

Interview with Flo Aeveia Magdalena,

author of *I remember Union, The story of Mary Magdalena*, and channel for The Ones With No Names and others

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By Raphael Weisman

Raphael: So why don't you tell me about yourself and how you came to be doing this work.

Aeveia: I started out in medicine, because I wanted to see if Science had questions to who we are and why we're here and what the process of human evolution is about, and in the process of nursing and going to nursing school, I actually began to take some classes in metaphysics. The metaphysics and the science together created an avenue for me to work with holistic health. I took some classes in therapeutic touch and I taught Therapeutic Touch to nursing students, and began to develop a whole theory that we could heal people physically. So I focused on the physical process of the energy system, and working with polarity, and working with the consciousness in the cells, and I remember one time and we're talking about 1981. I had a lady on my table and I saw the whole energy field clean and clear and it realigned and the patterns shifted. I saw her get up off the table and put the disease back on.

Raphael: Wow.

So then I said to myself, well, I guess what I have to do then is work with the emotional body. So I spent much of the mid to late eighties working with emotional release and actually clarifying how the emotion lays on the body, influences the body, and so forth. And then I realized well yes, but there's also the mind. I went into doing belief system workshops and actually assisted people to construct and deconstruct the belief patterns they had.

I realized that the spiritual nature needed to be the focus. In the early to mid nineties I created this process called Soul Recognition which basically and in actuality takes all of those levels and streamlines the system where the consciousness actually begins to feel as if it has the foundation of the body, the (emotion) soul and the mind – That are usually codependent again to come together. And then that was all directed from the psyche, which was acquiescence of the soul. When it acquiesces to the soul, there is a sense that there is actually a way to shift.

I have been working with Soul Recognition as a deep shamanic process since 1994 that was begun in DC and Maryland. We've developed pods, which are small groups of four facilitators around the country. We've worked with training facilitators, and it is one of the things I love to do is to actually teach people about energy. And, in the process of that, in the mid-80s I was working with a group who had been through an emotional release process with me, a long weekend. There was a voice in my head, a kind of guidance or divination kind of system began to appear. I said, well, let's see what this is, and it turned out to be the Ones With No Names (The Nameless Ones.)

The Ones With No Names are literally seeing themselves as guidance counselors for the souls of humanity. They say that they have come here in response to the request of humanity to understand it's own divinity, and to use its own potential, and to also create more and more of

the awareness of how there's a design for human evolution, and that our species is moving right now into the center of the capacity to live that design. And so I've worked with different angles. I've worked mostly now with the *soul seed*, and I've developed the process to tap that *soul seed*, and expand it into the cells of the body, because my major understanding from all these years of work is that we have a vibration that is carried in the *seed of light*, or the *soul seed* or the point of our essence. And that space actually has its own vibration, and if we can bring that into the cells, and the systems and the organs – into the tissues, into the emotional body and mental body and reflect it in our spirit, then we have a coherence, we have a congruence, and we can embody who we are and be more effective in the world.

R: Wow - You've answered like, five of my questions already.

A: So in 1994, I developed a non-profit to actually facilitate bringing lots of people together to see themselves as a community that could support each other. And, in the last several years the Ones With No Names have begun to bring information about, in an almost mystery school kind of way, how can we encapsulate and incorporate consciousness in life? So we have structures in our organization to support people in developing their capacity to feel their awareness, to sense who they are in time and space, and to deliver their gift. I have a very strong sense in myself that until we actually fill ourselves with our essence, there's lots of things that we need and we're reaching outside of ourselves to get those things, which means that we are not vertically aligned. We're grasping outside of ourselves.

We work also in a lot of our programs with vertical alignment, with healthy people to really stabilize their field of energy. Recently, I've been working with horses who are teaching me about the unified field of consciousness and how perceptive they are about all of the events and occurrences energetically that happen in their horizontal field. Since they are prey animals, they have to hold that field very clearly to know what's incongruent in it because their life depends on it. As we've watched horses respond to us moving in the field we've realized these energy fields that we think about in terms of the morphogenic field and the life force field are real things and so it's very exciting for me because a lot of what I have been doing has been invisible and now we're actually looking at how things structure in fields of energy that animals particularly, and young people are very aware of. So we're now blending in the horse work with the Soul Recognition work and we're beginning to teach facilitators how to look at and encompass the frame of their understanding with other species, and other groups of consciousness.

