

**THE NEW MILLENNIUM NOTEBOOKS**  
**SPIRITUAL PROGRESS PART VI**  
**Explanation of Terms**



*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.*

# Table of Contents

## **Part V - Explanation of Terms**

Chapter 1 - Explanation of Terms .....	1
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## A Profile

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



*Norma Hickox*

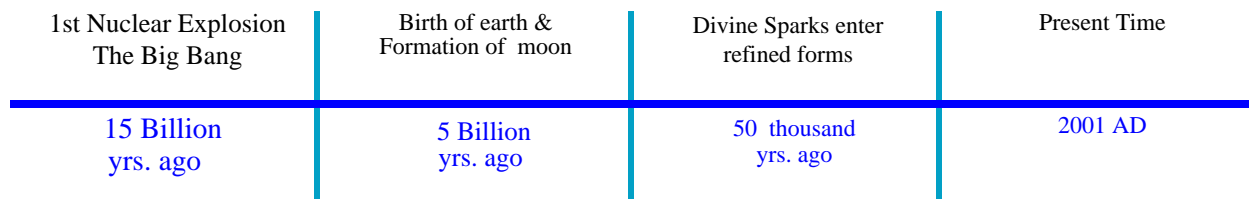
*Photo by Neil Hickox*

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

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

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

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## CHAPTER ONE

# EXPLANATION OF TERMS

### **Akashic Records**

The akashic records are stored in the divine mind. They are a small part of the divine mind. They are the past experiences only of all the sparks. They are not present knowledge or future knowledge, which is all part of the divine mind. The divine mind also has much future and past knowledge of other universes that are not part of the earth plane existence. The akashic records are only of earth plane existence, not of other universes. The akashic records make up perhaps only one fifth or less of the divine mind. This is a rough estimate.

### **Avatar**

An Avatar is one who is working with the oversoul himself mostly to coordinate the activities of the master teachers working for the undersoul. Level ten is the scientific plane, eleven is for those undergoing training for becoming avatars. Level twelve is only for avatars. There will be more avatars in the future as more are continually progressing up the ladder. Until now, there have been very few ever reach this plane of twelve. A few have reached it and have moved on past it to another solar system.

### **Difference Between Spark and the Soul**

The soul is that which is the two halves of the spark back together again as a whole soul, the one in incarnation and the one on the inner planes. The spark is just referring to one half, either the one in incarnation or the one on the inner planes. It would be helpful to designate the one on the inner planes always as the twin soul. Even the term teacher gets confusing because even though your twin soul on the inner planes is actually your teacher, you also have other teachers that are referred to in the terminology of “teachers and guides”

There is a difference in evolutionary growth between a teacher and a guide. Usually the guides operate at levels 4-5-6 and the inner plane teachers at levels 7-8-9. So the guides are working mostly with the first stage of synthesization, that of blending the soul in incar-

nation and the concrete mind of the present personality. The inner plane teachers work with attempting to achieve the next stage, that of blending the twin soul on the inner planes with the already blended soul and personality manifested on the earth plane. When this stage is completed then a master teacher takes over and the synthesized being is then honed, polished and perfected becoming one with his god within. When this happens, when he reaches the apex of his mind and truly finds his god within is what is meant by the term spirit.

### **Difference Between Spirit and Soul**

The soul is an ally, if you will, of the physical body, a bridging element between physical evolution and divine evolution or exoteric and esoteric evolution. Soul is the carry-over part of the original spark, the part that fires the engine, the tiny piece of nuclear energy sitting in the middle of the furnace that all has formed around. It is embedded in the emotional body.

Soul is something entirely different than spirit. Soul is of manifested matter. Spirit is not. Spirit is not able to be caught and scientifically documented whereas soul is and will be in the future. Soul is the tiny spark of electrical energy that enters the body as the thought form. It is at the center of ethereal matter, a small “wisp of cloud” may be the best way to describe it to you that has a infinitesimal pinprick of electricity embedded in it. This wisp of cloud, the soul, takes up residence in whatever chakra has been determined that the soul wants to work and express through in that life. It stays in the ethereal body in that chakra’s energy until the combining of the soul and personality takes place. At that time it enters physical matter and is embedded in the physical organ that relates to the chakra that was chosen. This soul then permeates the brain with messages, sending them through the nervous system to the brain where they are then processed and used by the brain to determine action on the physical plane.

Spirit is part of the mental body, a much larger force field around the entity, for him to draw from according to his own ability. Each will pull in spirit according to the programming and patterning set by soul. Soul is involved with day to day events in the exoteric life. Spirit is not. It is above the “field of play,” so to speak, giving always the picture of the overview.

Spirit is the essence a person gives off from themselves, an overall feeling that others perceive when meeting them. This is spirit, or what or how spirit translates into human life. Spirit, on the inner planes, is the thoughts of the creator. The way these thoughts are interpreted and incorporated into ones life are what then is reflected off of a person. It is a very subtle thing and one has to be very sensitive to determine the degree of spirituality a per-

son has. One can, of course, pick up negative essence much more readily as it is lower vibrations. Spirit is higher vibrations and, as given, one must be quite sensitive to determine the degree of spirit being incorporated by this person. Most people will not pick up anything if the person is not overly negative or overly spiritual.

All are born equal as far as having soul which then in turn gives everyone an equal ability and opportunity to reach spirit. Whether they ever do or not is their own responsibility. They all have the same equal opportunity.

### **Divine Spark**

The divine spark is your particular, personal piece of nuclear energy that broke off from the Creator at the time of the explosion when He shattered Himself so He could enter the physical bodies on the earth to experience this planet. Your divine spark is half of the original spark that fell and split on landing. It is either overshadowed by positive polarity or negative polarity, but will experience equally the lives as both male and female. The polarity that your half is has both male and female qualities so is considered asexual and is called asexual in the Chrysalis material. Polarity and sexuality are not the same thing.

