in this blog?" "Agreed." "Can I put this on the website?" "Strongly agreed."]

5.2. The pendulum

Early radio amateurs exchanged a few words with far-off colleagues by Morse code. Similarly we can now enter into delicate communication with an immense world living in the spiritual world. If we hear systematic responses through a pendulum, we can know that someone is there, intelligent and alive.

Here is how I use the pendulum:

- I use the *yes-no tools* (pendulum and muscle testing) to get direct answers to my daily questions and to cross-verify responses.
- I use the *symbolic tools* (Yi-Jing and lucid dreams) to understand the larger context and to explore an entirely new territory.

Many authors on Internet say that for a pendulum, one can use pretty much any heavy weight attached to a string or a thread. Perhaps that is true for them, but it wasn't so for me.

I started with a stone attached to a string and asked a number of questions. The responses were not very clear. Then I tried a small crystal attached to a short silver chain. But again, I didn't get any reliable responses. Then finally I invested a few Euros and ordered a brass pendulum attached to a 20 cm chain, and ah, finally, I got some reliable answers! (Fig. 1).



Fig 1. A 25 g pendulum with a 20 cm chain.

The brass pendulum is quite a bit heavier than the stone and crystal pendulums. It also has a longer chain. There are heavier pendulums yet, so I suspect that a pendulum has to fit your hand and the type of movements that come naturally to you. In any case, don't give up and experiment if you don't get reliable responses in the beginning. For reliability purposes, you can test the pendulum with different names, see Fig. 2.

For some other people, a divining rod serves as a particularly sensitive pendulum. I personally cannot get the services of the divining rod below (Fig. 3) – it even gives me a "no"-answer when I ask it if it wants to work with me! However I had a good friend with great spiritual aptitude who preferred to work with the divining rod. He even designed one that he could carry like a pen on him and which has an extractable wire. He used it for some 20 years to select particularly healthy foods.



Fig 2. Different pendulums answer with different reliabilities. For me the 35 g pendulum (left) answered "yes" to all questions, including to the question "Is my name Juliette?" (obviously, it isn't).

The 25 g pendulum (right) answered "no" to the question "Is my name Melkiades?", it answered "yes" to "Is my name Melki?" and "no" to "Is my name Juliette?". The 25 g pendulum thus gives very consistent answers to me that are appropriate to the questions. It is very important to have a live and reliable relationship to the weight of your pendulum and to the length of its chain.

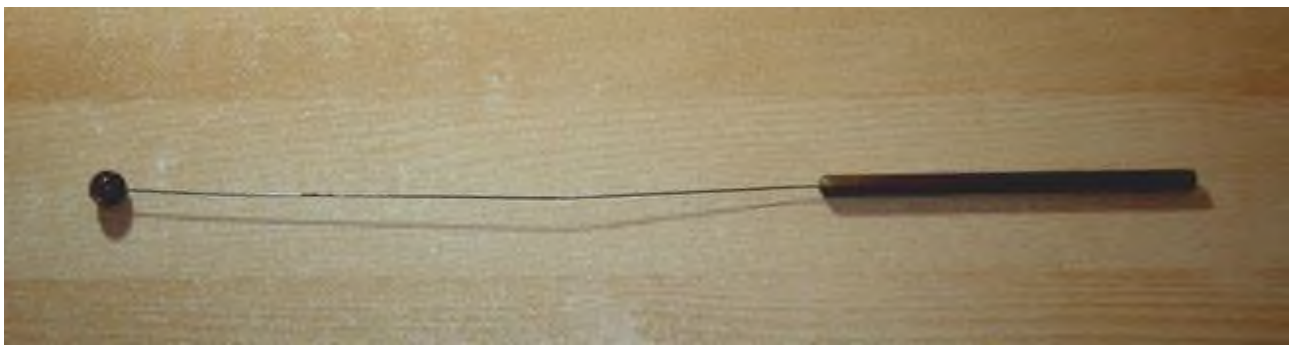
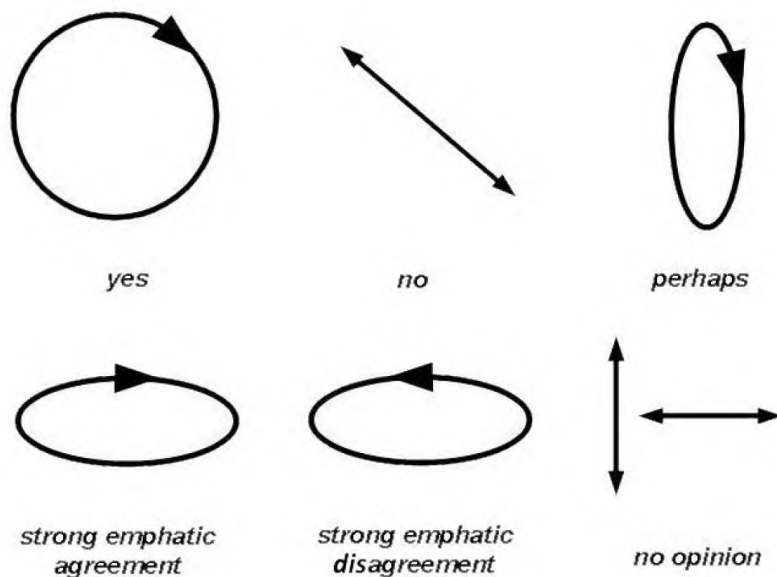


Fig. 3. Divining rod

The code

The next part is the code for communicating with the other side.

I experimented for a few weeks and I found that my Higher Self wanted to use the code that I show below (Fig. 4). Then I went on Internet and checked the codes that work for some other people. I found that their results were often quite different from mine.



So logically, I recommend that you experiment yourself, to find out how your pendulum signals "yes" and "no". "Perhaps" should logically be between the two. Then see if you get a distinctive sign for "I don't know". Don't assume that your code should be anything like mine.

Fig. 4. Pendulum signals that work for me personally

There may also be some special codes. I got the bottom centre signal a few times, and for

a long time I didn't know what it meant because I got it so rarely. Finally I saw that this was the signal where Melkiades wanted to show me that he was emphatically in disagreement with me.

Over the years, clockwise movements have turned out to be positive signals for me, and counter-clockwise movements have been negative signals.

Another long-term lesson I learned in this experience was that the communicating code with the other side may only stabilize after years of use. Try, verify and don't give up. Communications does get easier and becomes more reliable over time.

A consultation

Using these tools we can do a consultation.

Write your questions down.

Many experiments have shown that the "other side" responds only to the question you ask, exactly as you ask them. So it is very useful to have a clear record of your questions, to be able to tell if you got adequate answers from your Higher Self, and to help you figure out why you might be getting a surprising result. So please write your question down, or as an absolute minimum, say your question out loud to yourself before you begin and as you swing the pendulum.

Then, to start the consultation, I close my eyes and I "calm down". I concentrate and "connect" with the question. If you are a beginner, I recommend that you start with a one-minute meditation¹. Once you become practised, give yourself a minimum of 15 seconds to fully concentrate on your question.

The whole idea of the "calming down" is that you become open to any answer that the pendulum wishes to give you, "yes", "no", or whatever. Do not start swinging the pendulum until you have a clear mind oriented towards the best results for the greatest number of participants.

When I'm ready, I lift my entire arm and I swing the pendulum three times forward and backward, away from me and towards me. Then I keep my arm very still in the air and wait about 20-30 seconds. Then I open my eyes and see what the pendulum has answered.

Don't be rushed! Sometimes the pendulum takes quite a while to "make up its mind". The other side can take some time to "reflect" or "calculate" before giving you a response. In a recent consultation, I asked Melkiades to give me a quality assessment of a three-page list of health disorders. Each disorder had been coded numerically. Melkiades took about three minutes to calculate the response, but then the response was reliable in trial-retrial testing. In interactive meditations with clients as well, I have at times found that there were some unexpected hesitations to complex questions. This suggests to us on this side of the veil that "the other side" has to perform a search, a calculation or a consultation prior to responding.

I've also discovered also an interesting tendency in "most probable future development"-type questions. When the development is close (days, weeks), the answer comes back a fair bit more quickly than in situations where the question concerns more distant events (months, years). It makes you chuckle, as you look down at the pendulum and imagine the other-worldly probability computers spinning away while you're waiting for the result.

¹ One minute-meditation: <https://www.youtube.com/watch?v=F6eFFCi12v8>

The interpretation

Write down your result.

Be very strict about that, particularly in the beginning. As we come out of our 3D experience, we have a devilish selfish mind, and we always want things to go our way. The pendulum is not always in agreement with what we want. The only way to stem against wrong inconvenient answers is to be very strict with ourselves and to faithfully put down the answers that the pendulum gives us.

When the response is very strange, I have the three-question rule. I ask the pendulum three times the same question, and not more. An error might always be possible,

If I then get three times "yes" or three times "no", the answer is evident.

If I get once "yes" and twice "no", or the inverse, I stop and think. Did the responses feel like two "strong yes" or two "clear nos"? Then the deviating response may have been an error.

If the responses were less strong, I think about why the answer was not clear. Am I tired? Am I rushed? Is the question not clear in my mind? Or does the Higher Self hesitate? Perhaps it might be more appropriate to ask some other moment.

Who answers, you or your Higher Self?

If you hang up your pendulum on a hook somewhere in your room and expect it to swing, chances are that it won't. You need your hand to make it swing. So the question is, who makes the pendulum swing, you or your Higher Self?

My answer is: for a beginner, both, and for the advanced experimenter, mostly the Higher Self. The whole game of communicating with the Higher Self via the pendulum is to reduce the effect of our conscious thinking and to let the actions of the Higher Self emerge and direct your hand movements. The more you can let your Higher Self do that, the better your results will be.

This is the whole basis of our communication with the Higher Self. The Higher Self is a part of you. It is the part of your psychology that **connects** you to the "Beyond" and to the Highest Existence, God or "the Source".

3D life has rationalized away this part of our human existence for many decades, even centuries. Now, in the extra dimensions of a spiritual life, we are again becoming aware of this, our umbilical cord to the Higher Self and to the Beyond. When we let our conscious self and our emotions relax for awhile, the Higher Self gets a chance to come to the fore and to direct our hand movements as we swing a pendulum. It can now influence your hand muscles in minute ways to let it swing this way or that way, in an intelligent fashion. And that is the basis of our communication with the Higher Self, and via the Higher Self, with the Beyond.

Asking about someone

Great care should prevail if you ask about someone else with a pendulum.

First of all, should you ask? Many love relationships are over and finished with, and no more contact is desired. If you then insist on gaining access to a former partner's soul when you really shouldn't, you may expose yourself to a massive retort. You may have to pay for your uninvited intrusion with sleeplessness, discomfort or even illness. So please ask every time if you have permission from the other person before probing into their intimacy.

Second, be aware that what you find out may be of very temporary nature. Here is a concrete example. My partner Elena was supposed to make an international long-distance call to me via Skype one night at 11 p.m. By 11:45, no call had come through and I asked my pendulum what was going on. I got the "no" signal. What could that be? Was there a major problem? Was she upset with me? All kinds of thoughts go through your head at those times.

So I called her up on her cell phone via Skype. There was nothing serious. She simply couldn't get an Internet line and so she couldn't call me. Because calling internationally is very expensive from her cell phone, she was a bit cross with me that I hadn't called her yet via Skype. After a friendly chat, we hung up and I asked the pendulum again. Now I got a "yes" signal and it stayed "yes" for the rest of the night.

So a pendulum response, even if it is right, is not etched in stone. Things can change quite rapidly, in tune with one's emotions. Don't let the pendulum destabilize you, let it help you, not hurt you.

Be sure and act

After a consultation, I expect the answer to be clear, so I can decide how to act. If it is still not clear, or if the response goes very much against the grain, I can verify with another technique. I may wait for a chance to verify the pendulum responses with muscle testing, or when I'm in not a rush, I may do the verification with a question to the Yi-Jing.

One thing is clear. I never leave a consultation until I have a clear result. Melkiades and I are in agreement on this: our mind and our actions should never be wishy-washy. If we make such a great effort to obtain an honest advice from the other side, we owe it to ourselves to have a crystal-clear response.

As to the action I will finally undertake, that is my own decision. Most of the time I follow Melkiades' advice – that's obvious. But I have also gone against his advice. He knows that in this incarnation, I have to do my own learning, and learning is a result of experimentation. And that may not always be what the Higher Self judges to be the best direction.

In the great interaction between the Higher and the Material Self, that is the central tension and excitement of our human existence. Through interdimensional communication tools, we humans can enter into joyful interaction with the God-fragment within us. Out of this interaction is born the enormous privilege of our creativity.

[*Verification with Melkiades: "Are you in agreement with the article as it stands now?" Answer: "Yes." "Can I put it on Internet?" Answer: "Yes." Note: There was a previous version on which I got a "perhaps" for the first question. Then I made some important changes, which Melkiades okayed. Now he agrees that the article also fully reflects his point of view.*]

5.3. Muscle testing

Muscle testing is an old art and has an official name, "kinesiology".

Over the last half century, this technique has become known primarily in chiropractic medicine and associated fields. In recent years it has also found extended use in alternative medicine.

The type of kinesiology that we are using here is a special type, one that exploits the body's natural reactions to yes-no questions. Its official name is "specialized or energy kinesiology". Some people also call what we do here "bioenergetic testing". To keep things simple, we'll just use the term "muscle testing".

Muscles give yes-no answers

With muscle testing we can examine natural body reactions to questions. What we find is not really surprising. Our bodies feel uneasy and become clumsy when we think of something disagreeable, and it functions smoothly when we think of something pleasant. These are the differences we examine in muscle testing.

They are related to what can be observed in lie detector testing.

Most people become clumsy when they lie, and they function normally when they do not lie. In lie detector tests body responses are measured, such as blood pressure, pulse, respiration and skin conductivity, while people answer various questions. Lie detectors capture involuntary contractions and relaxations of various muscles in the body, and they distinguish unnatural from natural muscle responses. Lying responses tend to be exaggerated, particularly long and dis-coordinated, in comparison to honest responses that are shorter, adequate to the task and well-coordinated.

This pattern is changed in confirmed liars who have learned to remain in a perfectly natural state as they tell the greatest lies. Normalizing one's natural physiological responses while lying is an "art" (or an aberration) that can be learned relatively easily, and that can be used for spying or for other deceitful purposes.

But here, our objective is the opposite. We assume that you would like to let your body respond as naturally and as honestly as possible to questions that are posed. Furthermore, we'll see if you can also let your body respond spontaneously to questions that we pose to the Higher Self.

You probably can. We'll take you there step by step.

5.3.1. Arm testing

We'll do a number of practical tests here. Please find a friend with whom you can do these exercises. Your friend should be willing, without hesitation, to participate in these simple tests. Be sure to ask explicitly for permission.

Exercise: Ask your friend to stand up straight in the middle of the room and to stretch out an arm. The eyes should be open and downward at a 45 degree angle. Ask your friend to keep the arm nice and rigid. Put yourself behind the wrist of the outstretched arm and place your hand on the wrist. Ask your friend to say out loud, "My name is..." and to fill in his/her real name, like "My name is Lisa Smith", or whatever his or her real name is.

Somewhere during that phrase, at an unexpected moment, press down rapidly on your

friend's wrist. You will notice that there is quite a resistance as your friend tries to keep the arm up.

Now ask your friend to do the same again: stretch out the arm and keep it rigid. But then your friend should say a name which is typical of the opposite sex. So if your friend is a woman, she might say, "My name is Roger Wild". Again, as she says the sentence, press down on the wrist at an unexpected moment. Notice how the arm goes down much more easily?

If the effect was not so clear, give your friend a glass of water, wait a minute, shake the arm a bit, and try it again. Then usually, all should be fine. The body should not be thirsty while you do this exercise.

Do as many tests as you need to see how this works.

Explanation

Why did this happen?

This effect follows from what we said above. When you don't lie and when the answer is "yes", your responses are natural. So if you want to keep your arm outstretched, you'll put your normal, natural energy into the task. This keeps up the arm quite nicely against the pressure.

When you are lying, your body "gets confused". Part of your body knows that it should keep the arm outstretched, but another part knows that it is telling a lie. This induces discoordination in the muscle responses, and bingo, down goes the arm, much more easily than before.

This basic principle of coordination vs. incoordination becomes even more evident with the next exercise.

5.3.2. Leg length

In this version of the muscle test, we examine the response of the entire body. It is logical that when one answers questions honestly, one's entire body should stay at an even state of relaxation. But when one tells a lie, most people's bodies create a physical imbalance. Half of the body contracts while the other half of the body stays more relaxed. As a result, one half of the body is a bit shorter than the other half.

The difference is quite important. There is generally about a 1 cm difference between the two conditions.

Most people don't believe this till they actually see it. It can be demonstrated most easily when when a person is lying down on a bed and wears shoes with clearly visible heels. So let's try this out.

Exercise. Ask your friend to lie down on the bed so that the feet will stretch out over the edge of the bed. The ankles should be resting directly on the lower edge of the bed, with shoes that have clear-cut heels.

When a person is just lying there quietly, or when they say their real name, the heels are about the same length. Some people have a leg that is a bit longer than the other leg. Have your friend say their real name and note down the normal difference between the legs.

Now we'll try the lying test. Have your friend say "My name is..." with a typical name of the opposite sex, and look at the heels.

Isn't that amazing? One leg is now very much shorter than the other. In most people there is now a difference of 1-1.5 cm (half an inch) between the heels.

Try this exercise extensively, till you get a good feel of how a true answer differs from a false answer.

Fine differences. Differences can also be gradual. Try some situations where you contrast blatant lies with half-lies, or where you contrast clear truths from unsure situations. See what the "feet tell you" about these conditions. Generally, there should be strong heel differences for clear truths and blatant lies. The heel differences for half-lies and unsure situations should be less evident.

The exceptions: Some people have exactly the opposite response: they show similar heels for false conditions and different heel lengths for true conditions. Logically, this doesn't make much sense, but that's the way it is. Some people are simply "wired up" differently. It remains that there is still a difference between true and false responses. Just remember which heel response corresponds to which state, and then you can do the rest of the exercises as before.

Also, if you don't get any systematic responses, take a glass of water, wait a minute, shake the legs and all should be fine.

5.3.3. Let the Higher Self speak

And now we let the Higher Self speak.

Exercise. For this exercise, neither you nor your friend should hold an answer in your head. Do a short meditation to clear your mind and open yourself to whatever answer the Higher Self provides. This is "getting in tune with the target person". The more neutral you are, the more easily the Higher Self will be able to manifest His or Her answers.

Before you start, ask your friend's Higher Self for permission to participate in the exercise. Be sure that you get a clear "yes" via the feet.

Now let your friend select the question. Let your friend ask the question aloud. Concentrate on the question and open your mind to whatever answer that may come.

Now check the feet and write down the answer.

Once you get the hang of it, ask a whole series of questions.

If you clear your mind of all conscious preoccupations, if you ask serious questions and if you give yourself enough learning time, your Higher Self will definitely manifest Him/Herself through these muscle tests. No question about it. Both tests are difficult to influence consciously, particularly the foot length test, so anyone who is serious about seeking the help of the Higher Self will in time get some honest answers.

The fundamental mode of operation is basically the same as with the pendulum. You calm down your conscious thinking and your emotions, and you invite that intelligent part of your psychology to emerge which usually stands by passively, watching you go through your life. When all these conditions are right, your Higher Self will definitely come out and communicate with you.

And the day it tells you something which you hadn't expected and which then turns out to be right, that will be the day you know conclusively that you have opened a joyful bridge of communication with your Higher Self.

Verification

At the end of a consultation, the crucial point is always, can you trust these answers? The only response is: double-check. A consultation without verification is about as safe as emptying a whole bottle of wine and driving home without the seat belts on.

You now have two totally independent yes-no communication tools with the Higher Self, the pendulum and muscle testing. Use both to check your answers.

Check 1: Redo all the questions, one by one, with the heels. Write down the second set of answers and compare it with the original answers.

Check 2: Redo all the questions with the pendulum. Write down the answers and compare them with the muscle test answers.

Check 3: On all the questions where you got a difference, talk things over with your friend and find out why you got a difference. Ask supplementary questions if necessary. Clear up all differences.

At the end of the consultation, both you and your friend should have an absolutely clear understanding of what the messages from the Higher Self were.

5.3.4. Summary and outlook

As I write this down, it all seems so simple, and I wonder why so few of my friends use these communication tools with the Higher Self.

Once one uses these tools on an everyday basis, they become as easy as brushing one's teeth. You have a question, you pick up your pendulum, you concentrate on getting the answer from the Higher Self, you respect and verify your answer, and there you are.

For questions you want to solve with your partner, husband or wife, you find a moment to check out your foot responses. You always do your work with full honesty and in total openness towards whatever responses you may receive from the Higher Self. It's simple, rapid, easy to do. Why should it be so difficult? Why don't more people use this type of consultation?

Part of the problem is the "weirdness factor". In many families, there is only one family member who "believes" that one can get good and useful answers in this manner. If you share this blog with others in the family, that might help a bit. Also a good solution is creating bonds with others that share your taste for novel explorations.

Another part is our 3D egoism, which we are about to leave behind in our ascension to higher spiritual levels. Our 3D egoism suggests to us that we already have all the answers that really count, and that we don't really need any advice from the Higher Self. As we ascend, we understand that there are always many different ways of seeing something, and that the Higher Self perspective may give us some exceptionally useful insights.

And with that, the "weirdness factor" will begin to dissipate, and many more of us will welcome the richness and wisdom of new perspectives. I look forward to that day.

[*Verification:* "Melkiades, are you in agreement with the text as it stands?" *Answer:* "agreed." "Is this text ready to go on Internet?" *Answer:* "definitely".]

5.4. The Yi-Jing

We have so far looked at pendulum and muscle testing. I use these tools every day, but they are limited to "yes-no"-type answers, plus a few gradations. In other words, the communication code is essentially *binary*.

This is inconvenient when one faces a large number of alternatives. It can become very time-consuming to test all possibilities of a long list of choices. Instead one wishes an overall picture of a complete situation, or a pointer into a certain direction. Also, the Higher Self may have an idea that doesn't even figure among our alternatives. That's when one needs a communication tool that transmits a complete idea, or a concept in one fell swoop. In other words, we need a *symbolic* communication tool.

The Yi-Jing¹ provides exactly that. It is one of the oldest divining systems of mankind, going back at least 3000 years. The standard version we still use today is about 2000 years old. This shows that the desire to communicate with the Beyond is ancient, possibly as old as mankind. From what we can discern from the Yi-Jing as well as from ancient Chinese texts, our questions have largely remained the same. Most often, we wish to know what luck we will have in a given enterprise, or we'd like to know how a love relationship will work out.

