

# Chapter Two

## Kazant, a Timekeeper

July 18, 1996

I am Kazant. I suppose that's K-a-z-a-n-t. I am from a planet in the distant past. We are unique in that we have perhaps, we would think, no more than five personalities on this planet. From those five personalities have been cloned enough individuals to maintain the planet's technology, but no more than perhaps 1,400. The planet, however, is at least three times the size of your planet, and it had been used before we got to it, apparently by a highly technological society who took everything with them when they left. I don't think they had anything to do with you, but we have a little something to do with you. We are so far from your galaxy that if we had your strongest telescopes here — let's include the strongest telescopes on the drawing table, not even the ones out in space — we would need ten of them to come even close to seeing your sun.

### **The Crystal in Our Planet — the Boundaries of Time**

We have perhaps a unique technology. We are situated in the center of the planet. There is a faceted crystal here that is free-floating at the exact center. It has at least 675 facets, and it is about three miles across.

We are a little different from you. We do not walk about, but we have the capacity to float about. We do not need to eat, drink or anything like that, but we do have a humanoid countenance, though I do not think our legs could sustain us if we were in your gravity zone.

It is our job to program, coordinate and synchronize time. Some places in your galaxy utilize time. Yours is one. Perhaps you might say that all places utilize time, but that is not so. In some places where civilizations are underground, time is not so much a factor because there is no need to divide day and night. It is experience, so we do not regulate them. Other places are also out of the boundaries of time. One gets out of the boundaries of time around the seventh dimension because at that point there is no need for time, only experience. But in the third, fourth, fifth and to some extent the sixth dimension, sometimes the second dimension, we regulate time — it is our job. We do not interfere, but we know about all that happens at places where there is time. We draw a chart and even extrapolate such time.

We feel that it might be necessary now for your civilization to begin to take over some of what we do. We think that perhaps you will have the capacity to do this soon. We are going to invest your readers with time coefficient for the fourth dimension. Time coefficient will not be given as a formula because there are those on your planet who would like to slow it down. But we will give it experientially.

## **An Exercise to Draw the Fourth Dimension to You**

Now, in order to draw the fourth dimension to you, I recommend this: Those of you who can look at the surface of a natural river, lake or stream, do that — it's most preferable. Those of you who do not have this available to you, try to collect rainwater. Look at the surface of that in the vessel. It will not work with water that has been treated or is captured water. Water is a necessary requirement. It is possible to pollute water, to change the chemical formula, but water has *spirit* that cannot be corrupted.

Water is very much like a lens focusing light. Because it has so much water, your planet cannot be stopped from going to the fourth dimension. If water were to disappear overnight — of course, all life would disappear too — then the planet would stay where you are. I feel safe in saying that, because those who would try to stop you from going to the fourth dimension wouldn't want to do *that*.

So look at water, okay? Take preferably your left hand, and touch the surface of the water very slightly. Make certain your palm touches the water. Bend back your fingers if you can naturally. So we want the palm on the water — there is an energy spot there in the palm. Touch the surface of the water very lightly. While you are touching the water, hold a picture in your mind's eye — or if you are unimaginative visually (not to worry), say words — that remind you of fourth-dimensional experience: beauty, love, peace, calm, whatever — like that. Move your palm up to your third eye, pulling back on the fingers, and hold for about thirty seconds (no need to time it — you will know), all the while maintaining that picture or chant associated with your vision of the fourth dimension.

Next, repeat the same procedure, touching your heart area or heart chakra (either one) for thirty seconds, then back again touching the surface of the water. Then go to your second chakra, touch it for thirty seconds (best to touch skin, so summertime most likely). All the while we want the palm on the body, but it's better not to have fingers touching your body. I will explain in a moment. After thirty seconds (thirty-five seconds is okay, forty seconds too, but at least thirty seconds and less than one minute), touch the surface of the water. Thank the water in

whatever way you choose. Pull your hand up; thank your hand. Then you are done.

Now, why not fingers? Fingers represent free will, because a human being without fingers is necessarily dependent somewhat on others for assistance. Granted, one can become very independent with much training. But the symbol of fingers and thumb means free will. But you cannot will the planet to go to a higher dimension with you alive on it, so you must use faith, request, and this meditation, also known as prayer.