### **Divine Genes**

The divine genes are what was inseminated into the animal females in the experiments to upgrade the life-forms found on planet earth. This was not done by sexual intercourse. It was done by electrical stimulation. There is a formula that will trigger the growth of a child within the female form. We will not give this, but this is the formula used to impregnate Mary, the Mother of Jesus. It had been used many eons before His birth in an ongoing stage of experiments. The experiments in the Garden of Eden with the Jewish Race were the last of the experiments until the experiment of Jesus. The same formula was used on Him and had a much more powerful effect due to the previous upgrading and also natural evolution that took place before His birth. If this same formula were to be used today the results would be exquisite in the type of entity that could be born. But this entity most likely would not be able to survive in the world as it is today. The world is not ready for this event. The time is not right.

The overshadowing spirit can be at a higher evolution than the incarnated half of the soul. The lifetime may have been set up so that the half of soul that is going to incarnate enters at a lower level than the soul has actually evolved to. But what is happening here is in the repeated pattern. Picture two keyboards. The first is the master keyboard tracking the evolution of the divine spark. The other keyboard is keeping track of the twelve degrees of pitch within each chromatic musical tone that the spark is moving up on his chart. Therefore, taking Norma's example, her soul is at level six on the master chart, the work

that is being done in this life was brought in on level nine of the second chart, actually at the twelfth rung of level nine. This means she will return on rung one of level ten next time. But the divine spark on the master chart will not move at all until she has progressed through all rungs of levels ten, eleven and twelve. At that time the spark on the master chart will progress a half step up to F#. We hope this helps. There has been some work done on this in the past, but it needs to have further clarification.

The purpose the overshadowing spirit serves before the first synthesization and after it, is in the form of support for the half of the soul in incarnation. Before and after the second synthesization, the overshadowing spirit has the task of permeating each individual cell with God essence as the consciousness is raised. This is a task that requires constant vigilance and diligence. The overshadowing spirit is constantly monitoring every action and reaction in this period. When enough cells of the body have been filled with the God substance as the physical substance retreats, then and only then can the second synthesization take place.

Before and after the third synthesization, the overshadowing spirit's main task is in guidance as far as achieving the goals determined before incarnating and, of course, to continue to monitor the progress of the raising of the consciousness. When or if you feel an electrical vibration through your body, especially at night, it is the overshadowing spirit at work. When your attitudes have been good and your thoughts upholding and spiritual, then the healing process can take place more easily. When old memories and hurts and resentments come into the foreground this causes the physical material in the cells to swell and prevents the overshadowing spirit from replacing this physical material with ethereal material. This is what will happen from sessions of rolfing. They are good in the long run, but realize that this is the process that takes place. Knowing this, you can learn to work with each past memory and bad attitudes as they come to the surface and transmute them so the overshadowing spirit can gain control once again and forestall physical illness.

The overshadowing spirit is the mind of God, master is the individual overshadowing spirit. We deem it wise to term the overshadowing spirit be used as the undersoul and the mind of God as the Oversoul. In other words, anytime the word Oversoul was used in the past it was talking about the divine mind and the term undersoul meant the overshadowing spirit. The term seedcore is the family that the half of the soul in incarnation has access to. The other half of the soul, the one not in incarnation is also here in the seedcore. When the connection is made between the two halves of the soul at mind dimension nine, this moves that individual's combined souls out from the seedcore, and the work assignments given them by the seedcore, into the realm of an undersoul, made up of connected souls, that are working on scientific projects. They climb through the twelve levels of mind



dimension ten, eleven and then twelve until the connection into the divine mind or Oversoul is made. The term overshadowing spirit designates the combined soul on levels ten, eleven and twelve before the connection to the Oversoul is made. While in the dimension of eleven and twelve, they take on assignments for the Oversoul. The dimension of ten is used still for personal growth of the combined soul. While all this is going on upstairs, the personality on the earth plane is in contact at night and during waking hours, if able, with the two halves of the soul and then with the divine mind.

Humans are not a simple project. They are of a very, very complicated makeup and much study and work needs to be done, not only to trace spiritual progress, but to trace the matter evolution and all its many complicating factors because of the interweaving of manifested matter and ethereal matter. The human kingdom is the transforming kingdom, remember, combining the three lower kingdoms and the three higher kingdoms. Transformers are always of a complex nature. Perhaps a study of this transforming capability should be begun, as to exactly how the interweaving of higher and lower vibrations is accomplished smoothly. When one is ill in any part of the body the answer as to why can be found in the transformer. After the Vibratory Charts are well on their way, a layout chart as a transformer chart should be begun. There will need to be transformer charts for all kingdoms leading up to and down to the human kingdom, but the human kingdom will be the big transformer chart. This has been touched on briefly in the past, as to putting the individual in the center with lines leading into it from all assistance on the earth plane and from the higher planes to the human. At that point you will begin to understand just how important the role of the human is to the growth of the lower kingdoms. The human is a direct transformer of the higher energy down to the use of it by the lower kingdoms.

This is the same process as done by the planets as stepping stones of lowering the energy from the central core down to usable intensity by the different planets. The energy available for the higher planets is so much higher, finer and lighter than ours that those on the higher planes cannot determine how interaction of chemicals will respond on our planet. They can stand by and give help and suggestions but cannot give direct orders as to how to make projects work until they experience the reaction through our experiments. In other words, they work on theory as far as our planet is concerned. The hard facts of experimentation is our duty in these projects. This is the only way it can work. They can bring through the theory forever, but if no one applies this theory on our planet it will be useless. They need us all as much as we need them to keep evolution moving forward.

Every human has an individual overshadowing spirit, even if the individual is at the lowest levels of incarnation, but at times it is never reached.

## **Ego**

The term ego as used in all the Chrysalis material refers to the animal-based brain mind.