For the Yi-Jing, you need at least a good Yi-Jing text and three coins. In addition, you need a good translation into your native language.

In the West, I recommend obtaining the good and well-known translation of the original German Wilhelm text, or its appropriate local translation. An English Wilhelm translation is referenced below. I currently have no information about an authoritative Chinese explanatory text².

A good translation will teach you how to throw the coins and above all, how to interpret the results correctly. Nowadays you can also "throw the Yi-Jing" on the computer, either online or with your own programme³. But be careful, not all computer programmes are equally good. In one of your first consultations, ask the Yi-Jing if he likes the programme that it runs on. If not, get another. Then verify that the programme permits you to contact your Higher Self. If all looks good, you're in business.

In the next section, we explain the overall logic of an Yi-Jing consultation. It's important to get a general view first, since the Yi-Jing can quickly get very complex and can overwhelm a newcomer.

5.4.1. How a divining system works

A divining system has basically four parts: 1. a *question*, 2. the *casting of the fortune*, 3. a *reading* and 4. an *interpretation*.

In the *casting stage* of any fortune system, one must set up some arbitrary condition.

For example one can throw some dice or coins, or one can shuffle and lay some cards, one can, like in an ancient Chinese casting technique, heat some bones and see how they crack, or one could make some tea and examine how the tea leaves arrange themselves

1 The 19th century English transcription was "I Ching" and the modern transcription is "Yi-Jing" or "Yijing". The Chinese pronunciation resembles "Yi-Jing". Many English texts still employ the "I Ching" form, but specialized texts increasingly use the modern transcription as we do here.

2 <https://www.wisdomportal.com/IChing/IChing-Wilhelm.html>. Good for resources: <https://aspectsoftao.net/index.html>

3 E.g. <https://www.electicenergies.com/iching/virtualcoins>

at the bottom of a cup.

The expectation is that from our point of view, casting is entirely arbitrary, while from the point of view of the "other side", it is non-arbitrary. The "other side" is expected to impose some order on this event, and it is this order that ultimately provides the divining system's answer to the original question.

In the *reading stage*, one reduces the fall of the coins, etc., to a systematic code. For example, if you cast coins when interrogating the Yi-Jing, the six falls of the coins will be recoded into six lines to form a hexagram. In tea leaf reading, the pattern of leaves left after pouring out the tea suggest similar-looking objects (like an apple, an axe, a ball or a candle) to the diviner. This coded element (the hexagram in the Yi-Jing, or the object suggested in the tea leaf reading, etc.) has a standard interpretation which the diviner keeps in some notes or has learned by heart.

During the *interpretation stage*, the diviner relates the standard interpretation to the questioner's original question.

5.4.2. How it's done with the Yi-Jing

Let's see how this is done with the Yi-Jing. Since the 12th century, the most common way of casting the Yi-Jing has been to throw three coins six times⁴. With each throw, one of four conditions is possible: three times head, two times head, two times tails, or three times tails. They are written down in the following way:

Two heads and one tail: an unchanging yang (light, masculine) line:
—— (a simple line)

Two tails and one head: an unchanging yin (dark, feminine) line:
— — (a broken line)

Three tails: a moving/changing yang (light, masculine) line:
— o — (a line with an o)

Three heads: a moving/changing yin (dark, feminine) line:
— x — (a broken line with an x)

If you throw the three coins six times and add each line on top of the preceding, you get a *hexagram*. This is the basic symbol of the standard Yi-Jing. Not counting the difference between simple and moving lines, you can construct any of 64 possible hexagrams in this manner.

Reading and interpretation

Each of the 64 hexagrams has one central meaning. For example, hexagram 8 (left) represents union, holding together, grouping, alliance. In short, hexagram 8 shows the process of *coming together*. How did the ancient Chinese arrive at this meaning?

The hexagram is composed of two trigrams (see below). The upper trigram represents *water* and the lower trigram represents *the earth*. What do you get when water collects on the surface of the earth? Puddles, a pond or a lake. In other words, the combination of the two trigrams suggests a union of streams flowing into a pool of water collected on the surface of the earth.

4 There is also an older and complicated method, the "yarrow stalk method". I cannot recommend this method because it furnishes results with *unequal probabilities for the four possible outcomes*, while we obviously want *four equal probabilities* with our three-coin method. This odd slant of the yarrow stalk method appears when adding up Yi-Jing numeric values (not explained here) in comparisons of the two methods. It is curious that this undesired slant of the yarrow stalk method was discovered only in recent years.

 upper
water

 lower
earth

So suppose that you throw the Yi-Jing while you hold in mind the question "What will be the effect of writing this Ascension Blog on my audience?" If you get hexagram 8, you will probably conclude that writing the blog will have an effect of bringing together people, just like water collects in a pool of water.


In other words, a supposedly arbitrary action like the throwing of three coins has resulted in an image that quite possibly bears a relationship to your question. The entire rest of divining with the Yi-Jing rests on this type of principle.

Here we have only shown one relationship, the relationship between the basic meanings of the upper and lower trigrams. But many other aspects of the hexagram are also exploited.

Important are for instance the moving lines which result from very decisive throws like three heads or three faces. They represent particularly salient aspects of the hexagram. Another frequent operation is the inversion of each line in the hexagram, which suggests a wider context and a future potential for the given situation.

The hexagram seen as a process

One important aspect of hexagram interpretation is its line-to-line development. Each line has a particular meaning, and the meaning development from the bottom to the top line tends to follow a logical evolution.

 Let's take an example. Hexagram 6 (left) represents different types of arguing, a conflict or a lawsuit. The Wilhelm translation (one of the key translations of the Yi-Jing) names this hexagram "Conflict".

In the first line from the bottom, the reader is shown the situation of a lowly person who has no chance of winning in any conflict. Here the advice is to simply forget the whole story, if it comes up as a changing line (—x—). We pay particular attention to the advice if it comes up as a moving or changing line: —x— or —o—.

In the middle of the hexagram, there is advice to one who has tried to solve his problems with a conflict and who did not get very far. In the fifth line is shown a just arbiter who wisely provides a decision in a conflict. Finally in line 6 we encounter the situation of someone "who has carried a conflict to the bitter end and has triumphed. He is granted a decoration, but his happiness does not last" (Wilhelm translation).

You can see the logic behind this development.

The conflict is seen as a process, from a barely noticeable beginning, through to a bitter-end conclusion. If you get a moving line along any one of these stations, this suggests that this condition might apply particularly to your situation. For example, if you have thrown hexagram 6, and your last line was a moving line resulting from three heads, you would get the "bitter-end" commentary. Whatever your original question may have been, the Yi-Jing would tell you that you've gone too far. You may have won, but it was a hard-won victory and the violence of the action might turn against you and might pose further problems later on.

5.4.3. Errors and the pendulum check

Of course, such an Yi-Jing commentary could be total nonsense. Your question might have been, "How does my girlfriend feel about me?" while both of you are totally in love and all goes well. If you get moving line 6 with hexagram 6 in these circumstances, you might feel rather perturbed as you put the book away, and you might never consult the Yi-Jing again. So we need to speak immediately about errors that can occur with an Yi-Jing consultation.

You may remember that according to Melkiades, the probability of an error can be relatively large (Section 5.1., "Proceed with care"). For a computer Yi-Jing with the commonplace procedure that I used 1998 – 2018 ("click once and you get the entire Yi-Jing reading"), Melkiades gave me an "adequate and correct" rating of only about 85%.

Your own probabilities may of course be better. But frankly, after 40 years of throwing the Yi-Jing, and after several years spent on building a computer version of this divining system, I was taken aback by this high average probability of making an error.

So what could I do to reduce my error rate?

I finally hit on the solution: ***I combine the Yi-Jing with the pendulum.*** This works particularly well with a computerized Yi-Jing.

I ask my client to concentrate on a question. Then I pose the question several times with the Yi-Jing and I retain the result after each throw. After about five to ten throws, I ask the pendulum which one of the throws gave the most fitting answer. The pendulum has always been very clear about its choice. Melkiades indicates that for me, this method provides the most fitting answers in about **98%** of events.

Now this is much more to my taste. This is my current and very satisfactory system.

Error 1: Concentration and inexperience

But to obtain an even deeper insight about what happens in a consultation, let's examine where errors might occur – even if they occur after a pendulum check.

The first type of error is lack of concentration, tiredness, inexperience or lack of confidence. I will not do an Yi-Jing consultation (or any other consultation) when I'm tired. Also, I remember that ten years ago, I got many more ill-fitting responses than now. My confidence has grown, even though I'm aware of the possibility of an error. Today I take great care when doing a consultation, and only when I am in great shape and fully concentrated.

Error 2: The "arbitrary" throw

The next type of problem might arise during the casting stage. If you throw your three coins high enough, they have an even chance of falling either heads-up or tails-up. Also, there is enough time for the Higher Self (or for some other power from the Beyond) to act on the fall of the coins.

But how does casting work with a computerized version of the Yi-Jing? On a computer, arbitrary numbers are based, ultimately, on the instant that a key is pressed. Six copies of this millisecond are quasi-arbitrarily converted into six lines of a hexagram. Is this way of casting truly "arbitrary"? Can a force from the Beyond act on the precise moment that a key is pressed and initiate a complex process for calculating the answer?

I cannot be sure – which ultimately led to the "pendulum check" method, which is as solid as I have been able to push the Yi-Jing.

Error 3: The question – image relationship

Finally, it seems to me that the most serious limitation of the Yi-Jing might well be its "circumscribed vocabulary". The Yi-Jing distinguishes just 64 possible main meanings, which must be bent to respond to any question. Although 64 typical human situations is an interesting palette, it is still possible that some responses may be quite removed from the question, simply because the symbolic vocabulary doesn't include the most appropriate answer.

The only solution to this problem are other communication systems that provides a direct image suggested by "the other side" (like lucid dreams) or that speak to us personally (like interactive meditations or channelling). In these cases, the Higher Self has a much larger panoply of possibilities for answering. You can find discussions of these options in the next chapters.

5.4.4. Conclusion

As an example for a divining system I have taken the one that I know best, which also happens to be the oldest documented system around, and one that has a powerful symbolic vocabulary. Furthermore, I deeply appreciate the excellent human insights and deep wisdom that are incorporated into the Yi-Jing recommendations. I have learned much from the Yi-Jing, and I hope to learn even more.

However there are other divining systems as well, such as the tarot, geomancy, or as we said, tea leaf reading. If you are a newcomer to the field and you'd like to choose a system, I'd suggest an intuitive approach. What feels right to you? What can you relate to?

The only recommendation that Melkiades and I would like to pass on to you is this: *do it right*. If you decide on a symbolic communication system, learn the system well. Even if you make errors, learn from them and reflect on them. That is the only thing that really counts as we try to improve our communications with our Higher Selves and with entities in the Beyond.

[*Verification*: "Melkiades, do you agree with the text as it stands?" *Answer*: "agreed, particularly after the addition of the pendulum." "Melkiades, can I put it on Internet?" *Answer*: "agreed".]

5.5. Lucid dreams

Do our dreams contain messages from the Beyond?

Many of us remember the Old Testament story in which the Pharaoh dreamt that seven lean cows ate seven fat cows (Genesis 41).

This dream was interpreted by Joseph to mean that seven lean years would follow seven rich years and would consume the gains of the preceding rich years. This interpretation turned out to be true. Ample stores were made during the seven rich years, and Egypt was spared a period of great scarcity during the subsequent seven difficult years.



Seven fat cows



Seven lean cows

Images (past image): <http://www.utdallas.edu/geosciences/remsens/Nile/intro.html>

Powerful and drastic dreams like this are not uncommon. Most of us have had dreams that were powerful, mysterious and/or upsetting. When waking up we wondered if they held a deeper meaning.

The answer is not easy and it is highly individual. There is no standard dream interpretation dictionary. Most dream elements relate to personal context and to individual experiences. Few dreams are clear, most present a jumbled mishmash of ill-digested daily experiences. Usually, it is difficult to make out any clear counsel or message from "the other side".

However, some dreams are very clear and seem to tell us something specific. When I started meditating more often after retirement, I got more and more of these clear dreams. Dream specialists often recommend writing down one's dreams, so I decided that I would write down a dream if it was particularly clear, if it followed a linear development, if I had felt a certain degree of autonomy, and if I sensed that it contained a certain message. That I would call a "lucid dream", and I would take the time to write it down.

5.5.1. Lucid dreams with a message from the Higher Self

Once I started noting my lucid dreams, they came ever more frequently. Many were personal in nature, since they pointed out a personal failing or dealt with a private frustration. Some lucid dreams were clearly set up as a learning situation. I remember a dream that taught me a tough lesson and where my Higher Self, Melkiades, played a clear directing role.

The scene was entirely realistic.

I was a young pilot¹ and I met a potential employer in front of a large hangar. I said hello to him on the steps of the building. I accompanied him around the large building, past some open hangars. Inside we saw some really nifty modern high-class air-planes which any

¹ I had a private pilot's license with about 500 flight hours, so the context was familiar.

pilot would just love to fly. I was obviously hoping to pilot one of these planes.

We finally went through some doors where we met another pilot. I was on my best behaviour and greeted him cheerfully. However, I did not greet the air-plane mechanic who was a few steps behind the pilot. After a few minutes in a back room, the employer and I went back around the building to our point of origin on the steps.

Now came the tough part of the dream.

At this point I found out that the employer was in fact my Higher Self. He was now behind me and he had me move some distance away from the building into a bird perspective. He asked me go back to the moment where I greeted the pilot, but did not greet the mechanic. Telepathically, my Higher Self asked me if anything was wrong in the situation.

It took me a second or two. Then I became aware of my careless and haughty attitude towards the mechanic. He let me know that the air-plane mechanic was in many ways the most important person of all, and that I should become more respectful of everyone involved in the enterprise. Under these circumstances, I was told that I was not yet eligible to pilot one of the choice planes that were waiting in the hangar.

This dream was very direct and very personal. It hit right in the stomach. After waking up I thought a long time about whether I have been fair to everyone around me, or whether I needed some more lessons in humility.

Although in real life, I had never seen that scene, the dream was so realistic that I could actually have been there. I could go back there today and replace each step. Also, I have never wanted to pilot a commercial plane or one of the small luxury liners that I saw in the hangar. The basic set-up of a job interview for a luxury liner job was total invention. I conclude that Melkiades and his team either created this complex film set just for me, or that they had me visit one of their standard teaching sets for this lesson.

Melkiades says that the set-up was created just for me. The more I think about the sophistication of this scene, the more I am impressed with the richness contained in that lucid dream. It was 3D virtual life pushed to the extreme.

Intensive lessons and auto-observation

Lucid dreams are a step up from the pendulum, muscle testing and the Yi-Jing. In pure intensity and impact, this is a more challenging manner of meeting one's Higher Self. I suspect that we generally get the lessons that we are ready for. I got my "tough" lesson only at a point in life where I could fully understand and appreciate this lesson.

As denizens of an ascended dimension, we can probably appreciate the privilege of being offered such powerful lessons. We know that the Higher Self means no harm and that He/She goes carefully about the job of teaching us a lesson. Notice that Melkiades simply asked me to look again at a delicate and crucial moment in this invented scene. He did not preach or grandly insist on giving a lesson. But right in the dream, he led me to understand that I had been negligent, and he indicated the consequences of my actions.

As a former teacher, I applaud his didactic style.

The learning that we take away from all this is the importance of auto-observation. It matters little what exactly you need to learn. In my case it was a lesson of humility, in some other case it might be a lesson of tolerance, or whatever. The important detail is in how the teaching is done. My Higher Self, Melkiades, did not blame me, but he directed my attention to what had happened. When I saw what I'd done, when the words "respectful of everyone in the enterprise" rang in my ears. When I understood the consequences of not getting the job and not being able to fly one of those air-planes – then I put all those

elements together, and that's when I learned my lesson.

And that shows the amazingly good teaching that the Higher Self is capable of.

5.5.2. Another lucid dream

The preceding dream had been intensely personal. Some dreams also point out some general truths. Here is one example. It shows how a message can be embedded in a complete invented story.

It happened at the time of the Punic Wars in the Roman Empire (264 BC to 149 BC).

I was the chief of a small military lookout in a Roman outpost on a small hill in what is now Tunisia². We were experiencing a very bad assault. Enemy troops seemed to be streaming from all over the valley into our encampment. Our troops were totally out-manned, and we were being badly massacred. I saw men falling everywhere on our sentinel and in our camps.

Our troops from the valley were looking at me. Angrily and with fear in their eyes, they were wondering why we hadn't warned them about this situation. I was head of the outpost, and I had to tell them what had happened.

I said, "We knew that the enemy force was totally superior. We saw it and I told the commander what was happening. And I know that he told the generals. But here is what I heard.

"The generals in our area got so scared about us failing to hold this part of the Roman Empire that they didn't send any messengers to Rome. They were ashamed and they feared for their own advancement. So no one told Rome about the danger, and no one sent for reinforcements. So this is why we are in this massacre.

"So now it's up to us to do what we can. Fight and hold together. Some of us will make it and some will not."

From our outpost, we watched the battle and we helped where we could. Our force collapsed under the onslaught. We could see thousands and thousands of valiant men fall in the massacre. Many good friends were lost in that long and terrible night.

That night we learned everything we ever needed to know about life and death – and about the veritable courage of our generals. The last image I had of the battle was a horrible sight of carnage and fire all over the valley. I saw my own soul leave the battle, rise and disappear skywards. I was now floating over a neighbouring mountain looking down on the scene. I sensed that I had left my body.

A good Hollywood script

That was a horrible story with great impact, like the preceding dream. I woke up, disturbed and wondering why I had been given this dream. It satisfied my definition of a lucid dream. It was clear, linear, and I had felt as if I could move at will. And it seemed to hold a message.

The context was new to me, it was in the early expansion of Rome. It felt that the scene could have taken place in Northern Africa during the Punic wars. In my dream I had been there, fully alive. I was fiercely Roman, as would be a minor proud officer in charge of an outlook post.

The dream was very intense. I remembered the battle as if it was yesterday. I remember

² I have never been in the military, nor ever been in Tunisia. I only learned about the Punic wars in my readings about the Roman empire.

standing before the battle on my promontory, overlooking an open valley on one side and a enclosed valley on the other. Our troops were camped in greyish looking tent areas on the enclosed side of the valley and the battle was going on right at that moment. There were screams heard among the fires, and enemy soldiers were fighting it out with our troops.

What did this have to do with my present self, living in Europe more than two thousand years later? Where was the message?

This could have been a previous life. But actually, Melkiades tells me that this was not a previous life, at least not mine. He tells me that the objective was simply to show me *how decisions of some higher-ups could affect people that are in their charge*. I thought about the sickening excuse of the Roman generals, and then I saw a connection between the dream and the then current world situation.

Modern bungling and a link

In fact, I had the dream in December 2010, the night after learning about the massive modification of the Gulf Stream, due to the oil spill in the Mexican Gulf in the previous summer. I had read about the highly questionable decision of drilling in that specific area, about the incredible bungling in the attempts to stop the catastrophe and about the lackadaisical attitude predominating in the clean-up effort. This catastrophe was bringing an incredibly bad start to the winter in the British Isles and to northern Europe, and it also promised extensive long-term environmental effects.

Naturally, I entertained critical thoughts about the politicians and high officials who were responsible for all this bungling – if it was bungling at all. Some of the authors I was reading nurtured the idea that the entire catastrophe had been set up voluntarily, to damage crops on two continents and to poison marine life in the entire Atlantic Basin, all as part of a machination of some global power politics.

I made the link. The whole point of the dream was that the Higher-Ups were were of no help at all, neither in Rome nor here in the 21st century. The Roman generals who didn't ask for reinforcements because they were afraid for their careers present an obvious parallel to the higher-ups who were (apparently) bungling the oil-spill clean-up. There was bungling there, and there may have been bungling here.

Perhaps the dream went even further. It also suggested that high-level bungling comes in many colours. Some may be intentional, as some of the authors have suggested. Some others may also be related to the presence of incompetent and fearful senior personnel.

We often do not suspect our superiors to be fearful. We may have to revise our opinions.

5.5.3. Wish and intent

Lucid dreams are like commercial-free parts of our dream world: in contrast to the jumbled mishmash of regular dreams, they present a coherent story line with a message. From what I can see in my own lucid dreams, the contexts are largely invented, even though they borrow elements from our real lives to catch our interest and to render the message more appealing.

This interdimensional communication tool opens a much richer window than the preceding tools – the pendulum, muscle testing and the Yi-Jing. On the surface, it seems that this comes at the cost of voluntary control. With the other tools, you decide when you want to talk to your Higher Self while with lucid dreams, the decision is in the hands of the Higher Self.

But this is not entirely so. We can also express a wish to have a lucid dream at the next convenient moment, or even a lucid dream about a certain topic. This intent is heard and will be taken into account, in a manner that will be appropriate for you. In lucid dreams, you may not be able to control what comes next in the film you're watching, but you can suggest the type of film that you would like to watch.

This is in fact how much advanced spiritual learning occurs. As you go through your learning, you will notice that you need instruction in a certain direction. First you do your human best to learn what you can. Then open your mind and ask your Higher Self for an appropriate lucid dream. Then you get some real rest. Once your biologically required sleep time is taken care of, if you have some sleeping time left, chances will be excellent that you'll have a dream that will get you further in your learning process. Your wish and your intent are directly related to the lucid dreams that you will have.

Your intent is the powerhouse behind the spiritual learning that you'll get.

[*Verification*: "Melkiades, are you in agreement with the blog as it stands now?" *Answer*: "agreed". "Can the blog be published on Internet?" *Answer*: "agreed". *Note*: This blog underwent some major restructuring as a consequence of suggestions from Melkiades.]

5.6. Interactive meditations

Many of us experience a profound desire to interact with our inner, deeper and most spiritual self.

In this section we will talk about meditations that permit insights into forgotten memories. For this we need to work with a trained specialist that helps you enter into a deep meditation and who can guide you through your personal questions during your meditation.

I call this an *interactive meditation*. I prefer "interactive meditation" over "hypnosis", which many people use for this application.

"Hypnosis" is widely associated with stage hypnosis where people are asked to perform demeaning tasks. Also, in strongly catholic areas and throughout the Hispanic world, hypnotic practices are frowned upon (they were even illegal under Franco).

By contrast, nearly all cultures of the world have certain types of *meditative practice*. So an *interactive meditation* is just a specific form of meditation. Here it is used to enter into contact *with a part of ourselves*.

Make-believe friends

For some of us, the desire to talk to our inner self reaches back into our childhood. When we were children, many of us had imaginary "make-believe friends". One study showed that 65% of all children have imaginary friends at one point or another in their childhood¹. For a long time this was seen as a sign of loneliness, but newer studies have not supported such an interpretation. Instead a major Yale study² showed that children who have make-believe friends are more imaginative, develop richer and fuller vocabularies, and get along better with their class mates than children who do not have imaginary friends.