R: Wow, that's very exciting. For those people who have never heard of "channeling" or are unfamiliar with this, could you tell a little bit about how it works and how it works for you individually and also what on a larger framework it represents.

A: Well there are different types of channels or different types of individuals who get guidance. One of the foremost male channels in the 20th Century was...Arthur Ford. And Arthur Ford is someone who informed the woman I studied with. And I studied this. I was a psychiatric nurse and I studied parapsychology and metaphysics as a trainable skill.

And that's what I've done in my work is...I really and truly believe that I can actually give direct experiences to people so that they can also understand that they have intuition and they have

guidance and they have connection. And I'm a conscious channel, which means that I hear what's being said and I can assimilate it mentally, kind of understand and comprehend it as it's coming through.

I think about channeling as opening to the full awareness of all that is, and specifically honing in on vibrations that have intention for a particular group or individual. My specific channeling for almost 30 years has been to give guidance on what that potential of each individual encompasses, because most of us believe that we're just kind of normal. We're moving around here doing what we're doing, trying to survive, and our gifts are not always apparent to us because those kinds of things that we carry, in terms of energetic capacities, have either not been fully developed in this lifetime, or we don't understand how they work in this particular setting. And so a lot of the information that I get details that for people, helps them understand what their gifts and capacities are so they can start using them more consciously; and much of what's important as we develop, and in terms of receiving information, is to get our own guidance. So part of what the channeling does is give each person the opportunity to know that they can be known by someone who does not physically have relationship with them, has never met them before, but there is information that they have in the universe with their name on it. And they have a part to play and if they play that part as it has been designed within them, they will feel as if they are vibrating at a rate of speed that is their own contribution.

So channeling has a lot of different components to it. Sometimes it has psychic energy, which gives facts and information. Sometimes it has connection to individuals who have already gone over into another state or level or who have made transition, as we would say. Then sometimes it is other entities coming in to speak specifically about certain things. And the ones that I channel predominantly are more universal energies that have an overall viewpoint of how the world here works, of what the larger design is and so they can fill in some blanks for individuals so that they can get that bigger picture and feel more as if they belong here right now. In most of the people I work with, that is a very important thing, is to feel as if they belong here. As if they can really hunker down and do what they have come to do and get the wholeness of themselves kind of encapsulated around them, because we are not given that as human beings very often.

R: You mentioned design and I was going to ask you, you also talk about each individuals design or blueprint. Could you address that?

A: Each person has a vibration and in that vibration is a key. And the key fits into what we call the hologram, which could be looked at as an overall mosaic where everyone's piece of a different color and size and shape, but fits very cleanly and clearly into the pattern next to theirs. So part of the reason many of us are called to be in community is because we are looking for the people who will dovetail in that mosaic next to us and actually be able to click together so that we can co-create in the world, instead of competing. And when we think about the design, it has our name on it. It also has a set of principles and a set of concepts that we alone have mastered, and that we bring in in a certain configuration that is like no other configuration.

If we can understand that design then we can put that information into the world as action. The more we vibrate at that rate of speed, the more we actually catalyze individuals next to us, wake them up, and then we can go ahead and begin to create, as I think of it, in this new world order,

or a way in which we can relate to each other synchronistically. A lot of people think about the hologram as a big thing that they are trying to figure out, but I think it is much more as if we can feel into the consciousness that we are. We then vibrate at that rate of speed and we know that energy does not stand still, so it starts to move. When it is a positive gift kind of process, it moves in a clockwise circle, so that it creates an environment, which is like a magnet. It is like a signal and then people can find us and we can begin to co-create. The models of competition and separation are really outmoded and we are all beginning to see that in many different walks of life.

There are instructors, teachers, leaders and visionaries who are seeing that there are ways to empower people, there are ways to consciously work together, and there are ways to restructure family and social systems. So the design is for a system that is comprehensive. It includes communication with animals and different species and kingdoms, elements, and essences. It involves connecting in with other people so that there is a thrust or critical mass that can go forward and align things, and there is a space inside each person where they realize when that balance has been accomplished. Then there is a relaxation. There is a grounding into the body, and then the eyes and vision open and then that is mastery. So that is really what each of us is yearning for inside of ourselves.

