

THE NEW MILLENNIUM NOTEBOOKS
SPIRITUAL PROGRESS PART III
The Inner Planes



Neil Hickox

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

Cover Photograph
A Peregrine Falcon in
Los Angeles, CA

by
Neil Hickox

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

A Profile

I am a professional musician. I play and teach six instruments and compose music. I've been an organist and choir director for many different religious denominations. I have also taught vocal music in private elementary and pre-schools and have had my own dance band in the past. I live with my husband Lyle in Grand Junction, Colorado. We have one son, Neil, a computer scientist living in California. Neil has done many of the drawings used in the teachings.



Norma Hickox

Photo by Neil Hickox

When I began composing in 1981, the music and lyrics would flow out in complete form. A year later, I began to receive information from a spiritual source that flowed the same way as the music. This new material was later explained to be from spiritual teachers whose intent is to bring the Chrysalis Teachings to human understanding. My individual part in the work is to act as a thought provoker; to bring through ideas that stretch our minds and break us out of the shells of old thinking; allowing us to wonder "What If." This work is in the realm of creative ideas, before inventions are made or new products are designed and opens the possibilities of new ways of doing things. For the last twenty years I've been working on the Science of Music. This science will tie everything that has existed since the time of the big bang until now, to a musical vibration for the purpose of finding compatibility between the different kingdoms.

I have been blessed with the privilege or gift of "knowing" many spiritual truths. It seems that some part of my makeup has the ability to "know" and "see" the aspects of creation in a way that relates to musical vibrations. Actually, being a musician, it was the vibrations of music that I've been exposed to since the age of four that enables me to do this.

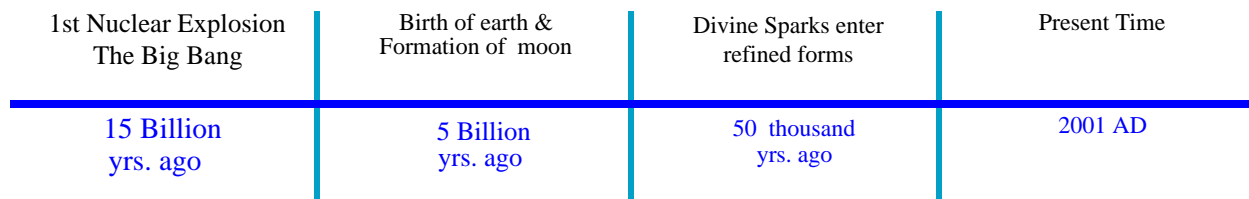
These notebooks enable us to look at any time period of the universe. They allow us to experience events that have happened in the past, events that are happening now, and events that will happen in the future. Each New Millennium NoteBook will take a look at a small portion of the TimeLine of Eternity.

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CHAPTER ONE

THE INNER PLANES

The Inner Planes

The inner planes of the earth are patterned after the other planets, but are not the actual other planets. To explain this, one must picture the repeated pattern of all creation. Therefore the inner planes of earth are a repeated pattern of the planes of the oversoul, which are the planets. We will move out of the earth realm (with its 12 levels of inner planes) into the realm of the fifth planet which also has 12 levels or planes, then on to six, etc.



Our teachers are on the big planets of the oversoul's path and earth's corresponding inner plane level is the doorway into contact with these teachers. The earth's inner planes are keys that unlock the door into the corresponding big planets. Most teachers are on planet number seven, Venus before we (on the earth plane) can reach them inwardly through our 7th level of inner planes. The teachers have graduated from twelve levels of earth's inner planes, twelve of the fifth planet, twelve of the sixth planet and anywhere from one to twelve levels of the seventh planet.

The teachers on the seventh planet are out there in space. A person's ability to reach them depends on their ability to reach the consciousness wave length – the radio beam – if you will, of the seventh level of earth's inner planes, which is in ethereal thought form. The teachers are that far ahead of us. On this trip, they have not been in outer space through the other universes, superuniverses and into Paradise as the whole spark they are progressing as now. They have made that trip before, though, and have some recollection of it in their core, but they are still in ethereal matter of our solar system. When they leave the twelfth planet as a part of the whole of the Oversoul, this knowledge will come back to them. It is for the most part veiled and they are carrying with them only that which will apply to those in the same solar system, the same way you, in any given life, are only car-

rying with you the knowledge from previous lives that is applicable and will help in this life.

The teachers are referred to by some as thought adjustors (by the Urantia book) or guardian angels (by evangelists) or teachers and guides (by metaphysicians). The Urantia book is an overview of life on planet earth from the beginning as seen by those from a different galaxy who colonized her. They take no notice of the relatively short time out of the whole picture of time that the recirculation on the earth plane takes until perfection is reached. It is to them like a drop in the bucket, so is not directly spoken of. Only in a few places is any mention made of it in a manner of it being an accepted fact.

A Description of the Inner Planes

The inner planes you are in at night are indeed the ones you go to when you cross over. The following is a description of the inner planes by one of the teachers there.

It will be very familiar when you arrive. You do indeed spend your time with others, enjoying each other in free will, but as you know, there is no such thing as sex per se over here and these thoughts never enter the picture. There is love, love between two souls, that is very beautiful. This feeling is bound to carry over into your life there. It is quite difficult to understand. There are marriages here between two souls, and that bond is felt by you. But a relationship formed on the inner planes will be much stronger and more binding than one made on Earth, which must be considered temporary. If the two can be combined, then it is indeed beautiful. This does happen, but not as often as might be wished. This is one reason for so much unhappiness in the world. This is why life lived through the personality is not satisfying, whereas one lived as a soul is.

We do a lot of teaching when you are here, but you also have fun and relaxation. Some lessons are incorporated into the good times. Yes, we do wake you at times so you will consciously remember certain details, but not always. Sometimes you are awakened, unfortunately, by some other means and the lesson has to be scrubbed until another session. The lessons taught this way are then tested during your waking hours to gauge your progress. You see, your schooling never stops, not really, and when you help by studying and working on yourself, you do progress much faster. Think of the job we have with those unaware of the process. We still have to teach them, but it is much more difficult.

