

The Parallel Timeline Syndrome

Kate Greene

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Memorial PDF Version

Kathy Arlene Greene Fucetola
April 16, 1950 – April 14, 2021

Index	Page 1
Editor's Note	Page 2
Warning	Page 3
Opening	Page 4
Convergence	Page 6
Chapter One	Page 7
Chapter Two	Page 12
Chapter Three	Page 22
Chapter Four (My Story)	Page 29
Memories	Page 34
Chapter Five	Page 35
Chapter Six (Sorting Things Out!)	Page 37
The Journey	Page 40

Editor's Note:

Kathy Arlene Greene Fucetola was born on April 16, 1950 in Monmouth County to an old New Jersey family. She attended Ocean Township schools, Monmouth College and American Academy. Married in 1973 to Attorney and Minister Ralph Fucetola JD, the couple has one child, Drew Adriel Greene Fucetola.

Kathy was descended from George Washington's stepson, from the Lees of Virginia (including Robert E. Lee's sister) and the Greene's of Rhode Island and Monmouth County, NJ.

Her Greene ancestors were dissenters from first coming to America in the 1640s. One relative was expelled from Massachusetts Bay Colony for "ogling women at Sunday Service" and another was among the defendants in the 1647 trial of Anabaptist followers of Ann Hutchinson in Rhode Island, America's first political trial. Later the family provided several Revolutionary War commanders including Gen. Nathaniel Greene.

She and her husband co-founded the New Age Non-Denominational LifeSpirit Congregational Church in 1974 – www.LifeSpirit.org. Rev. Greene was the Chair of the Church from its founding until her sudden passing on April 14, 2021.

Kathy wrote under the name Kate Greene.

Her writings include this booklet on *The Parallel Timeline Syndrome*, written during 2020-21, opening a new Metaphysical Theory. It will be available as a separate title on www.LuLu.com – ISBN 978-1-6671-5242-4 during May 2021

The Collected Works volume includes earlier works: a selection of poetry, both adult and for children, channeled material, various homilies for the Church (her Messages from the Chair), occasional essays and two partial novels. That volume will be available on www.LuLu.com – ISBN 978-1-6671-2209-0 during May 2021

Freedom's Embrace was intended to explore the lives of the generation of Philadelphians of the 1750s, the pre-revolutionary generation, through the eyes of the daughter of a minister. It is substantially complete. *An English Interlude*, from 1990, explores the culture of late 1700s Britain. They may be considered Parallel Timelines.

Kathy's children's book, *Peg-leg Pete* will be available on LuLu during June 2021.

Rev. Esnur (Ralph Fucetola)

April 16, 2021

WARNING

If you are experiencing a "soul split" wherein part of your soul or part of someone else's soul leaves to enter your/their body in a former or parallel lifetime, do *not* allow anyone to waken your sleeping self or the other sleeping person while in that dream state. Allow yourself/the other to finish the experience and allow the return of the traveling part of the soul before awakening, in order to avoid confusion and greater pain within.

Kate Greene



1973

Opening

I am a soul living in two separate bodies. Mostly, I inhabit a physical body in the 21st century.

Occasionally, I have out of body experiences which occur in current time, wherein my soul splits, some remaining with my body in a dream state, while another part of it leaves my body and flies off on an adventure and then returns, in "now time". But several years ago, my soul began to leave and travel backward in time to a life I lived around 1700, both in my current timeline and a parallel timeline. Instead of watching that experience from above, I actually enter the body I lived in at that time to re-experience several days of my life back then, in that very physical body and space. I have no memory of my current life when this happens, and it is always as though it is "the first time" when I experience those few days.

Why does this happen? I believe that my Oversoul is showing me how the horror I went through during those days, affected me in future lives for several hundred years. It is revealing all of this to me now, because humanity is moving upward via vibration to new dimensions, and those third dimensional timelines must merge to make that jump less difficult. As they morph into one final line, we are re-experiencing those events that were "extreme"- those events where we did not achieve acceptance, or closure before death.

Hopefully, by recognizing the past, those of us having these experiences can work to understand and perhaps pull ourselves out of repetitive life patterns that reflect what happened "then and there".

I am also an empath (explained further on), with many paranormal experiences during this life and so I believe that by writing out what happened and is still happening to me, I may help others having similar experiences, who I think of as "the Normals", those with little understanding of what lies beyond our apparent physical existence, who are experiencing fear and confusion over such "trips". If you are having similar experiences, please feel free to contact me via the info at the end of this booklet.