So it appears that children of all ages interact quite happily with their fantasy friends, an experience that seems to prepare them well for social life later on.

Real spiritual guides

Of course, these traditional studies did not explore the possibility that our "extra childhood friends" may actually have some real existence. But in fact, *are they "real existences"?*

Could a child's "make-believe friend" be more than just a handy imaginary chum to blame if something goes wrong? Might these youngsters communicate telepathically with their Higher Selves? At that age, they are not yet as language-oriented as we become in adulthood, and they may be receptive for internal messages from their inner self. There are quite a few anecdotes about how some children see and communicate with spiritual entities during the first five years of their lives, but there are no firm leads.

However during adult life, our guides have more explicit ways of making their presence known. Sometimes we have exceptional experiences that suggest that "someone special" protects us.

1 E.g., <https://www.susannewmanphd.com/blog/2015/03/28/imaginary-friends-should-parents-worry/>, <https://www.psychologytoday.com/us/blog/singletons/200806/imaginary-friends-any-in-your-house>

2 Dorothy G. Singer, with Jerome J. Singer, *The House of Make-Believe: Children's Play and the Developing Imagination*, 1992.

I had a severe car accident at age 30. Within minutes of crashing head-on into a rock face in a sudden rain storm, a nurse was professionally holding my smashed-up face together. Without her, I might have bled to death right there. Was that just a coincidence?

Normally, we would never know. Nearly everyone has some story of exceptional luck to tell and it is always difficult to know if it was simply a coincidence. But now that we can ask the Higher Self with the pendulum or with muscle testing, we can find out if a higher hand was involved. Melkiades says in fact that the nurse's sudden presence at the accident scene was not a coincidence, that there was a higher wish involved.

This of course poses the question of why my time was not yet up when I was 30. Why was I given another chance to live? This is a question that I have pondered many times since then. One clue is that the rescue after the rock face accident contributed to making psychology, communication and interactions with the Higher Self a central focus of my life later on.

You may be reading this as a direct consequence of what I experienced at age 30.

5.6.1. Premonitions and pre-death experiences

Many also experience premonitions. A voice inside ourselves may warn us of some unpleasant or dangerous experience that is about to happen.

In extreme danger, some even have an "angelic" experience in which they are physically moved out of danger, just in time to avoid great injury or death. For such an exceptional event, recorded by a good video camera, watch this sequence³. At those moments, we are powerfully reminded of the power of divine intervention.

Moving on in life, the visual appearance of spiritual entities becomes more frequent as we approach death. Persons who are in their last dying days sometimes wake up and see their relatives waiting for them at the end of the bed. Also, people who go through near-death experiences (NDEs) tell us of angelic beings that receive and guide them during their period away from their body. After they return to life, many such persons are so deeply impressed by their experience that they readily accept the presence of spiritual guides in their lives⁴.

Connecting with the devine world?

Are all these events products of a wishful or delusional mind, or do we indeed have a connection with the divine world?

We have seen that at all stages of life, from childhood to late stages of life, spiritual guides can sometimes make themselves felt. So why can't you ask them some direct questions to make sure?

In fact, you can indeed make some inquiries. A *voluntary interactive meditation* will permit you to interact with your Higher Self nearly as if you were in a direct consultation with your Higher Self. I myself have guided inductions to interactive meditations about 50 times. I will gladly tell you how this is done in just a minute.

It remains that many professional psychologists do not believe that those procedures are possible. So let me take some time out to address a few words those professional

3 No matter if this specific event was a real or an exceedingly well-constructed hoax, the following video shows such an angelic event. Many other similar accounts from all over the globe have been collected in various books and stories. YouTube "*Paranormal Video Live Teleportation*" <https://www.youtube.com/watch?v=ba84UegCoPs>

4 See the many references in the summary website of <https://www.near-death.com/>.

psychologists who are still undecided about interactive meditations.

5.6.2. For professional psychologists

In 2012 I presented the procedure I use to induce interactive meditations to a large group of professional psychologists in Germany. Nearly all of them shook their heads in disbelief.

Many thought I was totally off my rocker. Others suggested that my clients could be delusional, or that the interactive meditation procedure would favour the creation of delusional states. This is as far from the truth as imaginable. Nearly all my clients have been wonderfully healthy, mostly younger clients who wished to reach into their deepest selves before making some major life decision.

We do know that seriously abnormal cases do occur. We know that certain people have various types of illusion that are totally bizarre and inappropriate. Part of their experience may be that they "hear voices that tell them what to do", and then they see no alternative than to follow these voices. This is clearly a profound disorder and these persons need careful professional attention. Those persons, I fully agree, should never undertake an interactive meditation. Persons who show delusional behaviour should never participate in an interactive meditation session, and no such session should be offered to them.

The persons who might profit from an interactive meditation experience are quite the opposite. They are healthy adults who have reached a high level of maturity, who have some personal question(s), and who wish to hear the opinion of their deepest inner self. After consulting their inner self, or their Higher Self, they make their own reasoned decisions about which course of action to follow.

The other major issue preoccupying clinical psychologists is simply the novelty of this approach. The hypothesis of an unseen entity communicating with us is still difficult to conceive of. It still meets total rejection in many dominant scientific circles, at least in western Europe and in the English-speaking world.

I see this as part of a wider historical development. Some 150 years ago, lack of information and a profound fascination with newly emerging inventions moved science and the world it dominated into a predominantly materialist position. Currently, tendencies are slowly reversing. Thanks to many factors – much more extensive research results, much wider publication channels, extensive personal experimentation as well as wide-spread interactions via Internet – we are slowly revising the evidence. What were "fantasies" and "illusions" about the spiritual presence in our lives just two decades ago are now becoming real hypotheses, even real probabilities, examined by exacting scientific experiments (think of the Scole experiments⁵).

Many professional psychologists world wide now consider that spiritual guides may really exist, be part of every one of us, and that they can communicate with us via an interactive meditation.

Everyone has a potential access

Those of us who have actually directed interactive meditations may have discovered a number of surprises: e.g., strong evidence for their own or for their client's reincarnational past, or information about a real event that was not known beforehand.

5 It is said in science that if you want to demonstrate something unusual, you'd better have some unusually strong arguments. It has long been difficult to argue in favour of "communication with the other side", but this has become much easier in the last few years. Here is a report about an exceptionally solid experiment of interdimensional communication: YouTube "*The Afterlife Investigations - The Scole Experiments - feature*" https://www.youtube.com/watch?v=6qSEi_sfaSU.

And that seems the crux of the matter: it is not the divine world that is in question. The existence of a divine world is barely contested; it has many adherents among nearly all peoples of the world. The issue is whether we humans can carry within us a *connection* into the divine world. We say that yes, *all of us* have such a deeper connection.

5.6.3. From Dolores Cannon's experiences

This message is spreading world-wide, through spiritual groups, social media and video upload systems. So it isn't really surprising that many people would like to encounter their Higher Self directly by becoming their own channellers. They would like to meet their Higher Self and hear their "master's voice", in a quasi-biblical encounter with the divine beings that accompany us.

This is now possible to do, with help from an experienced practitioner.



Half a century ago, an enterprising American psychologist discovered a way to let the Higher Self speak directly to us in a deep state of meditation. Her name is Dolores Cannon (*left*). You may have heard of her. Many of her public talks have been put on YouTube and on other video channels, and she has written 18 volumes based on transcriptions of some of the most extraordinary interactive "dialogues" she has had during her 40+ years of holding sessions. In the thousands of inductions she had held since the 1960's, she has received many exceptional stories about what clients experience when they are in these *profound*

*meditation states*⁶.

For example, when some of her clients were in a state that permits "channelling", they spoke as beings who have incarnated "to help Earth through the current difficult times". She has received so many of these reports that in her third "Convoluting Universe" volume⁷ and in a special volume⁸, she provides transcriptions of what these "three waves of volunteers" have come to do on Earth. She also indicates that one can distinguish such "volunteer souls" from other souls by their distinctive beliefs and outlook⁹.

In other exceptional stories, Dolores Cannon says that she has communicated in this manner with Nostradamus, with Jesus and even with alien beings, and that she has received much information about the origins of our planet and other important scientific topics. As interesting as they are, these exceptional sessions should not be considered "normal sessions". Dolores Cannon admits readily that these have been rather unusual accounts, and that by far most "inner-voice" communications come from normal clients who face the typical problems that everyone faces.

Even those exchanges can turn out to be exceptional. When a client needs an answer on an everyday problem, the channelled voice generally takes a detached and wise position and directs the client to clear, solid and workable solutions. In reviews of the responses after their induction, clients often say that in their normal conscious state, they wouldn't have given the same response, and that they were pleased to receive this new perspective on the problem.

6 Dolores Cannon uses the term "hypnosis" which I avoid for the reasons given above.

7 Dolores Cannon (2001, 2005, 2008, 2012). *The Convoluting Universe I-IV*. Ozark Mountain Publishing. <https://ozarkmt.com>.

8 Dolores Cannon (2011). *The Three Waves of Volunteers and the New Earth*, Ozark Mountain Publishing. <https://ozarkmt.com>.

9 A bit to my own amusement, I satisfy all of the criteria.

Normal clients become exceptional cases

The "inner voice" thus seems to know more than the "outer voice". Many times, inner voices reveal information about the original causes of the clients' psychological or physical problems, and oftentimes, these causes lie in previous lives.

In a typical example given by Dolores Cannon, one of her clients wondered about a medically unexplained chronic pain in one of his shoulders. The inner voice explained that this was due to the fact that in a previous life, the client had lost his life in a sword battle and that he was struck mortally on that shoulder. Once the original cause was clear, Dolores Cannon asked the Higher Self if the chronic pain could now be relieved or removed. And indeed, the chronic pain disappeared permanently in that same interactive meditation session.

And here comes the absolutely amazing part. Apparently, such "spontaneous remissions" are so frequent that in the years before her passing, most of Dolores Cannon's clients had been cancer patients trying to combat their illness with interactive meditations. According to what I heard informally in a seminar with Dolores Cannon, a great many of her clients had shown outstanding long-term results.

A "spontaneous remission" case

I personally have seen one spectacular "spontaneous remissions" case, a client who was a participant in a Dolores Cannon training class. It was a woman who had been badly abused by several men, who was now divorced and was in serious custody battles for her children. She was not well. She had developed a chronic neck pain, a huge growth on her left side and strong abdominal pains.

During the interactive meditation session, a very different voice came to the fore and explained that she was one of the souls that came into this world to help us set it right. She had taken on these enormous sufferings in order to understand the pains that some women experience in the current world. But right now in this session was the time that she should understand her real mission. Now that her antecedent history and her purpose in life was clear, she had the opportunity to start an entirely different life and to help others find betterment.

That apparently became a key transition point of her life. After explaining these connections, her inner guides proceeded spontaneously to eliminate her neck pain, to deflate her growth and to alleviate her abdominal pain. When the client came out of the session, she was exhilarated. Her neck and abdominal pain were gone, and her growth was noticeably reduced. I was there after her session, and the woman even asked me to touch the reduced growth.

The recovery carried on into the autumn when I first had an email contact with her, and it was confirmed a year later in a second email exchange. The experience had led her to begin an entirely new, much better life in totally new circumstances.

5.6.4. Holding an interactive meditation

The key difference in Dolores Cannon's inductions is that she holds sessions for prolonged periods of time. They typically last more than two hours, often up to four hours. On the surface, these are fairly normal meditations in which clients visualize meaningful experiences "that feel right" to them. They are spontaneously guided meditations, quite the opposite of the pointed or blanked-out meditations that one would do in Zen practice.

Facilitators simply ask their clients to describe their experiences in as much detail as

possible, so that everything can be recorded on tape and that the clients' varied questions can be answered. Facilitators get as many relevant details as possible, and guide the clients gently towards more meaningful answers.

What begins as a normal, free-flow meditation often ends up in a very profound spiritual experience, that is, an encounter with the Higher Self. Clients entered these encounters spontaneously and suddenly begin to speak with a different type of voice. The attitude, the perspective, the voice and even the gender of the voice often changes profoundly. Instead of the normal voice of the client, one can hear an exceptionally competent person who matter-of-factly talks about the client's experiences in previous lives, and who puts the client's current life into a much larger perspective.

One clue emerges quite regularly: clients often refer to themselves in the 3rd person ("he/she did this or that"). Also when asked directly, clients willingly say that they are not expressing the client's conscious opinions, but the opinions of their "subconscious", their "Higher Self", or sometimes, a "higher being".

When clients come out of the session, they have generally lost track of time. More time has gone by than they think. Many clients have no clue of what the inner voice said during the session. Some others followed the inner voice's comments in a sort of half-daze. Yet other clients experience the inner comments quite consciously. Listening to the recording after the session generally provides many further insights.

From the ascended perspective

Interactive meditations provide interesting insights and experiences. Clients often experience that persons close to them in their current life (parents, children, spouses, close friends) appear to them as soul entities from previous lives. Interactive meditations often suggest that unattended business from a previous life should be resolved. Injuries, medical difficulties and professional handicaps can quite often be related to events that took place in a previous life. And finally, such revelations often lead to physical relief from current physical discomforts.

We need two conceptual steps to conclude these reflections.

First we need to admit to ourselves that our current life since birth is an entirely new life, offered to our reincarnated soul, and that it owes nothing at all to our previous lives. The spiritual life that is already in us, with all of its creative power, grants us the freedom to generate an entirely new life perspective, one of joy, honesty and personal self reaffirmation. We can thus free ourselves from the shackles of old and outdated handicaps and look at life with entirely new eyes.

Then comes a second step. Our recreation we can also admit to ourselves that we have the power to heal ourselves, as much and as rapidly as real and physical circumstances will permit. Our inner selves know how to regenerate any part of our body, and they can both tell us what to do and help us do the job. Sometimes such a "spontaneous recovery" can be rapid, and sometimes it can take quite a bit more time, depending on our psychological and physical state. But if the will is there, and if the body still has enough regenerative biological resources, some surprising recoveries are possible.

[*Verification*: "Melkiades, are you in agreement with the text as it stands?" *Answer*: "Yes. Can I put it on Internet as the next chapter?" *Answer*: "Entirely agreed".]

5.7. Telepathy

At the centre of your 5D life, deep inside of you, is your "sweet spot". This is your point of telepathic connectedness.

If you've been following along with this introduction, hopping, skipping and enjoying yourself as you've read each new chapter, you'll know exactly what I mean. At the intersection of all your relationships, there is a place where you are at the centre of your "personal swarm", of your entire social network. This is where you are mentally and spiritually at home, and all your social connections converge.

This is also your point of connectedness with the rest of the world. This point radiates out from you to your partner, your family, your friends and to the rest of those that are important to you. When you sense yourself in this "spot", you'll feel naturally connected with all your loved ones around you. This centre of telepathic interconnectedness creates a natural emotional centre for your spiritual existence.

Probably it also forms the basis of human telepathy.

Connect

Connecting telepathy with the centre of your "swarm" might seem surprising at first. In the spiritual literature, we read that prophets, channellers, saints, etc. hear telepathic messages in their heads, which evidently come from external sources because no one around is talking. Most of us have interpreted these events as a sort of "phone calls from the beyond", which suggests that some radio antenna beams messages into a receiver's head.

From all that I can gather, that's not really the most central aspect of telepathy.

The way I understand the current evidence, human telepathy functions via our deep, central core, or our "inner self". Think of the many ways we have already discovered of how we work. Our subconscious inner self, what we call our Higher Self, is an active agent who continuously collects interdimensional information, particularly from our close friends. At the same time He/She does not bother you with "all the noise" around us. But when the information is urgent, or when you ask for it actively, our Higher Self lets you become aware of non-verbal or verbal messages that it has collected and that are relevant to you.

So "telepathy" is an extension of yourself. When you develop your capacity to consciously hear and speak telepathically, this capacity is the rendering of your expression to the conscious level. Once you have got sufficient practice, you can learn to express your own thoughts verbally and communicate via your intentional channels.

This interdimensional connection point forms a focal part of your spiritual existence. From what I have been able to gather from multiple sources, we will increasingly learn to communicate with the rest of the world via those focal points of telepathy in coming years and decades.

Accuracy of telepathy

Merriam-Webster defines telepathy as "communication from one mind to another by extrasensory means". So at the most elementary level, if you take a pendulum, swing it and find out how a good friend is doing, you are already communicating telepathically with your friend, since you're obtaining your information by extrasensory means. All forms of

interdimensional communication use telepathy at certain moments.

Is telepathy accurate? Yes, it is as accurate as any of our other interdimensional tools are, and particularly so between people who know each other well, particularly in urgent cases. Systematic studies (see below) have shown accuracies of over 50% for guessing which of four friends is calling on a fixed-net phone without caller-ID.

These are relatively recent telepathy results, and many psychologists are still not aware of these excellent guess rates. But many specialists are aware of the massive sets of parapsychological tests that have shown for more than 80 years that most of us are telepathic to some degree. For example, if you try to guess what card a person behind a wall is looking at, you have a slight above-chance possibility of guessing it right. Given enough such tests, these differences are statistically significant.

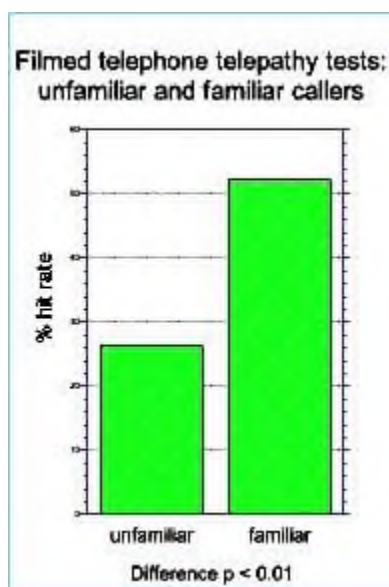
Those who do *not* wish to be considered telepathic curiously show statistically significant *below-chance* results. In other words, their results are still statistically different from chance results, but in the inverse sense from those who accept the idea of telepathy. So we know that any attempt to use telepathy does have some decided effects, despite the massive denial by large groups of people.

5.7.1. Further than the well-established results

These well-established results emerged from the thousands upon thousands of (fairly boring) card guessing tests that were conducted during the 1930's, 1940's and 1950's in the context of the J.B. Rhine's Duke University experiments. In the 1950s and 1960s, some statistical issues were verified, and some large meta-studies were performed. But in the end, all these studies supported the original findings.

While talented, highly motivated and well-trained persons showed some exceptional results, the average telepathy guess was very close to chance level, and no one has ever been shown to be 100% accurate all the time. For a long time, the slight above-chance results that came out of these studies were thought to correspond to the level of telepathy that is possible for average humans¹.

However these tests had been done with people who didn't know each other.



When one does tests with people who know each other well, and who also feel that they are telepathically connected to others, the results can be much more impressive.

At left you have the results of a telephone telepathy test conducted by Rupert Sheldrake and performed by people who are either unfamiliar or familiar to the person who is called. The game consisted of guessing who the person was that was calling on a land line without caller ID. All subjects were filmed to make sure they could not cheat (with mobile phones, computers, etc.). Guesses were just barely above chance at 25% for unfamiliar callers, as in the Rhine experiments, but they were at over 50% – way over the significance levels – for familiar callers².

A good way to understand this type of test is to watch a TV video done with the four members of the Nolan Sisters musical band. A musical band has to show internal

1 Start with review on http://archived.parapsych.org/members/jb_rhine.html.

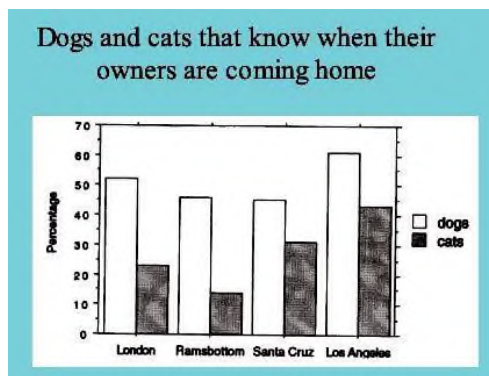
2 Illustration from YouTube "Rupert Sheldrake the Evolution of Telepathy" <https://youtu.be/2MOzISF0a8M>.
The Perrott-Warrick Lecture by Dr. Rupert Sheldrake (February 9th, 2011). For a mixture of 1000 familiar

coherence in order to succeed as a group, and indeed, the band did very well on the telephone telepathy test³.

Dogs and cats that know when their owners are coming home

This is quite revolutionary, and Rupert Sheldrake's results provoked a great deal of upset in the materialist scientific community. This kind of result goes directly against the prevailing grain. How could one understand this powerful form of human interconnectedness, and why would humans have such an ability?

To begin to answer this question, we turn to another successful set of experiments done by Rupert Sheldrake: animal telepathy. Animals can show us with great reliability some underlying mechanisms of psychological functioning which are more tricky to demonstrate with humans.



Many people who have dogs and cats have noticed that their animals seem to know when the owners are coming home. At the left is a survey of dog owners in two cities in the UK and two in California (from the video in footnote 21). Around half of the dogs and anywhere from 15% to 42% of the cats show such behaviour.

Usually this is simply attributed to the animals hearing characteristic footsteps, or the sounds of typical engine and tyre-noises on the gravel outside. However, the case is not quite so easy, because

factually dogs and cats start expecting their masters a long time before they show up at the door.



In fact, in a detailed study of some 800 dogs and some 500 cats, Sheldrake has collected video-taped behaviours of dogs and cats expecting the owners during the hours returning home. An illustration is shown at *left*. The dog Jaytee began going to the window a full hour or more before the owner actually showed up at home. Sheldrake says that animals usually start their expectation behaviour the moment that owners decide to go home, no matter where they are and what means of transport they choose.

As a sideline, Sheldrake says that animals get distracted from their expectation behaviour by other animals in the neighbourhood – which is another way of saying that "bored animals that have nothing else to do, show evidence of waiting for their owners to come home". This observation might explain the high scores for Los Angeles dogs and cats, where it is likely that a high percentage of the animals were shut indoors while their owners were absent.

5.7.2. The universal telepathy net

So we have dogs and cats that seem to know when their owners decide to return home,

as well as unfamiliar callers, Sheldrake quotes 42% correct identifications in the video given in the next footnote.

3 "Telephone Telepathy with the Nolan Sisters and Rupert Sheldrake" <https://www.youtube.com/watch?v=tQe7NXlcnw>

and where distance or means of travel makes no difference to the results. We also have substantial evidence for telepathic knowledge with familiar telephone callers. Similar large-scale results are in the works for SMS and email messages, according to Sheldrake. We may also chuckle over the cats that know in advance when their owners want to take them to the vet and that disappear just in time before the appointment, or about a New York parrot that wakes up its owner with loud comments on her dreams⁴.