I think we are yearning for two things. We are yearning for personal mastery and we are also yearning to find the home with each other where there is not that kind of conflictual experience.

R: This seems to lead to, you mentioned earlier, the morphogenic field and I know we are getting close to a gathering in Taos and something that the Ones have called the Coming Together of the Ages. Does that work together, in other words as we open up our design, does that activate the morphogenic field and we begin to come together in these ways that you are talking about?

A: Absolutely. Absolutely. The Coming Together of the Ages is something the Nameless Ones have coined. I think it is probably their particular take on what is happening. The way I explain it to people is that if you go into Barnes & Noble or Borders, and look around at the books that are now available in terms of personal development, spiritual growth, and modalities that have been “created” in the last twenty years, you realize that these kinds of open spaces of co-creation are from many, many ancient traditions, and ancient modalities. Aromatherapy, acupuncture, and so forth and so on. Everyone that I talk to is seeing that there is more available now than there ever was and it is not really new. I guess that is the point I am trying to make. It is within us as wisdom and it is bursting, it is opening out. It is coming to the surface so that we can use every single aspect of our consciousness to assist us to support life here on this planet.

R: Which actually brings me to another question, and that is what is so special or unique about this time, this year, this moment in history in a very specific and on a broader scale.

A: Well specifically, it feels like there is assistance for us from dimensions that accompany or surround or participate in the earth and those dimensions are Nameless. I am not here to name them necessarily, but I do feel like we have access to more information, and connection than we have ever had, and I think it is in preparation for the larger scale, 2011, 2012 idea where there is

going to be this upsurge in critical mass and consciousness that opens up the gateways for us to remember. And what we are remembering is that we all come from one point of light. It does not matter whatever religion or belief system or spiritual pathway you might look at, none of those, I think, as I look at the consciousness, are in disagreement. I have an actual bookmark here that has Hinduism, Judaism, Shinto, Taoism, Buddhism, Christianity, Sikhism, Native American religion, African religion and other known religions, and they all have light or the light shining in their particular concept of what their path embodies. As I think about light and I think about order, we look into the body. There is a woman named Dr. May One Ho who has done tremendous work with actually taking apart tiny larvae and looking at how light impacts the consciousness of the cells and how they are ordered together. And the more order there is in the body of the larvae, for example, the more light there is. The more order there is the more light there is.

R: So that is the connection between light and order.

A: Yes. And order as I see it and as the Nameless Ones speak about it is the foundation for our world here. It is the seasons, it is the rainforest, it is the oceans, it is the tides, it is the moon, it is the sun, it is the rhythms of life here. It is also the interconnected cooperative model that we are looking to see how we can live as human beings.

R: And the underlying patterns for everything.

A: Exactly.

R: So actually, that was one of my questions, what is light? And what is order. Is there an answer? Other than to say order and light are similar. We see light mostly as reflection and it is the substance that allows us to see, but we do not actually see light in and of itself. I just see a real bright, bright kind of light in an inner way.

A: Well I think of light as ordered consciousness, as a way of expanding our essence into form. As if all there is, is really light. And when it is ordered it becomes form. So light is like God, you know, light is invisible but yet visible and audible, and yet inaudible. When we go, for example, into eastern philosophy and look at the system of the spinning wheels, the spinning wheels of Leadbeater—years ago they were called the chakras—hat is the spinning wheels. The light is what is spinning and the light is colored in different sections of the body and it is a rainbow. And the rainbow is the light that is in the sky and it is a reflection of

R: ...of order really.

A: Yes, it is. It really is. I am not sure if the definition is as scientific as I might like it to be but I do feel that the light that we are looking for is inside. You know that old adage that when the universe was created there was this whole feeling of where are we going to hide the wisdom. Where are we going to put the kingdom of heaven? It's like well, we will put it down at the deepest part of the ocean and then the Council is saying well, no, they will find a way to get to the bottom of the ocean. Well, we will put it on the top of the tallest, tallest mountain. No they will find a way to climb that mountain. Well, I guess we are going to have to put inside of them,

because they will never find it there. They will have to do their seeking for ages and ages and ages, and it just feels like because we have lived in consciousness for so long as a species, we are actually uncovering that light that all of us have searched for. Then we have put what we have learned into the consciousness of each other because of the morphogenic field. Even if we had not written it down, it is in our genes. It is in our DNA. And so we are opening to it because, in terms of evolution, I also feel that you know how each species has a kind of instinctual, we are not going to procreate this much because there are not the resources to sustain that...and with the environment as it is, and where we are, I think inside of our species there is a code that says we are awakening, and we need to remember that this is the time to comprehend that separation is now an illusion and we need to create something else. And I really believe it is in us.