We recommend this because it is associated with the history of your planetary cycle. Your planet is from the galaxy of Sirius originally, and this is part of a prayer meditation on Sirius done to preserve beauty. It is done with both hands there, but you are not in Sirius now, so you must use the hand of request, hand of prayer, which is your left hand. If you cannot use your left hand for some reason, use the back of your right hand — it's the next best thing. Just do the best you can; it's not easy to turn your hand over, but do the best you can.

Now, our job is to coordinate time for every individual place, utilizing the position of all the stars not only in your galaxy but also reference points to other galaxies. It's a full-time job, I assure you! That's why we don't sleep or eat and can't take time off. It takes five of us and our clones. Granted, we direct clones, but it's easy to direct clones that are essentially you because what I think, I can easily have assimilated by my equals. Clones are not servants; they are my equals.

## **Green Blood and Reptilian Cousins**

In this situation I speak to you, send greetings and let you know that those who would interfere will be stopped by the true nature of life. I will say this also: There is an element of your body that cannot be stopped from moving to the fourth dimension. For starters, the natural color of your blood is green — but this does not mean you are chlorophyll-based, so skip over that one — because natural atmosphere is associated more with nitrogen, carbon dioxide, and a few other things. It is a strain for your physical bodies and soul bodies to incorporate and utilize oxygen and so on — struggle. So liquid blood is the first cousin of water. It's not an accident churches often use this as a symbol.

Blood is a natural gravitation to higher dimensions. Blood wants to be green; it's hard to hold red and is like magnet — naturally pulled. It's unnatural for blood to be red. When blood is no longer exposed to oxygen in a living being (of course, the living being ceases to be living for long! [chuckles]), in a natural system the blood is green. Skin, I might say, is green also. Oh, don't be afraid. You are afraid: "Oh! Reptilians!

Run and hide!” you say. I talk like you a little bit. But that green skin is because you are cousins, but more about that later.

Now, the true reality: Who are reptilians, eh? I’ll give you an example and describe a pertinent first-cousin reptilian to you Earth people, yes. It might scare you a little bit, but you can take it. Now described perfectly for you: Here is a reptilian. It has either (little variety, not much) wavy or fairly straight light brown or light blond hair (light blond meaning not quite platinum, but close) and blue eyes — oh yes! — typified by Pleiadians, but guess again.

True reptilian first cousins are blue-eyed blondes, eh? Reptilian, though — light green skin, no scales. Scales — this is silly; reptilian human beings don’t need scales. They only need scales if they live under water, okay? They don’t. They have fingers, even fingernails like you. They look very much like you, but with light green skin. First cousins. On Sirius some of your cousins look like this, although the ones that used to live on Earth did not look like that — they were brown and tall, with long arms and long legs. I think your Zoosh has spoken of them.

Now, these people, these reptilian beings, you would find very beautiful to look at. Like I say, light green skin — well, you get used to it, you know — and not much body hair, okay? But on the surface everything else is almost the same. There are minor differences, but since this is a G-rated book I won’t go into them, huh? I could make a joke. It’s a stretch, but I’m learning.

Now, they’re mostly the same as you, okay? Things work pretty much the same too, but birth has to be with an external egg and no pain. Just hunker down — squat down, that’s the word — drop the egg and then kind of gather around it for a while. The gestation period outside the body is twelve days Earth time. It’s a painless birth with plenty of time to nurture young. The young hatches out, but it does not peck its way out like a bird. No beak, eh? When the young are ready, the parents know and break the eggshell. The young are pretty small when born — smaller than human babies. A full-grown adult is maybe five foot two inches, so an egg the long way is not humongous (“humongous” — I like that word), maybe about four inches long.

Now, these individuals have slightly different lifestyles: They can give birth to an egg maybe three, four times a year, but since birth is painless for all concerned and since the mother does not have uncomfortable memories of birth, there is more time for romantic interludes. The more I do this, the more I am using your slang — no, colloquial language.