Some of the writing herein may seem repetitive. This is because I have found that "Normals", people who have had no remembered paranormal experiences, often have trouble dealing with the information herein.

Through repetition of information, the lights sometimes 'come on' and these Normals are awakened to a different appreciation of all that is.

Everything I have written here is based on my own experience. All of the poetry and quotes (with the exception of the Albert Einstein quote, the Samuel Taylor Coleridge quote, the reference to Alice Cooper on Demons and the quote from the movie, Dr. Strangelove) are my original work. If you have questions or comments, or a need to share your own experience, do feel free to contact me.

There is no such thing as a “true reality” there is only existence. And the driving force of existence is love. Some confuse that with lust - but lust and love have very little in common. Lust is its own end. Love has no end. It is love that keeps us searching.

Kate Greene

"Reality is merely an illusion- albeit a very persistent one." - Albert Einstein

The Parallel Timeline Syndrome

With the swirl up to that Fifth Dimension coming closer, we are feeling the effects of the parallel timelines in this dimension merging. Some are having no trouble with this; some are feeling giddy with joy at experiencing happy lifetimes as one. Some are going through the trauma of re-experiencing the not so nice experiences of lifetimes that occurred the same way in several timelines. Experiencing an emotion in one line may be difficult-- but the cumulative effects of experiencing that life in its several parallel lines as they come together can be overwhelming. I wrote the following poem about merging parallel timelines, *Convergence*.

different faces
different places
still the same

loves and hates
bartered fates
so much blame

will I see you,
do I see you-
are you really here?

laughter, pain
loss and gain
nothing really clear

many choices
foreign voices
sing through shattered dreams

so much shaking
still not waking
many plans and schemes

weeds and flowers
peaceful hours
so the twilight nears

spinning earth
brings new birth
many different years

weeded, seeded
new life needed
blessings from above

will the new roads
follow back roads
to the ones I love?

crossing timelines
old and new wines
decades dance to one

laughter, tears
aligning years
in CLOSURE all is done

Chapter One

The early Chinese had a curse- "May you live in interesting times!"

While this reads like a pleasant wish it was not so, because uninteresting times were peaceful times, while interesting times were not so tranquil. Today, our 'times' are very interesting, as the many beliefs that were once accepted as truths, are being upended by staggering new ideas, and Newton's Mechanical Universe, the accepted foundation of our existence, is being replaced by the science of Quantum Physics, and the exploration of a universe now perceived as Energy, its many forms defined by frequency.

Though many still believe all of existence was created by a God figure or many such Gods, science is leading others in a different direction, and changes in perception. With those come new supporting theories, all vying for placement in a sought after, ultimate "Unified Theory" of existence.

Some of these include String Theory, with its multidimensional "branes"; the Copenhagen Interpretation with its infinite parallel timelines; and academic science's mechanistic, reductionist refusal to look at the infinite weirdness that underpins reality. According to many, our earth is not solid matter, but a hologram. Some say this hologram is run by a computer program sitting somewhere in the beyond. I picture either an evil masochistic genius or a pimply pubescent gamer writing such a program. Others say that it is we humans who manifest this reality via our thoughts and emotions, the resulting hologram, a consensus of those drives. From my many paranormal experiences, I tend to side with this group.

The energy universe consists of "dimensions" - levels of existence that are determined by the spin of the energies within each, that rise upward and split into levels according to the ability of their inhabitants to perceive their surroundings. Allegedly, we move up and down the dimensional spiral according to the level of our beliefs and behavior, the emotion of love taking us higher and fear and hatred dropping us down. No

God determines the level of existence for each human. It is their acts of decency or indecency, love, or fear, or hate, that determine their placement as shown by the frequency levels each exhibits.

Then there are the Parallel Timelines that many scientists are now espousing.

There may be millions and millions of these in each dimension, positioned to its sides and spreading and splitting and forking into new timelines as we humans manifest new ideas and thought-forms and differing emotions -- as our individual thoughts shift, so do the sideways paths of these timelines, each forking into its own history to match our newly created realities. Any of us may exist as a being in few or many of these timelines - souls can inhabit many versions of a single entity, jumping to inhabit the body of a living being in one timeline while having a different experience (as the same person) in another almost identical timeline, or having left same via death. According to some psychics, we regularly pass back and forth among the timelines closest in design, according to our emotions and how our experiences are affecting us in the moment. We often do this, completely unaware of the change, and do not notice the subtle differences within the timelines to which we move.