Most rewards are given when the entity returns to the inner planes. It may be no more than a pat on the back, or it could be being passed to a higher level. The rewards given on earth are, most of the time, not recognized as such. In other words, rewards are given to men of good will who don't even wonder about the whys and wherefores of life at all. Still, we are

obligated to reward them for their efforts to serve humanity.

When you get advanced enough to be a teacher and guide, you don't need to return to earth, but have the option to do so if you feel it would serve a good purpose. Most choose to advance on the inner planes. A few do return to earth to take on certain tasks that will benefit humanity.

We here attend classes and take our turn in the computer birthing process center and the akashic record center, either programming new information or looking up old information. We do a lot of counseling on the lower planes and are ourselves in counseling sessions, group and single. The course of action for each entity is never taken lightly. A lot of study and thought goes into each step taken.

Each divine spirit has not only an overall evolutionary chart being kept in the computer room on the inner planes, but each individual life is being charted also. You, yourself, can check your progress report and do check it at night when you are here. There is a time outline (loose) when each stage of each life should be reached, starting with the spark entering the physical body and continuing until physical death. Your guide is aware of this chart. If you aren't developed enough to check it yourself, he keeps watch and tries to guide you so you complete each stage at the approximate time. The length of the lifetime is charted also and when it is said that "so and so" seemed to know or sense that he was going to die, this person probably had checked the progress chart and did know. This information was veiled from his conscious mind so he could continue his daily activities without concentrating on passing over. Incidentally, your death is really a much nicer birth experience than is birth from this plane into yours, which really should be more feared than the other way around.

Inner Plane Work Is Complicated

It is a very complicated process that has evolved as far as inner plane work goes. This is why the material coming through from outer sources such as the Pleiades will not be as helpful to humans, as they do not go through processes such as this. The human being's emotional body affects all of this work. Nay, it is the main cause and effect of all of this work. If it were not for the emotional body there would be no need to reincarnate as there would be no need for filtering thought processes. It would all be a very mental, intellectual inner planes like the outer planets are. But this is not the purpose of the earth plane when looking at the building of chakras among all the planets. You see, the process of balance of chakras goes on at all levels, from within each cell of the body clear up the pathway of the planets leading back to the One Creator.

The Term Inner Planes Used To Designate Location Of The Soul

The inner planes encompasses all the earth plane inhabitants that are unmanifested. In other words, all energy around the earth sphere in our solar system is included in the use of the term inner planes. But any energy that is in the manifested state is not included in the term.

This would comprise all the planes from four through twelve. This is the dwelling place of the spirits or divine sparks. The planets themselves are where part of this energy is located. Some of it is merely suspended in space. Some of it is in the form of comets, and other astronomical objects.

The most common use of the term “inner planes” is as the place the soul retires to at night when it leaves the body. This is not the same for everyone. It can be anywhere in the solar system, but the use of the term inner planes is as a collective idea of where the soul resides when the physical form is at rest. During the first stages of sleep, the soul is still physically present in the form, but mentally is visiting and learning and studying on another planet. Compare this to yourself sitting in a chair and thinking and visualizing yourself in another place, perhaps another state. You are still in the chair, but your mind is somewhere else. The same thing is true of the soul at night. It is still in the body but is somewhere else keeping busy with growth. Then when the soul goes on R and R for a two hour or so period, it physically leaves the body and goes to somewhere else in the solar system. This would be as though you get up out of your chair and go somewhere else. Perhaps you only go outdoors and walk around, perhaps you go shopping, or to school or even to the airport and get on a plane bound for another state or country. The soul has the same options at night as you have during the waking hours. He may hover just above the body or may travel to a far off planet. Therefore, the use of the term inner planes is mainly designating a location for the soul.

Soul Goes On R & R At Night

You see, when you go to sleep at night, there is a distinct pattern that the sleep follows, a structured pattern of sleep. As far as what goes on with your inner life, the animal-based brain goes through stages. I'm not going to get into those stages because they've been well documented in other work. The soul itself is what was being referred to as far a structured process at night. The first thing it does is leave the body and go through a period of R and R (rest and recuperation) from the trials of the day that has just gone by. It meets and joins with the soul on the inner plane for a brief period of rejuvenation. This may be thought of as a bonding. It reenergizes the spirit of the person, the soul of this person as far as completeness goes. Because it is a separated soul during the waking hours it needs to have this bonding with the rest of its total beingness to rejuvenate and restore and prepare for the

trials of another day on the earth plane.

Soul Attends Classes At Night

Once it has gone through this period, then as a whole soul, it attends classes. Which classes it will attend will depend upon the evolutionary level of this soul. All people on the inner planes at night will have a period of classwork. It could be a big group in a lecture hall or it could be on a one to one basis, just as though it were on the earth plane. But it's simply the soul. In some of the big classes, the lectures would be on attitudinal behavior. These would be on such things as self-centeredness, always giving the fine line between being, for example, self-centered and being responsible for yourself. In all the attitudinal behavior problems there is always a fine line distinguishing the way it should be and the way it usually is. Normally, what happens is, our soul will get this lecture on the inner planes at night and be so "gung-ho" the next day to put it into practice, that he simply carries it too far. He swings the pendulum too far the other way, going past that fine line.

With a more advanced soul, perhaps one on a private instruction period, he would be getting instructions as to how to present this material to others on the earth plane. It would be a form of teacher training.

Soul Has Fun Times Also At Night

Then there are fun times on the inner planes. For example, a group of souls who are dedicated to, let's say, music in this particular life time, will get together and just simply have a party. Or perhaps they are all artists. But like will attract like on the inner planes as far as these fun time periods and also as far as the lessons go. The universal law of like attracts like holds totally in all aspects of the inner plane. It is not opposites attract. There is no sex difference and, of course, no sexual intercourse because there are no physical bodies. There is a bonding between the two halves of the soul that would come the closest to anything that would relate to our act of sexual intercourse.

The whole soul is what experiences the inner plane, not the half soul. Each evening there is a period where the two halves of the soul meet and join up or bond. Then they are with others, either in class or on a fun time, at a lecture hall, strolling along the banks the river, walking through gardens, in libraries searching out data. At the end of the night, there is a separation period again.