Okay, I must talk to you about this because there are so many lies and

even imagination about so-called monster reptilians that are capricious, that are harmful, especially to your children. This is all foolishness — made-up monsters that go *boo!* and scare you in the night. Foolishness, really. I can assure you, people on other planets are much less scary than, well, some of your own kind, eh? Some of your own kind are pretty scary. Even just by being funny you can be scary, but that's another story maybe. I don't judge you, I just observe you, you know.

We can see all that you do inside the crystal if we look through the right facet. You must look through the proper facet, not unlike a TV screen, you know? If you want to see what's going on on Earth, float around and look through that facet. Selectivity comes from thoughts, then the rest of the way. It's not so easy for us to check in with specific individuals because what we do are general tasks. So we can focus on certain people, certain places, but it is very difficult to follow along with any individual, so we don't.

I think somebody is thinking, "Where are these first-cousin reptilians living?" Some of them live near the galaxy Sirius, but not too many of them yet because they are one of the first people you are intended to encounter. So they are kept a little bit away from you so they do not form prejudgments of what you are like. It wouldn't do for them to see scary movies. They might see somebody who looks vaguely familiar and say, "Why are they saying that about us? Not true." So remember, these so-called reptilians have warm hearts, okay? Not like your crocodiles.

I have to tell you something about crocodiles and other animal reptilians: They are not human beings from other planets in Earth disguise. They are what they are, and on their own planets they look different. They might even walk around and talk, but on your planet they must be under cover. [Chuckles.] They take the form of animals so they can go unseen as ETs. If a crocodile had antennas and spoke into a microphone, you might say, "This is not an average crocodile. Maybe it looks like a crocodile, but it isn't." But since they don't have antennas waving over their heads and don't get in and out of flying saucers and don't speak into microphones to some unknown person in space, they can pass for animals. Good cover, eh? I talk to you a little bit about that tonight because I need to have you get past limited concepts of those who live on other planets. Any questions?

## **My Past and Future**

***Have you always done this? Do you have memories of doing something before you regulated time?***

I do not have memory of doing anything before this. I think I and my

friends were born to the task. Near as I can tell, I have been doing this (let me see if I can get this in your years — not easy) for about 3.25 trillion years — long time. I think before this time there was machine regulation. But about 3.25 trillion years ago subtle types of life forms began to form, and it was believed advantageous to begin to keep better records. Even the most advanced machine crystal technology does not keep subtle records that are good about people — only more about trends.

***Do you look forward to something after we move beyond time, when there is no need for it?***

To be perfectly honest with you, the term “after” does not fit in our sequence, but I think maybe in another 1.66 trillion years of your time we take a couple weeks off, maybe go to Mars for a holiday, sit down in the sand and drink a cold root beer.

***You're very familiar with the culture on Earth. Are you familiar with our history and our future?***

Yes, familiar with your future because we have had to pay a little more attention to you because of your unique future. In most places where we set the time it is one setting, and we check in every hundred years or so. You are not just moving through time, but you are propelling and pulling through time. You are resetting the time, so we have to check with you every quarter-second or so by your time. We check on you *all* the time!

***How does that work?***

Future selves pull you, plus now, Zoosh says, your lightbodies pull you. But also you are pushed by enlightened beings who lived in your past. Certain enlightened societies saw where you were going, and they are pushing you a little bit. Very, very few individuals try to slow you down for purposes of maintaining their own authority, but this is like an ant trying to stop a big rock rolling. Ant is too smart, and gets out of the way; these individuals trying to stop it are maybe not quite as smart. Big rock win.

## **Our Cartoon Appearance and Our Planet**

***Can you describe yourself a little bit more in our terminology? If we looked at you, what would we see?***

If you were to see me as I look now, I would be very ... not two-dimensional, but very thin. If I turned to the side you would see me, but I would be very much like a wavy line. An artist could draw a wavy line

— very much like that. We do not have a great deal of strength. As floaters (we float about), do not need the greatest aerodynamics; we could be a strange shape and still float. Because we are working with you and other humanoids, oftentimes we look as if we had two arms, two legs, body, head — okay, no reproductive. [Laughs.] Sorry, no need.