And we are now being told that existence may be developing to even more 'interesting'. It seems that the spin of this earth (its fundamental frequency being the Schumann Resonance of 7.83) and our third dimensional existence are increasing, and we are soon to graduate, *en masse*, to the Fourth and then to the Fifth dimensions of higher spin.

The elevator is going up -- but it cannot do so easily, if things are sticking out its sides. So for the trip upward to commence, those parallel timelines must morph together as one. Allegedly this is happening now, and as this movement shifts experiences, our perceptions are altered. So was it the *Berenstain* Bears or the *Berenstein* Bears?

The Mandela Effect developed as theory at the time of the death of African political leader, Nelson Mandela. While current information sets his death at December 5, 2013, many people

insisted that they remember him dying on an earlier date. As this argument continued, other conflicting ways of remembering were reported. Some thought certain politicians/celebrities to be living, while others thought them dead. Was the phrase from Disney's "Snow White" "Mirror, mirror on the wall" or was it "Magic mirror on the wall"?

Were the arguments based on faulty memories, actual confusion or were different persons simply taking their information from differing timelines?

If you remain alert and aware, you will recognize changes as you jump from one timeline to another, and realize the move. Sometimes the changes are subtle -- something that sat on the fireplace mantel for years is missing -- and no one grasps that but you. A building exists along a roadway where yesterday, there was open field. A famous singer who you remembered as dead is still performing and very much alive. And the closer we get to the closure into the one timeline, the more we will experience these jumps -- the more our mental, physical and emotional selves will be affected -- so much chaos....

Back in 2012, when Hurricane Sandy tore up the eastern coast of the U.S., we were without electricity for two weeks. I arranged a line of candles along the family room mantle and noted each night, that when extinguishing the flames, two of those candles managed to splash hot wax on me, no matter the care I took. Two weeks further on, when our electricity was finally restored, I decided to trash those candles and did so, deliberately dumping them into the bottom of a trash container, so that no one would attempt to save them.

The mantle was rearranged, other candles removed and life went on. Two years later, I walked into that room and glanced up at the mantle and THERE THEY WERE! Both candles were sitting in their places on that mantle! No one knew how they got there and we have no ghosts/poltergeists in this house (I would know...) so I realized that we must have jumped to a timeline where they still existed.

Now, these timelines are morphing into one another and coalescing. And as they blend, the experiences and emotions we

entertain in each are becoming one, and thus growing in size and intensity. If your timelines are filled with happiness, enjoy the ride. But if two or more of those timelines are full of the same/similar pain and sorrow, expect the actuality of that/those experiences to visit you, in your Now.

And there are our dreams. Are your dreams becoming strange? While sometimes prophetic, most dreams are surreal reflections of recent or planned activities - they relate to current experience. But now do you find them becoming so compelling, so realistic that they feel more like something you are currently living, no matter if they appear to be set in a past, present or future time? Are your senses, your emotions, your thoughts alive in these dreams? Do they gift you with great happiness, perhaps laughter or are they dreams of such pain, heartache and horror that they awaken you nauseous, crying and unable to forget them (as we do most dreams)? Do they repeat themselves ever so often, some more often than you would like? Do you experience them as a "viewer" watching the action unfold as we do dreams?

Or is something new and strange happening - are you experiencing them from within the actual physical body that you were then, sight, sound, smell, taste and touch alive and alert? I suspect that these are probably unresolved "other lives", still needing closure so that one can more easily, move on.

This is what is happening to me - I have a very real past from which I never experienced closure, and i have met others experiencing similar conflict. That is why I am writing this booklet.

And what can we expect **here** as these timelines come together? Are we simply being exposed to problems in other lives for us to deal with here?

Will events in these timelines change as people are exposed to themselves? Will events in this current timeline we inhabit also shift and change? Will those beings in such other timelines, whose personal frequency level and behavior keeps them from the general move upward (to the Fifth Dimension) have further justice meted out to them for the wrongs they have committed?

The Parallel Timeline Syndrome

Each of us has evolved according to events affecting our development via those parallel timelines (past and present), our dimensional levels, our current lives, our past lives and even our cellular ancestral memories -- a lot of luggage to drag with us on that climb upward to the Fifth - a lot of mental/emotional clutter to sort through and make sense over.