All these results show that telepathy very likely exist in dogs, cats, birds and humans. This further implies that there must exist some *huge universal telepathy* net that somehow relates humans, dogs, cats and birds with each other. When dogs are bored enough, they tap into this net to find out if their masters have already picked up the car keys to start the trip home. And when they have, they tend to go to the window or the door and wait for them to come home.

A fascinating aspect of this net is that distance or time are apparently not of importance. Absolutely no effect of distance or message transmission time has ever been documented for the J.B. Rhine experiments, nor for any of Sheldrake's experiments. The telepathy net apparently functions anywhere and in parallel time. It is an "instant-share net".

But why is this net so "weak", in the sense that we can't decide to "call someone up for a chat" by dialling into this communication net at will?

Possibly by design. The experiences of some LSD consumers can describe this for us.

Telepathy under LSD

It appears that in certain cases, LSD has improved the telepathy between two drug experimenters, so that over long periods of time, they were in telepathic contact. These experiences also showed the inconvenience of uncontrolled telepathic communication.

I'll stop quickly to say that I do not wish to encourage uncontrolled experimentation with LSD or other psychogenic drug. I don't say this because of worry that some enterprising lawyers might read these lines. LSD as it is currently available on the illegal market can be contaminated and can present serious health hazards. Also it really isn't funny to have to go to a hospital to get your stomach pumped out – or yet worse, to end up like a terminal Alzheimer patient. *These events have actually happened.*

Also, LSD trips provide highly selected and at times distorted views of the world. If you're not guided by an experienced professional, you may become tragically disoriented in your understanding of your own psychology and spirituality. This may for many years lead you down the garden path with respect to your own personal development.

Yes, we should permit ourselves to experiment with our creative minds, but always in such a way that we have full control and do not endanger the delicate nervous functioning which constitutes our fabulous human mind. Much safer experimentation with spiritual states is possible with carefully controlled transcranial magnetic stimulation which is totally legal⁵.

Having said that, let's get back to the evidence. On YouTube, a few young people had described strong telepathic conversations with friends during their LSD experiences⁶. They

4 "Rupert Sheldrake - The Extended Mind - Telepathy" (3 parts):

<https://www.youtube.com/watch?v=Yo0gyXZQv0o>,

<https://www.youtube.com/watch?v=0V6KBzIhu4>,

<https://www.youtube.com/watch?v=hYkoQ9WnwAM>

5 For example. "God's Helmet." <https://www.god-helmet.com/wp/god-helmet/index.htm>.

6 E.g. YouTube "*Telepathy During an MDMA and LSD Trip*" No longer available. Telepathic experiences with clear communication of previously unknown information were also gathered with pure LSD in officially sanctioned laboratory tests performed during the 1960s and 1970s with terminal cancer patients at the Maryland Psychiatric Research Center, see Grof, Stanislav (2006). *The Ultimate Journey*:

definitely knew that they were in continuous interactive communication by telepathic means.

A major problem was that they "couldn't hang up the phone", and that the telepathic communications interfered with their normal conversations. They became very confused when someone started speaking, because the two communication lines entered into conflict with each other. Internally, they were still communicating with their friends by telepathy, while externally, they wanted to participate in a spoken conversation. This control problem relates to the fact that under LSD, it is often difficult or impossible to turn off a given perceptual flow. Experimenters are fixed on a certain perceptual focus and cannot deviate their attention.

To us this also suggests that our current level of telepathic capacity is limited because we still have not yet learned to turn on and off the telepathic flow at will. Once we learn to do that, our exploration of the telepathic interdimensional Internet may expand quite a bit more.

5.7.3. Swarm behaviour as a spiritual dimension

Given adequate communicative functioning and switching, increased and voluntary human use of telepathy would be quite interesting. What would be the consequences of such an increased use of telepathy?

It is probable that widely shared telepathy would reach deeply into interpersonal relationships. For example, when one becomes intuitively aware of what one's neighbour can think and feel – i.e. among highly ascended members – it will be much easier to develop "swarm behaviour" within a certain group.

Swarms are seen in groups of birds and fish at certain times of the year when large groups fly or swim in coherent groups. For a long time this type of behaviour was explained as a form of copying one's neighbour's behaviour, but the copy-cat explanation doesn't hold up. According to Sheldrake, calculations have shown that it would take far too long to pass impulses from bird to bird through the entire swarm via the visual and neural systems.

A promising explanation could be based on quantum states in animal telepathy. If birds follow an evolving master plan shared in an instant-share telepathic system, the timing of coordinated swarm behaviour could be explained much more easily. This formulation is thus the "quantum telepathy" hypothesis.

Two factors favour this hypothesis: first, that *distance* is of no consequence in the quality of the transmission. Second, the *degree of greater familiarity* between swarm members bears a resemblance to the behaviour of electrons in an entangled state. In quantum physics, entangled electron particles remain connected, so that actions performed on one affect the other, even when they are separated by great distances⁷. Similarly it could be proposed that specific quantum states *within* a swarm would spread more than they would *outside* the swarm.

Also swarm behaviour in animals parallels cooperative behaviour in humans, which we know to be fostered in spiritual dimensions. When we take into account the evidence on animal and human telepathy, a link becomes evident between cooperative and swarm behaviour. At times when it is in the interest of most members of a strongly cooperative group, a "swarm behaviour" could emerge, where directions could be determined

Consciousness and the Mystery of Death. Multidisciplinary Association for Psychedelic Studies.

7 Quantum entanglement is a physical phenomenon that occurs when a pair or group of particles is generated, interact, or share spatial proximity in a way such that the quantum state of each particle of the pair or group cannot be described independently of the state of the others, including when the particles are separated by a large distance. [Wikipedia](#)

cooperatively via an instant-share telepathy net.

In the long run, we might thus evolve towards a novel social model where we become much more strongly interrelated through our subconscious communication links.

Is telepathy between humans possible?

In a video posted in June of 2013, reasonably good evidence for shared intuitions between identical twins was shown⁸. Shared intuitions are good evidence but one step further is desired: telepathy as a normal universal substitute for human speech.

Since 2013 a fair bit of "inofficial whistleblower testimony" has also been revealed about the use of telepathy in communications with extra-terrestrials. Concrete grammars or dictionaries of telepathy are emerging⁹. Also a guided telepathy exercise for establishing a close relationship between you and a special person is here¹⁰.

Consider the potential effects of a spread of swarm behaviour

If increasing numbers of ascended humans develop effectively their telepathic capacities for picking up thoughts of others, some major changes might evolve.

We would know ever more clearly what misdeeds are being committed left and right, with very important consequences on police, legal and political functioning. In turn, the development of greater telepathic capacity would also provoke some major issues around the protection of privacy and human rights.

As we have seen, telepathic communication is only useful if it can be turned on and off voluntarily. It remains further to be seen if and to which degree criminals will be able to hide their misdeeds, and whether individuals will be able to preserve their legitimate intimacy when it is appropriate in conditions of accrued telepathic ability in the population.

Humanity may be on the point of raising entirely new issues of social behaviour and privacy as we advance in a world where telepathic functioning may become part of our daily lives.

[*Verification*: "Melkiades, are you in agreement with what is written here?" "Strong agreement." "Can I put it on the website?" "Strong agreement".]

8 "Naked Science – Telepathy", <https://www.youtube.com/watch?v=AdmyUEVLRAM>

9 You can find a insightful telepathy primer here: <https://www.officialfirstcontact.com/wp-content/uploads/2019/05/Telepathy-101-Primer-English.pdf>, made available on [officialfirstcontact.com](https://www.officialfirstcontact.com).

10 "Guided Telepathy Make Your Special Person Think of You", <https://youtu.be/gjRujTCdDeo>

6.1. Spiritual healing

The human body is highly complex, and its functions can become unbalanced for various reasons. Spiritual healing aims to overcome many root causes of these problems.

Spiritual healing is and should be part of a *complete (holistic)* approach to healing.

It should and can work in integration with physical and psychological healing. All three approaches, physical, psychological and spiritual, should be supporting each other.

Like well-chosen medical or psychotherapeutic therapy, spiritual healing can help us return to a well-functioning and balanced body and mind, to get the body to function without noticeable problems. The more one improves one's functioning and well-being, the better one can realize one's goals and build life enjoyment.

At the present, acceptance of spiritual healing is still marginal in western society. In the eastern world, spiritual approaches have a long history, and are well accepted by the population. Many of its aspects are widely integrated into medical and psychotherapeutic treatments. The holistic interplay between spiritual, psychological and medical concepts is far less conflictual in the East than in the West.

With our ascension to the 5th dimension, the time has come for many more of us in the West to open our minds and to consider the possibilities of spiritual healing. This approach may offer perspectives that are unavailable or only partially open in traditional medical or psychological approaches.

A concrete example

We learn best from examples, and for that, authors can do little better than take their own personal histories. So let's see how spiritual healing has worked for me.

About 2004, I had what is commonly known as a "burn-out"¹. After 30 years of non-stop intensive work in various universities, in different countries, driven by excessive personal aspirations and hampered by inadequate social skills, I was meeting increasing opposition in my professional environment. As the years went by, pressures became ever stronger, and my mental and physical fabric was being ground up. Things eventually became unmanageable, I became unable to work – and everything came to a screeching halt.

Image: <http://robcares.com>



I had to take a month off from work – but this was not enough. I barely recovered. A year later, in the midst of a marital separation, I noticed one morning that I had lost the right half of my visual field. My body was literally "giving up". I was hospitalized and thoroughly checked out. Thank goodness the condition lasted only for four hours and then cleared up. No major physical dysfunction was found and I was released a few days later.

¹ Wikipedia: "Burnout is a psychological term that refers to long-term exhaustion and diminished interest in work. Research indicates general practitioners have the highest proportion of burnout cases; according to a recent Dutch study in Psychological Reports, no less than 40% of these experienced high levels of burnout. ... Many theories of burnout include negative outcomes ..., including measures of job function (performance, output, etc.), health related outcomes (increases in stress hormones, coronary heart disease, circulatory issues) and mental health problems such as depression."

At the same time, I was at the end of my tether. I knew that I had had two warning shots, and I wasn't keen to see a third. My medical history pointed to a potential stroke. I held on for four more years, reduced my schedule as much as possible, and then I took early retirement in 2008. I drew a solid line, dropped all work and took an extended holiday.

In short, I reacted just in time and I narrowly passed by a more serious medical condition. The burn-out was mostly psychological (inability to deal with stress, loss of motivation, etc.), but it was accompanied by total physical exhaustion. Also, more problems were waiting in the wings. The loss of the visual field could have become wider neurological damage, and there could have been a cardiac arrest – or worse.

Slow recovery

It took a long time to get over the burn-out. For two years I slept some 16 hours a day. Every 24 hours I had two short periods of staying awake, each about four hours long. In between I took extended siestas. After *ten years* I slowly came out a heavy fog of continued tiredness.

The burn-out was disastrous for what I could accomplish. During my 30 years of life as a university professor I had written and/or co-authored five professional books and more than 100 scientific articles². But during those ten years after the burnout I did not accomplish much more than a first, sketchy version of this "*Guide to Ascension*". I started a number of projects, and gave up on all of them. For example I tried to learn to play the piano from scratch, but I wasn't able to concentrate for long periods of time, nor do the regular practice, never mind, remember what I had learned.

Writing the first version of this "Guide" was hard work for me, much harder than it would have been before the burn-out. I still felt that I had the same mind as before. I had no loss of memory, I still thought quickly, I read widely, and my reaction times were comparable to what they were before the burn-out. But what was lost during those ten years was an enormous amount of time, clarity and freedom from that "fogginess", and the will to complete a full project³.

Now that the burn-out episode is well behind me, I am advancing well with my two current projects, which is first the updated and extended version of this "Ascendancy Guide" and second, my new site for classical music (<https://neoclassix.info>). You are currently reading the fifth revised edition of the Ascendancy Guide.

From a retrospect perspective I can tell you what I have learned in about ten years of burn-out recovery.

The healing

What does one do with a burn-out patient?

After the hospitalization I went through the usual medical process. The doctors tried to put me on various types of anti-depressants, but their drugs caused me a great deal of discomfort – loss of sex drive, profound inner dissatisfaction and incredible, excessive periods of sweating. After a few weeks I put all the pills into the trash and I never regretted it.

I also had psychotherapy. The first therapist didn't understand at all what I was going through, and she was of no help at all. The second therapist was better. We got down to

² <https://www.permakultura.ch/cv/Kellerdoc.html>

³ *Spiritual friends* of mine suggested gently that I needed the time "to really think through the question of ascendancy". Quite indeed...

the issues of my social skills and my excessive professional aspirations. I saw a number of things that I hadn't seen before. But after a few months, we were at the end of that line also.

I was still years away from a real recovery. That's where the spiritual healing came in. I started working with my inner self. At that point my awareness had matured to the point of a direct interface with my Higher Self, Melkiades.

I used the I Ching, I meditated with Hemisync recordings from the Monroe Institute, I had developed my ability to work with the pendulum, and I finally added conscious dreams. I often asked questions for hours at a time, reflected on the answers and then I dug further. The answers I received were at first approximate, but slowly, they became clearer, more consistent and more definite.

My inner self began to offer me solutions where the medical doctors and the psychotherapists had left off. Often these solutions were new and surprising, and they eventually led me to a self-directed form of spiritual healing.

6.1.1. Self-directed spiritual healing

Self-directed spiritual healing is a bit like psychotherapy, but with the crucial difference that clients find their own solutions in interactions with one's spiritual self. In true ascended manner, we learn to develop our own capacities to heal ourselves. We set up our own question-and-answer sessions using the interdimensional communication tools. We are no longer the objects (or sometimes guinea pigs) of some external practitioner. We go directly to the source, which is ourselves.

In psychotherapy, an external therapist is the main source of inspiration, while in self-directed spiritual healing, the therapy must arise from the inside of ourselves. We go through a learning process. We open up to suggestions from within ourselves and we consult outside sources for verification or for further information. Finally we determine the most meaningful direction to take.

Listen to the inner experts

If we work with a spiritual master like our Higher Self, their approach may often appear esoteric at first. I had taken note of their reasoning and their procedures.

For instance, masters may direct healing energy to a patient, all while saying that they do not really "heal" the patient. They typically say that they *create circumstances where healing might occur*, so that clients can do their own healing through their own access to their spiritual energy. Masters will often say that they merely help open the doors to a spiritual healing process. Then it is up to the "higher energies" and up to the clients themselves to perform the actual healing.

I listened and I applied those suggestions to my burn-out. I used four approaches:

1. I paid myself a year-long spiritual healing procedure that freed me of a life-long **respiratory problem**. I was supervised by a spiritual healer. Essentially, it consisted of concentrating on the problem and on hyperventilating for 10 seconds, once I was fully concentrated. This was done once a week, and it has contributed powerfully to my recovery. When I became able to breathe much more easily, I slept better and was less exhausted in the daytime. The healing of a life-long respiratory condition was indeed "miraculous" from the standpoint of traditional medicine, because no drugs were taken and because I only performed spiritual therapy all that year. This experience proved to me that spiritual healing can actually accomplish some

- serious work.
2. The spiritual Q&As let me find root causes and emotional bases of my burn-out. By asking my Higher Self about everything that happened before, during and after the burn-out, I found major imbalances to clean out, again with meditation procedures. Particularly in my social skills, I found the **origins** of my past frustrations, I saw which situations I had **handled inadequately**, and I learned what I needed to **change in my life** to regain health and to avoid future disasters.
 3. Further my spiritual Q&As let me find an unsuspected internal problem I had never thought of: **allergic reactions**. I had been blissfully ignorant of any allergic reaction up to that point. But bouts of wheezing, itching and various other symptoms started a series of questions to pose to my immune system using muscle testing. It turned out that I was allergic to – curiously – carrots and all kinds of yoghurt – which disappeared when I cut those elements out of my diet. Today, however, in the summer of 2023 and 5 years later, this reaction is no longer active.
 4. Finally the spiritual Q&A directed me to non-spiritual solutions that I wouldn't have considered otherwise. For example, a bit against my will, I was impelled to examine and find solutions for my **nutritional imbalances**. The answers from my higher self also put my nose upon some unexpected videos that showed me how to sleep even better and give a chance to my immune system to recover even more. Spiritual Q&As are not only good for spiritual healing, but perhaps even more powerfully, for finding more effective materialist solutions.

It was a combination of all these elements that pulled me out of the mud. I felt a new spark of life in me, and I was willing to return to some "real projects". The burn-out cost me ten years of my life, and perhaps a few more. That's a long time, but I regained hope, changed my perspective on healing, and I let my body regain its rightful place.

Now has come the time to share and to make sense out of it all – all while returning to some true joy of life.

6.1.2. Understanding spiritual healing

If spiritual healing can do all that, how does it actually "work"?

Coming from the traditional medical and psychotherapeutic model, we naturally wish for rational explanations, or at least, for some hint of where a rational explanation might be found. Some indications are emerging.



One promising avenue of thought concentrates on a conception of energy that exists throughout the universe and that humans can harness for various feats such as "energy healing"⁴. In Chinese this internal force is known as "**Chi**" (also written "**Qi**" [ideogram at left]). This invisible energy is postulated to inhabit all living beings, and in fact, is considered to distinguish living from non-living elements.

There are indications that this energy may be related to subatomic "zero point energy" or "dark energy" and "dark matter", known in nuclear physics. But while subatomic energy is considered a *general* physical force, Chi energy is specific to *life-containing elements* (vegetation, animals, humans). How can we explain that difference?

The difference between subatomic energy and Chi energy

The oriental Master Chia explains the difference between subatomic energy and Chi

4 That's why "spiritual healing" is often named "energy healing".

energy in this way⁵. I paraphrase it for clarity:

"Dark energy" or the "quantum foam" of the universe, when not influenced by a living being, is a bit like magnetic energy when it points *randomly* in different directions. But when that energy is manipulated for actions or for healing, these *magnetic-like forces are aligned into positive and negative layers*. These layers all point in the same direction and are thus much more powerful. Then they can be used for actions involving quantum force or healing.

Chi is thus thought of as *directed subatomic energy*, capable of healing action in humans or animals. In East Indian tradition, this energy is called "prana", and in the West we often translate this concept as "life force". When Chi is specifically invoked in a healing, this is often called "pranic healing" or "energy healing".

As we begin to understand the bases of spiritual healing, we can design more systematic tests and verifications of this type of therapy.

Strength of the Chi

In humans or animals, Chi energy is believed to flow throughout the entire body and to project some distance outwards. The external projection of the Chi is the aura, which some people can see around our bodies and which can be inspected with Kirlian photography or other devices that render visible the effects of Chi energy⁶.

The Chi is thus bundled energy. It can be oriented and concentrated by our actions, but also by our karmic history and by resonant universal sources. That is what is meant when the Chi force is wilfully be made more powerful ("be raised") or is reduced ("be lowered"). If our desire is not blocked by our karmic history, and if it provides benefits for the universe, it is "resonant" and it reinforces our actions. On the other hand Chi can be weakened or blocked by parts of our karma, or if desires are directed against universal benefits.

The Chi is thought to have great healing power when it is "in good form". When it is disorganized or "confused", the Chi cannot fully exert its healing power. So our state of consciousness and what we do, think and feel is seen to have a direct effect on the Chi, and indirectly, on our ability to heal ourselves.

Focus on the heart

A key function to learn in spiritual healing is to focus the Chi into congruent and resonant directions.

How can one develop a clear focus to direct our Chi towards healing?

The *heart* and *emotion* can provide the required focus.

The heart is our body's most powerful electro-magnetic-physiological organ, and it is connected with the entire body with complex electrical and hormonal links. Heart functions underlie all conscious thought and they reach far, flexibly and intelligently into our emotions and into the subconscious abilities of the body.

With the heart we can choose the direction and determine the path that the Chi uses to heal us.

The heart focus is also supported by some empirical evidence. In experiments performed by Dr. Glen Rein, for example, spiritual healers using heart-focused energy had greater

5 "CHI IS BIO MAGNETIC ELECTRICAL ENERGY | Master Chia on London Real"
https://youtu.be/0OFgL_aaXug

6 These devices will be explained in the next chapter.

success in accelerating the growth of human immune system lymphocytes than those using mental (i.e. brain) energy⁷.

The aim is to focus the heart reliably and consistently. A focused heart can over time align a whole body to a desired condition. The Chi retains the information and keeps directing the body towards this focus. If the heart focuses on a healing, and if the proposed healing does not conflict with karmic or universal aims, the Chi attempts to help effect the healing.

6.1.3. Example of a voluntary spiritual healing

Let's do that with a short meditation. It will take just one minute. Go back to the one-minute meditation⁸ and add a heart focus. Here is how we would do that:

With the eyes closed, breathe normally and regularly for one minute⁹. This calms the heart and lets it pump more regularly. Halfway into the minute, we submit an image to the heart with a request to follow the direction shown in the image. The image could be a state of healing, or any other positive and joyful state, or whatever you wish.

The heart immediately acts on your suggestion and causes reactions in your body that are congruent with the image. In addition, the Chi also takes note of the image and may contribute powerfully to the effect in the long term.

Along the way, we must learn to trust what we're doing: Spiritual healing is at times instantaneous, and at other times it works with a delay and in ways that seem circuitous. Long-term effects may well arrive several weeks later or differently from how it was expected.

Long-term ripple effects

Spiritual healing has contributed to my recovery in various ways.

The answers from my Higher Self have done much more than "just" heal my exhaustion. Through this long journey I have become familiar with large parts of the field of spiritual healing that have been helped a lot.

The essential thing is the systematic use of our Higher Self. I can tell you the story again and again from different perspectives, but we always come back to the same thing: find your Higher Self, and the Higher Self will eventually show you an important path.

This may support the interest of many who are suffering, especially those who have tried but have not been sufficiently helped by established health options.

In the next chapter we will explore chi power in more detail.

[*Verification*: "Melkiades, do you agree with the text as it stands?" "Full-heartedly". "Can I put it on Internet?" "Totally agreed".]

7 Glen Rein "The bipolar nature of healing energy", YouTube "11. Symposium der DGEIM, Vortrag Glen Rein" <https://www.youtube.com/watch?v=VCAliE9ZuhY>

8 <https://youtu.be/F6eFFCi12v8> for a full explanation, <https://youtu.be/F7PxEy5JyV4> for a shorter version.

9 A variety of studies suggest that the regularity of one's heart beat is a good predictor of longevity. For further information, search for articles on "Heart Rate Variability (HRV)".

6.2. Chi forces for healing

In the previous chapter we suggested that spiritual healing, prana healing and healing with the Chi force are probably all the same. Let's continue this thread.