Relate this, if you will, to when the husband comes home from work. Perhaps, he and his wife embrace. Perhaps they go to a party. Perhaps they attend a lecture or class. Perhaps they prefer, instead, just to go to bed. No matter. They are together until the following morning and the husband or the wife or both must leave in the morning to go to work.

They are separated during the day. They know that separation is coming daily. It's the same thing on the inner planes when they know they will separate as the day begins for the entity on the earth plane, and that they will come together again that evening. There is no difference in these two analogies. Even to the point of one half of the soul being of the female characteristics and the other half the male, and they do join and bond. But, they are bonding with themselves; with the other half of themselves instead of with another fragmented being (as is the case of husband and wife).

This is what is taking place on the earth plane. People, in their relationships, in their marriages, are trying to bond with other fragments. This is why relationships are difficult to work out. But this is where the lessons lie that will speed up what is being learned on the inner planes. Lessons in attitudinal behavior and relationship problems can be taught over and over again in the lecture halls on the inner planes, but if it's never brought into the earth plane and experimented with, and the concepts applied to the reality of earth plane life, then those lessons are never cemented into the beingness of that soul.

This may explain why so much of our education is not as it should be. The application of the lesson is not included in the school. Whatever is being taught must have a period of practical application for it to be assimilated in the brain of that person. The same is true of the lessons on the inner planes.

Example Of Night For Norma

The following is from my teacher on the inner planes:

We're going to give you an example of what a night for Norma is like. As she falls asleep, the separation begins; the separation of the soul from the physical body. First thing it does, is to join the other half of her soul. They have a reunion, meet at the doorway and enfold each other in their arms, and perhaps just discuss the work on the earth plane. The one in incarnation would discuss his life on the earth plane and then the one on the inner planes would discuss how he tried to help, etc., and how could they improve the communication bond between them so that the one on the inner planes can offer more help; what they can do with the personality that they must work through when the one enters incarnation. This is all discussed between them. Plans are laid to experiment a different way the next time they find they communicate, not only with each other but perhaps with the personality on a certain subject.

Teacher Training Classes

In Norma's case, she goes to the advanced classes; advanced classroom teacher training classes. This would just be for a brief period because this is not her role on the earth plane, to be a teacher. But all aspiring applicants to mastership must attend these class -

es. We have our guidelines, the same as your universities have their guidelines and requirements, and this is one of the requirements. There's a brief period of teacher training, perhaps worth one credit instead of three in earth terms. It's just a very short period of, in her case, what should be given out and what shouldn't be given out to people, and how to give it out, how to know what you're ready for the next step so to speak in your understanding.

Divine Science Classes

From there, her duties intensify. She attends Divine Science classes. In her case, this is the bulk of the night. She works on the project that she is working on in the earth plane. She works on them in miniature in essence. (This is very difficult to describe.) It is a process of thought combined with thought application. This does not quite describe it. Maybe a good analogy would be that she works on these projects in a hologram design where they can be seen as a total finished project and then separated or segregated into stages or steps of the project.

Soul On R & R Is Spark Of Electricity

When the soul goes on R & R, it is merely a tiny, infinitesimal spark of electricity and is not able to be determined by weight on any instrument that we have available to weigh it. A measurable weight has to do with the etheric body which is where the chakras are located. This is a body of ethereal matter that encases the human form at all times while incarnated on the earth plane. This is what leaves the body at the death of the form. But on R & R at night, it is only the spark of electricity that generates the nuclear power plant of the divine. It returns to the atmosphere from whence it came to be restored and rejuvenated or recharged for another day on the earth plane. This is why lack of sleep makes one so listless and to not have any energy. Actually it goes through stages. It will go through a stage of over-activity trying to recharge itself in any number of different ways that will manifest on the earth plane, if one has missed a night of sleep. But eventually it must have this R & R or dire consequences will arise. It could cause the death of the form eventually if the soul were not ever able to leave the body for R and R. But what it does is leave anyway and leave this one operating on animal brain power. There is no balance of thought in one who has missed sleep. He becomes irrational as the guiding soul is not there to balance out instinctual behavior.

Two Hours On Inner Planes Equal To Twenty-Four Hours On Earth

The two hours that the soul is out of the body, would be perhaps equal to a twenty-four hour period of earth plane time. About one hour to twelve would be approximately accurate. As far as what happens to time, it would be like putting a film into a fast speed. So much can be learned and gained and understood and known in that two hour period, that

it is very frustrating for souls when they re-enter the body and are slowed down into the very, very slow vibration of the earth plane.

One of the first things that happens when the soul leaves the body at night, is the release of this frustration by simply feeling free of the heavy vibration. It just falls away from him. It must fall away from him before he joins and bonds with the other half of the soul for that particular R & R type thing. So shucking this lower vibration is the first thing that happens. Embracing the twin and communicating this frustration and the strides forward, new attempts, etc., is the next thing that takes place. That basically determines then, where this whole soul will go for guidance. If there is a particularly tough problem going on in the life of the body, he may ask for individual counseling and not attend a lecture or a classroom that night. Most likely, there is a class, an on-going class, that he's working in each evening – a class similar to the courses at our universities. There are some classes that are prerequisite to others. It's very, very similar to our life here. As spoken of before, there may even be a celebration that night. Perhaps the soul himself will celebrate because of strides forward he made that day in the physical form, which is his home during the hours he is not on the inner planes.

All of this can be squeezed into a twenty-four hour period. Classes, even individual counseling, a party, rest and relaxation, renewal, rejuvenation – all of this can take place within a twenty-four hour period, and does each night in the two hour period of earth plane time!

You Are Living Two Twenty-Four Hour Periods In One Day

Therefore, the physical body is living a twenty-four hour period and the spiritual body also lives its own twenty-four hour period. So, a person, well aware of what's happening on the inner planes can make terrific strides forward in their evolution if they can tap into and remember and bring forward what went on during the nighttime hours. The percentages of what takes place on the inner planes, such as for the physical, emotional, mental and spiritual growth is as follows:

Physical Body Growth

As far as the physical body, there's very little of the physical evolution that happens on the inner planes. It's just not possible. I'll say perhaps 5% and this is only applied toward the care of the physical body or perhaps the makeup of the system of genes.