## **Ethereal Matter**

Ethereal matter is something that cannot be captured and held in the hand. It is made of ether which is atmosphere in a high energy field, a rarefied atmosphere, perhaps, would be a better way to put it. Your ethereal body surrounds your physical form. It displaces the solid atmosphere around your body with a thinner, finer substance of higher vibrations. These higher vibrations reflect the prismatic colors in a different way than ordinary atmosphere does. This is exactly the same thing as a rainbow. Perhaps this is the best description we could give of ethereal matter – a rainbow. A rainbow is something you can see and are familiar with, but you know that you can never touch it and you also know that it is real because you can see it. Some people can see this field around matter such as the physical body. Know you then that this is what the mind is, the ethereal substance around the physical organ called the brain. The personality is built on top of the mind as a lighter ethereal matter. The two become blended eventually but they are still ethereal matter. They never manifest in physical matter.

## **First Stage of Synthesization**

There is a difference in the meaning of the terms “higher self” and “higher mind.” One has to do with thinking processes and one has to do with feeling processes. The term “higher self” as used in the Chrysalis Teachings will refer to the soul of the individual in incarnation working in complete harmony with the other half of the soul left on the inner planes to guide the incarnation. The term “higher mind” will refer to the ability to receive thought impression from the inner plane guides and teachers and to draw from the divine mind. Perhaps there is confusion over the use of these two terms by different channels.

The first stage of synthesization is full harmony of reactions of the feeling nature in relationship to others. When this takes place within a person, this person will put himself in the other person’s position and view situations from the other’s viewpoint. He will always use discretion, discernment and diplomacy when dealing with others and he will live his daily life in accordance with the golden rule employing the seven virtues. This takes place at level six. It is a process that is worked on through levels four, five and six, with the accomplishment of the goal taking place at the higher levels of the sixth dimension.

This process must take place, this reaching of the higher self, before one can reach and make use of the higher mind. This is a process of receiving through impressions from dimensions seven, eight and nine, with the synthesization of three parts, body, soul and

mind taking place at the higher levels of the ninth dimension. The levels of ten, eleven and twelve then allow for the transforming of the emotional body into the spiritual body, giving balance, as it is termed, of body, mind and spirit. Because the emotional body is where the expression of the soul takes place, this is the part of humans that must be brought under control first, the emotional reactions of the personality, must be brought under the guidance and control of the half of the soul left on the inner planes before any more progress can take place. This is the part of humans that will become the spiritual body.

### **Gauging Evolution of an Individual**

One criteria is the various levels of synthesization for determining mind dimension evolution. Soul growth and personality growth would be two other criteria, but these are difficult to determine at best. There is no adequate way of telling the total evolutionary standing of a person at the present time. The best way of determining soul growth is a very private thing between a man and his soul. He, alone, will know if a concept rings true for him or not. If it doesn't ring true, he must determine if he has moved past the truth of this particular concept, or if it is beyond his understanding at that time. There could be a "questionnaire" of concepts compiled with self-grading guidelines given to help in this determination but, as stated, this is a very personal thing.

The Personal Music Charts will show the standing of the personality. It will give the goals to be strived for and even disciplines to help reach these goals. The soul evolvment can be ascertained scientifically, but it is not important at this stage of the work. Neither the actual standing nor the way to determine this standing should be focused on. It is all anyone should be expected to handle in one life just to meet the goals set for himself before entry. If he gets "hung up" in what the actual evolution of his soul is, it could be detrimental to his growth. It is better to not get into the area of true soul growth.

Besides the three levels of synthesization there are other aspects available of determining each division of the mind level dimensions. They would be divided, of course, into the four sections, physical, emotional, mental and spiritual. The IQ tests or intelligence level tests could determine the exoteric mind dimension of the mental body. An AQ test or attitude quotient test, would help determine emotional body standing. There are physical stress tests that could determine the physical body, as it will be found that endurance tests are related to mental advances, which in turn influences endurance, which influences performance on stress tests. The spiritual division standing can be tested by the self-test of concepts that was just spoken of.

### **God Within**

Your "god within" means your total inner or esoteric life, the total amount of help avail-

able to you from the inner sources. This would include your physical heritage and all divine heritage. By this I mean all memories passed through physical genes from your parents, grandparents, etc. and all the past experiences, knowledge and wisdom that the divine part of you has access to, including past lives, all learning on the inner planes at all stages, even at night and also between lives, future incarnations that you can contact, all teachers and guides and all knowledge stored in the divine mind. This all makes up what is meant by the term “god within.”

### **Holy Spirit**

I would like to distinguish between the terms our higher self, our soul and the holy spirit. The holy spirit, as used in most earth plane teachings, means the mind of the Creator or divine mind. Of course, this mind is in all, but more highly concentrated in those from the 10th dimension and above. It would be appropriate if everyone used it in this context, but they do not. For the most part, those who use the term are picturing a God sitting on the throne and at the same time roaming the universe, much like Santa Clause on Christmas eve, and entering the minds of the men all over the world at the same time. This is not a true picture. The higher mind of each is the 3rd section of the brain, levels 7-8-9 where the inner plane teachers can come through with thought impression. The soul refers to the lower right division. This is where you meet the other half of your spark which is your “soul.” Holy spirit then is the upper right division the fourth division of the mind levels 10-11-12. Those on the 9th musical tone are getting ready to take the first step into the spiritual kingdom at level 10. When entering on the ninth tone one is highly enough evolved to take on lessons of the seedcore, not personal lessons and karma.

Under enough duress one’s soul will come through with guidance if one is highly evolved enough so that the soul is a wise, intelligent knowing soul. Then it can not only be strong enough to send through the thoughts that will put one back on course, but wise enough to influence the attitude changes that need to take place to get the entity back on track. Your own beautiful, wise soul will be what brings you through the terrible times. Know this, believe this and trust in your soul always. It is there for the express purpose of giving you guidance and nudging you gently if you are not staying on track and on a loose time schedule.