But I think you would find that if you looked at us from a frontal view we would look almost like cartoon characters. Cartoon characters are cartoons not only to get a laugh, but to typify something that you can identify easily. We do not have highly defined features. You can look at your hand, and the closer you bring it, the more defined the lines become; then take a magnifying glass and see the lines that make up the lines and so on. We are not like that. We appear simple on the surface and do not have mustaches, beards and so on.

But we have the capacity to move throughout all dimensions that I am aware of, which is, as close as I can utilize in your measurements, from a position of about one-eighth (which would be one-eighth of one dimension) to thirty-three, I have not ever been beyond the thirty-third dimension. I have heard there might be something there [laughs], but I've never been beyond there. It is a place where the personality of anyone (if I can use myself as analogy to any personality) is everywhere at once, but seems small and big at the same time — unlimited feeling, and yet precise knowledge of everywhere you are. No secrets at all, and yet because there is a great deal of creation going on there, there are constant surprises. So the joy of surprise is available, but there are no secrets, so it is a fun thing. I think perhaps it is the number of Creator.

***Do you travel to these places, or do you look into the facet of the crystal? How do you know they're there? Or does your planet have thirty-three dimensions?***

No, we travel out of necessity. Because it is our job to be time masters, we have been given the privilege to experience this (not my clones go — they will stay). The last time I did this I went up through a central axis from the core where we are to the surface of the planet at what you would call the northern axis point on the surface. There are similar gradient lights there (you call them northern lights, yes?), and from light refraction — particles of light — we can move up in dimensions that way. But we do not move up in dimensions inside the core where the crystal is — it's possible to unintentionally affect time elsewhere by doing this.

## **Regulating Time**

***So something comes out of the crystal that forms time? How does it***

## ***work? How do you regulate it? Using the crystal?***

I do not think we have actually formed time, but we regulate time by ... our crystal is in very slow motion, moving on its own axis, which is not visible, of course. The crystal is in touch with the future and past — total future, total past of all potentials of given place, okay? So the crystal is regulated to bend light to the the appropriate time sequence (I know I am defining the word by itself, which is not good, but I am doing the best I can) and also light sequence. The crystal then for most places picks the most benevolent future in terms of time forward from this point. But you are intended to pick your own future, so there is less regulation in that context, but more precise regulation in terms of light focus. Light in the future is brighter; light in the distant past is also bright. Light in the very recent past is dimmer. So you are in a loop of time, a slightly unnatural loop, to correct error, I believe, explained in a previous book by Uncle Zoosh. I like that — more affectionate, eh?

Time for you is regulated by potential uncertainty, otherwise known as what? — P.U.! [Everyone laughs.] Okay, little joke, very little. So because potential uncertainty figured in (meaning we don't choose your future, we don't choose anybody's future, we don't encourage given future), the best we can do is to create brighter light, creating a light path that you can choose to follow or not, okay?

## **Dying Takes You 2 Million Years into the Future**

This might be experienced, for example, by someone passing over through the veils, yes, to what is called death but is in fact life. They often will follow the light. When they follow the light, they actually go forward in the sequence of time, moving through dimensions, moving toward light, which is your potential, okay? When one moves through the veil one not only moves through dimensions, but goes into a more typical future. So one might say that as one departs the body and moves through veils, about the time one gets into the light near what you call city of light — where one finds unconditional love, angel voices and so on, possibly talking to lightbeings by then — one is in the sixth dimension (from your perspective), roughly 2 million years into the future.

Everybody who dies does this, as far as I know — even people who have done things in physical life that they wished they didn't do. Where they go from there depends on many things, but they do this so they can have full experience of what they did in life, plus create enough time distance between what they did and what followed so they can see what followed. People choose to change a given life pattern and live another incarnation. If they feel uncomfortable about what they have done, they can look back in time and see consequences of their acts. So they might choose to go



back and incarnate after, to live in their creation, if they affected things in big way or small way, and live close to a potential outlet for consequences of what they have done. Or in some cases they might even choose, if it is offered, to go back and live *before* that life — attempt to undo what they're going to do in the next life. It's possible. It's complicated, but it can be done.

Is it always this warm on your planet?