Emotional Body Growth

About 80-85% of the evolving of the emotional body is done on the inner planes at night and the rest of it is done through the soul on the earth plane. The soul and the emotional

body walk hand in hand.

Mental Body Growth

Mental evolution is about 50-50 because of the animal-based brain mind that develops through the human form makes up about 50% of the mental body with the rest of it coming from divine inspiration and study.

Spiritual Body Growth

Believe it or not, most of the spiritual evolution takes place on the earth plane. Maybe 25% of it takes place on the inner planes. Remember it was previously stated that concepts can be taught over and over but the application is where the learning and assimilating will take place. This application will be on the earth plane.

Karmic Issues

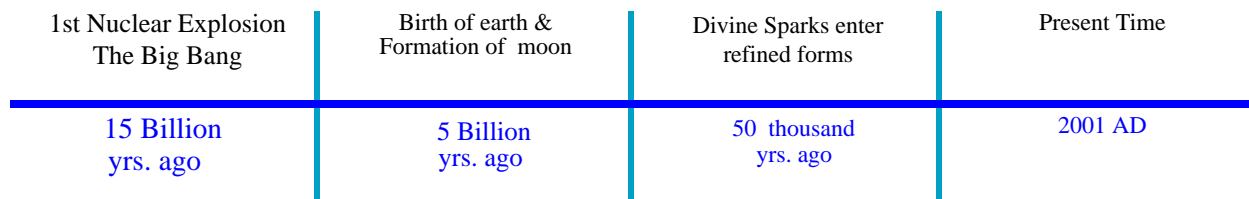
Most of the karma is worked out on the earth plane also – probably 90% of the karma on the earth plane; 10% on the inner planes. And the only way this 10% is done is through the attitudinal classes that all must attend. Here again, only dry run theory will be given on the inner planes. The working out of the karma must be done on the earth plane using the emotional, mental and physical body with spiritual guidance.

Emotional Issues

To work out an emotional issue on the inner planes would be a last resort. For the most part the teachers encourage and want those under their guidance and care to work these issues out in the physical body because this is where the blending of the soul and the personality will take place, is in the working out of the emotional issues on the earth plane. If the teachers have to step in, intervene, this does not have any bearing or give any help whatsoever to the stages of synthesization because it isolates this emotional issue instead of resolving it through a blending. It resolves it through a single happening and this is bypassing the lesson rather than learning the lesson – overcoming it and achieving the goal.

Many times this working out of an emotional issue on the inner planes must be done. The way it is done is by working not only on the one struggling with the emotional issue, but by also working on and with the guides of the person they are involved with. Many times the guides can set up the circumstances between them so that the two on the earth plane can work it out. Then again, many times this cannot be done. Therefore, on the inner plane, what they have to do to keep this person “upright in the water” is to repaint the picture they have of all parts of this emotional issue, be it another person, be it something within themselves that they can't accept; whatever it is, the teachers help repaint the picture. What this involves is using an eraser on the cells where these pictures are painted.

These would be our memory cells. The teachers actually erase the picture that is causing the problem, whether this picture is an actual reality or whether it's something the person has built up in his mind, they will erase it as a last resort. The only time that they would use this process would be when the person is very close to the danger point of mental imbalance because of an emotional issue.



CHAPTER TWO

ASTRAL TRAVEL

Astral Travel

The benefits a person might receive from astral traveling would be an ability to check out people that he is curious about, as far as their sincerity. The first form of astral travel that the teachers would like to see develop is simply to be able to meet others on a soul to soul basis. This would be the best method for checking out the intentions and usefulness of those you are contemplating getting involved with. This is the safest way to do astral travel. Some learn to travel to the physical location of the physical body and can learn much about the exoteric life of the person they are studying, but the teachers feel this is an invasion of privacy and do not recommend it. The ability to do soul to soul travel is all that is needed to find out what it is you need to know about the person. You do not need to “see” how he lives or what his eating habits are or anything like that. Therefore, the teachers do not think this should be attempted. Your own guides will be with you and will help keep you from that kind of astral traveling. That borders on the occult and psychism of the old world.

The new way of astral travel is, as stated, soul to soul. There is an honesty and purity of this method and it is not against the law. It can be done through meditation practices. I would advise starting with people you know well, then people you know slightly, then acquaintances and finally those you don’t know, but have mutual friends that can verify your findings. Then you will most likely be secure enough to do total strangers. Remember, all you are to determine is their esoteric qualities. You must not use knowledge of their exoteric life gained this way. It will bring on much karma.

Specific practices to enable one to do astral travel are as follows: You should get more physical exercise as a starter. Your body needs to have a higher oxygen content to be able to achieve the mental planes necessary for astral travel. When attempting to do this it should be on an empty stomach as the digestive system is the seat of the energy necessary to do this. This would apply also at night before sleeping. You should not eat after eight PM at night if you want to do the traveling at night, which is the easiest to accomplish.

Learning to astral travel during the waking hours is extremely difficult and requires much discipline.

Before retiring you should ask specifically to be allowed to have soul contact that night with a certain person of your choice. You then should define the aspects of the soul of this person that you would like to know about. A better way, perhaps, would be to write down on a piece of paper three statements about this specific person as to soul qualities that you think describes them or is what you feel to be the essence of their soul quality. Then, when asking for soul contact that night ask for either verification of what you wrote or enlightenment of where you misjudged their qualities.

The next morning, first thing upon rising, you should take the three statements, one at a time, and meditate on them. You may even write on a piece of paper, “am I right about this aspect of so and so?” The urge to write may come at this time, if so, go with it. Write down whatever starts coming. If no urge to write comes, then listen inside your head for verification or change of the statement you wrote previously. Hold a mental thought of this person very strong in your mind while meditating on the statements.

Try this for one month. Do not try it every night, perhaps just two or three times a week. For the first week, you may want to concentrate on just one person, but do not let this become curiosity about their exoteric life. If this happens, move on to someone else. This is against the law and you will be blocked if you use these methods to tap into anything except soul qualities.