### **Influence of Genetic Stock**

The amount of influence the soul in incarnation has on the development of the personality depends on two factors. One is the genetic stock the form is from and the other is the spiritual evolution of the incarnating entity. Those in the higher planes have been experimenting with letting the more evolved souls enter a more highly refined physical form. They are now beginning to work with the idea that perhaps this is not the right approach

and that the more highly evolved souls should enter the more animalistic forms. These souls that would take on an incarnation such as this would earn “extra credit” as far as their own growth goes.

This was what took place before Atlantis was destroyed. Some souls volunteered to enter leaving half of themselves out of incarnation to determine if more strictly male qualities in a male form and female in a female form worked better than having asexual souls enter single-sexed bodies. It was found to work better and all of human creation was restructured. Those in the higher planes are trying to determine if we are at another such milestone in the ongoing evolutionary progress of humanity.

It depends on the combination of two factors. A highly refined physical form coupled with a highly evolved soul would have much influence over the day to day activities. An animalistic form would usually be entered by one less evolved and there would be very little control. The implications are quite obvious and perhaps you can see the basis for their thinking of having the more evolved souls enter the more animalistic forms. In the beginning there were no controls over what piece of the divine spark entered what particular animal form. This changed at the time of Atlantis and the entering of bodies was regulated. Now perhaps it is time for another more tightly controlled regulation to come into effect.

### **Inner Plane Guides**

Inner Plane guides are those on the astral plane awaiting reincarnation back onto the earth plane. They are from the three higher levels, 10-11-12, of the astral plane. They are not always necessarily more knowledgeable or evolved than those of you they guide on the earth plane. They do have the advantage of expanded sight, which allows them to see the path or direction those under them should take. This allows them to guide those in their charge in the right direction for that particular entity. They are very helpful in guiding the exoteric life activities, but may not be as knowledgeable in spiritual matters as those they are guiding. In some instances, these inner plane guides are learning from the ones they are guiding and this helps them, in turn, when they reincarnate.

### **Inner Plane Teachers**

Inner Plane Teachers are those who have moved up and do not have to reincarnate on the earth plane again, unless they wish to. They have rejoined their twin soul and as a whole spark are working on seedcore projects.

### **Master Teacher**

A Master Teacher is one on the inner planes who has moved past the seedcore level and

is working on scientific projects for the undersoul. The following explanation came from the higher planes:

*Master is the piece of nuclear energy that is Norma's half of the original spark at creation. This spark of creation was a spark or piece of the divine mind of Christ Michael. Master is an elementary particle. He is part of Christ Michael's mind. He is also the combined soul of Norma. It so happened that Norma and her twin soul's original spark came from higher up on the lightning bolt than did others. This is what determines the evolutionary standing of souls is how far up on the lightning bolt it broke off from. All souls are from Christ Michael. Some were at the end of the lightning that touched the earth first. These are not as highly evolved souls as those from higher up but are still part of the Creator.*

*If you would think of master more as a degree bestowed of a level of attainment in education rather than as an individual you would perhaps come closer to the correct explanation of master. Mastership of anything is not achieved until the lower levels of a subject or course of study have been conquered or mastered, if you will. When we sign ourselves as Master it indicates a degree of attainment for Norma as far as communication systems. She has reached a deeper, broader line that stretches back in time, made up of the most important knowledge down through eternity. Not only does this signify a level of attainment, but in most cases a concentrated effort of attainment on a certain subject. Mastership at lower levels is stages of mastership of certain subjects.*

*For Norma, achieving a three pointed channeling, the mastership designates a much broader course of study and mastership. Her original course of involvement for this life was mastership in creation. She attained this with the reaching of Tasha to a greater level than anyone else has. This was the spiritual aspects of creation, the esoteric course of study. Donoray has taken it one step further into the scientific aspects or exoteric manifestation of the knowledge of creation. Both of these were stages of mastership.*

*There are masters at all levels of evolution. When she channeled Korlon she was a master of the seventh degree. Tasha was of the ninth degree, Donoray the 10th degree and master will be the twelfth degree when fully attained. What this means, as far as communication, is that she is able to be in touch with everyone from the beginning of the creation of man who has climbed as far in their spiritual evolution as the twelfth level or plane. Certain degrees of mastership are more influential than others. If the plane is one of being alone and pursuing individual goals then it is not considered a master on the earth plane even though one is truly a master of this plane, it is really only meaningful for the individual. Planes six, eight and eleven are such as to not manifest to others outwardly, only to the individual going through them.*

*To return to master, we, all of us involved in the line and subject of communication that Norma is pursuing, had to, each of us, make an individual choice as to whether we wanted to hold up our own progress to help with her projects or whether to elect to move on, bow out, so to speak, from getting involved with these projects, as they would hold us back in our own evolutionary growth.*

*You see, we are still individuals even though we are a conglomerate. We are beginning to see that humans have a hard time thinking in terms of conglomerates. Perhaps if you picture it as a political group, even the Senate of your government. The Senate votes as a whole on priorities, but it is the individual vote of each member that ultimately makes up the vote of the Senate as an entity. It is the same with us. You can be in conversation with one particular Senator and get his viewpoint on a subject or the circumstances that led up to the way he, individually, would cast his vote, but when the Senate itself passes a law or rejects a law you forget the individuality that went into making up that decision. The individuality is more present when reviewing decisions of your Supreme Court. You seem to be able to hold the individuality of a smaller group in mind better than you do a larger group like your Senate or House. Perhaps we will ask you to think of us as the Supreme Court.*