R: It is.

A: It is coded, yeah.

R: So for somebody who wants to, we have been taught meditation is one of the ways to access our inner understanding, our inner knowledge and our inner light. Is there something you can recommend to someone who has absolutely no idea, has never done it, and yet would like to begin some kind of practice that is very simple, that they do not have to do a whole lot of somersaults about? I also wanted to ask you about the practice of grounding. How both of those could benefit somebody who has never had any real connection with metaphysics or spiritual kind of teachings.

A: Well, the basic thing that I like to always do is to start with the body because the body is our vehicle here. If we can relate to the body and the energy in the body, relate to the body as an energy system, it makes everything much more simple. We can measure through electrocardiogram, electroencephalogram, and electromyogram what the currents of energy are in the body. So one measures the heart, one measures the brain, and one measures the muscles. So just to think about ourselves, therefore, as an energy system, I like to use the example of a garden hose. If the garden hose is kinked, the water is not getting through. If the garden hose is open then there is a flow of water to wherever you want it to go.

So, I like to think about the four levels of our body as energy. One is of course form, the body is form. But the emotion, the mind and the spirit are energy. They are unformed and they are invisible. And if we can get the body to vibrate or to have a rhythm that is consistent or congruent or the same as the vibration of our feeling state, emotion, or our mental state or our spiritual state and all four of those, then we have a congruent system where we can feel steady. We can feel ordered and we can feel as if we can relax and breathe and actually feel comfortable in the body.

So that is really for me the first kind of meditation. When someone gets settled, and we do a four-level meditation that helps people settle, but they can just basically lie down and imagine that their body is relaxed and breathe through and then dissolve that into the earth, or into the surface beneath them. So they feel like they are just becoming part of something bigger. And then they can use the emotion as water and bring three or four inches of water over the top of the body and breathe that water down into the body, which is dissolving into the substance of the

earth or the substance underneath them. And then the mind. I always use as a 3 or 4 inch blue laser beam that is flying all over the place trying to understand things, and that can also be brought through the top, over the top of the body and relax into the water, which has been brought over the top of the body. Relax that all down and dissolve that into the physical body and then into the earth underneath. And then I like to see the spirit as an effervescent bubbly kind of energy that is all around. It is above, and below, and within and around. That actually brings us to the point of light. We can just sit like that, or lie like that. Go to sleep like that. Wake up and do that before we go out. We talk a lot about being in harmony with others and I think more important than that primarily in the beginning, is to be in harmony with ourselves. So that is one way to do it.

The other way I like is Shamata, which is a practice that is a mindfulness practice and it is just watching your breath. Breathing in and then just waiting a second before you breathe out, then waiting a second before you breathe back in. Or counting to five when you breathe in, counting to five before you breathe out, counting to five as you exhale, and then counting to five or going into a stillpoint for five seconds before you breathe in again. Shamata or that practice of just breathing and watching the breath is a very simple thing to do.

Grounding takes the four-level meditation to the next level, which is to speak to the fact that if we are not connected to the earth, then we are walking around like a balloon that has just been let go from someone's hand, and we cannot quite grasp how to come back into the moment, and have the balloon to use. It is gone. It is someplace else. So sometimes people say that they are out of their body. Or the light is on and nobody is home, that kind of idea. So the first way to ground is to hug a tree. Second way to ground is take your shoes off and just feel how you have open spaces in the bottom of your feet. You have the same kind of energy centers in the bottom of your feet as you do in the major centers in the body and you can just imagine you are going as a ray of light or as a river or as a stream of energy in the top of your head and down the body and out the bottoms of the feet.