***No, the air conditioner is broken.***

Oh. Where we live, heat, cold — unknown. Experiencing heat for the first time ... different.

## **About Ourselves and Our Crystal**

***Have you ever channeled through anyone before?***

No, this is my first time. One of my clones spoke through Robert once before, presented itself as Time Master — little lie, but it was for a story, a time master story. It didn't count — not channeling to be published. Little lie. I let him get away with it.

***As time masters, there are five of you, but do you have a social life? Do you have a mental life? Describe what makes your life fascinating. It's not all work and no play, is it?***

All work is play. At the level of service that we function, work is play. We do this because we find it very fascinating — not dull, very fascinating. And because it's fascinating, we are here. Creator would not have assigned this to us if we were “serving time,” you know. [Everyone laughs.] We like this. Yes, we like this, so this is not a sentence.

***Okay, so there are 675 facets in your crystal. Can you see more than one place in each facet? You must.***

Yeah, good question. Depending on color, tone (tone produces color) can be made on a total scale of music. A total scale of music for you might be, for instance, not only sounds you can make out loud, but sounds you can imagine up above and down below sounds you can make. So allowing for flat and sharp tones and all of this, total tones that can be made — close to 3,000. So 3,000 times 675 (math is not my strong subject) is 2,025,000.

***Do you make this tone or does an instrument? Or do you visualize it or feel it?***

We make it. Individuals can make this tone. Clones can make the tone, too, but it is not their job. If something happened to me, a clone would step in and take care of it.

### ***What could happen to you?***

Nothing has ever happened to me. I said that for your benefit. Nothing has ever happened to any of us, but allowing for unknown potential (what is that? U.P. — unknown potential, U.P.!), maybe something could happen. That's another reason we have clones.

### ***What dimension are you in? Do you have a plasma body? Does it feel physical?***

As I say, depending on who we are working with (we work a lot with humanoids now), we tend to appear that way. To each other, though, we would be ... I look at my friend — he is a ball of light floating about. If you saw a ball of light floating about, you would think nothing of it. But if you saw something that looked kind of human floating about, it would catch your eye, you know. You see a ball of light in the sky called Sun floating about, but you don't think anything of it.

### ***You said you were working a lot with humanoids now. What does that mean?***

No, no. We work with many humanoids now, because what *you* are doing — not only at your dimension but the project you are working on — affects the whole universe. So, first to be affected are cousins, meaning those who would look like you in wide range, meaning basically humanoids.

### ***How? Why?***

Because of interrelationship of form. Forms have tones, okay? Humanoid tone, nine tones. No xylophone here, I can't make one. But possibly with a xylophone or vibraphone you might be able to make a humanoid tone; I would have to strike nine tones, then tell you which ones are sharp and which ones are flat. In any event, because what you are doing is pivotal and because you are (unconsciously, you cannot help it) broadcasting this tone, all other beings in the universe who respond in any way to that tone are all affected first, allowing even for eight and ten, utilizing digits here, allowing for *almost* humanoid and a little *more* than humanoid. That creates a bulge in universe and then, very much like a rubber band, first humanoids — *bloop!* ("bloop," meaning bulge), then everyone else comes along after you like a ripple when you accomplish project goal.

***Which is reaching the fourth dimension?***

No. Project goal is cocreating with Creator.

***Oh, that goal.***

“Oh, yeah, that one, yeah, oh, yeah — I forgot about that one, right, oh yeah.”

## **Uncle Zoosh**

***So you know everything Zoosh tells us. You're familiar with all of our thoughts now?***

Yeah, we hear from Zoosh, too — Uncle Zoosh. He comes to entertain us, sing us a song now and then about your project. No accompaniment, but he is learning. Maybe he'll bring a banjo someday or a tambourine — we'll see. But for now he sings us his song, and sometimes in the song, individual stories about individuals. A song might go on, in terms of your time, maybe hour and a half all the while we are working, but it is very amusing. That's why we know sometimes Zoosh refers to himself as Grandpa Zoosh or Uncle Zoosh. We call him Uncle Zoosh for fun. He finds it *very* amusing.