*Perhaps we should not insist on calling a body of entities as one entity, but this truly is the way we wish to convey this material. It truly is made up of a conglomerate opinion and knowledge. Perhaps it would help if we sign ourselves as plural rather than singular. At any time Norma is in communication it is with only one of us, giving the information gleaned by all of us. That one is as the spokesman for all.*

*Master is partially made up of previous incarnations of Norma's. When we say partially, we mean that bits and pieces of knowledge gained by all the personalities spun off by the half of the spark at incarnation that spun off Norma are combined at this level with all the bits and pieces and knowledge gained by all the personalities spun off by her twin's half of the twin spark. When you consider that this has been accumulating throughout eternity you will realize that between them they have been some pretty special individuals and also some who did not add to the wisdom and knowledge. Therefore, master's evolution is in harness with that of Norma and her twin's. Master is the best aspects of all the combined incarnations.*

*What is missing here is the knowledge that there are more birthing processes, if you wish to call them that, in the evolution of the soul. There is a telescoping, where one bit of information, or one piece of knowledge gained from one certain lifetime, is stored in the seed core. This is added to another bit of wisdom from a different personality. They join along*

*with several others of both twin souls and are “reborn” into a conglomerate entity who moves on as a whole soul. These whole souls travel on through planes 7-8-9 together and another telescoping action takes place whereas they keep only that wisdom and knowledge gained that is acceptable to the oversoul. They then join with the twin spark and the knowledge he has kept and are reborn again or telescoped again into a new entity. This happens many times and is a continuous process. This is what makes up the seedcore at the first rebirth and what makes up the undersoul at the second rebirth. These of course match the stages of synthesization that take place on the earth plane. It is the individual on the earth plane that causes this to happen. The level of evolution determines in which life this “rebirth into continuity” will take place for that particular piece of the seedcore. This is very difficult and needs to be pursued further. Perhaps trying to draw a map of all this taking place will help.*

*We are, each and every one of us, subatomic particles and we are in the physical body at the same time that we have a life of our own on physical planets. The life in the body on the earth plane is as micro men. We are not limited by the confines of the physical body and have a life of our own on large planets. We experience things on all three size scales and are the interconnectedness of each individual to his Creator. We are the communication system devised by the Creator to keep in touch with all parts of himself.*

*If any aspect of the conglomerate had chosen to move on and not become involved in scientific projects on the earth, there would be a certain lack of information noticed, a gap in the overall knowledge of a subject. This has happened at times and if a weakness is spotted in the scientific material you may be quite sure that either it was never gained in some particular lifetime or the conglomerate reborn entity who did gain it chose to move on. After a certain period of time that it takes this entity to re-establish his communication link this knowledge may be able to be tapped into at that time.*

*What we would like each individual to realize is that each of them are themselves an oversoul, a God, a Creator. This is the meaning of the message that you are all Gods, all Creator Gods. But this is getting into the material that we spoke of about giving at a later time. There is much that may not be acceptable at the present time. Many would not understand, a few would understand but not accept. Only a very small percent are ready to handle this knowledge.*

### **Overshadowing Spirit**

The overshadowing spirit is your own personal spirit, the aura, if you will, of the combined male and female qualities of your half of the original spark. The overshadowing spirit is also asexual. The overshadowing spirit and the divine spark could be considered



the same thing, only one is used in a physical or exoteric connotation and the other in an ethereal or esoteric connotation. In other words, when discussing the soul in incarnation and the half left on the inner planes the term divine spark will be used. When discussing the effect these have on the personality and on the incarnation in general the term overshadowing spirit will be used. They are always with you , at times in overview situations of guidance and at times on an individual level of a particular circumstance. Say for instance you run out into the street to save a child from being hit by an automobile. It would be said that your divine spark came to the forefront. It could also be stated that your god within came forward. Both would be right. One, your god within, is more general, the other, your divine spark, more specific. The overshadowing spirit is what would review the action afterward and commend you to yourself, in other words make you feel good. The overshadowing spirit is what would use the deed as a balancing action against other misdeeds you have committed in this life and determine what is stored in the seedcore; what is worthy of divine acceptance by the oversoul. The divine spark, on the other hand, is what presses the button to cause the action to save the child.

### **Oversoul**

The Oversoul or divine mind is the cloud of energy traveling around our solar system as the part of the “big bang” that did not solidify into planets or stars or other heavenly bodies. What we term our Milky Way Galaxy is actually the divine mind, the mind of the Creator God Michael. His physical body is the Great Central Sun at the center of the galaxy, His mind is the cloud or thought form of unresolved gases and lightning and particles that are held together as an energy form by magnetic attraction. This divine mind is where all experiences and knowledge and wisdom gained in each incarnation feeds back into. Picture it as a huge computer center. All knowledge from the entry of the first spark into the animal/man bodies until the present time is stored here. For that reason any who can access this mind can have knowledge of all things. But not only that, they can begin pulling together all knowledge on a certain subject and plan future progress on the subject of their choice.

This is what is done by personalities that have been developed on the earth plane and reincarnated until perfected. They no longer return to the earth plane for study and growth. They enter the Halls of Learning on the inner planes which gives them access to the storehouse of knowledge in the divine mind. They start advanced work on scientific projects to help further evolution for those behind them. They are actually future incarnations of those who have progressed to the level of synthesization in some past life or in this present life. It is all a very well laid out structured path of progression.