Silver Cord Attached to Body

There is a cord attached when your soul leaves the body while sleeping. Those who have seen it say it has the appearance of silver, but it is truly made up of light particles, crystalline light particles. It is similar to an umbilical cord on the babe when he is in the universe of the womb. When the soul goes into the large universe at night, this cord is his way of continuing to be in touch with the human form he has left. It is not so much for nourishment to or from the human form, just the “anchor” so to speak that will draw him back to the form when ready. In this respect it is not an umbilical cord. If it were not there most soul’s would chose not to return if they have many problems on the earth plane existence level. This is the insurance that they will return to the earth plane class room and finish the lesson plan. This cord cannot be broken by anyone, so there should be no fear attached to knowing that the soul leaves for a period each night.

Magnetic Blankets

For years the Japanese have used magnetic blankets for containing the aura of the person,

as they sleep, in a state of cocoon-like protection for the sleep state. This is due to Shinto beliefs that the soul could leave at night if not held to the body. The soul will leave at night, but will also return whether or not a magnetic blanket is used.

The blankets do provide some positive factors, however, such as helping protect from lower astral plane interference during the absence of the soul. On a physical level they tend to hold the vibration of the person's physical form more steady and this wards off illnesses to a certain degree, for instance if one has been exposed to a virus or inclement weather conditions that could bring on a cold or the flu. They can even help in some cases with allergies. I am not saying these magnetic blankets are not beneficial, I'm stating that they are widely used in Japan due to old Shinto religious beliefs which are not necessarily true, but as in so many cases, thoughts are things, and they serve their purpose for those using them. They do have some positive effects, but probably not enough to make their purchase price worth the benefits. There is a possibility that these blankets can be upgraded into being more effective when the way is discovered to do so.

Speed Up Your Growth By Asking For Help At Night

When you go to sleep at night, you can speed up the progress you make simply by asking that the night be spent to the best benefit of your eternal soul. Perhaps say a little prayer or mantra before you go sleep at night; make up your own in your words as it would be more meaningful to you to do this than if you use a pat, standard mantra to say. But, ask for a healing, blending of vibrations with your soul on the inner plane. Ask for guidance for your daily life in any form deemed needed by your teachers and guides not – what you think is needed. Then, make the statement that you are open and readily accepting of any teachings that can be given you at night. That you are hungry for them. For anything that will bring you closer to your God Within and for anything that can help you understand the wondrous universe of which you are a part. This would be the way to end each day and to insure that each night will be used to your best advantage. You may also give thanks for those who do help in a very simple manner.

Waking Up While Soul Is Out Of Body

The reason you feel terrible when you wake in the early hours of the morning is because your inner being is still out of the body at that time. It is most likely caught up in something that it cannot leave when you awaken suddenly like that. The best thing you can do is try to go back to sleep. If this is not possible then I suggest you read or listen to tapes. You see, your physical body, animal-based brain is not a very exciting entity. It is only when the inner being is present that it has the right attitudes and is as your whole personality. When you wake like that you must remember that you are like a stove cooking on one burner instead of three and trying to prepare a banquet. It is a helpless situation and

you feel this hopelessness. The flat feeling you feel, as though nothing matters, could be pictured as being similar to the line on the machine, when someone's heart stops beating, going flat, is very similar to what happens to an individual when the inner being leaves. It is just a shell with the flat line representing a lack of life force which is the inner being. When the inner being returns you immediately feel well-rounded and complete and even sometimes happy. When the inner being is gone you feel full of despair because you are used to having it with you. The best way to keep from being depressed is to stay connected at all times by thinking of it and communicating mentally with it and knowing that you are not alone.

Different Realities

You can be with someone on the inner planes and they not be with you; perhaps they were even with someone else. This is very difficult to try to explain. It has to do with different realities. You are a different entity, a different reality to each and every one who knows you. The way they perceive you is what makes the difference. When they say they are with you on the inner planes they are with their perception of you, which is their personal reality, which means they see you through the eyes of their personality. When you see yourself on the inner planes as being with someone, this is you as you perceive yourself, your personal reality. If you are constantly with someone on the inner planes and they have no knowledge of it, then this one is an important reality for you that you have created in your mind. That one in everyday life has no knowledge of the reality you have created for him. This is a more in-depth explanation of possible realities. As many people as you know are how many possible realities you have.

Your behavior and association with these ones in every day life determine the reality they make out of you on the inner planes. Those who know you as a music teacher, for instance, in every day life will form an entirely different reality of you than those who meet you at an aerobics class, for instance. You will not usually be with those on the inner planes that you do not associate with in everyday life unless there is something between you that is a left-over of unfinished business from the time when you were associated with them, and this is where the tricky part comes in. It could be from past lives. One can be with many when they reach teacher status by giving lectures that the others can attend or not, a choice of free-will.

Possible and Probable Realities

Possible realities and probable realities are not the same. Possible realities are how many you will have, the probable realities are what they should consist of. The two terms are confusing. Each person will have 144 incarnations as stated before. Probable realities are accomplished by sending thoughts, wishes and desires ahead into the upper levels of the

mind. These can and do take form and live and express for a short period of time, similar to a time warp, only into the future.

My teacher explained it to me as follows:

In your case Norma, you've always wanted to see Hawaii. This wish was so strong that it went forward into the upper levels of your mind and a possible reality did live and express there for a short period of time. As a matter of fact, she is still there and you can contact her if desired. You do have two others which we will not get into now but if you think about it, perhaps it will come to you. There have been others all through your life. You, because you are a daydreamer type, have had more than most. Each incarnation you have has the ability to have its own 144 probable realities.

Difference Between Inner Planes And Dreams

I would like to explain the difference between being on the inner planes with someone and having a dream. When you are on the inner planes at night with someone, it is simply your soul when it leaves for R and R being with the half of the soul of the other person on the inner planes. You are not with the half of their soul that is in incarnation. This could happen, but it is very rare. For the most part you go to be with your own soul, but there may be a time when you need to be with another soul to ease a tension in the daily life, or to communicate something that there is no time to communicate in the daily life or even to warn another soul of a danger to the personality they are watching over, if the half of this other person's soul is not aware of certain situations. This is also rare.