***We never heard of the Grandpa. He never told us about that.***

Grandpa Zoosh. Sometimes it's Grandpa Zoosh when he talks nicely, lovingly, encouragingly. He has not had to talk that way to us because we are motivated. But Uncle Zoosh tells stories, laughs, sings songs.  
[Laughs.]

## **Our Future**

***So what motivates you, then? The lust or desire to ... what?***

Think about if you were doing what you always wanted to [do]. Nothing to hold you back — you always wanted to do this. Think about if you wake up in the morning with a smile on your face. You rush to work because you always wanted to do that. We don't really wake up in the morning — but smiles, yes. We are doing what we like.

***But you've always done this, so how do you know what else there is to do? This is the only thing you remember, right?***

Troublemaker, eh? [Everyone laughs.] No, this is what I like. I don't know anything else to do. You talk to me more about this, and Uncle

Zoosh [will] come and shake his finger in your face pretty soon and say, “No meddling!”

***So this is the first time you’ve come down to channel through a human?***

Yes, never to speak before. As I say, my clone came before, pretending to be Time Master.

***Evidently there must be a sense of urgency or at least ...***

No, no, this is fun, and also opportunity, eh? You were casting about the universe, asked for volunteers: “Who wants to talk tonight?” You know, my friends, they say, “Take a little time off, put your feet up, smoke a cigar.” [Laughter.] Tell a story, sing a song. Pretend to be Uncle Zoosh for a while. [Laughter.]

***You said something about dealing with humanoids. When we send that bulge, that ripple out, what does that do to you? Do you have to compensate? What consequence does that have for you?***

No, when you have bulge, when you accomplish a goal and bulge takes place, then we’ll do *less!* Then we have a coffee break, eh? When bulge takes place, when you start to take over for Creator and the ripple effect goes out, we do less, see? Because then you’ll no longer need ... we don’t have to worry about time on Earth anymore.

***So then we’re doing it?***

Yes, exactly. You’ll take over, see? Then we have time off. Find out what we’re going to do next. Then I tell you what we’re going to do next; *then* I will. Maybe you don’t look quite the same then.

## **Making Tones**

***These 3,000 tones you talked about: Do you actually make these tones out loud, or do you think them?***

You can think them, but often make them out loud — very quietly out loud, no more than a measurement on your scale of seven decibels, but out loud.

***And you project the color at the same time?***

No, color naturally projects. If *you* make tones now, if you sing, color is there. You just don’t see it. That’s why some music affects people so

strongly. If you make the tone yourself or even if you blow on the instrument, color is there. But play a recording, no color. That's why music for healing must be done on the spot. Sorry, people who are creating music for healing tapes: It's okay; good psychological suggestions might help, but for true music for healing, makes tones out loud or blow through something that make tones, or play stringed instrument, but *physically* vibrating the air, making the color. Color is what stimulates the healing, but vibration also helpful. Vibration gives the color impetus, motion, direction.

***You've got a great tenderness.***

Getting better, listening to Uncle Zoosh prompting me in the background, whispering in my shell-like ear. [Laughter.]

## **Our Clones Are Visitors to Our Planet**

***I have a question about the 1,400 clones: Did you do just a few at a time until you got the whole thing laid out and you knew exactly that was how many were needed?***

Yeah, a few at a time. We started with just one each, and then we thought of other things to do, especially to maintain the integrity of the space we are in. There is so much space inside this planet — a big, big, big planet, but very hollow inside. But it is a planet, okay, not a ship — we checked that out. There is sometimes necessity ... in the outer shell of planet (we are inside) thinner spots might be sixty-five miles deep, so clones spend a lot of time checking the surface and the inside integrity, not unlike an engineer might do to make sure there is no leak-through or leak-down, exchange of pressure and so on.

***Are there beings on the surface of this planet?***

No; no beings, but it's possible an occasional ship might land, and people get out. We have made it comfortable, what you would call parklike — fruit trees, you know, palm trees, coconuts, but no dancing girls.