Here is our central hypothesis:

The Chi force may be the central energy source of spiritual healing. The more we open ourselves to this source, the more we strengthen our body's recovering and regenerative capacities. Opening ourselves to this beneficial Chi force may be one key component in our ascendancy path.

So here are some questions:

1. What does an experienced Chi practitioner do?
2. What are some experimental findings about Chi, e.g. Kirlian photography?
3. What are potential placebo effects? Is Chi an external or an internal force?
4. What suggestions can we glean from reports by Dr. Glen Rein?

At the end of the chapter we will return to Chi effects with another short experiment.

6.2.1. An experienced Chi practitioner

Soft-spoken Frank Willis from the North-West of England is a spiritual healer as well as an accomplished Chi practitioner.

On-camera, he broke through 18 slabs of concrete with one hand stroke (*Fig 1*). To get ready for one of these feats he says that he *raises* or *lowers* the Chi in his body voluntarily by doing specific exercises (*Fig. 2*). He also says that he can accomplish such extraordinary feats only when he is in "high Chi".



Fig. 1. After performing a set of exercises to "gather Chi energy" (*Fig. 2*), Frank Willis breaks 18 massive cement blocks with a single "Chi-powered" blow. This demonstrates the potential power of the Chi force. Frank Willis is also a spiritual healer and uses his Chi force to help heal clients. Images in Figures 1, 2 and 3 are taken from "SUPERHUMAN 1/8 - Chi Energy Demonstration & Explanation" on YouTube.

The screen shots below are taken from a YouTube video (https://www.youtube.com/watch?v=pc9Q-VG_Lvc).



Fig. 2. Prior to smashing the cement blocks at right, Frank Willis raises and lowers the Chi with a series of exercises. This process appears to raise his own internal temperature, because he first takes off his sweater and then his sweat shirt as he goes through the exercises.

In this documentary¹, he explained some of his powers. The Kirlian photographs in Fig. 3 illustrate his “high Chi” and “low Chi” states.

It is interesting that he prefers to use his Chi powers for healing rather than for slab-breaking. He finds that using his Chi forces for healing is much more satisfactory than for defensive training. He says that he has a long series of satisfied customers for his healing skills.

6.2.2. Experimental findings about Chi

This video confronts us directly with the scientific controversy surrounding the Chi force. We see that:

- Chi can be used for both healing and self-defense purposes.
- Chi masters demonstrate exceptional self-defense capacities that are difficult to explain in familiar physical and physiological terms.
- There are a great number of supportive testimonials for the Chi healing effects, not only from Frank Willis' clients, but also from many Chi-treated clients all over the world.
- There are various demonstrations with Kirlian photography and other devices² that show "that there is something exceptional in the Chi force".

Chi effects are beginning to be examined by Western medicine. While first systematic demonstrations are showing encouraging healing effects for Chi-treated clients³, there remain great mysteries about how exactly the accelerated healing does occur.

1 You can find several videos on Frank Willis on YouTube. The above images are taken from the series "Interview - Super Human" (<http://www.youtube.com/watch?v=fV>, https://www.youtube.com/watch?v=pc9Q-VG_Lvc). If you enjoy seeing cement blocks break, here is a recording of the Guinness World Records 2008 for breaking cement blocks with a single blow: <http://www.youtube.com/watch?NR=1&v=MFwtZlzoBEE&feature=fvwp>

2 Another technique is gas discharge visualization (GDV). As with Kirlian photography, the images are interesting and even provocative. What is uncontested is that electromagnetic radiation is measurable right around the body. However the interpretation of the flares appearing around the body is as yet unclear and/or controversial. https://www.researchgate.net/publication/327509580_Gas_discharge_visualization_-_historical_developments_research_dynamics_and_innovative_applications/link/5b927570a6fdccfd54203691/download

3 Chun Yi Li, an accomplished Chi Gong master who works in Minneapolis, Minnesota, USA, has collaborated with a number of medical research teams in Minneapolis who have found systematic acceleration of healing in those patients who were treated with Chi Gong methods. The exact references used to be available on Chun Yi Li's webpage: <https://www.springforestqigong.com/>. However I couldn't find these references any more in 2016, but read "Doctors say..." on the title page.

I shall take you through some key arguments surrounding the Chi force, to give you some indication of the state of the question.

Does a Kirlian photograph show Chi?

To understand what the demonstration of "raised Chi" and "lowered Chi", as demonstrated by Kirlian photography means, let's briefly consider how Kirlian photography works.

In 1974 I built a simple Kirlian camera on the basis of a schema in a book called "The Kirlian Aura" (reproduced below⁴). This type of camera directs a relatively low-frequency current through living tissue (I estimate about 250 Hz), then through photographic film to a metallic plate. My setup worked correctly and I obtained similar results to those shown in figure 3. My own pictures of my fingerprints have now been lost, but they illustrated an intermediate state between the two pictures taken from Frank Willis.



Fig. 3. Fingerprints of Frank Willis taken with a Kirlian camera. At the left, Mr. Willis had put himself into a high Chi state and at right into a low Chi state.

It has been proposed that strong life forces in living tissue facilitate the transfer of electric power through the film, while low life forces act as resistors. The typical example is a fresh cut leaf. When it is still full of sap, a Kirlian image shows a strong outline of the leaf. As it dies, the image becomes weak.

Many people will say that this is because a humid leaf permits more electricity to pass than a dry leaf. But that does not explain the common observation with human finger prints. Healthy persons typically leave stronger finger prints when they are healthy, and weaker prints when ill. Because an unhealthy person might be feverish and exude more humidity, we might have expected the inverse. But that's not the case.

More than that. As is habitual with Kirlian photography, certain points on Frank Willis' fingers were particularly strong facilitators of electrical conductivity, and high-frequency electricity flared through those spots. These points may thus have acted as the "meridians" known from Chinese medicine. We thus see another suggestion of a link with Chi force theory.

Does this mean that Kirlian photographs really show the effects of Chi? At this point, it is still difficult to say whether the Chi is truly imaged by Kirlian photography or not. Systematic research of Kirlian photography was essentially capped in the late 1970's, because the notion of an external Chi force did not fit the scientific paradigm of the time.

One interesting thing about Frank Willis' results is that he can voluntarily change the strength of an electric transfer within a few minutes. We must of course assume that the pressure on the plate and the strength of the current going through his body were kept comparable. It may indeed be possible that his voluntary raising and lowering of his Chi force did facilitate and diminish the electric conductivity in his finger tips. So it may indeed be possible that the Chi force was manifested in these Kirlian photographs.

⁴ (Schema below, at the end of 6.2.) Taken from page 72 of "A portable Kirlian device" by Robert Martin in *The Kirlian Aura: Photographing the Galaxies of Life*, edited by Stanley Krippner and Daniel Rubin. Doubleday Anchor Book, 1974.

It would be interesting to redo the experiment and measure moisture, pressure and voltage at the same time in Willis' two conditions. We might then get closer to a competent answer to the question of whether Kirlian photography actually reflects the Chi force.

6.2.3. Distance healing and focused spiritual intention

Now let us peek at some further indicators about the effects of Chi forces.

One of the curious indicators is "distance healing", familiar from Section 5.7. Many Chi or "energy" healers maintain that they can perform treatments at a distance. Many trained providers are capable of obtaining exceptional detail about a health condition in a person that may be far removed.

Edgar Cayce, the famous American healer of the first half of the 20th century, was capable of obtaining accurate and well-documented healing information for patients who were a continent away. How was this accomplished? What is it about the Chi force that permits this "distance-is-not-important" quality? While other factors are important in spiritual healing (see below), distance is apparently not.

Glen Rein's results

Physicist Dr. Glen Rein has performed a number of experiments with spiritual healers ever since the 1980s. He described some of his investigations in a 2011 talk available as a YouTube video⁵.

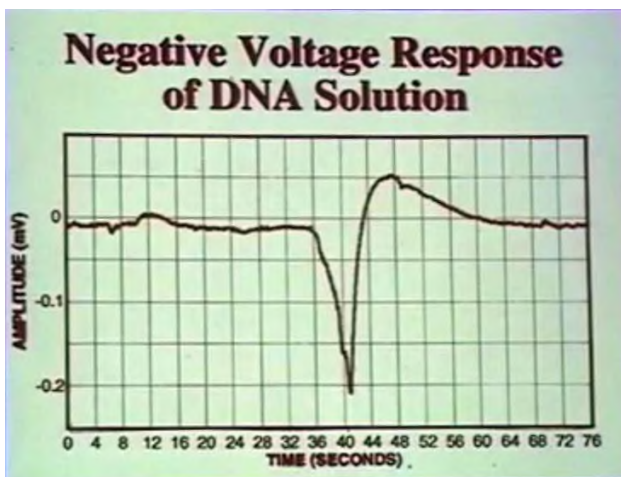


Fig. 4. A negative response of the DNA solution to the emission of an intention by a spiritual healer. Illustrations in Figs. 4 – 8 are from the YouTube report referenced in footnote 15.

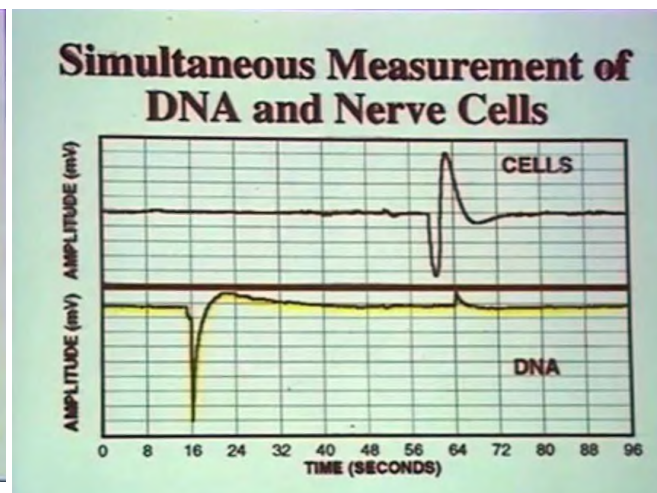


Fig 5. DNA and nerve cells were being recorded simultaneously. The conversation first touched upon AIDS and then on Alzheimer's disease. The two solutions responded selectively and appropriately to the conversational subject.

In one experiment, he observed the effects that the healer's *spiritual intention* has on human DNA as well as on human nerve cells. For that, he placed human DNA and human nerve cells into a solution on petri dish, and he measured electrical conductance in the solution. At the same time a spiritual healer a few meters away projected an intention in the direction of the solution. In Fig. 4, one sees a prominent negative response; positive

⁵ "Symposium der DGEIM, Vortrag Glen Rein" <https://www.youtube.com/watch?v=FwAbJTGOJA4> (presentation in English with translation to German).

responses were also observed. *The responses occurred reliably, every time after the healer's intention.*

Interesting was an experiment where both DNA and nerve cell solutions were being recorded concurrently (Fig. 5), and where the conversation of the experimenters happened to touch upon two different themes. First, the conversation became quite emotional in a discussion about AIDS. This provoked a response in the DNA solution, but not in the nerve cell solution. Then, 44 seconds later, the conversation turned to another emotional conversation about the experimenter's father who has Alzheimer's disease. In this case the nerve cells responded much more clearly than the DNA solution.

We retain: AIDS → DNA response, Alzheimer → nervous tissue cell response.

This is interesting, since AIDS propagates by invading human DNA, while Alzheimer's disease affects the nervous system. As incredible as it may sound, this observation suggests that the isolated human petri dish cultures might have picked up on the type of subject matter under discussion.

The need to focus

Glen Rein also did extended experiments where spiritual healers focused their energy on live lymphocyte (immune system) cells. Here is a summary list of his observations:

- The projection of specific intentions either increased or decreased the synthesis of the lymphocytes' DNA.
- Certain intentions were more effective than others. Non-focused thought (as often used in mental healing) was not effective. *Love emitted without intention was ineffective.*
- When the healer worked with imagery, he was as effective as when he transmitted an intention.
- The use of both imagery and intention, by those healers that were capable of such a combination, had an additive effect.

Healers are better than machines and ingestive substances



Fig. 6. The healer projects to a test tube in a container. Illustrations from the YouTube report referenced in footnote 5.



Fig. 7. DNA sequence in the process of unwinding.

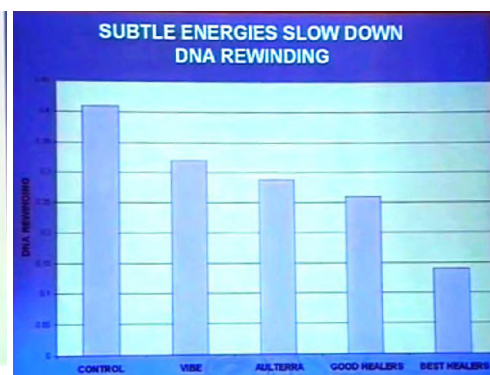


Fig 8. Effects were best for healers (two columns at right, lower is better). Results for the controls are seen at the extreme left.

We retain particularly that "Love emitted without intention was ineffective". This addresses

a question to many practitioners of "mindfulness meditation": is your meditation sufficiently focused for the purpose that you wish to obtain, or is it too diffused? In my personal practice I have always obtained the best effects when the site or the purpose was most clearly defined. Thus non-focused mindfulness may be less effective or ineffective than fully focused love emission.

Finally, Dr. Rein reported on a set of studies performed with the HearthMath group in Boulder, Colorado. Here, the purpose was to examine the capacity of influencing the degree of winding or unwinding of a DNA sequence (Figs. 6 – 8).

In this case, there were several spiritual healers, as well as an ingestive substance and a machine that is supposed to enhance DNA action.

It turned out that the healers were best at slowing down DNA unwinding (if you like, causing a minute "anti-ageing effect"), and that these experienced human healers had better results than either the chemical substance or the machine. But all treatments by human healers were better than no treatment at all (shown in out-most left column of Fig. 8).

Distance

Another result that shows up in cases of advanced spiritual healing is the unimportance of distance. Healers that work a short distance from a client can be just as effective as when they are greatly removed. Glen Rein also reported that healers did just as well when they were a mile away from the object than when they were close to the object.

Number of healers

Another frequent observation is that several healers working in concert can develop much more power than a healer working alone. In the example of a Chinese healing for a tumour described in a previous chapter (4.2.), three mental practitioners chanted the phrase "she's already healed" repeatedly. The effect was powerful and was documented live on an ultrasound screen.

Coherent cooperative action has often been described as being multiplicative. So suppose that three healers work in total conjunction, and that each has a healing effect of 10. Their combined effect would not be 30, but $10 \times 10 \times 10$, that is 1000. Even life partners and husband-wife teams could have much greater effects than individuals by themselves, and a family of 3 or 4, working in total coherence, might have a very powerful healing effect.

6.2.4. Conclusions

We conclude from all these observations that the following elements are important, possibly crucial, in spiritual healing:

- ***Projections from experienced spiritual healers can have an effect on living human tissue.***
- ***Geographical distance is not important***
- ***The projection upon the healing object must be focused.***
- ***The projection must show a strong emotional component.***
- ***The projection must either contain a clear intention or a clear image. Both at the same time would be best.***
- ***Human projection – especially when it is strong – is more powerful than ingestive***

or mechanical techniques.

– ***Multiple coherent and emotionally engaged healers show the best effects in spiritual healing.***

These seem reasonable conclusions at the present time. More studies are required to see how generalizable these results are. How well can they be replicated? Can the results generalize to the treatment of various diseases?

But for the moment, we see enough credible results to motivate us to continue examining these issues. Also, we see elements that remind us of Chi training. For example, Chi practitioners often invest strong emotions in their work. Listen to the emotional yells that the Chi practitioner produces as he moves large objects at a distance in this video⁶.

I conclude: Contrary to the increasingly mechanized approach of western medicine, spiritual healing is apparently best when it involves emotional human energy.

6.2.5. Experiment

Define a clear healing objective for yourself. Make sure that you have a clear criterion for judging whether the healing has taken place or not. E.g., instead of coughing every 5 minutes, you might fix the objective at coughing no more than once every half hour. Now set up an undisturbed healing session. Sit or lie down and reserve ten minutes for the exercise.

Begin by breathing regularly. Take 20 deep breaths. Count to five on each inspiration and five more on each expiration. Be very regular.

Now get over the embarrassment of doing something unusual, and just give it a try. Perhaps start by whispering. But even when you whisper, *fill it with full, emotional conviction*. Put yourself wholeheartedly behind this. Whisper, say or chant "I am healed" for three minutes, all while keeping in mind your clear healing objective.

Even better, do this with a close friend or one or several close co-meditators who fully understands and genuinely wishes to help. Say or chant "I am healed" and "she/he is healed" in unison.

Then do rapid breathing for 10 seconds. Wait another minute to calm down. The whole exercise should not take much more than 15 minutes.

Once you're finished, ask with your preferred inter-dimensional communication tool (e.g. the pendulum) how many more such sessions are required to effect a permanent healing.

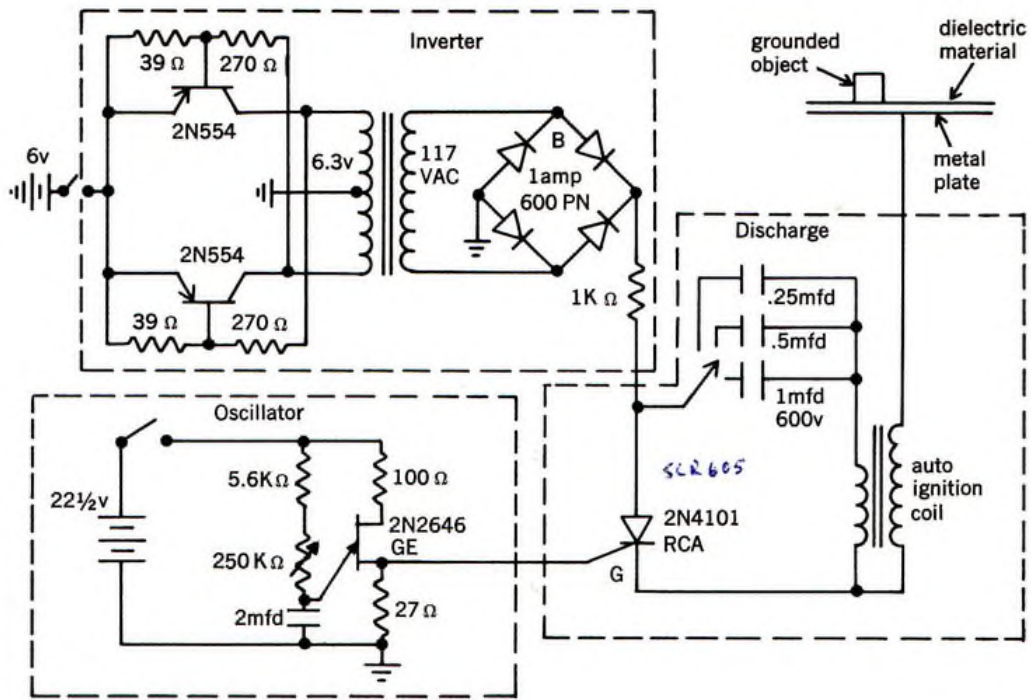
Don't be dismayed. In my case the cleaning out of the life-long respiratory problem took one whole year, i.e., about 50 sessions. But the effect has been total and long-term.

Overall perspective: to accelerate healing, we need full and emotional conviction from others who will really work together with you.

[Verification: "Melkiades, do you agree with the text as it stands?" "Fully agreed".]

⁶ "Man in China moves objects with CHI/KI energy" <https://youtu.be/rm2nA8delXc>. All in Chinese, but just watch the video.

Figure 28. A portable Kirlian device (courtesy, R. Marin)



6.3. Long-term perspectives on health

If we live long enough, health issues tend to catch up with us eventually.

As we get older, problems begin to cumulate. You know that you've got something "serious" when you find more than 10 "issues" in your body. Most things are minor, a little bump here, a minor wound there, a bit too much weight that just won't go away, an allergy or two, a respiration problem, a tooth that bothers you, tiredness, insomnia, a cranky stomach, a computer elbow, a stubbed toe, what have you, various aches and pains.

If you go systematically through your body starting with the head, asking about each of your internal organs and ending at the toes, you may discover so many minor or major issues that your 10 fingers will not suffice.

All along, you have just barely taken note, you've adjusted a bit, you've taken two aspirins or a strong coffee, and you've done your best to forget it all. Except that every so often, the issue in question doesn't simply disappear. Instead it becomes more insistent, to the point where it may wake you up in the middle of the night. Some mornings you may feel that everything has gone off the rails. But then you berate yourself for feeling so negative – and do your best to forget your unpleasant reminders, once more.

Kick the can down the road.

Stop the spiral?

If it gets worse, year after year, you may begin to ask: can we ever stop those nasty reminders?

Yes, we can. Here I wish to tell you about a few subsequent stops on my long road to a more "sustainable solution" of ageing.

I will go in three steps:

1. Conditions and causes
2. Approaches and remedies
3. Perspectives and missions

6.3.1. Conditions and causes



Our key objective is to live healthy lives. Yet according to current statistics, we spend about a sixth of our lives in poor health, most often in old age. Much of medical research seeks to understand how this common and extensive human suffering can be reduced.

Several strands of research give us important information about the elements that contribute to good health. I have already touched on important psychological factors. We recall that a range of studies has shown that happy people live healthier and longer lives. But how can we remain "happy" if a long-term condition keeps reminding you with pains and limitations?

The human being lives in direct interaction with microbes. Among them are the study of microbes¹, genetics/epigenetics, nutrition and psychology. Without them, we couldn't

¹ "A microbe is any living organism that spends its life at a size too tiny to be seen with the naked eye. Microbes include bacteria and archaeobacteria, protists, some fungi and even some very tiny animals that are too small to be seen without the aid of a microscope. The term microbe is short for microorganism,

digest our food, i.e. we couldn't live *without* those microbes.

At the same time, some other types of microbes make our lives very difficult. They accumulate in poorly irrigated areas (e.g. in the joints) and they end up digging niches into the tissue and the bones. From these protected places, they continue their evil purposes. They keep expanding their territory, they deprive us of nutrients and they fill our systems with their refuse.

We take note of them only relatively late in the game, for example when suffering from arthritis, or when we have infections, or when they have begun to seriously interfere with the functions of an organ or two, etc.

The immune system

Our immune system is responsible for separating beneficial from harmful microbes. In a healthy person fed properly, this highly complex police action is performed admirably well during our first 40-50 years of life. But microbes are insistent, the battle never stops, and gradually, the "bad guys" start to take over. They reinforce their territory, they occupy parts of the body, they mingle adroitly with the "good guys" to avoid being spotted, and they multiply at a staggering speed.