When having a dream about another person, this is done through the animal-based brain working out situations with this other person that are reflecting into the sleep state. The other person is not involved in the dream at all. It is merely the person having the dream trying to resolve his own personal feelings and problems with the other person. Perhaps it is someone they work with, or perhaps there is a karmic debt. This can be worked on and understood on the dream plane of the animal-based brain. As given, this does not involve the other person at all. It is all within your own animal-based brain mind.

There is a distinct difference between the two situations, dreams and inner planes. The inner planes are very profound as far as the effect it has on the bond between people in the exoteric life as is also the dream, but the dream is a one-sided effect, the inner plane meeting is a double-sided effect.

Inner Plane Connections

There can be a connection with someone that is carried over from a meeting that took place on the inner planes between your last incarnation and this one. When you meet in

this life you will have already laid out your plans as to locations where you hoped to locate at some point or other. Perhaps the other person had not. The two of you had agreed that you would both attempt to reach the same place at approximately the same time so you could meet. If and when you do meet in this lifetime you will ring these bells of memory. The memory will not be very strong unless the two of you had former earth plane lives together. The reason for this is that there are no vibratory messages being received at all from the earth itself. There are vibratory messages that are from a distant past. If you were to be regressed back to the stage between the last life and this, you could, perhaps, recall much better the bond that the two of you had formed on the inner planes.

Inner Planes Are Inside Your Mind

The word dimension is applied to the mind of the personality incarnated on the earth plane, the new personality. The word plane is a term used to designate the evolutionary progress of the physical body. The word planet is to designate exactly that – which planet the spirit or piece of the Creator God that is part of each, is focused on at any particular time. The term dimension should be used when speaking of earth plane progress in each life. The term plane should be used when speaking of the inner life or esoteric life and the term planet should be used when speaking of the progress of the Oversoul.

The inner planes are the twelve dimensions of the mind. The brain is divided into four sections, physical, emotional, mental and spiritual, with three levels or dimensions in each section. Most people are working in the first section using somewhere between 15% and 25% of their brains. The rest of the dimensions are what is considered our trinity.

When thinking about the other half of your divine spark staying on the inner planes to guide, some people immediately get a picture of someone who looks just like them floating on a cloud and beaming down guidance and love. To begin with, the inner planes are on earth also, inside each and every one of us, in the different parts of our trinity. You see, there are inner planes for all three parts of us. Therefore, we have the inner planes of our own concrete mind (section two, past incarnations), the inner planes of our teachers and guides division (section three) and the inner planes of the Universal Mind (section four). This last is where spiritual truths come from. The concepts from higher planes in the expanded universe – the large macro planets we see through our telescopes on the earth plane – are tied in intimately with astronomy. Studies in this field should be encouraged to further understanding of higher plane truths.

The inner planes of the teachers and guides division of the trinity are where individual help comes from – from those who are out of incarnation at the present time, awaiting an opportunity to enter a body. They are “in training” much as an intern in our hospitals, until

they achieve seventh dimensional consciousness. Some, those of sixth plane consciousness, are not as inclined to teaching as they are planning. Those of fifth plane consciousness are experts on love and togetherness, those on the fourth dimension are concerned with the cleanliness of planet earth, and will be found in groups working for conservation and preservation of natural resources. This area of the inner planes, from four through seven, is a very diversified workplace for many, many different “occupations” and interests, thus the guidance each person on the earth plane receives will be a reflection of his or her own field of interest and also desires. Ponder on this in relation to all those giving readings or just tapping in on their own self for help and guidance.

The area of the inner planes of our past incarnations is where our previous lifetimes will be found. It is the Akashic Records room of the inner planes and is between the fourth and fifth dimensional levels. Our previous lifetimes are stored there – the total lifetimes are on micro-film inside our brain similar to a VCR machine – but they are also still in time and space and can relate back to us knowledge they gained in previous lifetimes to help us in this life. They will eventually consolidate with us all the good knowledge they gained and then the other half of your soul will be joined with us. We might want to think of our “twin soul” as being the storehouse for these other past lives or we could actually think of our twin as our personal Akashic Records film room. Everyone must begin to understand the concept of twin souls as a process that takes place within each of us. It is a very intimate thing. This is why it is said constantly “know thyself.”

When the spark was split one entity received the right brain characteristics and the other the left. Now this is not to say that both haven’t had lives each living the other half of the spark – as male or female – but this was not the origin of the makeup. All sparks that split had this separation. It was the only way it could be done. It could not be split so that each was balanced when it took place. This balance will come when you are back together with your twin spark after leaving the earth plane or even on the inner planes between lives. In each life then you are each one or the other, but your true nature for eternity will be, as given, one of you the left brain positive energy and the other the right brain negative energy. This is the way the brain was laid out at the time of restructuring. At least for the generations that you most people have been on the earth plane.

It will not always be the opposite physical form as the one who remains on the inner planes. For instance, the female half may stay on the inner planes and the male half incarnate into a female body whose sexual tendencies will be for men if the soul control is present. If the tendencies of the personality are stronger, the male drive towards females will win out and you will have a lesbian. When these incarnations are planned, it is for very good reason. Usually it is the only way a certain lesson can be learned. The opposite cer-

tainly can take place also.

Think of how this complicates relationships. If one woman gains karma with another in this life and both are male halves, then the following incarnation one returns as the male in a male body and the other reincarnates as the female half in a male body, there will be an uneasy relationship between the two, but not one where the previous karma can be resolved.

My teacher explained my circumstances as follows:

You, Norma, have always had some male tendencies due to the soul control over you. In other words, the male half inside you (the half left on the inner planes) had more control than the female half which is in incarnation (you). This is part of the lesson for your male half and also for the female half (you.) He, being stronger and able to dictate to you, has had more lives. The teachers stepped in and laid down some rules this time to insure the growth and evolvment of the female side of your soul. Do you realize all the previous incarnations you have had contact with were male? They have always been stronger. On the other hand, most of your regressions have been females and all of them were as timid, lonely, uncertain females who kept to themselves. Does this help explain your problems and why you need to bring the female nature out strong and firm, but still female? The female half of your soul was falling behind in progress and growth. We are elated at your progress in this incarnation.