Further explanation from my teacher:

*You see Donoray, the half of Norma's soul on the inner planes had been, and still is, accessing this divine mind and pulling together the Science of Music. It was planned that the synthesization take place in this incarnation. Therefore, until the lower connections had been made, his duties were to access the divine mind for a project to give to humanity. You see, Norma entered on the twelfth level of the ninth mind dimension. The connection or graduation had to take place in this lifetime. This is a big milestone for her. Her twin spark will not have this take place for several more lifetimes. Although her twin spark's half of the soul on the inner planes is actually more advanced than Norma's, there are some conflicts of the soul that have to be resolved before synthesization can take place for her twin. This can happen in this life and has a good chance of happening if her twin works hard, but it was not slated to happen just yet. In reality her twin could take three more lives to reach this point and still be on the schedule he laid out for himself. But it seems he is pushing his schedule ahead and will most likely cover much ground in this lifetime. His work on the solar project was planned to help him push ahead faster and it is working far better than he had hoped or realized that it would. He also has the possibility of covering these last three levels of the ninth dimension of the mind and graduating into the fourth section that of 10-11-12 where he also will then have the opportunity of accessing total knowledge through the overshadowing spirit.*

### **Personal Teacher**

A Personal Teacher is an entities' own other half of his soul, who is the only one empowered to help, guide and teach an entity as far as spiritual evolution at this stage of progress. This would be mind dimension & planet levels 4-5-6. They are working with the inner plane guides. The inner plane guides help with exoteric life and the other half of your own soul with spiritual growth all at the same time when in the emotional body levels of 4-5-6. This is called the levels of illusion because if the soul does not have much contact with the half of the soul in incarnation, then the entity can be led astray through psychic phenomena by listening to inner plane guides. These guides do not necessarily lead them astray purposely. Most of it is due to misinterpretation and a lack of control of the soul in either realm.

### **Pineal Gland**

The purpose of the pineal gland in humanity is to act as a transformer of higher vibrations, to bring them down into the level of vibration that humanity can then understand. This gland will, when operating at peak performance, transform all higher vibrations into the exact vibratory rate of the form the gland is located in. The gland has been in disuse since the destruction of Atlantis when it was deliberately closed off. It is a part of man's divine heritage and should be reinstated at this time, but alas there are still many forms

being born in which the gland is atrophied and is not usable. This gland is what we call the sixth chakra. When it is used in combination with other chakras it produces varied results. Thus it can be operating but perhaps some other chakra is closed and the results are not as good for that form as one who has all chakras open and balanced.

The statement was made that the pineal gland is the home of the incarnating spirit and at the age of four the pineal gland becomes activated. In the previous paragraph it was stated that the pineal gland has been in disuse since the destruction of Atlantis when it was deliberately closed off. I'll will try to explain what seems to be a contradiction.

The pineal gland, is what we call the third eye. It was sealed off during the restructuring after Atlantis. There was misuse of this third eye at that time. It was the home of the combined spark, the whole spark which was not very evolved spiritually at that time. When it was sealed over it was determined that only one half of the soul would be active in the incarnation, the other half would stay on the inner planes. The inner planes are located in the pituitary gland. This is where the other half of the soul on the inner planes went. We have now reached the stage of evolution where we can safely open back up the pineal gland in any who have the crown chakra open. When the pineal gland is fully operative it will once again be the home or location of the whole spark, which is the overshadowing spirit. Until the second stage of synthesization takes place the pineal gland will remain in disuse. When this synthesization takes place, the pineal gland becomes reactivated and is the residence of the whole spark, both halves of the spark, the overshadowing spirit.

### **Pituitary Gland**

The purpose of the pituitary gland is a storehouse for past lives. It is not only the camera taking pictures of this life for future use, but is also the film the pictures from this life and past lives are stored on and also the film for future lives. It serves as a projector when called on to remember past or current events that are “stamped into your memory.”

### **Reasoning Intelligent Mind**

The use of the reasoning, intelligent mind would be progressing to the point where the emotional body is under control and the soul has influence over the animal-based brain. This is usually at the 6th dimension. The fifth dimension is one where you are caught up in being surrounded by people who are working on brotherly love and being part of the all. The sixth dimension moves one out of that and into exploring, studying and coming to conclusions on their own, not so much in solitude as by just not being in a group situation. The true reasoning mind would be in our references to it, the seventh dimension which is the beginning of genius capacity. This would be in the realm of using your intuition as opposed to acting on instinct. The instinct is transmuted to the use of the intuition

at level four. The fourth dimension and fifth dimension do not have the emotional body under control, so the reasoning abilities and the logical thinking processes cannot surface. By the sixth dimension, with the emotions under control, the process begins that will lead to the reasoning intelligent mind. This would be incorporating your intuition into thoughts that filter down to you from the higher planes. The intuition sends thoughts up and the concepts filter down. When they meet they click into place in your mind and logic flows in. Then the process is complete. Intuition, impressment and logic are the three things that would make up the use of the reasoning intelligent mind.

### **Seven Virtues**

The mastery of the seven virtues is a barometer of a person's progress in each life. (Note that it was said for each life. The term evolvement was not used. There should be two different terms to designate the different repeated patterns. For instance, evolvement should be used strictly for the soul level keyboard chart. Growth would be good to use for each individual lifetime, or the personality chart. This should help with some of the confusion.) It is the ultimate testing for the transmutation of attitudes. These seven virtues were what Jesus came into the world to teach and demonstrate to humanity. The seven new concepts are what the teachings being given in this time period hope to instill into humankind. No one today bringing in these new teachings will have to sacrifice themselves as did Jesus and therefore will not be expected to be a demonstration of these seven new concepts. They will only be the vessel by which they could be given to the world. Those in the higher planes have vowed to not ever again give humankind a "Master" that they can set up and worship such as happened in the case of Jesus. This is exactly why present day communicators do not demonstrate the spirituality that other great teachers have demonstrated. That is an outdated mode of demonstration for the earth plane. Cannot you imagine what they would do to one who has all this material coming through them if they were also of the makeup of a saint? To begin with, it would defeat the purpose of trying to teach humankind that everyone has the ability to do what these communicators do. Everyone had the ability to do what Jesus did, but they choose instead to worship him and to use the theory that He would do for them what they should have been doing for themselves. This will not happen again. Present day communicators are free to demonstrate in whatever way their nature wants to. In other words, whatever comes natural to them as a member of the human race they are free to demonstrate. This is the only way those in the higher planes would set up a life for someone to bring in the new teachings. There will be no idolization of any communicators. There was idolization of all previous great teachers because they were instructed that they had to act exactly as they taught. This did not work. People merely worshipped them and let them, the teachers, act out the good virtues and kept on doing the same things they had been doing.