Thus the sophisticated forces of our immune systems fall behind and are gradually overwhelmed. Of course, frequent infections, toxins that abound in our environment and our nutritionally impoverished diet do not help matters.

So our poor body begins to acknowledge the many wrongs, each year a little more. Depending on your "preferred weakness", the damage first shows up in your circulation system, the movement system, the nervous system, digestion, the elimination system, etc. After a while, these systems gradually begin to fail in their functions.

When the faults accumulate sufficiently or when the body tries to fix the damage, there may be a sudden system failure (heart fibrillation, stroke from a blood clot, etc.), or more gradually through a domino effect of failing organs, as is typically seen in the terminal phases of cancer, advanced arthritis, etc. Indirect effects of microbial mischief also contribute to various progressive diseases.

Late effects

What is crucial in this whole story is that the causes of the problem are often far removed from their consequences.

The damage can even begin in fetal life and remain unnoticed until old age. Therefore, it would be best to begin supporting the functions of our immune system as early as possible. And that we do very rarely. We usually wait till things have begun to seriously get out of hand, just as I did with my burn-out.

In general, when we receive "the first really bad news" from our doctor, the reaction is to resort to one of thousands of "cures" that promise quick or immediate solutions. This action will rarely have the desired effects, for the one logical reason: an ill that has settled into our body a long time ago will not just up and leave a few weeks or even a few months later.

When you finally have begun to notice an attack, you are already in a strategic weak point. Microbes are directed by "social intelligence". They breed in different places in the body. If

which means small organism. ... Microbes are extremely diverse and represent all the great kingdoms of life, including the animals, plants, fungi, protists and bacteria." <http://commtechlab.msu.edu/sites/dlc-me/zoo/ziwim.html>

we hunt them down at one location, they tend to multiply in another. So for a long time, we must fight an intelligent uphill battle in various sites to rectify the balance against a very smart enemy that never sleeps.

It often takes years to enable "the immune police" to get the upper hand in a given situation, so that our innate processes of recovery and tissue regeneration can really take care of the damage.

6.3.2. Remedies: into the battle

When I finally understood what I was up against, I undertook a systematic battle. I decided that I would support my immune system as best as I could and that I would make life really hard for those harmful microbial agents. I have been on this battle for about four years. Let's see what has changed.

Nutrition. I radically changed my eating habits and now follow a balanced genotype diet² which favours fresh salads and vegetables, genotype-appropriate nutrients and comparatively low levels of protein.

One of the key objectives of a "high vegetable" – "moderate protein" diet is the maintenance of a pH-neutral interstitial fluid level which best supports immune functions. To favour high nutritional value, many vegetables remain uncooked. I eat to satisfaction, but not excessively. I leave about 8 hours between the evening snack and breakfast.

Alcohol, more than 2 cups of coffee per day, added sugar and sweets are off the list, as are fruit juices and pop sodas. Most carbohydrates (pizza, pastry, etc.) are gone. It corresponds well to my needs. As the months have gone by, the cravings for "exceptions" has essentially disappeared.

Pains. Because of residual damage from my pre-burn-out time, the treatments used to take 30 minutes to 2 hours out of my day. At this point I am wonderfully pain-free.

Extras. I saw my complementary health professional once or twice a week. In my case, that was easy, because my partner Elena is the health professional in question.

Now the "health inspection time" is minimal.

In addition, I have developed audio recordings to help my sleep which I put on every once in a while³. These help me reach 3 to 4 delta sleep periods every night. Deep delta sleep is associated with increased immune system support. Also, after sufficient delta sleep periods, I feel exceptionally fit and well rested. Finally, I do a meditation and I ask for support every night before falling asleep.

I do all of this without prescription drugs. I take one or two vitamin C pills a day, and that's about it. As you may have suspected, I have stayed far away from any "experimental injection". In short, I have become a "consistent health nut". This was the resolution of a long-term conflict between reason and easy habits. Reason has finally won out over convenience.

Quietly the positive effects have taken over. Small pains in the joints (computer elbow, carpal tunnel, knees, feet) are essentially gone. Tinnitus that has been with me for some 15 years has essentially disappeared, liver and gall bladder pains have simply stopped, neuromuscular disturbances from my burn-out have subsided, the intestinal system is quiet and does its job well.

² Dr. Peter J. D'Adamo, <http://www.dadamo.com/txt/index.pl?1039>

³ Archangel Uriel has also given me a particular recipe for various conditions that will be documented in the coming months.

6.3.3. Perspectives and missions

Beyond immediate actions we need a long-term vision or life perspective.

Here are some things to think about.

The absolute foremost recommendation is: "work with your Higher Self". Build a solid confidence in the answers you obtain from your chosen communication tools. Work with your pendulum, do talk with your Higher Self and make sure that He/She gives you clear answers.

I am often asked about health, or about a person's envisaged life partner. My first question is, "What does your Higher Self say about this?" And what is the typical response? "Ah, you forgot to ask your Higher Self!"

When you have an important question, the very first response is to always discuss things with your Higher Self.

Once you have done that, take your time to work through whatever internal changes or clean-ups you have decided upon. This may take several months.

Then when you are feeling ready to launch your second phase of questioning, I suggest that you ask *this central question, which is, "what are your life plans"?* Do you have a "mission to live for" during the next few decades? Do you aim to live a very long time without aches and pains? Do you want to prioritize a health plan, and go to the lengths of reading up and following a rigorous programme?

Or do you have some important mission looming behind your health concerns?

After thinking this question over for some time, the vast majority of people will simply say, "no, prioritizing a health plan seems too much trouble. And no, I don't feel that I feel any particular vision or mission in my life. Let me just live my life and I will be just fine."

OK, that is perfect. Do what is reasonable. *Eat regularly, don't exaggerate, and above all lead a good social life, and you'll do as well as most of your friends, or much better.*

Average life expectancy in developed countries is now around 80 years of age⁴, that's what we can currently hope for. Don't step in front of a moving bus, be careful when going down stairs and don't worry excessively about your health. Perhaps some "epigenetic pill" might in any case change the whole picture some years from now.

What seems certain at the present is this: Without an absolute conviction translated into focused action, we cannot win the battle against the microbes. "Winning the battle" would here be defined as a permanent and decided reduction of symptoms which are due to the persistent action of microbe populations.

Any half-hearted solution is headed for an ultimate failure. A half-hearted "soft approach" to health problems, without full information and without decided conviction from your Higher Self, only leads to complaints about the diet plan and the frustrating time limits that your chosen approach imposes.

I would say to these people, "enjoy your life, eat what you like to eat, don't exaggerate, do the best you can and when it's your time, the body will simply have served its time. It will have done its job admirably well during these wonderful years that you have been able to offer to this world."

However, if you are "aiming for a mission"....

If on the contrary you have decided to pursue **a certain mission** in your remaining life, my

⁴ https://en.wikipedia.org/wiki/List_of_countries_by_life_expectancy

suggestions would be a bit different, regardless of your age.

At first, one should get your health programme firmly established. One should begin by obtaining as much information as possible about the issues that concern you, because no approach will ever succeed in the long term if we do not understand it quite thoroughly. Once we understand the broad outlines of what we do, we have created the basis for a logical change which we can pursue easily and with conviction. This will motivate the changes in our habits with respect to food, sleep, exercise, breathing, meditations, care of physical weaknesses, etc.

Once you have made all these adjustments, maintain them with consistency. You will probably need *several years* to see their full effect. But eventually, you'll sense that you're winning the battle. You'll feel an immense sense of new energy in your body, the little pains will vanish or greatly diminish and you will feel much better.

Then, *live your mission!* Enrich our world, bring your new understanding to all of us, and in so doing, keep learning yourself. Then let us learn from your new insights as much as we can.

It is all in your hands, it is your choice, and much depends on exactly what you wish to do with the precious years you still have with us.

I wish you well, whatever your choices may be.

[*Verification:* "Melkiades, do you agree with this summary?" "Yes, completely". "Can I put it on Internet?" "Yes, now you can". (I needed to change some phrasing and add more nuances to a previous version.)]

7.1. Ascended life at the vortex

There are times in life when you know that something exceptional has taken place.

People who have had near-death experiences often tell us that their lives have totally changed. Their life purposes change profoundly, and often they feel impelled to change careers and to devote themselves to new pursuits. They say that they feel a deep change inside themselves, often also a much greater peace and joy.

That corresponds to a firm entrance into ascension.

Something close to that happened to me in the summer of 2013. It was not a near-death experience, but an out-of-body workshop with William Buhlmann, a known spiritual teacher¹. After the workshop I left with a profoundly changed sense of existence. A calm had come into me that I had never experienced before. Also, I was inundated by new teachings that came to me nearly every night and many times during the day.

I will attempt to capture these teachings. Previously the transition from 3D to 5D had been long and gradual. 3D elements had begun to wane in importance and 5D elements had begun to dominate. But the Buhlmann workshop was a key threshold to a new set of experiences. My 3D experiences were rapidly infused with wider and more encompassing perspectives. Colours became more colourful, sounds richer, the meeting of friends more delightful, and my private time has become far more diverse and multidimensional.

At a certain point, our human vocabulary no longer suffices. Our experience enters the world where the written word can no longer capture and reflect the full richness of the experience. It is where a new world begins, and new meanings and new worlds begin to emerge.

It is a big adventure and a great deal to discover.

7.1.1. *Through the vortex*

I heard William Buhlmann speak on Internet about out-of-body experiences.

I have often listened to people speak about their out-of-body experiences, and it is seldom that I heard someone speak as genuinely and as knowingly of such adventures. Bob Monroe was the last. So usually I don't get too excited.

But this was different. Surprisingly, and since I live in Europe, Buhlmann was going to hold a weekend close-by in just two months' time. I signed up right away, but the workshop was already full. I was put on a waiting list and then forgot about it.

A month later I was contacted because a spot had opened. I took it rapidly, and indeed, the room was full to the last meditation mat when I got there. Buhlmann gets people right into the experience. Within the first hour, we were attempting to have the first out-of-body experiences (OOBEs, surprising experiences).

A weekend full of surprises

I learned that I have probably had OOBEs for many years. The lucid dreams I've put on these pages were probably OOBEs, according to Buhlmann. Our perception of our world when we are awake is just one awareness state among many, and a lucid dream represents yet another awareness state. When Buhlmann looks at dreaming persons while

¹ <https://astralinfo.org/>

in an OOB state, their vibrational (aura) body is slightly offset (askance) with respect to the physical body.

The key to OOB experiences is to induce a lucid dream state, then to hold it and to explore it in detail. At the end, one must write it down, otherwise one forgets it. Also, one should do OOB experiments regularly, otherwise one never gets anywhere.

So we quickly set off for the same destinations that I knew well from my lucid dreams. It came quite easily to me, and with every exercise I popped into another lucid dream state. Wow, what an effect if you do four or five of these in a row!

Many of my experiences have general value, so I'll tell you what I saw.

7.1.2. My vortex experience

We imagined ourselves in a vortex. For that, we imagined a round pond with rotating water. Mine turned *anti-clockwise* as seen from above. I went into the pond and floated around, together with some other members of the seminar, some of whom I recognized. After awhile, I sensed an energy vortex above the pond. I looked at it and let myself float up into the air above our rotating pool. I looked down and curiously from this angle, it turned *clockwise*.

That made only sense afterwards. While I was in the water, I was going around with the others in an anti-clockwise direction. I was in 3D. Once I had gone through the vortex and was looking down, the pool had changed directions. I was now seeing things from the 5D perspective. The lower and upper parts of the vortex apparently turn in opposite directions.

Human suffering

In another experiment, the job was to see different objects in one's home. I saw the door handle to my front door -- much more clearly than I can when I just try to remember it any day. Then I saw my work place at my computer and I remembered an intense experience that had happened at my desk, just three weeks before the seminar.



Looking out the window from my study, on the opposite side of a wide valley, there is a large mountain. For about half an hour, an intense bright light was reflected right into my study from a large cross standing on top of that mountain. The light was absolutely blinding, much brighter than my picture at left shows it. I had wondered whether this was some sort of signal to me, and Melkiades said that indeed, it was.

In the Buhlmann experiment I was about to find out what this signal meant to tell me.

I concentrated on that beam.

I followed it right up to the mountain and instantly found myself standing below the immense shining metal cross that they had erected there². In my meditation I looked up at the cross and I saw a living Christ hanging on the cross (while there was no Christ figure on the real cross at that location).

He looked sad as he was looking down at the valley below. I wondered why exactly he felt such sadness. As I posed that question, I started feeling an emphatic sensation of immense sadness myself. I identified with the regrets for the people in the valley and all

² The large metal cross close to Monte Tamaro in Ticino, Switzerland, has apparently been removed now. The cross *per se* had no religious meaning to me, since I'm not a practicing Christian. The experience was much more surprising and much more meaningful, as a message of worldwide human suffering.

around. I sensed that Christ did not feel sadness for his own destiny, he felt a sadness for the entire state of humanity. Christ felt the human suffering, and his greatest desire had been to offer some solace. With the crucifixion, this dream had come to an end – at least for the people he knew at that time around him.

I sensed a parallel. We've all been "had" by multiple world-wide deceptions and depravities.

Like him, I feel an immense regret for the pain and the suffering that much of humanity has had to endure as a result of the grand unfairness that is reigning world wide. My thoughts drifted further, back to a long-term resolution: A few years ago, as I had come out of my burn-out, I had decided to do my part to bring a wider perspective into this sea of unfair suffering.

Ascension can give us hope and new values. *Just as early Christianity brought hope to face the massive depravities in the Roman empire, I wished to do my part now to support a wide, spiritually awakening.* This gives us a better perspective. We can identify what is morally wrong and what might be better, and how to evolve from one condition to the other.

It was with this reinforced sense of purpose that I closed that exercise.

7.1.3. Another Higher Self experience

In another experiment, we were to examine the world beyond the vortex. I quickly went through the vortex and came out on the other side.

I found myself in a lush, green forest. I had a clear intention. I wanted to meet Melkiades again, as I had seen him out in space a few years ago (Section 2.1.).

As I followed my intention, a narrow path opened up for me. I zigzagged left and right around various trees and bushes for quite some time. Finally, a huge structure emerged in the lush and wet green forest. It looked very much like a medieval castle, very massive, except that it had windows.

I found my way, up, out of the forest, to the entrance. In front of the castle, there were open fields with crops. Right in front of me at the entrance of the castle, there was a well, a symbol of deep wisdom. I looked down into it and saw the water deep below. Just I was looking at the well, it was filling up with sand and becoming dry, right in front of my eyes.

I took note. It was another symbol, again in tune with the current regrettable world situation.

I turned left to go through the gates. I saw a large open terrace on top of the castle, with tables arranged all around. Seated around the tables were some 30 persons who were all very different. I didn't recognize any of them. Some were tall, some others short, some seemed like wise men and some were just humble folk. Some had children and others were sitting alone. They were so divergent that I wondered why they were all sitting together at these tables. What would they have to talk about?

I had come to meet my Higher Self, so I asked with a strong internal voice, "but where is my Higher Self?" The answer came back resoundingly from around the people at the tables: "We are your Higher Self"!

I was totally dumbfounded. Are all these people my Higher Self??

Buhlmann had warned us. "Reality" was very different in this other state of awareness. Not only can you go through walls as if they were made of soft foam, but you must also bend your mind around some novel realities. Apparently, here was this group of people, totally unknown to me, who spoke to me in a coherent voice. At the same time, they are all very

different in appearance and in presumed personal experience.

I need some time to wrap my mind around this experience. *My Higher Self is apparently a multiple entity of very divergent beings.*

7.1.4. The iron beam

In the next exercise, we were invited to meet our Higher Self directly. William Buhlmann had encouraged us to think of ourselves as participants in these OOB states, rather than as just some "movie goers". I agreed. It was time to become more active in the OOB world. I was toying with the idea of asking my Higher Self friends if I could join them for some conscious visits.

Since I now had an idea where "my friends" tended to hang out, I projected myself to the terrace at the top of the castle. But didn't get there, somehow.

I ended up suspended in a bluish, slightly orange space. My guide -- I felt it was the same one I had met in my dream states -- was above me, slightly to the side, and he was asking me to follow the next lesson.

I was to look down at a large iron beam that was being pulled apart by enormous forces to the left and the right. There was an enormous traction, but the beam, which was as thick as the ones they use for large construction projects, was not willing to break. The pulling continued, a crack finally appeared, and then suddenly, the right part of the beam was gone, out of view.

I looked at the remaining left part. Where does it lead? I followed it with my eyes, and it was a never-ending beam. It went straight out to the left, and like a high-way, elegantly curved upwards, and eventually it went straight up and disappeared in the height above me.

I wondered what this meant. I originally interpreted this break to be symbolic of the separation that I now feel from my professional colleagues in psychology who have no room for the "Higher Self".

In the subsequent experiences, I learned that this break with traditional psychology is indeed part of the story. But currently I interpret this as a symbol of my ascension process. I have now largely broken with my 3D sentiments and objectives: *they were the part of the beam that disappeared.* Ascended values in me were now stronger than ever. *I'm now following the part of the beam that has no visible end.*

Two upcoming lucid dreams also showed that the beam reaching skywards has powerful implications. The Buhlmann weekend was becoming the beginning of an entirely new adventure in my life.



7.1.5. The broken key holder and the broken rear view mirror

The seminar had come to an end.

After saying goodbye to each other in the parking lot, I reached for the car key, and I noticed that it had come off its hook. I wondered about that for an instant, but then just put the house keys into my pocket, the car key into its slot and I drove home.

At home I looked at the key holder. It had broken off with a clear metal break, just as I had seen it on the large beam. The car key, the key to my "liberty", had become separate from my house keys, the keys to my

"established 3D existence". The symbolism was again evident. I was now on some path of personal liberation.

The higher self forces were not through with their messages yet, and now I was getting into less amusing territory.



The day after the Buhlmann weekend I went food shopping. I parked in a subterranean parking lot, next to a column. As usual, I park straight in, so that I can get out without any damage. I remember going through this reflection as I was parking. When I backed out after shopping, I pulled back slowly, but instantly I was greeted by the unmistakable noise of a crash. My right rear view mirror had smashed into the column.

I honestly do not remember changing the position of the car, and yes, I should have checked the right view mirror as well, rather than depending on my safe driving habits. The bill was substantial.

The symbolism? It is evident. *"The view back is now cracked. It is not worth worrying about. Do not look back. Look ahead."* Thanks, my friends, I do understand the message, I will look ahead. But for as long as I remain in the 3D world, I will also remember to check the right rear view mirror before pulling out of a parking lot, even if I had parked in straight.

The invitation to join the group

The story went even further.

In the following night I had a powerful dream. I was with some people, none of whom I knew. Some were dressed and others were nude. I knew I was just visiting in this space. The environment was pleasant and free of everyday 3D stress. There was a light and really happy atmosphere. My guide was to my left and led me around. I felt that the message was, "Well, you wanted to come here. Here we are, this is what it is like."

Then after awhile, he said, with a smile in his voice, "We actually have a special offer for you. You can have 750 free trial days with us in which you can visit us any time. At the end of the trial time, you can decide to become part of our permanent team, all while continuing in your 3D world. Or else you can return to your current existence. The choice will be up to you. Here is an application, all made out to your name."

With that, he gave me a letter in an envelope. I looked down at the envelope, and instead of just two small sender and receiver addresses, it was filled with a very complex long message that filled the entire surface of the envelope. The lettering was in Roman letters, but the words were in a strange language which was clearly not a European language. I was told that the spelling had been romanized, just like Chinese is sometimes romanized for Western learners of Chinese. Also, some parts of the message were surrounded by frames while other parts were in normal capital letters.

The condition

Did I send off the letter? I soon found out.

In my next lucid dream, I was in some sort of interview. The feeling was fairly official, neither pleasant nor unpleasant. But now I was about to get the full price for the "special offer deal" that my higher self guide had passed on to me. I had become cautious since the rear view mirror damage, and prudence was well advised. The admissions officers were now giving me the fine print of the offer. They said, "The first year, you will have to go without clothes all year long."

Gulp. I woke up. What? Was this some kind of nudist camp? I sat down at my desk and asked Melkiades, "Is this true, I must go without clothes for the whole first year?" The answer from the pendulum was "emphatically yes".

Incredulous, I asked the Yijing, "Why?" I asked twice. The first answer was clear. It was to teach me humility. The second answer was just as clear again. The name of the Yijing answer was "Biting through", without any moving lines. I had to grit my teeth and learn the ropes from the bottom up.

No past glory. Without clothes for a year, *so everyone knows who I really am*. I am nothing else but a total novice in this ascension experience.

Everything has a price, and it was worse than paying for the rear view mirror repair. On the other hand, accepting the offer would give me a true Higher Self-perspective, as we had been told about it in the Buhlmann seminar.

If I was going to break out of my "movie-goer", learner perspective and become a true spiritual master, I would have to pay that price. In my case, it was yet another lesson of humility.

Did I accept this special offer deal?

I was not sure for some time. Humility and public nudity are not my forte. I returned to some 3D work for awhile and thought this over.

Also, I sensed that this condition would probably not be a general condition for everyone. It was placed just on me, and perhaps on others like me, who need a lesson of humility. You may have to meet entirely different conditions, or no conditions at all. These were questions I had to clear up as I went along.

7.1.6. The sequels

The first sequel was written three years later in 2016. I am writing this in 2023. I now know what the guides meant with that curious offer.

Indeed, I had to go through nine years of close questioning of all of my actions. The first year was particularly difficult. I knew that "they" were watching me. During this time, I was again offered very much of what I desire, but also very much of what I abhor.

Some experiences were very challenging, even critical. At a certain point I could have died or could have become seriously disabled.

The challenges became even more serious in 2018, to the point that I am encouraged by my spiritual guides to pass silently over those years. But I dealt with it all and I kept my cool all the way through. Daily interactions with Melkiades kept on pointing the way. In these years I have passed much of my time questioning my previous attitudes, positions and habits. I have had to change my attitudes and objectives quite a bit.

But in front of you is the net result of all my life-long trials. For admission to the 12th Spiritual Level my life work was examined by an examination committee of 7 archangels and they admitted me as a "junior member".

I am still learning and it is a very exciting time. There is much to be done. Come along.

[Melkiades: "I'm very happy about your spiritual progress."]

7.2. Beyond the vortex



Am I now "all different"? Speaking for myself, yes, I am at a radically different point.

What have we learned?

Here is a summary of key differences between a "3D" and a "3D plus" world. (In colour: 3D plus additions.)