And where to begin? I presume with the loudest, the most difficult since their removal should make the rest of that suitcase lighter and easier to manage. So consider the ideas, the religions, the beliefs, the dreams, the convictions, the habits and start making choices among them-- that spiral up to the Fifth is said to be close at hand.

Chapter Two

Paranormal activity occurs when the soul takes off on its own to consciously experience something outside the walls we create for ourselves and label 'reality'. So consciousness resides within the soul. I realize that many, especially scientists, believe that consciousness resides in the brain. From experience, I disagree. I believe the brain is the computer that the soul/consciousness uses to manage the body. Without the soul providing direction, the body would not know itself, there would be no awareness of life, choice, change, the now and forever. It would be as a computer unplugged and collecting dust. It is the soul, the consciousness, that provides the life force. And it is the soul that experiences the paranormal.

There are many different types of paranormal activity. They all appear to involve one's focus outside this holographic existence that we co-create and share. Many persons are unaware when they have a "rare" paranormal experience. But those who have many, and live somewhat outside the norm, have no question that existence is much more complicated than we recognize.

I am starting with 'timeline jumping' because although it is a lesser known paranormal activity, it is what this book is about. It is intended to clarify for those with little paranormal knowledge, what they might be experiencing as the many, many timelines morph into one, for that dimensional jump upward.

As stated in the last chapter, timeline jumping occurs when you have a shift in perception (beliefs, emotions, experiences) which moves your soul, your whole beingness, to a different place (though usually identical OR similar in appearance to the place from which you left) where those shifts define/redefine you. The shift can be to a more positive or more negative experience of yourself that is in process and running parallel to your starting space. Apparently, we do this all the time -- it is common to all -- and we do so without being aware of the move or the changes. I believe it is our "soul" that makes this move, and we, ourselves, create the new space to continue with our existence. We slide into that new direction according to those changes within us. Thus, the perceived universe rearranges its self to meet our immediate needs or expected experiences.

Some moves/changes are 'co-creations' with others. If most of the people in an environment are expecting rain and a few are expecting sunshine, the consensus reality will likely be rain.

We are not a single soul/self- each of us has many possible soul parts, all alive at once as different beings, inhabiting different places- different timelines, unknown and separate from each other. My experience is different. My soul part, in this particular life experience, is jumping back and forth between two physical bodies. We also have an "oversoul" that manages many of our movements within those many varied lives. I believe that it is my oversoul that has been guiding my visits to a time in a specific past, and a very unhappy experience, intending to jar me awake so that I may heal and reconcile that experience to terminate any effect on future forward movement. BUT - unlike the subtle movement of one's soul to a differing timeline, I experience that movement both in this timeline and the one to where I am moved, simultaneously. It is as though my soul bifurcates, causing sleep HERE where I experience in a strong dream state, what I am experiencing THERE in a very physical way -- as Ket. When the major part of my soul returns and the me that is here awakens, I am often crying, nauseous and horrified by my dream experience, but less so than I am in my other body as Ket, where I actually physically relive the experience (with no knowledge of my 21st century existence). When I shift into my body as Ket, my environment feels as real as this that we inhabit, and each time it happens, it is as though it is the first time. I shift from one hologram to another, and back again. When I return here,

I am completely aware of my experience "back there" and sick and horrified by same. It takes a few days to wring out the trauma and memories of my life there. Ket does not do the travelling, and thus, she/me has no knowledge of her future incarnation as me, here and now.

To clarify that - my experience is somewhat like going on a holiday to another place, and of course, I would be as physical there as I am at home. The 'whole me' is not dreaming of the place I visit, part of me is doing that dreaming. The other part of my soul is inhabiting my body

there, just as i do in the here and now. But while there, I have no memory, no knowledge, of my life here.

Another way to describe the experience is that it is as though I walk from one room where I exist in the year 2020, into another room, where my appearance, age and clothes have magically changed and I am in a year sometime between 1690 and 1710 (?) And have no knowledge of the future me (in 2020). Everything there is as materially real as everything here. I am one soul passing back and forth between two bodies.

This is very different from the regular sort of timeline jumping we experience, where our souls move to 'create' new realities. This type of jumping appears intended to remind us of something in our past that we never relinquished – we never closed – that may have held us back in lifetimes thereafter and may be holding us back in our current lifetime, thus, keeping us from growing and creating new experience. I suspect that my oversoul is directing me back in order to clear energies that have affected me through several lifetimes.