***Do they know you're there?***

No, they usually don't know we're here. I don't think anybody has ever landed and knew we were here. I think one ship landed and knew someone was here, but it felt good. These particular individuals travel as compressed light, though they are lightbeings when you see them normally. And they knew we were in here but also knew they were not supposed to interfere. They could have flown down and seen us, flown through surface down to inside, but evolved lightbeings know they are

not supposed to interfere, you understand. They're the only ones as far as I know who were aware we were here. Most everybody else stops, maybe has a little R&R ...

***Like one of our rest stops.***

Yeah, they rest maybe for a little while and enjoy surface pleasures, then go on.

## **Time Upheaval and Time Travel**

***In the total course of this creation, humanity has been here just a very tiny part of a percentage point, so has time existed only during the Explorer Race experiment, or has time always been in creation?***

That's a good question. There has always been some version of time, because time has been in most upheaval in dimension a little denser than three. Most upheaval in time is around 2.5 to 3. Right now is 2.5 to 2.7, roughly. A lot of upheaval in time sequences is there very often, because the move from second dimension to third dimension has always been traumatic for beings and very often evolutionary on the soul level. So in this sense we have spent a lot of experience in that area. We did not really have to pay too much attention to you as the Explorer Race body of souls until the past 2.5 to 5 million years or so. Then we started paying a little attention, because then you started getting into sequence. Before then it was more existence than sequence.

***Were we in the second dimension?***

No, I do not believe your body of souls passed through the second dimension as incarnated beings. I think perhaps a few of you might have time-traveled there. Nobody in this room, probably nobody reading the book, lived there. Time travel done even now with your soul group is rare. You are in infancy, though, getting started — plenty mischief to come. We will have to be alert because it is possible to travel through time with instruments instead of a sense of energy balance, which is most accurate (proper what to do, where to go according to how it feels to love the self) — by putting faith in instruments and technology, it is very easy to accidentally knock holes in time and make a big mess. This was happening for a little while; it's been happening now for maybe forty, fifty years in your time. Occasionally individuals have been doing this. We have to sweep up after them.

***That's our secret government's explorers?***

Yeah.

***But as we get a little more technological, we're going to be playing too, just for the fun of it, and you'll have to sweep up after us?***

A little bit, yeah, because in the beginning you will think, "Oh, crystals can do everything — *wonderful crystals!*"

***How far in the future is this?***

I think initial time travel utilizing crystal technology for growth spurt will occur for probably the next 100, 150, maybe 170 years. After that, then time travel becomes a spiritual, heart-centered experience, no longer utilizing external mechanisms of any kind.

## **Utilize Love Instinct, Creation Tools; Don't Be a Follower**

***What advice can you give us from your perspective for the next few years as we move up the dimensional scale from where we are now [3.47]?***

The most important thing is to become aware of body feelings. Utilize loving feelings to attain all accomplishments, because a sense of warmth, sense of love (you all recognize this feeling) is the best weathervane to know that you are doing right thing. Even though you might get what seems to be most wonderful advice from beloved and respected leaders (and there are a few of those to come), it is still best to utilize your own loving persona. You have discussed instinctual love before in publication, with Zoosh and others, I think. This is the best method. Please guard against following in general; rule out following the leader and do not step on poison ivy on the trail!

Following philosophically in the near future will be very hazardous because it might be ... oh, no danger, but more likely you not utilizing your own love systems to create — re-create, as it were — love instinct (L.I., okay?). Then you might miss many creations, many of the old spiritual and even new spiritual techniques for where to go, how to get there, who with, when to get there, what to do to get there. Basically those groups, those technologies, are going to be rediscovered and invented in the next twenty years or so. So try to follow loving heart instinct to do what is right for you, because maybe — even if you follow charismatic leaders and be safe and so on — you'll miss something you can do to create. So much of the creation tools that Creator uses in a benevolent, loving way will be dropping into your tool bag in the next few years. Use them.

***If we learn how to travel in a few years the way I want to, can we come and say hello?***

You can say hello now.

***In the future, can we come down and see you?***

Maybe, but knock first. We have a place to receive visitors on the inside where we are, but no one has knocked yet; only knocking will get you there, okay? Three long knocks, one short.

***[Laughs.] Got it! You're a sweetheart.***

Thank you. I think that's all for now. More later maybe.