Much of the reason to ground, to do the four-level meditation and to sensitize oneself to the flow of energy is that it is very important to feel the body as an open system. This is because psychoneuroimmunology has proven that there is a mind-body connection. It has proven that if our body is tense, full of stress, and we are separating in some way, either through anxiety or fear, that the systems in the body do not work as well. So if we take that philosophy, okay, we want a healthy body, we want to be relaxed, we want ourselves to feel comfortable in a kind of larger framework in the world, then the body is the place to start.

R: Wow. Good. That brings me to, you mentioned the Shamata and I know you have connections with people who practice Buddhism, and I do too. Would you say that there was some kind of special connection with Buddhist understanding that resonates very strongly with those things that you teach and that are taught through you?

A: Well, I think the concept of emptiness, which is non-attachment and a space of seeing oneself as connected to everything versus as just being preoccupied with ones' ego self, in the sense of preoccupation with right and wrong. Preoccupation with demands and shoulds and those belief systems and conditionings of a society is extremely important. I think all major spiritual

practices think about a non-dual state where one is empty of the need to compare oneself to another or to judge another or to cast any stones. In Buddhism it is really important to do no harm and to hold oneself in a very clear place. I think all of us, in whatever way we practice spiritually see emptiness and non-attachment as a basic premise of a way to be cohesive with each other. Personal work, really taking apart the thought structures, the way we relate and have such attachment to so many things in our society, particularly in the west, is a very powerful thing to do. It is a very wonderful to set ones' sail toward the experience of being empty, which basically means to me being interconnected. They call it Indra's net. That we are a light on the necklace of consciousness—we are just there, doing our part. We are all doing our part. So no one is better than anybody else. There is nobody that we need to try to emulate. You know we need to, in my opinion, emulate our own positive conscious vibration that holds itself so dearly in the center of our body, in this place that we call the *seed of light* in my tradition.

R: Yes. So it seems like you are really confirming that really our inner authority, our own kind of self-authority or self-realization boils down to being totally in tune with yourself, being self-responsible, but are you pointing to our inner authority.

A: Absolutely—pointing to the inner authority. Also something that seems to be relevant to say here, that is coming up for me, is this idea of right or wrong and using a lot of our energy to fix ourselves or try to change things that do not seem to be working or to give self-judgement because we are feeling uncomfortable with ourselves or another person—judging whoever it might be. It feels to me as if we can look at our consciousness spatially, for example, when we talk about the vertical and horizontal alignment. Horizontal alignment is heart-to-heart, it is coming like a hoola-hoop around the body versus vertical, which is coming from the top of the head down through the body.

Sometimes when I teach, I tell people that the reason that they sometimes find themselves in a pickle with other people is because they are trying too hard. They are giving themselves away or expending a lot of energy trying to change, fix or improve someone else's life and it is many times because they are out of vertical alignment. They are trying to connect and they do not know how to connect. And when I say to people, "If you fill in the blanks by grounding in your own body and just settle in, then the way you relate to people when you do flip that energy field horizontal is through the soul energy. It is through the connection with your actual contribution versus what you think you should be doing or how you have been brought up to be, or whatever it is."

A special understanding of that frees people from the need to give themselves the what-for for responding to people in certain ways. It actually gives them pause to say, "Oh, I realize what I was doing," and they stand much more erect. They hold themselves in a kind of integrity or integration, same word, and they then feel comfortable with who they are. They do not have to go to a psychoanalyst or do lots of forgiveness exercises or whatever because there is the sense that they actually understand that they were not taught how to hold their field congruent, in a congruent way. And I like it when people can open to something new and resolve something old and they can do it instantaneously, because that is the way I would like things to be.

R: That is how it should be, of course.

A: Right. Right.

R: So it sounds like one of the things we are always up against and part of finding our self-authority, part of getting out of right and wrong thinking, trying to fix, is basically allowing ourselves to have a window into our conditioning so we do not have to follow that.

A: Well, a lot of it, as I see it, is moving from duality to unity. Because duality is this: there is you and there is me and I have to fix you or you have to fix me. There is you and there is me and we have an agreement and you have to teach me something and I have to learn it from you, even if I do not want to learn it from you anymore. There is a duality in, you know, there is a man and a woman and this is appropriate and this is not appropriate. And there is this continual separating, duality, kind of going on. And once we realize that is not the path of self-authority, then energetically we can change the pattern and therefore change the behavior. And that gives us autonomy and lots of self-empowerment.