There are many who live these virtues more than communicators, but that does not mean they are any more evolved than they are. They have our free, unrestricted permission to act exactly as they choose. To give this permission to a communicator and at the same time entrust this one with these spiritual teachings shows that the degree of evolvment of this one must be high indeed. There is more involved with evolvment and the demonstration of it on the earth plane than spouting spiritual sayings and dressing oneself in sackcloth and ashes and gushing love to everyone. Those in the higher planes see into the hearts of these in their private moments and know that the face they turn to the world is not the face the teachers see when looking at them from the other side.

Perhaps a communicator is not more evolved as far as the number of lives or as far as spiritual knowledge but may be more evolved than most on the earth today as far as living the Spirit of Truth. In other words, there is no pretense or falseness in them to show to others. This is the mark of evolvment that the teachers look for. The new teachings will not be entrusted to any if the level of evolvment and commitment is not there. These two things – living truth with no pretense and commitment to the betterment of humanity – are the marks of true evolvment. These are sincere traits – they are just there –they are the embodiment of a communicator’s life. How would you have them act? They are human. There are people they don’t like, situations that upset them, false actions that disgust them, deteriorated morals that disturb them. We repeat, they are human. This is the way the teachers want them to be – not superhuman nor subhuman.

## **Soul**

The soul at its less evolved stages experiences negative emotions, especially fear. The raising of the response mechanism of the soul is the whole idea behind the lesson plan of the earth plane. It is the evolving of this soul into an understanding of the relationship between him and all souls that is important. When the souls were very young, they were very much afraid and very much interested only in their own beingness. At this time they were aimlessly drifting around above the earth. They admired the earth and wanted to partake of her experiences but, being in the form of energy they were in, did not receive any satisfaction of having experienced the earth. This was why the Creator shattered himself after all, was to be able to experience the earth and he found he could not do it in the form of energy he ended up in, that of a spark of electricity. It was still too high a form of energy to experience anything caught in matter. The sparks drifted endlessly for eons playing and gathering together to watch events on earth until the animal progressed far enough for them to try to enter it. The unevolved souls, even though a spark of the Creator, had many eons of being separated from their Creator and did develop responses that needed to be brought back into line with the Creator’s goodness. This could not happen until the connection was made, the rebirth into continuity. This could not take place until the forma-

tion of the seedcore and the split of the soul with the accompanying lesson plans to enable these souls to bring themselves back in line with the Creator's mind.

Your soul in incarnation has knowledge of what goals you set up for this life, what karma you wished to erase, what lessons you wished to learn as far as attitudes or behavior. Your soul knows itself and knows what its shortcomings are and what its strengths are. These strengths are the knowledge that has been gained in previous incarnations that you chose to bring into this lifetime to help with the lessons and goals of this life. The soul on the inner planes knows all this and also knows the strengths and weaknesses that you have that you chose not to bring with you into this life. Some of these can become known to you when the linkup between the two halves of the soul is made. The only purpose this would serve is that these could be taken on as extra lessons when the original goals have been accomplished.

Both halves of the soul have total complete knowledge of the path of progress taken by souls in their spiritual quest. They have knowledge of how the akashic records work, they have knowledge of future stages of progress, they have knowledge of past evolutionary gains by all kingdoms. There is not much they do not know about the spiritual life. What they do not know are the lessons that need to be learned. These are how to combine physical matter with these spiritual truths and bring this knowledge back to the inner planes to help form a more highly evolved soul that will experience all that the Creator can experience on this planet before he moves on. You see, all sparks that fell must all evolve back up to be one with the Creator God before any can move on. Therefore one of the overlying goals for all is to help everyone else in their evolutionary growth so that all can move on together.

There are no definite telling signs that will be noticeable to friends or family of when an individual reaches the various levels of synthesization that can be listed as applying to all. Each one is so individual, that most likely only the individual himself can know what these signs are. Most of the time they are hidden, sometimes intentionally, from family and friends. The best thing that could be done is to make people aware of the stages and have them determine at what stage they think they are by understanding how the total process works. An educational process as to this subject could be begun and this line of research continued. It could be the most satisfactory approach to spiritual truths for most people that could be given. There can be information given along the way that will allow people to determine signposts that others might watch for, but there is no structure that can be given that must be followed. This would be a neat assignment for someone – to try to draw up a progressive list of accomplishments for people to aspire to.

As far as what value to the individual the soul on the inner planes has if the individual is at the lower levels, many times it is totally helpless and is of no value at all. The one purpose that it does serve is to be support for the half of the soul that is in incarnation. It is its line of communication at night on the inner planes, and without this support at night the soul in incarnation would most likely leave the physical form and there would be more people operating on an animalistic level. The soul in incarnation seeps through to some degree on the lower evolved people. It has some influence especially in the earlier years, but as the animal-based brain becomes much stronger – and this can depend also on the physical evolution of the family that was incarnated into – the soul loses much of any control it may have had. It needs to have the period out of the body at night to gain its nourishment from the half on the inner planes who serves as a watchful eye over its twin in incarnation. If the incarnation gets badly messed up the half of the soul on the inner planes has the authority to call back home the half that is down here in the muck. It will end the incarnation and the physical form will die. That particular personality will not have accomplished anything that will live on, so will not return to the seedcore and that personality will not live “eternal life.” It usually is not this bad and some part of the lifetime usually is admitted to the storehouse of deeds. At times its misdeeds serve as the basis for another try at incarnation for the same soul who learns by setting up the circumstances for the next incarnation what not to try again, such as a particular astrological sign or a particular set of parents from a certain nationality.