	3D	3D plus
levels:	physical and localized	physical and localized non-physical and non-localized, conceptual
distinctive awareness:	3D and time conscious in the body subconscious in the body	3D and time, conscious in the body subconscious in the body extracorporeal = – lower level (5 th + 6 th), – mid level (7 th - 10 th), – higher level (11 th + 12 th) – Creator
consciousness:	physical me	physical me the persistent entity = continues consciousness, also after you die
death:	no existence after life, no soul	humans have souls, follow a continued strand between lives, reincarnation
psychological mode:	logic	logic, intuitive
priorities:	individual, "me first", alone	family-centered, small and staggered, group responsibilities, cooperative

All the rest follows logically.

At this point I care enormously about people who are with me in my "swarm". The *I-am-with-others-in-my-swarm* makes the huge difference. Try it yourself and compare the ascended standpoint. Once we are truly in this perspective, that is what most of us prefer.

There are many ways of coming to this conclusion, I shall use the following logic emerging from near-death experiences. Once you envisage such a hypothesis, many other parapsychological and mystical phenomena will fall into place.

7.2.1. NDEs show the way

Apparently, every 20th person has gone through some sort of near-death experience (NDE)¹, and videos of vivid recalls of NDEs have become frequent (check YouTube).

The common thread running through such accounts is that a type of awareness can separate from the physical body and can go through some (usually profound) experience.

Many times this awareness can observe the body lying on a bed or on a stretcher, and can make accurate statements about what was said during the experience and even about what happened outside of his body's view in the nearby physical environment. One near-death experiencer for example saw a relative show up in the waiting room outside the operating theatre during this out-of-body experience (OOBE). If he'd been entirely inside his physical body, he couldn't have had this information.

The first key notion we take from this is that this persistent conscience can be separate from the physical body and can maintain extensive independent awareness, such as some form of sight, hearing and full or strong personal memory.

Exactly which components separate out of the body, and which stay in the body, is the next question. For that, we can turn to some near-death experiencers who have collected extensive out-of-body experiences, such as Joe Marshalla who had several OOB experiences. In the longest, he was pronounced dead after 10 minutes without signs of life, he returned to his body, and subsequently went in and out of his body for some three months.

As a trained philosopher interested in psychology and human behaviour, he made detailed observations about which parts of our consciousness stay in the body and which other parts came with him all the time².

Two parallel structures

Joe Marshalla's explanations are clear and detailed.

One can abstract from his many talks that he perceived human functions as two parallel and integrated structures. On the one hand, there is a physiologically-based learning network that permits us to operate in our current incarnation. Joe Marshalla refers to this structure as "thoughts", but we can also include wider psychological and body functions such as the movement system, physical hearing, sight and touch, and the physiological operations of the brain. This structure operates in terms of what the person has learned during the current incarnation. We generally call this the "physical self".

On the other hand, there is a much wider entity that has an (acute) awareness of the same frequency domains that we physically pick up with our senses. It gathers immense amounts of information, it stores it reliably, and it apparently operates and responds in terms of a persistent trans-incarnational experience.

This identifies and distinguishes what we have named here "the persistent entity", and what many name "the soul". Since this entity appears to be goal-directed, we shall hypothesize that this is in fact what we have called here "the inner self" or "the Higher Self". In my case, this is "Melkiades" as against "Melki".

1 Wikipedia: "According to sources...it is estimated that near-death experiences are reported by five percent of the adult American population." http://en.wikipedia.org/wiki/Near-death_studies.

2 Extensive non-traumatic OOBEs, such as those described by Bob Monroe, show wide-ranging similarities to traumatic OOBE accounts. NDE body separation can thus not easily be reduced to neurally provoked imaginings induced by the trauma.

7.2.2. The source of the message

By design in our 3D world, the inner self can only communicate to us 3D beings via the physical self. Traditional psychology does not currently recognize an "inner self", because in their interpretation (I'll simplify this a bit), "normal people, when well-adjusted, do not speak as someone else". When they do, they suffer from a multiple personality or some delusional disorder.

But let us use the "spiritual" definition that we used for defining the "3D-plus space" (table above)³.

When we make room for all the spiritual information that sensitive persons pick up, an "inner self" structure begins to add its voice. That is what we find in red colour in the "3D plus" schema above. This is also the space that the interdimensional communication tools identify.

3D vs. 3D plus

What happens then if a sensitive person states a "3D plus opinion"? What weight shall we accord to such an opinion?

When Melkiades talks to me, and when the message from the pendulum says something different from what I expect, what do I do?

And if I say something that resonates with my deep, inner truths that I or another 3D plus-sensitive person holds with me, then how do I act? Isn't there more value to the message?

And sometimes, the inner self actually does show that it is speaking as a separate entity ("it shows its flag") when it transmits messages from the beyond. For example, in the Ra channellings⁴, each message from Ra begins with "I am Ra." This clearly distinguishes the non-physical from the physical source. Other channellers show similar techniques – such as a different tone of voice – to mark the channelled source of their speech.

Then you know that the message carries a certain weight, and you can take it into account.

False messages

At the same time you may be tricked into receiving false messages.

The following saying is passed around among channellers that are frequently connected with higher forces: ***the more you work regularly and seriously with spiritual forces, the more negative forces will attempt to derail you in increasingly devious manner.***

Crucially, if you receive any message that induces you into any dishonest activity or mischievous thoughts, or any questionable expenditure, by all means, question the source of the message. When directly challenged about their origin, by universal law, **they will be obliged to admit their true origin.**

Simply ask, "are you really ... (the questionable entity)", and they will have to admit their true origin. And if they cannot confirm their connection or admit their negative status, ***use all your emotional energy and chase them away immediately.***

Be very insistent. The more you challenge them, the more they become insistent. So be persistent. Eventually they WILL have to depart.

³ *i.e.* the multi-level, multi-dimensional space, particularly described in "3.1. The Fifth Dimension" and as "swarm behaviour" in "5.7. Telepathy".

⁴ <https://www.lawofone.info/>

I have had to chase away negative entities many times. Every time it took a full minute or more for them to recede, as measured by my pendulum action and also by a particular vibration in my entire body.

I have also attempted to set up secure channels with the help of Melkiades and some archangels, but they ultimately managed to break through. Ask to be protected and they will relent somewhat. The archangels tell me that it usually takes five years to be totally protected all the time. So I have learned to double-check any time that I receive a suspicious call or message from Mekiades or any other reliable and high-placed entities.

Negative traces

If you have have been tied emotionally with a negative entity for any length of time, that communication will definitely leave traces on you. So be careful. Particularly, if you have been in an emotional or sexual relationship with a person full of negativity, you may wish to consult a truly qualified person. Wiping a person clean of negative energy can take a lot of energy and time.

It would also be good to re-consult Section 2.3. in those cases.

7.2.3. Change of focus

Once one accepts the difference between a physical and a spiritual self, the next step becomes possible: it is nothing other than a change in one's habitual point of perspective.

One can try this as a game. In fact, that's what an OOB meditation is all about. It's a question of becoming aware of one's own inner voice, of following it, staying with it and starting to explore the world from this perspective. As we go through any serious question and an answer session, we become aware of the substantial training that we have gone through in these pages. We begin to fathom the tremendous richness of the new perspective.

Question yourself.

How do you look at your own life from your new stand point? How do you see your intimate relationship(s) now? Do you see how we have been manipulated into participating in a huge rat race? What has been my positive contribution to the world so far?

And: what am I really afraid of?

If we pursue these lines of thought for some time, we will begin to question many old beliefs, and we'll eventually put aside quite a few. A new sense of relief and joy comes over us as we let old and useless patterns go, and as we become aware of new possibilities. The reflections of these pages have shown us the incredible richness and new potentials that are possible in a 3D plus world.

Will we all become "corporate drop-outs" by pursuing such a change in perspective? Will we retreat to the hills and grow our own crops?

That is *not* my reading. Quite the contrary. Ascended existence favours good and positive human interactions in all circumstances. It does not deny human society, nor human collaborative projects. I confirm wholeheartedly that an ascended perspective is immensely "pro-human". It favours positive, peaceful, respectful and non-exploitative cooperation and a genuinely joyful coexistence in any social contact.

It is a clear direction

So ultimately, the whole ascension story is relatively easy: *we change our point of perspective*. In the end, few words are needed. We listen to our inner voice, we take its answers seriously, we learn from it, we let it guide us towards greater and responsible cooperative action, we affirm our natural place among our colleagues and loved ones, and we develop confidence that we in fact do the best that we can possibly do.

No great external revolution, but an incredible inner evolution.

[*Verification*: "Melkiades, is this complete? Do you agree with everything?" "Yes. Fully agreed."]

8.1. It is possible!

What have "they" done to our paradise?



**Adam and Eve left a lush green forest
behind many years ago.**



**They were away some time,
but what did they find on their return?**

**Infertile land, criss-crossed
by eroded gullies.
Hardly any grass,
neither trees nor bushes,
and the gullies are difficult to pass.**

**What can one do with that?
Can one make a living in such an
environment?**

Look at what they have done in China



Images: left. **before**, right. **after restoration**, found in *Restoring China's Loess Plateau*, Liu, 2012; Liu & Bradley, 2016, figs. World Resources Institute. <http://vegansustainability.com/restoring-chinas-loess-plateau/>. Images provided by Yan Jinmin in *A lesson in regenerative agriculture from the Loess Plateau* by Milly Ahlquist <https://uk.lush.com/article/lesson-regenerative-agriculture-loess-plateau>.

Loess Plateau in China



These two pictures were taken from the same spot in the *Loess Plateau* in China. An area *the size of The Netherlands* (40,000 km²) has been restored to full cultivation here, in just nine years!

Financially the project has been a great success for the inhabitants.

This area had been rich and productive land in ancient times, but it was over-grazed, and by the year 1000 A.D., it had become an arid desert similar to that of the *top right* image.

After terrassing, this land was returned to full cultivation for some

20 million people living in this area. The restoration of ecosystems was paired with **a land reform** that provided many personal incentives by greatly increasing land ownership. **Follow-up studies have shown that incomes have risen three-fold.**

You can find a good video here: "*Regreening the desert with John D- Liu VPRO Documentary 2012*". **Do watch this video, even if you are pressed for time.**

In this video John Liu and Geoff Lawton have answered our question: "Yes", they say, "it is possible to rehabilitate large-scale, damaged eco-systems". And "**If we can [do that], why don't we all do that?**"

1 <https://youtu.be/IDgDWbQtIKI>

Many questions and many encouraging answers

1. Are major land reclamation projects still proceeding in China and/or elsewhere?
2. Are minor projects also being pursued in other parts of the world?
3. Are such projects a financial success?
4. What is required to make a project succeed?
5. What is their potential impact on world hunger?
6. Why have such major reclamation projects been virtually unreported in our media?
7. Could an individual, a family or a village restore such a piece of land for themselves?

And the answer **supports yes every time...**

1. ...major projects have been completed in China as well as in India. They are deemed a great success, and are currently being expanded in both sites.
2. ...many less well-known governmentally supported as well as individually funded projects are and have been proceeding worldwide, in a wide variety of sometimes hostile environments and climates, and at that to major acclaim.
3. ...outstanding financial results have been reported for projects in India, China, Jordan, Ethiopia, Ruanda and Fiji, as well as for many personal long-term projects.
4. ...there exists now a great deal of expertise for various types of land reclamation projects, accumulated over some 50 years.
5. ...world hunger is still very real, but it regularly follows in the wake of world conflicts. In **peacetime** the land reclamation efforts discussed here have and could in the future have a major positive impact on reducing world hunger. And a great deal more is possible within this perspective. Without exaggeration, *a world without hunger is possible*, if the public will is there.
6. ...world opinion has been heavily polarized towards negative developments, particularly in recent years. Slowly emerging positive developments are conveniently subordinated to fast-moving alarmist events. Why not contribute to a major change in world opinion and help change everyone's excessively negative outlook?
7. ...and yes, many individuals, families and villages have already performed similar land reclamation projects² and have been successful over the long run.

8.1. Water and land reclamation merit immediate attention

Ascendancy encourages us to re-examine many established ideas. We often hear, "*everything is going downhill*".

Is it really? Not necessarily.

This is the time to start thinking. Obtaining clean water, the production of sufficient high quality food, and land loss through desertification and territorial encroachment are certainly real issues. They will become ever more important as we proceed into the next decades. We thus need to understand what is involved, and then we need to collect our enormous collective power to effect changes worldwide.

Here are some suggestions, aided by a collection of excellent videos. In this capsule review...

- *First*, I will point out some major questions that were addressed in various *Indian* and *Chinese projects*, as well as in recent techniques used by *North American* and

² Various terms are used more or less interchangeably for "land reclamation": regeneration, rehabilitation, restoration, desert greening, regenerative agriculture and permaculture, The term "permaculture" now has evolved into a specialized area of holistic study that we shall look at more in detail below.

Australian farmers, in order to bring us back to more sustainable approaches to human life.

- *Second*, I will present a capsule review of studies of *permaculture*.
- *Last*, I present some high points from persons who have implemented land reclamation in their smaller, privately financed projects.

By necessity, this introduction can only mention a few of the thousands of dedicated authors and videos involved in these meritorious projects.

The field is full of wonderful surprises as well of urgent imperatives that merit much wider attention. *Urban renewal* is also very important, but is left aside here for reasons of complexity.

8.2. "It can be done!" – regularly, and in many inhospitable areas

India: Paani Foundation and DRCSC Projects

We begin with some truly outstanding reports of major projects in India.

These videos were made by Andrew Millison who has been studying and teaching permaculture since 1996. He now teaches at Oregon State University. The videos were produced with support from Oregon State University.

Video: "India's Water Revolution #1: Solving the Crisis in 45 days with the Paani Foundation"
<https://www.youtube.com/watch?v=-8nqnOcoLqE>

Video: "India's Water Revolution #2: The Biggest Permaculture Project on Earth! with the Paani Foundation" <https://www.youtube.com/watch?v=jDMnbeW3F8A>

Millison was in India to film the work of the Paani Foundation's Water Cup Competition.



This was a contest to identify the team that built the structure to collect the most water in *just 45 days* in the southern Maharashtra state in India. Thousands of villages participated. He toured the structures of the village of Garavadi who competed in the 2019 competition in the first video, and the village of Velu who won the 2016

competition in the second video.

The effects of their groundwater restoration project has dramatically improved the lives, economy, ecology and stability of these villages. These areas used to bring outside drinking water into their villages during the dry season, which is no longer necessary.

In this screenshot taken from the first video³, many water retaining structures are visible at various levels.

In total, all competitors in the competition, taken together, created water holdings for *550 billion liters (145 billion gallons)* of storage capacity, and they trained an impressive 51,000

³ Unless otherwise noted, all images are screen shots from the noted videos.

people in the techniques of watershed restoration.

Water is retained by 1 m deep trenches along earth contour lines that are called *swales* in most of the world and that the Indians prefer to call "*CCTs*" for "*Continuous Contour Trenches*". Multiple lines of swales catch the rainwater. Under the surface, water collects and feeds springs that continue during the dry season.

Over a longer period more plants and trees will grow in this area, and yet more water will be retained. Furthermore, farmers now have *two* instead of just one growing season. This provides much greater social and financial stability in these areas. These extensive measures bring greening and prosperity to large land tracts that were previously marginal and exceedingly poor.

Video: "India's Water Revolution #3: From Poverty to Permaculture with DRCSC"
<https://www.youtube.com/watch?v=KtHullfyJao>



Here we listen to Ardhendu Chatterjee exclaim, "*So their income has doubled, and their expenditure has become half!*" The proud faces of their beneficiaries show their great satisfaction.

In this video Millison shows the work of the Development Research Communication and Services Centre (DRCSC) in the state of West Bengal on the East Coast of India.

DRCSC founder Ardhendu Chatterjee shows us the effects of the water storage and groundwater restoration projects that are enabling the poorest of the poor to stay on their lands and thrive, instead of having to migrate far away for low-wage work.

The entire large excavation *at left* was completed in just one year of *hand labour*. Also they invented a new water catchment system for their flattest areas, and their resulting rich production has enabled different types of land cultivation and fisheries.

Video: "India's Water Revolution #4: Permaculture for Wastelands at Aranya Farm"
<https://youtu.be/KhoV-vBAyFI>

Image 1: Close bird's eye view of Aranya farm that was created on top of a waste land on a rock shield.



Image 2: Distant bird's eye view of the Aranya farm. The Aranya farm is situated in the middle of a huge waste land. The contour lines were later super-imposed on this shot.



Image 3: A large trench used to hold water collected in the rainy season.



Here we are at another location in India. Millison filmed work performed at Aranya Farm in the state of Telangana, India, on the *huge and largely barren Deccan Plateau*.

What is exceptional is that this flourishing village was created **only twenty years ago on bare bedrock** (*middle image* from an early moment in the project where the bedrock is in pink surrounding the oasis). It had been classified as "waste land". It now boasts 4.65 hectares (11.5 acres) of food forests, which has restored the groundwater table to plentiful abundance.

The original source of water came from large trenches that filled with water during the rainy season (*image 3*).

Thereupon compost and the original plants were put into smaller trenches and catchment mounds. Nurseries and trees were planted in succeeding steps.

80% of the land is now in perennial crops that do not need a great deal of work. Most of the seeding resulted from bird drops and did not require specific planting. There is now a great variety of food plants, species, vegetables, domestic animals, birds and flowers on the farm. It produces a good income from the sale of their tamarinds, used in traditional medicine and in Indian cuisine.

Over time, the water table has risen in the deep, hand-dug open well. The trees release water into the rock that had been broken up by the root system. Aranya now has sufficient water all year round.

Millison also visited the surrounding area where the landless poor **have largely been given land grants** and are now farming their own lands. They are turning bedrock into bounty using permaculture principles.

8.3. China: Promising new developments

So far in this review we have seen that *known and established techniques* can accomplish amazing changes. In the initial video we saw that land terrassing and permaculture

techniques have brought major changes to huge tracts of land in China, India, Somalia and Ruanda.

However even *more exciting promises for the future* are currently emerging from China. Just 14% of China is arable⁴, and yet must feed its great population. This has encouraged long-standing attempts to seek novel solutions to increasing its percentage of arable land. This is starting to pay off. We discover...

- ...the development of salt-resisting rice.
- ...enabling desert sand to become soil.
- ...a massive expansion of land reclamation into the vast Gobi desert.

Let us look at these projects.

Salt-resisting rice

Video: "Could seawater rice determine the future of food security?"

<https://youtu.be/2BMxx70TXeY>



China has worked for six decades to improve rice yields, and with much success. At the present, the yield per hectare is *tenfold of that of 1960*.

In recent years the Chinese have also wished to develop salt-resisting forms of rice for soils that contain much salt and/or alkaline. After many attempts spanning three decades, reliable salt-tolerant strains have finally been developed.

There are five types of saline-alkaloid soil in different parts of China. Each type requires a different approach. For two of these five forms, commercially viable seeds have now been developed and have been successfully field-tested. They have also successfully tried out their salt-resisting rice in Dubai.

These types of rice are now in the approval stage by the Chinese Ministry for Agriculture and Rural Affairs.

The samples taste good. According to the interviewer at right, they have no saline taste and they seem similar to long-grain rice typical of northern Chinese crops.

Extensive stretches of land can probably soon be brought back to cultivation with this approach.

Sand into usable soil

Video: "6 Useful Methods China Uses To Convert Desert Into Productive Lands Rich With Crops"

<https://www.youtube.com/watch?v=UW0Cck3FQ5I>

If you pour water on sand, most of the water will be lost. It will just seep into the sand.



To counter this effect, Chinese researchers have developed a paste made of plant cellulose that helps to retain water, nutrients and air. It is non-toxic, eco-friendly and reasonably affordable.

When this paste is sprayed on sand, a very fine membrane made of this paste covers each grain of sand and a micro-nano structure

⁴ Some other sources peg this percentage at as low as 10% or 8%.

forms. The sand can then retain water to prevent water seepage. The membrane changes the surface tension of water, and thus the sand becomes a transparent film to create "anti-seepage sand". This anti-seepage sand is ideal for plants that need protection against wind erosion.

With a special treatment of this technology, a 1.6-hectare sandy plot was transformed into fertile land (see above). This makes it possible to turn a desert into an oasis, at a certain price.

8.4. Reclaiming the Gobi desert

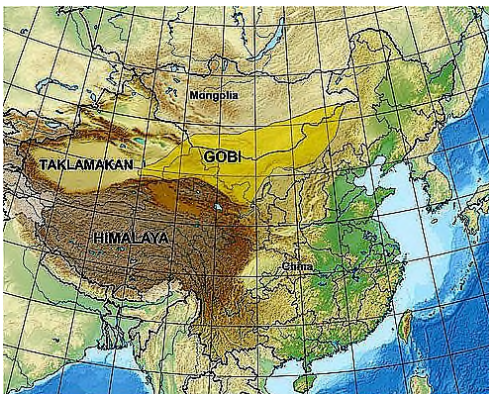


Fig. 1. Gobi and Taklamakan, Wikipedia. Fig. 2. Sandstorm threatening a Chinese city. Fig. 3. "China's Three-North Shelter Forest Program", the official name for the Green Great Wall. Fig. 4.: New highway in the midst of reforestation.

Article: Vince Beiser "China Is Terraforming the Gobi Desert".

The subsequent three images come from this article. Source: South China Morning Post.

<https://www.anti-empire.com/china-is-terraforming-the-gobi-desert/>

The Gobi and Taklamakan deserts and semideserts bordering northern China are not as much sandy desert like the Sahara, but bare rock in large parts. This region is known for frequent sand storms, as well as sudden rainfalls, snowfalls and frost that have earned them the name "the cold desert".

These deserts are at well over 1000 m sea-level, and contribute to the low temperature which can go down to -40°C . Extra moisture is added to the crisp air when the snow is driven by the wind from Siberian steppes. Unexpected, extreme changes in temperature can also drive temperatures up to 35°C in a single day.

Expanding at the disturbing rate of 3600 km^2 annually, the two deserts are suffering from massive *desertification*. Dust storms are frequent, causing much damage to its agriculture.

Vince Beiser says in the above article: "The sand lands that cover about 18 per cent of China have expanded rapidly. By 2006, they were devouring usable land at a rate of almost 1,000 square miles per year [...] up from 600 square miles per year in the 1950s.

"That's a problem not only for the people living in those areas, but also for the many millions more who live close enough to deserts to be affected by the movements of sand. Migrating dunes threaten farm fields and even whole villages. Stretches of roads and railways are constantly shut down by blown sand.

"Sandstorms regularly blow tens of thousands of tonnes of sand and dust into Beijing and other cities, snarling traffic and creating a vicious health hazard. The World Bank has estimated that desertification costs the Chinese economy some US\$ 31 billion per year."

These problems have been exasperated by the massive immigration from the southern portions of China. So a new Great Wall of trees is being built along the northern Chinese boundary in the Gobi and Taklamakan deserts. Billions of trees have already been planted, enough to stretch nearly the distance from San Francisco to Boston.