R: Right, right, autonomy is the word I was actually looking for earlier when I was thinking about this.

What is the pillar of light? Could you describe it to people? Many people, even those who use it and have known about it, are still not very sure about what it is. I think it might be nice to talk about that and how we can actually use that to expand beyond our own personal lives into a greater collective consciousness.

A: Well, I think you just said it Raphael. It is expansion into a greater collective consciousness. It is taking our horizontal vibration, which is actually then the manifestation of our gift and our contribution as energy, which is life force, and moving that into connection with other peoples' life force. That is actually then bringing the hologram, or this mosaic of connection down into this dimension as we turn the pillar. It is actually bringing the hologram into realization as we turn the pillar. That is why we turn the pillar.

R: Could you put that into maybe simpler words or I know that they are very simple in themselves, but is there a way to explain that?

A: Well, the mosaic that we talked about is a circle and is called the hologram. It has everybody's particular contribution in it and how that contribution is going to affect the whole system of life for the better. Within this is how it is going to bring information, understanding, or wisdom that has not been available from them before into the mix, to be added to the collective consciousness. Because Rupert Sheldrake identified morphogenic fields and the concept of the hundredth monkey syndrome, we know that if someone is learning something, that because they are part of the species of humans, other human beings will learn that when enough of the momentum reaches this critical mass point. Then as that learning is experienced, it is not taught in the traditional ways, it is actually osmotically available and people will think, "Oh, I just got a brilliant idea." And most probably, that brilliant idea is happening on many places on the planet simultaneously and that is what actually aggregates or puts together more and more of the momentum so that we can shift as a species.

R: Good, I was going to ask you to talk about critical mass.

A: So when we turn the pillar it is like having 30 to 50 people, there were 50 on the other night, turning, like holding stakes, on a round fence, and saying okay, ready, set go. When they turn it, they accelerate what is inside of it. In other words, if we add our contribution into that, then everybody is adding their contribution and we weave our morphogenic fields together, which makes it cohesive. So it is not like 30 years ago, when we got an idea, well, you know, they are not ready for that yet. We are ready now because so many people are involved. Not just the people consciousness turning the pillar, but people who are praying for oneness, praying for peace, praying for ideas to help other people, praying for the wellness of others. Whatever is happening in that request, prayer, or meditation, whether it is asking or receiving, there is a tremendous momentum that begins to be available to weave those patterns together so they overlap. When they overlap the ideas congregate, they get stronger. We are then able to actually say, "Yeah, I think something is happening." Some people are aware of it on levels that are very peripheral. Some more people who pay more attention to it are available on levels of it is happening every moment and anywhere in-between that.

R: So we are ready now, the way we were not before.

A: Yes. That is true.

R: Tell me a little bit about circuitry, individual circuitry, and how you use what you call Circuitry Alignment.

A: Yes. Well there are several components of it. If we think about the circuits as similar to or identical with the leylines in the body that are used in shiatsu, acupressure and acupuncture, we realize that these circuits or leylines are carrying energy of different systems through the body. That is actually how the body communicates; through these different, the Buddhist call them Nodi and Bindu. Then they talk about the central channel, which is where these Nodi and Bindu come from, come out of, or are originated. So as we think about Circuitry Alignment, we are activating those leylines. We are activating them with the original pattern the person came in to bring. So we are activating with the person's actual vibrational code. That means that there is more synthesis in the system, more integration is possible, and the vibration of the individual raises because there is more cohesiveness in those systems. So, in other words, there is not as much, let us just call it congestion for lack of a better word.

There is not as much congestion. The Nameless Ones actually wanted to bring the original pattern into the cells into the body and approached me in October of 2005 in their kind of telepathic way. They asked me if they could use my circuits to bring their energy closer to humanity so that they could actually infuse the energy into each individual. And, of course, the most beautiful thing about that for me is that because the Nameless Ones think of themselves as guidance counselors, and they have already met with all these individuals, there is a sense that there is the ability for people to recognize and feel the familiarity with which the connection occurs. This is so that there is there remembrance of, *yeah, this is the pattern of who I am*, which is a very big boost to each individual in this kind of context.