### **Spiritual Experiences**

A spiritual experience is totally different from others in some societies. The time period of the incarnation would carry a good deal of weight as far as determining what makes up a spiritual experience. People’s greatest spiritual experiences have taken place on the inner planes – are taking place on the inner planes at this precise moment. They will soon accomplish the task of bringing them into the exoteric life . One thing that would help this to be accomplished would be an artistic expression. This is the method of expression for the soul that will bring in the greatest spiritual experience. Please do not misinterpret – meditation or praying, if you will, will help set up the planned actions that your soul requires, but the outward expression of the enlightening experience will be brought into exoteric awareness while performing some sort of creative expression of the arts. What this does is totally engage the esoteric portion of your brain and the more of this type of expressing you do the more will carry over into the exoteric life – into the remembrance process of the left side of the brain.

One method that can be suggested as this time would be kinesiology or cross brain exercises. These would make the process easier to make the connection between the two sides of your brain take place more easily. In some cases all the wiring diagrams are in their

proper place, it is as though a fuse is not working. In other words, it is a minor condition that can be corrected with cross brain exercises along with artistic expression such as drawing, painting, sculpting, carving or music.

The difference between religious experiences as opposed to spiritual experiences is one is brought on by forces outside of yourself, the other is totally brought about by experiences within yourself. This is the difference between religion and spiritual sincerity. You can have spiritual enlightenment but you need to contemplate on what form you wish this to take. Do you want a religious experience as opposed to spiritual? If so, then you would need to find an exoteric teacher and join a group or a church and have meditations that are led and directed by others, or prayers that one person says for everyone. Is this what you want?

On the other hand, if you wish to experience total oneness with God, then the recommendation would be for studying, meditating and contemplating alone, adding the artistic expression with help from the physical discipline of integrating brain patterns. This spiritual experience will not be found with another person. You will be totally alone when it happens. This is the only way it will happen and be a pure spiritual experience which will come as understanding of the true complex nature of yourself and therefore all humankind. This will then lead to understanding, in a flash, of the total concept of the universe which will lead to total understanding of the Creator in the terms that will have meaning for you.



To have enlightening experiences perhaps you will need to relinquish a few leftover ideas of religion that are lingering with you. These will blocking understanding of the difference between religious experiences that have been markers of different stages of evolution and true spiritual oneness with yourself that is the marker of spiritual experiences for the coming age of enlightenment. Perhaps these stages of enlightenment are not what you are seeking. Perhaps you need to define what it is you are seeking.

And please remember that it is an individual seeking and an individual fulfillment brought about by yourself.

### **Stages of Evolution**

The physical stages of evolution are, as stated, related to the mental aspect of the physical body. If this aspect is developed, which would be the animal-based brain mind, to a degree that would allow for common sense reactions to daily situations, this would be the



mark of a high level of evolution for the physical body. If the reactions were those of rebellion or withdrawal from life activities this would be a mark of the lowest stage of evolution. Actually withdrawal would be the lowest stage, then rebellion.

There is a difference between mental withdrawal and mental rebellion and emotional withdrawal and emotional rebellion. Emotional withdrawal or rebellion could be considered a sign of growth and therefore be placed about the middle of the levels of emotional evolution. Incidentally, each section can and should be divided into twelve levels of standardized behavior at some future point. The mark of a high standing of emotional evolution is compassion for others. When this is an integral part of the emotional body this emotional body is highly evolved. This can be gained in life experiences but it cannot be learned in a classroom situation.

The evolution of the spiritual body can be determined by the outward means of expressing spirituality. The different kinds of churches are very good earmarks of spiritual standing, up to the point where one progresses past the need for a church. Then comes the stages of metaphysics to progress through with care and nurturing and pampering of the physical body as one of the lower stages and deep caring concern for humanity as one of the top stages. Along the way there is a sincere interest in philosophy. The stage of psychic phenomena is actually the lowest stage of spiritual growth after passing from the need for church, but it is a sign of growth so cannot be considered detrimental. We have tried to give signposts that can be determined by observing others, not necessarily signposts for self-assessment.

### **Synthesization**

This third level of synthesization is a term that is used when discussing channeling ability. Perhaps there has been some misunderstanding in the past as to our use of these stages. Channeling cannot reach a high level without the tying in of all parts of the brain to each other. One must keep clear that we are discussing mind dimensions when speaking of synthesization. There are other criteria when discussing planes of evolvment. These do not have the stages of synthesization. They have stages of telescoping or bundling which means fitting inside of each other, but they do not have the stage of synthesization that means "side by side" which is what is taking place in the brain. The stages of synthesization do not telescope or bundle in the brain, they meet in harness. Planes of evolvment are terms strictly for the soul's growth and do not encompass this soul's embodiment on the earth plane. Also, the term synthesization is only a term for the residence of the micro men when in the body. This is their essence, it is not truly the micro men themselves. The three different size scales are all important to the understanding of these teachings and we do need to clear this up.

There have been only five people who have achieved the third stage of mind synthesization. There have been other great teachers, but on one subject only for the most part, perhaps two or three subjects, but not the all-encompassing teachings that came through and are still coming through these five channels. Most of these “great” teachers were needed for the third dimensional mindset of humanity. They had to be very spiritual as the basis of their teaching assignments. Humanity demanded this of them because of the role portrayed by Jesus. A great teacher will be marked by the diversity of teachings to help humankind, not by spouting spiritual dogma and giving up his own life as a demonstration. There was only a small percent of the teachings that came through the man Jesus. The bulk of his mission was in demonstration. This is not true with the mission of channels today. The bulk of their mission is in teaching the truths of universal life and in aiding humankind and the planet in any way possible.

**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**