Vince Beiser continues, "The project, officially dubbed the 'Green Great Wall', was launched in 1978, and is slated to continue until 2050. It aims to plant some 88 million acres of protective forests in a belt nearly 3,000 miles long and as wide as 900 miles in places.

"Prompted by China's ever-worsening environmental conditions, the government has added a handful of other major afforestation projects in more recent years. *It all adds up to what is easily the biggest tree-planting project in human history.*

"The results so far have been splendid – at least according to the Chinese government. Thousands of acres of moving dunes that threatened farmers' fields and villages have been stabilised. The frequency of sandstorms nationwide fell by one-fifth between 2009 and 2014. And though deserts continue to spread in some areas, the SFA, the government agency that oversees the main tree-planting programmes, claims that on balance it has not only stopped but even begun to reverse the deserts' expansion."

But not all has gone entirely according to plan.

Many trees have died, either by lack of moisture, or because an unsuitable site was selected, or that the wrong tree species was used. Some could not survive in the arid environment, and some were affected by diseases and pests that spread rapidly through monocultural forests. In 2000, a beetle infestation in north-central China wiped out *1 billion poplars*, the fruits of two decades of planting.

At the same time, if the effort is indeed maintained until 2050, the errors can be corrected. If corrections are made rapidly, the initial planting has already changed the ecosystem to such a degree that positive atmospheric, hydrolic and vegetational processes have been set into motion, permitting continued recovery.

8.5. USA, Canada, Australia and much of Europe:



Your current choice ... are there better choices?

Video: "***Unbroken Ground | A New Old Way to Grow Food***"

<https://www.youtube.com/watch?v=3Ezkp7Cteys>

Video: "***Regenerative Renegades | Natural Grocers Presents***"

<https://youtu.be/BkOb9Q2hXYE>

If you shop for your food in such a store, chances are...

- ...that your bread and beer originate in such fields,
- ...that your chicken is produced in such a close environment ,
- ...and if you eat beef, it is raised in such tight enclosures prior to butchering.

What are the problems?

There may be several, depending on your sensitivities⁵.

But there is one crucial and fundamental problem that you may not have thought of initially: *We are depleting our land by incessant growing with monoculture, fertilizers and herbicides.*

In short, monoculture depletes the soil of its nutrients to the point where it cannot hold any nutritive value any more – every nutritive value has to be provided externally. Monoculture also increases the risk of pests and diseases. It has been linked to increased stress of disease, poor soil nutrients, soil degradation and deforestation.

Monoculture depletes the available nutrients found in the soil. The soil suffers the loss of microorganisms and bacteria and they become more susceptible to erosion, but it also experiences more contamination through the increased use of pesticides, herbicides, and fertilizers. These chemicals seep into the ground, contaminating both the soil and its

⁵ Many of us consider the wide-scale high-density practices of animal husbandry revolting. Many legal requirements, particularly in Europe, are currently addressing this issue.

groundwater. Excess fertilizer is thus damaging to soil and groundwater health.

Further a monoculture soil structure means that only one type of root is available to trap moisture and prevent erosion, a job that typically requires several types of roots.

A monoculture crop is further at a greater risk of being decimated by blight or pests because these threats can move through the area faster. Thus monocultures increase the potential of devastating crop failures like the potato famine of the mid-19th century or the beetle infestation of a billion trees in north-central China, noted above.

Finally many types of food and fruit have over the last few decades lost an important part of their nutritional value, i.e. what you eat proportionally contains much less of what your body actually needs. This is due to the increased use of crops that have traded nutritional values for an increased capacity to support extended storage.

We are exhausting the soil.

Video: "Living Soil: A Documentary", <https://www.youtube.com/watch?v=ntJouJhLM48>

Video: "Overcoming water scarcity - Learning from Israel's experience", <https://www.youtube.com/watch?v=WR7WsWe-z0k>

Video: "I am From Fiji – Mangroves", <https://youtu.be/1hRjz7fjKU>

Matt Maier, an American large-scale farmer says⁶, *"Sustainability isn't good enough. We can't sustain and expect to survive in the current state that we are in our agriculture. We have to do better. We have to regenerate. Our conventional agriculture today is about depletion. How long can we live on this soil before it actually can't produce any more?"*

"If we lose our soil, we've lost everything. We're depleting our ability to create food that can nourish us. I don't know what's more fundamental than that. I don't know what we could possibly work at that's bigger than regenerating our soil, and then, regenerating our health."

What can be done? A great deal, so here are some suggestions from the videos...

- *Use diversified, GMO-free, composted and rotated crop management.* This permits perpetual soil regeneration and reduces herbicide use. Diversified and rotated crops on natural manure, on the other hand, are far less susceptible to generalized and massive crop failures. The rotation of crops brings diversity into the subterranean soil life. Altogether these techniques cost a bit more, but they regenerate the soil perpetually.
- *Use free cattle pastoring on sufficient grass land with necessary pasture rotations.* This permits the grass to be fertilized by the cattle and to be regrown continually in the rotations.
- *Use buffalo farming. Contrary to cattle, buffalos do not cut the grass as low as cattle.* Given an adequate density, this preserves and regenerates grass land without pasture rotations. This in turn reduces much need for man to power to effect rotations.
- *To better separate out targeted from non-targeted fish is important for preserving the continuity of fish stocks.* For that, "reef net fishery" can be employed, where full-size fish are herded into nets and manually separated out from non-targeted fish. This method avoids the useless wasting of protected fish species.
- *Learn from Israel's successful experience of dealing with scarcity of drinking water*

6 *Regenerative Renegades | Natural Grocers Presents*, <https://youtu.be/BkOb9Q2hXYE>.

and re-using water for agricultural purposes (see second video above).

- *Learn about mangrove planting in Fiji, to hold back rising sea levels (see third video above).*
- *Use certain permaculture methods that assure (much) better use of water resources and provide greater fruit and vegetable diversity (see below).*
- *Modern soil analysis applied to diversified crops can still further increase yields by producing richer and healthier soil composition.*
- *The use of GMO is suspect because animal studies have documented aberrations of liver, kidney and fertility functions⁷. Further, genetic modification may harm biological diversity, and modified genes can find their way into wild plants and unmodified crops.*

Certain of these measures are already in operation in selected locations (see videos) and/or they would only slightly increase costs. Much more generalized use of these farming methods would strongly advance sustainability, and they would provide the much needed regeneration of existing farm land. Further, diversified cultivation would reduce the threats of massive crop failures.

8.6. Permaculture – a personal alternative

Many wish to return to the land, want to grow their own food and may possibly wish to make a living away from a nine-to-five job, in work that has more "real meaning". "Permaculture" captures all these trends in a countervailing movement of land restoration. Permaculture favours a sustainable type of farming with a maximum use of non-chemical substances, and as we discovered above, it shows us natural means of capturing rain water and its intelligent use for rich cultivation within a complete system.

An important aspect of permaculture is that it works *with nature and not against it*: "It uses 'designs' [ideas and models] that draw from natural patterns to meet the needs of humans (food, energy, shelter, technology, resources and waste management), in a way that works along side nature, instead of destroying it."⁸

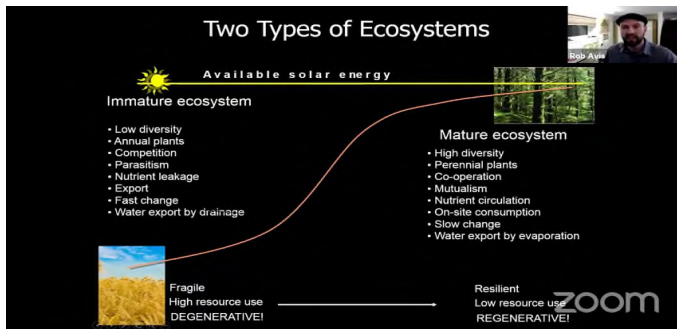
Is that all that possible, even on a household budget? Yes, "permaculture" promises to achieve all that and much more. If you are determined, you can find your place in permaculture.

The best solution is to listen to someone who can introduce the permaculture concepts as rapidly and as succinctly as possible. I have waded through many videos, and here are the best two I have chosen for an introduction:

⁷ <https://gmoresearch.org/>, http://www.academia.edu/3405390/Morphological_and_Biochemical_Changes_in_Male_Rats_Fed_on_Genetically_Modified_Corn_Ajeeb_YG . Also see Claire Robinson Mphil, Michael Antoniou PhD, John Fagan PhD, "GMO Myths And Truths". From the summary: "The evidence presented points to many hazards, risks, and limitations of genetic engineering technology. These include harm found in animal feeding and ecological studies, which in turn indicate risks to health and the environment posed by GM crops and foods."

⁸ "Permaculture Design Course Primer", Part 1 Introduction.

Video 1: "Introduction to Permaculture - Part 1", <https://youtu.be/qmo7zC7MBOQ>⁹ (1h 37)



I have a great deal of respect for Rob Avis. In just 1h 37, he takes you through all fundamental concepts of permaculture.

This video is highly recommended.

Key central concepts are summarized in this figure that I retain here for your reference. It was taken from point 1hr 01m and onwards in the video.

Industrial vs. Mature Ecosystem, taken from "Introduction to Permaculture - Part 1".

The second video shows David Holmgren's 12 key permaculture principles. These summarize and illustrate all the the main points and constitute a concise introduction to all of permaculture.

The 12 Permaculture Principles by David Holmgren

Video 2: "The Permaculture Principles", <https://youtu.be/0mwRAf3z9aq>. By Oregon State University Ecampus. (9 min 32).



1. *Observe and interact.* What are the forces present on my site that I need to design for? That I must take into consideration? Where does water flow and collect? Why? Climate? Topography? Type of soil? Wildlife, wind, fire, people on site or nearby?

2. *Catch and store energy.* "Energy" can be water that is caught for future use, a windy location for a

wind mill, or forests that can provide fuel for heating. Alternative energy systems can extract wind, water and other resources for our use.

3. *Obtain a yield.* This determines e.g. which tree to plant in a given location, given its projected yield. Which harvest could produce the best yield here? More fruits or more green plants? Do I need more water, or less, to augment my yield? Does the site have a quiet corner for a beehive?

4. *Apply self-regulation and accept feedback.* Think about your lessons you are receiving from your garden. Learn from it so that your contribution becomes an ever greater benefit for you and for those that surround you.

5. *Use and value renewable resources and services.* Renewable resources are those that replenish with moderate use, such as a second orchard downhill from a first that will reuse water from above.

6. *Produce no waste.* Here we turn waste into food for another: reuse refuse from a modern non-smelling dry toilet to make compost. Clean and recycle gray water. Repair and repurpose broken tools and equipment. Reduce, reuse, repair and recycle.

⁹ Learn more and connect with Rob & Michelle at <https://vergepermaculture.ca/>.

7. *Design from patterns to detail.* E.g. start with the way the water flows through the terrain, then arrange the elements in their natural order.
8. *Integrate, rather than segregate.* Conceive distances between work and social sites from an understanding of how a community interacts and how it prefers to get its work done. Take into account the safety and playgrounds of children and their supervising parents.
9. *Use small and slow solutions.* Think ahead to uses and to crop yields that will mature over time.
10. *Use and value diversity.* Diversity insures against failure parts of your garden (e.g. pests). Also, diversity of well-chosen foods provides needed vitamins and minerals to your food.
11. *Use edges and value the marginals.* Use hedges for growing fruit bushes. An idea: use drip irrigation rather than radial sprinklers where the four edges cannot be used. Further, one loses water through evaporation – e.g. think of the evaporation of sprinkled water falling on a field after a hot summer day.
12. *Creatively use and respond to change.* Fields evolve and need adapting over time. Keep track and evolve with your fields.

Permaculture considerations

Videos are made by those who have succeeded, not by those who have failed. So in the videos we will necessarily accompany those who have succeeded and whose dedication and enthusiasm remains infectious.

Having said that, several lines of caution are advised:

- Work in agriculture is and requires *hard physical labour and a near-daily presence much of the time*. A garden is alive. As soon as you go further than a set of planters, you need to worry about watering, potential wind, rain and freezing damage, as well as taking care of the many harvests of a permaculture plantation.
- The dangers of large-scale fires is particularly pronounced in European mediterranean countries and in many areas of the Americas and Australia.
- The extreme conditions shown in some examples here required established permaculture experience to succeed. Money invested in a complete permaculture course and/or in a professional land evaluation will be amply rewarded in the long run.
- During the first five to ten years on a new plantation, the springs, summers and most of the fall require your near-daily presence. Much depends of the use you wish to make of your land. A mature permaculture used solely for personal use is very different from land cultivated for profit.
- Do not discount the human importance of your neighbours. Many have wished for "a living away from a nine-to-five job", and have found themselves too isolated out in the countryside, particularly if they have children.
- Do not discount the formal importance of legalities. Land, garden and territorial rules have destroyed many permaculture ambitions. For example, can you plant something new in your front lawn? There are laws in many locations in Europe or North America that prescribe "lawns and well-trimmed hedges" as the only permissible landscape. Or can you keep chicken on your land? Can you sell for regular income the proceeds of your land? Can you construct or repair a habitation? What are the regulations for a "Tiny House"? What is its weight if it is mobile? Can you build cabins for rental on your land? Get the info, before it gets you.

- The fruits of permaculture take some time to be realized. Obviously all depends on the initial investment and the location. But think of an initial five to ten years till the situation stabilizes.
- Finally, ideals applicable to permaculture do not always agree with "profitable arrangements for cultivation for sales". For example, a *permaculture* arrangement might suggest planting fruit trees in totally interspersed manner, while a "*cultivation for sales*" arrangement would suggest grouping them together for efficient harvesting. Work together to get ideas from others who have had good experiences with land in your neighbourhood.

8.7. Permaculture, off-grid and tiny house stories

All comments in the following section were extracted from user-provided video comments. Thank you for sharing them with my audience.

Personal permaculture experiences

AUS "Beautiful 1-Acre Small Scale Permaculture Property | Limestone Permaculture Farm Tour",
<https://youtu.be/JSNc13cmknE>

A tour of Limestone Permaculture Farm in New South Wales, Australia. Brett Cooper manages the 1-acre property as a productive farm helping to feed around 50 families. The tour includes a look at the orchard, caravan farm gate, chicken and duck areas, and shade house, and Brett talks about what brought him and his family to this complete change of lifestyle in which they are thriving.

AUS "Living a Radically Simple Permaculture Life on 1/4 Acre | Creatures of Place",
<https://youtu.be/rCRukvZE2Vk>

Creatures of Place is an insight into the wonderful world of Artist as Family: Meg Ulman, Patrick Jones, and their youngest son, Woody. Living on a 1/4-acre section in a small Australian town, Meg and Patrick have designed their property using permaculture principals. They grow most of their own food, don't own cars and ride their bikes instead, use very little electricity, and forage food and materials from their local forest.

AUS "Permaculture Transformation In 90 Days", <https://youtu.be/AWtsrNuUAgE>

The large areas of lawn only had about 2 inches of topsoil on top of a heavily compacted clay base, so they decided that they would like to best use a mix of topsoil and compost to form raised beds since they preferred sitting on the edge of raised beds to bending over. The Plan was to use cheap local timber to make the beds that would rot away over the next 5-6 years. By this time, they would have made enough compost and collected enough farm waste to build up the topsoil over the entire acre to have a nice fluffy productive area. All the raised beds were the same size so a chicken tractor could be cycled around, and over the next 8 weeks we made 25 tonnes of compost, mostly from on farm resources and mixed this with some of the topsoil from making the dam to fill the raised beds.

NZ "Amazing 23-Year-Old Permaculture Food Forest - An Invitation for Wildness",
<https://youtu.be/6GJFL0MD9fc>

In the small town of Riverton at the bottom of New Zealand's South Island is Robert and Robyn Guyton's amazing 23-year-old food forest. The 2-acre property has been transformed from a neglected piece of land into a thriving ecosystem of native and exotic trees where birds and insects live in abundance. Robert and Robyn are a huge inspiration to us, not only for their beautiful approach to healing the land and saving heritage trees and seeds, but for the way they've impacted on their local community.

NZ "Full Documentary: Man Spends 30 Years Turning Degraded Land into Massive Forest (Fools &

Dreamers)”, <https://youtu.be/3VZSJKbzyMc>

The incredible story of how degraded gorse-infested farmland has been regenerated back into beautiful New Zealand native forest over the course of 30 years. Regenerating a Native Forest is a 30-minute documentary about Hinewai Nature Reserve, on New Zealand's Banks Peninsula, and its kaitiaki/manager of 30 years, botanist Hugh Wilson.

NZ “Man Quits Job in Finance to Grow Food and Develop Permaculture Food Forest From Finance to Farmer”, <https://youtu.be/3jh1481J6qw>

Andrew Martin once worked in the finance industry in Australia, but after learning about the true state of the world as peak oil and climate change begin to take effect, he knew he had to leave that unsustainable lifestyle behind and do something useful to help heal the earth and to be more resilient in the face of change. He and his wife Beth moved to New Zealand, where they're in the process of turning green-desert farmland into a productive and bountiful permaculture forest of food. It's incredible to see how much they're harvesting after just three years.

Jordan “Celebrating 10-Years at the Greening the Desert Project, Jordan”, <https://youtu.be/yI9wMtTvWps>

The Greening the Desert (GTD) Project started with the purchase of land about ten years ago, and it expanded slowly until that mounted into exponential growth. Things started at the top, literally, with a large water tank that feeds a shower/toilet block just downhill. The toilets are dry composting, supplying fertilizer for plants on site, and the greywater from the showers and sinks goes to a nearby reed bed. The reed bed, still high in the landscape, is then able to send gravity-fed irrigation to many trees throughout the site. It's all used onsite for beneficial biological cleaning.

The food forest with stone walls and earth-backed swales moves through the landscape to rabbit and chicken houses, which combine manures in a system that creates a cubic meter of compost every five weeks. That goes to the main crop garden, a shade-covered kitchen garden. The surplus fertilizer (compost) goes to food forest trees and the nursery. The runoff from the nursery goes through to the kitchen garden.

The accommodation building has an office, a classroom, and eight bedrooms. Its two stories high and made with earth brick and straw bale. The roof has a beautiful garden made up of wicking beds.

USA “Natural sequence farming How Peter Andrews rejuvenates drought-struck land Australian Story”, <https://youtu.be/-4OBcRHx1Bc>

Almost 50 years ago, fried chicken tycoon David Bamberger used his fortune to purchase 5,500 acres of overgrazed land in the Texas Hill Country. Planting grasses to soak in rains and fill hillside aquifers, Bamberger devoted the rest of his life to restoring the degraded landscape. Today, the land has been restored to its original habitat and boasts enormous biodiversity. Bamberger's model of land stewardship is now being replicated across the region and he is considered to be a visionary in land management and water conservation.

USA “Profitable Farming and Designing for Farm Success by Jean-Martin Fortier”, <https://youtu.be/92GDHGpSmel>

Tools and horticultural techniques make up the best part of what makes a diversified vegetable operation profitable, but in this presentation, JM Fortier, will discuss how the design stage of any farm might be even more important. Gleaning from the experience of his own 2-acre market garden and that of a new 5 acres one, he's currently setting up, JM will elaborate on some of the design principles he has followed.

USA *"Permaculture Farm - After 12 Years"*, https://youtu.be/9n_ATKIY-fQ

Okfuskee Farm incorporates Broad Acre Permaculture Design, Rotational Grazing, Market Farming and more on their 20 acre property. Located in Silk Hope, NC.

CAN *"What Permaculture Got Wrong - Dispelling Five Common Myths"*, <https://youtu.be/C0kVIS3rQ28>

Curtis Stone runs a commercial urban farm called Green City Acres out of Kelowna, BC, Canada. His mission is to show others how they can grow a lot of food on small plots of land and make a living from it. Using DIY and simple infrastructure, one can earn a significant living from their own back yard or someone else's.

"My response to Curtis Stone 'What permaculture got wrong... Dispelling Five Common Myths'", <https://youtu.be/cS6uOWhjJE0>

UK *"A Forest Garden With 500 Edible Plants Could Lead to a Sustainable Future"*, https://www.youtube.com/watch?v=Q_m_OUPOzul

Instead of neat rows of monoculture, forest gardens combine fruit and nut trees, shrubs, herbs, vines and perennial vegetables together in one seemingly wild setting. This type of agroforestry mimics natural ecosystems and uses the space available in a sustainable way.

UK-based Martin Crawford is one of the pioneers of forest gardening. Starting out with a flat field in 1994, his land has been transformed into a woodland and serves as an educational resource for others interested in forest gardening. This short film by Thomas Regnault focuses on Crawford's forest garden, which is abundant, diverse, edible, and might be one answer to the future of food systems.

Off-grid living

CAN *"Retired Couple Living Off-Grid Shares Their 8-Year Experience"*, <https://youtu.be/2RAKB1z2MaQ>

In this video we're meeting Art & Mary, a retired couple who set out to build an energy efficient and allergen-free home, and ended up living fully off the grid! They have a massive solar power system for the majority of their electrical needs, they process all their own firewood, grow and forage a lot of their own food in the summer, and they collect rainwater for watering their garden!

Tiny House

"Open Concept Modern Tiny House with Elevator Bed #anawhite", <https://youtu.be/IHjJd4tkvSU>

Full of fresh, original tiny house ideas, this 24 foot long rustic modern tiny dream home on wheels has it all ... and open space to boot! Featuring a ceiling bed with automatic lift, convertible lounge area, flip up desk piece, clever sliding closet in the shower, sliding pantry shelf, hidden laundry, and much, much more, this tiny house achieves modern comfort in an open concept floor plan.

"Tiny House Designed To Be Elderly Disability Mobility Friendly", <https://youtu.be/BIQ3yuUmBiw>

This tiny house has many elderly / disability friendly features which helps to make this tiny home a very liveable space. These features include design aspects such as ramps, reinforced walls for secure hand rails, and an accessibility toilet and shower. Care was taken to ensure there are zero trip hazards in the home and the dimensions of the home were even designed around the ability to use a wheelchair in the tiny house if need be.

"Jay Shafer's Stunning \$5,000 Tiny House", <https://youtu.be/kokfl0vn9ZM>

His new tiny house design is aimed at taking things back to the absolute basics and

simplicity in all aspects. That means a home which is simple and pleasant to live in, simple to build and also simple to afford. This new tiny house design costs a remarkably low sum of US \$5000!

“*Living in a Tiny House Stinks (Sometimes)*”, <https://youtu.be/n7G7p1MPWIM>

I'm going to get real with you, and tell you why (sometimes) living in a Tiny House is terrible. In this video, I talk about the cons, in my pros and cons list, of living small.