R: Expanding a little bit on that, you also, over the years, channel, as far as I know, the Ones with No Names, and the Council of Light and it seems like everything is expanded. Now the

Galactic Federation are kind of joining in. John Henry is there and now the one who calls himself the One. It seems like as we ourselves are expanding and as we are going and raising our vibration, it feels like they are coming closer and closer to us too, and expanding their side of the veil to meet us right in the middle.

A: Well, what is interesting to me is I think, fundamentally, they are connecting with each other.

R: Yes, yes.

A: And that is the beautiful thing for me, is they are connecting with each other. And so the process of that connection is that then we are benefiting from that. As the worlds are coming together, they say the veils are getting thinner. I just see it as all of the levels and dimensions that exist are basically focused on assisting us to make this huge transformation as a species.

R: And as above, so below.

A: Exactly. Yes.

R: So, basically, if you were to be able to call this a path and you were to say well, what is the path? would you say it would be the path of Oneness?

A: Yes, that is what I would say.

R: You have written the book Sunlight on Water, A Manual for Soulful Living. If people were interested in learning about all these different components and wanted to know more about the things we have talked about, that would be a good way to get started or a good way to find out because it encapsulates quite a lot of what we have spoken about?

A: It does. It is a book that actually I recommend people sleep with under their pillow for a little while. Because it is written in language (I always think of it like Buckminster Fuller) the language is more paragraphs than sentences. The coding in the information that is received either verbally or that we have transcribed into written form from the Nameless Ones is all about vibrationally opening the codes in the body. And so part of what we are really looking to do when we buy a book like Sunlight on Water and put it under our pillow, is just to let the rhythm of who we are emerge. Just to see how we might nurture our spirit, not so much from mentally trying to understand everything, but from settling into our body. From opening and expanding our consciousness through breath—just looking at a tree, looking at the sky, looking at a mountain, a pool of water—whatever moves us to be in connection with it forms the fields of order outside. This is nurturing the order in our body and then consciously feeling connected to that which is ready to be born in us, which most times has a yearning attached to it or connected with it, which we can really follow.

I always tell people who are starting out that the yearning inside you is what you want to pay attention to. It is going to move you to a direction where you can actually make decisions and choices based on your inner essences and based on that which is most supportive of you and most connected with you. This is because there is a choice in that, because we all have so many

decisions and choices to make. If we can sit and learn what that vibration feels like inside, and begin to breathe that through our body and do the 4-level meditation, for example, and just relax a little bit, the choices begin to be easier. We begin to draw to us those things that are most congruent with who we are and then that feeling of being at one with everything overtakes us sometimes. We can dwell in that and that helps us to be more strong, more connected, and more creative. Much of what we work with in Sunlight on Water and Soul Support Systems is assisting people to feel more creative so they can find their place here and live it more fully.

R: I would like to ask about your other book I Remember Union, about Mary Magdalene. Would you talk a little bit about that? It seems also that we are moving into an understanding of divine union, going beyond the polarity that you talked about, in that some ways the Magdalen and the Christ in many traditions now, many people are understanding there was something there, that is not in the Bible, so to speak. Would you talk to that a little bit?

A: I actually had a direct experience of being in relationship with Mary Magdalene for about a 3-year period. During that time I actually was remembering some of the situations that had occurred in that time and had that direct experience. Now that means nothing, actually, you know. It just means that I was in the stream of Magdalene. I was able to feel her consciousness and I was able to and am able to connect with her in a way that provides information and understanding. As far as I can understand it, Mary Magdalene is an Emissary of Light. She comes here in many different ways. She is appearing to many, many, many people and her message is always that we are one, that we are light, and that everything that has happened in the human experience or condition is moving us toward unity. She is not concerned with the story because she is telling the story very differently to many people so that there are differences in what people believed happened and how they structure their understanding. I asked a group recently when I was speaking at the Divine Feminine conference in Phoenix, “Why do you think Magdalene is showing up in so many different ways, with so many different stories, some of which are extremely contradictory?”

The audience and I had a kind of conversation about that and finally we agreed that one of her messages is that the story is not important, in itself. The facts of or the beliefs about factual experience is not as important as the energy that is being generated to ask the question. So that we can find our individual truth, which opens us to the vibration of who we are, we can put our piece of the hologram in and live in union together and harmony together. That is what I think that was about. For me it was one of the most amazing and opening experiences of my life. I am very greatly indebted to Mary Magdalene and Jesus Christ and Judas Iscariot for offering to me the story that I actually received because it actually gives a tremendous new perspective about how we create our lives.