Reflection Of Twin On Astral Plane Holds Bad Traits

At the point in growth where one must pick up all the bad traits that the other half of your soul is holding on the astral plane, I, Norma received the following information from my teacher:

Being a seventh ray soul, your male half also has the qualities that make these feats of communication easy for him and he did come through others and was severely reprimanded for it. He gave you a very difficult time as he did not want you growing past him and when he saw the potential for your growth offered to you, he did all in his power to prevent it. You have grown past any contact with the astral plane and therefore with him and the bad traits he was holding. This was what was required to put a damper on his activities. We must say your male half has many lessons to learn and unbeknownst to him will now have an opportunity because of your strong progress this incarnation. The only part of the male half you can contact now is the records stored under his ethereal name.

(This was not my twin spark that was being talked about. The twin spark is a level above the split of the soul. I have my twin soul (the other half of my soul) and my twin spark has his. This was the reflection of the other half of my soul on the astral plane that was being

talked about. This is why this plane should not be communicated with unless necessary at this certain stage of growth.)

Twin Can Be In Incarnation In Different Reality

Your twin spark can be incarnated at the same time, but not in the same reality. This would be equivalent to an incarnation for your twin. Your twin is able to help and guide you to the extent that you are able to perceive other realities and you in turn help your twin, unbeknownst to you.

The help comes from tuning in the higher levels of the mind, the superconsciousness levels. This is where you will find your twin. Now some advanced souls can reach these levels at times and have met their twin briefly, but they do not meet and mingle on the same reality ever, until they have progressed, both of them, to the point where they no longer need to reincarnate.

Your twin is leading a life that is as real to him as yours is to you at the same time. When one gets advanced enough and the twin is also, the twin spark may not be incarnated, it may be simply waiting on the inner planes for the other half to grow and evolve enough so they can join. This is what happens when one part gets ahead of the other in evolution. This can also accelerate the growth of the one in incarnation, as there is more help and guidance available.

After Perfecting Yourself On Earth, Twins Move On To Rejoin Seedcore

When you have perfected yourself/soul enough to not have to incarnate on the physical level you will experience a sense of inner plane “heaven,” (plane five) which is togetherness and healing and helping friends and relatives still in physical lives. (This is the heaven the churches speak of.) This could be considered graduation from grade school and summer vacation before tackling high school in the fall.

High school would be plane six, where you do planning, and plane seven, where you put these plans into action. How can you accomplish this when not in manifestation? As all this planning and implementing has as its goal to help humanity continually grow and evolve, the only way to implement your concepts is through those on the earth plane in physical body by working in a “ring of energy” as a teacher and guide.

When you work with those who have been developed as personalities from within the same seedcore of original energy as you, you help your own progress on the spiritual path because you know that eventually you and they will consolidate at some point in the future. Therefore, their knowledge and strides forward are also yours. Do you see the per-

fection in the plan as far as eliminating jealousy and prejudice?

When all have joined back together in one seedcore they move on or “graduate,” if you will, from high school and enter college. Grades, or planes, eight and nine could be considered junior college, plane ten a B.A., eleven a M.A. and twelve a Doctorate if you wish to use this analogy. This then is the level where most Master Teachers are found. Master Teachers of all levels will be above level seven.

Twin Soul

The term twin soul, as used in the Chrysalis Teachings, is referring to the half of one’s own soul that was left on the inner planes to guide the incarnation. The term one’s own soul is the half of the soul that entered the body to express on the earth plane. The higher self is a combination of the two, when the first step of synthesization has taken place. This happens at the sixth level of mind dimension. Your twin soul is on whatever plane your soul has progressed to.

Twin Reflection

The term twin reflection is the reflection of your twin soul. It is on the astral plane and holds the qualities that were not needed or wanted to be brought back into incarnation this time. Most often these are not good qualities – at any rate they are not things that were meant to influence this incarnation. This often is what is reached when a person is hypnotically regressed by another. Also it is what happens when psychodrama and other strong emotional release techniques are used. These disciplines are touching on karmic situations that were not to be focused on in this life.

This twin reflection on the astral plane is not what you should be trying to reach. It is the twin soul on a higher plane that contact needs to be made with. The twin soul keeps only the good strengths and qualities with him, as the unfinished karmic situations and unlearned lessons would not be able to rise up into the higher planes where the twin soul is. They are not allowed above the astral plane for they would contaminate the higher planes. This cannot be allowed. Therefore, when one determines to enter incarnation, the half of the soul that is incarnating needs to have a place to store those unfinished lessons and karmic situations that he cannot handle in the lifetime. In fact, those incarnating are only allowed to have perhaps three goals, on rare occasion maybe four and most have many more than three or four goals they need to achieve. This is the baggage that is left with the twin reflection on the astral plane.

Twin Ray

A twin ray is not the same as a twin soul. The two terms are not the same. The twin ray is

simply like the beam of a flashlight. If you follow it back to its source, you will find in that beam all of those who came in on the same ray at creation. It is like a physical family tree. You will be able to explore branches off that beam of light. The easiest source of contact of higher entities will be on the same ray as yourself. There is a stronger communication system between all on the same soul ray.

Twin sparks are, as explained before, the two halves of the spark that split and they will necessarily be on the same ray. A twin spark is also a twin ray, but a twin ray is not necessarily a twin spark, but must be considered more like an ancestor in the same family tree. There will be many on the same ray in incarnation with you, but your twin spark will not be. The term twin ray is one that should not be used because of its confusion.

Much Confusion About The Term Inner Planes

There is much confusion about the inner planes that needs to be cleared up at this time. The earth's inner planes that you go to when asleep are not the same as the inner planes of other planets. Earth's inner planes has its twelve levels; all the other planets have their twelve levels also.

If you are told that you went to the 12th level for such and such information, it is the twelfth level of earth's inner planes. These are the planes you wait on until you have rejoined your other half. This will be when both halves have completed their last incarnation on earth and will now continue through the rest of the twelve levels, being perfected enough to join the seedcore waiting on level twelve of earth's inner planes.