In the beginning of the book, we go back to the design and Christ and Magdalene and Judas are standing in front of the Nameless Ones, each individually saying so, “Okay, what is my design going to be? What am I going to accomplish? What am I going to learn?” In my experiences with people I always say to them that each of them had a design. They had things they were supposed to remember and they had things they had come to learn and things they had come to bring. Our chief question as human beings is *what am I here to learn, what am I here to bring and what am I to remember?* Because if we remember that we are all coming from that one point of light and

we are all part of the unified field, then all of the conditions and belief systems that the world gives us to hold onto, to believe in, or to act from, come under scrutiny then. We have to say, “Oh, does that make sense, in terms of who I am on that larger level? Does it make sense in terms of who I want to be, in terms of people and children and animals? Does it make sense in terms of how I have been taught that the patriarchy works, or that separation of church and state works, or separation of male and female works, or you know, separation of an employee and employer works. So it sets up a lot of dynamics inside of us that we have to pay attention to. And I think that is what spirituality is about— getting us to ask the questions that bring us home.

R: Yes, well you actually touched on something, it is maybe a little more of a personal touch here, but I was looking through the book yesterday, I sent you an e-mail about it. I opened to Judas in the Swing Between Worlds, talking to the Ones and I just started sobbing again. I wrote this little article and in it I basically started with that admission, and there is something you mentioned also about the various tones and vibration that are carried in the words because I felt a very deep connection to Judas, and also there was the story itself, as you said, is not necessarily important, but there is an essence there, almost like an archetype, that I felt that I totally resonated with, whether there was some past life connection or whether just an archetypal kind of response. What do you think about that?

A: What do I think about what? (laughing) I did not really get a question.

R: (Laughing) Well it is this way in which one can be so moved through just words. You know, not just words, but there is an energy of almost feeling like I was right there.

A: Well, I think there are streams of each of these main characters that many of us are affiliated with. I think those streams really bring us into a connection with that particular time, because archetypally it provides us with an opportunity to really see how the commitment that we made to be here now is connected. It is connected to many, many things. It is connected to, not just this particular time period, but many other time periods. It takes apart this idea that we do not have anything inside of us, we have not carried wisdom, because we have. I think our remembrances of those lifetimes, whatever those lifetimes are, are very important because they open us to the capacity that we carry to be immortal and also to be all seeing and to be part of that oneness.

R: Anastasia talks about how she also, when she kind of helps the books that she inspired, that in her words were actually codes that could turn and affect (or infect?) many people who have read the Anastasia material, the books written about Anastasia from Russia. Actually has someone experienced this where they have been so moved that they go around buying the books and handing them out to people.

A: Yes.

R: So in fact there is something in vibration that can be carried through unseen ways that affect people very deeply.

A: Absolutely, absolutely. That is something we are learning, that as a species we have this capacity to influence each other and connect with each other through fields, through these fields of vibration.

R: Great. One last question. Could you tell me about time, you know, time. You have mentioned time a few times now, and I do know there is a broader understanding of time and no time. Would you expand on that because I think maybe it is time to call it a day.

A: Well, my understanding is that there are actually 9 points of time. Time is not linear, it is circular. The Seth books talk about that a lot and I really appreciate that I learned from that and there is some information in Sunlight on Water from some of the Seth books about time, because the past has a past, present, and future. The present has a past, present, and future, and the future has a past, present, and future. And the future-future and the past-past are connected.

So the past-past is origin. The future-future is resolution. So everything is circling all the time. When we have full consciousness or enlightenment our mind becomes a full circle instead of being divided into the two lobes of the brain. There is a circular connection that is rhythmic. So as we move away from duality and into unification our consciousness becomes at one in our mind or brain with the rhythm of the oneness of all. That includes and encompasses all life, and then a way that is the sense that I feel when the Buddhist talk about emptiness and the Christians talk about grace and the Holy Spirit, and so forth. It all feels as if it becomes one fluid unified point that we are all connected through and in that moment of non-separation is the freedom to know the oneness that we all share.

R: Thank you so much.