When all the sparks from one Oversoul have rejoined their seedcore, the seedcore then rejoins the Oversoul and all will move on to the fifth planet. This is the planet where the Oversoul experiences as a whole being and all stay together on this fifth planet as one body. There are also twelve levels of this planet that the Oversoul works His way through. As He experienced through us on planet four, so will we experience through Him on planet five.

As He works His way through all twelve levels of this planet He is healing us through healing Himself. He is learning to respect and appreciate all parts of Himself, all cells in His body. He can tune into and communicate with any of them at any time, not like it was on the earth plane where He had to go through intermediaries. What has been said in this paragraph will apply to each individual life on the earth plane when an entity has synthesized his upper and lower selves in each lifetime. This is when he will reach the "real" fourth dimension. Remember our talk of each planet remaining the consciousness of the previous planet for over half the stay on each planet? All will experience this feeling of

being One with God. This is, after all, the goal of our earth plane sojourn.

Even after the healing on the fifth world where He will reunite the broken sparks, He feels they will still need to have another experience in being separated, but this time as whole sparks, not halves of a spark. Therefore, on planet six they are separate but whole and can't wait to get with others of like mind to talk about the things they are discovering after this stage of being alone. This stage cannot be skipped by any. This should make them much more ready when they finish that experience to finally be able to join their cousins on the seventh world. The sixth planet is a very necessary period to allow an entity to plan what it is he wants to accomplish when he finally does reach the 7th planet.

On planet seven he meets his previous incarnations who are, remember, totally different personalities that his own seedcore spun off. They will help these newly arrived souls to adjust, and then they themselves will move on. All will keep moving through the path laid out for this solar system and then move out to another solar system. The part of the Oversoul that was the original Piece of the Divine or Piece of Michael will return and be stored in the Oversoul, and He will send out the 4th try with this part of Himself embedded in it; has in fact already started the 4th flare on its way. His intentions are to send twelve flares and as each of them move through one planet and on to the next, He will start a new flare. But this process did not work with the first two tries, therefore this third try, where we are now, is the only one to have experienced life in human forms. They are spread from planet four through twelve.

Groups Stay Together From Planet Two On

On planet two, when the air formed into groups is the exact time that future teaching conglomerates were formed. These groups were the seedcores who started arguing and fighting on planet three, then were shattered on four, brought together on five, shattered into whole sparks on six, then they all rejoin into the seedcore on seven. On planet eight they shed excess baggage, the unimportant deeds of each one of them, keeping only the good and helpful. The process on planet nine is that of each seedcore then being alone and planning experiments in conjunction with other seedcores on the experimental planet of ten, Then eleven is a process again of discarding the experiments that didn't work and twelve will be rejoining the Oversoul for healing before moving out.

The separate thoughts of planet one joined on planet two; grew angry and fought on three; split apart on four, first into whole sparks, then even further into half sparks; then into whole sparks again on planet five back into the main body of Oversoul; then apart as whole sparks on six; whole spark with other parts of the seedcore on seven; whole seedcore in Oversoul on eight; separate seedcore on planet nine; seedcore with other seedcores

on ten; separate seedcores on eleven; and seedcores all joined with Oversoul on planet twelve. It is a well laid out plan.

The individual thoughts on planet one that joined on planet two are what laid the pattern for the different incarnations that each seedcore would eventually experience. They are your probable realities. The seedcore spins off individual pieces of its energy that stays in each spark that then experiences one hundred and forty-four different tries. Each of the possible realities do this but they are and will be all you. Your teaching conglomerate is you. Way back somewhere in the long ago process of tiny little thoughts grouping together, you were one of those tiny little thoughts, an individual thought with one main question in your mind that you wanted to experience and prove or disprove. You finally have your chance. Are you going to take advantage of it or waste your opportunity? The whole process is exactly the same as what the Oversoul goes through on a larger size scale. Remember the repeated pattern of the universe.

Our Oversoul, Michael, is a young, inexperienced Oversoul in the overall scheme of things, but He is certainly learning and progressing at a great rate of speed due to the way He organized the learning and growing and evolutionary processes on His planets; in other words, the way He set up the educational system for His children.

The new pass of the Oversoul has advance sparks preceding it. It has not left Michael yet, only a few sparks. Each new pass of the Oversoul is wiser because of that part that returned to Michael each time, even though the main body of the Oversoul moved out of this solar system. This seedcore could have many parts of Himself expressing on the earth plane at one time, but all will collect and pool their knowledge and progress on as the seedcore. A seedcore is a group of sparks that have stayed together since rejoining at planet five. These seedcores are at all stages until they collect back in and move out of this solar system as one Oversoul. The seedcore's records are under one certain name and this is how the Oversoul moves on is as this name. The seedcore can, as individual sparks, be different names for different lives, or can always be the same. There are many lives on earth at one time for each seedcore; they are all there at once (as far as those in the higher planes go), even though they are not for us on the earth plane. This is due to there being no time in the upper planes. As all is a repeated pattern, this path of progress is not only followed through by the Oversoul on all the other planets, but is followed by each individual soul in each individual life on the earth plane.

Earth's Inner Journey

The inner journey of each life follows the description given in the previous booklet for existence on each plane, as a preliminary patterning for the rest of the journey. This jour-

ney will be made exoterically on these planets after leaving the earth plane. In other words, you will experience them in your mind, not only in this life, but in all incarnations.

You will thoroughly know each of the twelve levels of the twelve planes before you leave the earth plane, through inner and outer experiences of human existence. Then you will experience them all again on planet five as the next kingdom, etc. You will go through twelve levels of twelve planes on planet five before progressing to planet six for twelve levels of twelve planes on that planet and so on. You will review briefly the planets behind you each time and on each planet you will have a body of your choosing, your design, to experience each plane of each planet with.

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

This series of New Millennium NoteBooks will hopefully further our understanding of things that happened long ago and far away from the time period we are experiencing now. Analogies are used in many places to help with understanding. Teaching through the use of analogies will be the trend of education for the future –

AnalogicThought. While contemplating these NoteBooks I hope you will allow yourself to imagine that perhaps I have been given incredible insight into some of the mysteries of the universe. Please allow your mind to expand and wonder “what if” it all took place as being presented.

Norma