And since the many, many parallel timelines are blending together (preparing for that upward dimensional move), I suspect that many others are re-experiencing similar events that are "stuck" in their far memories, particularly events that they experienced in more than one timeline. And I suspect that many of those "others", who have had no conscious paranormal experiences, are struggling to understand just what is happening to them.

I had a horrific experience sometime between 1690 and 1710 (?) in two almost matching timelines, past lives in my current timeline and another. The date? I do not know it precisely because I do not re-experience my entire life when there. I only know what I am thinking, visualizing, tasting, smelling, hearing and feeling during the three? four? days that I relive my misfortunes there. My senses are as alive as they are here. I even sip some ale there (a drink that I do not care for at all in my existence here). I know I am between 17 and 18 years old, and have long chestnut colored hair, but I have no idea what my face

looks like because during the time there, I do not look into a mirror. I do know what others look like and can describe them, but I have no knowledge of anything in that life that I did not experience during my short visit there. I believe the limitations put on that experience were intended to create a 'focus' for healing, but I have yet to find that healing, and hopefully, move on from that experience. I will detail this more thoroughly further on.

So while the usual timeline jumping consists of our souls, our completeness, doing the jumping among similar timelines as we change our focus, our beliefs and emotions, we are generally unaware of those jumps. What I am experiencing appears to involve a "soul split" wherein half the soul remains here for the lesson, and half of the soul enters the "other body" to teach the lesson, actually experiencing it in that time and place as a true physical experience. I have had various types of paranormal experiences -- but this is the one that has caused me the most confusion and the most grief. While I assume that my soul splits to accomplish this, a recent article by Ellen Lloyd in Ancientpages.com, indicates that in pre-Christian Europe and in some Native American tribes, there were many who believed that each person actually has two souls residing within. Further, the Egyptians believed that we each have two souls, both spiritual, the Ba and the Ka. They also believed that certain special beings had a third soul, the Akh.

There are many types of paranormal experiences. We all know of Psychics, persons who have the ability to see into past or future experiences of others, receiving their information either through their soul connection with "all that is" or from messages sent from those who have passed over in perceived death. While their predictions are not always accurate, they often are, and are based on the energies germinated by the consensus reality at the time of the reading. Clairvoyants and Telepaths fall into this category.

Mediums, on the other hand, always get their information from those who have passed. They share the messages they receive, often pictures they visualize - though sometimes words they hear - from those who have passed to living friends and relatives still here, often bringing great comfort to both sides.

Other experiences? There are simple "OOB"s, Out of Body experiences, wherein the soul leaves the sleeper, noting same on the bed below and takes off for a short time to other places. This always occurs in "now" time, and at some point, the soul decides to zip back into the body. Some, who have these experiences, can choose when and where to have them -- to my knowledge, I have not had such control. I have taken these flights only occasionally, when, I am guessing, my soul decides it simply needs an adventure.

I recall one particularly lovely trip where I opened my soul eyes to find myself floating above a neighborhood in Paris where there were several bakeries. It was very early morning there, and the narrow red brick street glistened from a gentle rain. Bakers wearing white aprons were standing in the doorways, smoking and speaking to each other across that narrow street, and the air was filled with the fragrance of yeasty baking bread. I suddenly realized that I should return home, and found myself flying across the Atlantic, just several feet above the water, billions of star dots above, bright yellow bits of moon reflection dancing on that bobbing dark water and a salty mist spraying against my face!

There are also experiences by what are known as "Walk-ins". A Walk-in is a soul who wishes to come back to this dimension, but does not choose to go through the birth and growing process and instead, walks into the body of someone else who wishes to leave this experience. It is brought about by an agreement between the two souls involved in the switch, the Walk-in taking on the memories of the being who leaves.

Ghosts? I believe that some apparent ghosts are simply electrical imprints of highly charged emotional experiences of the beings who leave them behind.

I think this is so in cases where the Ghost apparently repeats the same action over and over, as though taped and being replayed. Or one may be seeing into another dimension or timeline and confusing what is seen there for a ghost. However, in situations where the Ghost is communicating or making its self-apparent to those who witness same, I believe we are seeing the soul of

someone who is either unaware that he/she has passed or chooses to stay in place, or does not know how to pass to the 'other side'.

There are also 'Poltergeists'- energies that are likely highly energized ghosts (often taking needed energy from those living beings physically nearby) or sometimes very strong energy imprints that move things about and generally, make noise. The nasty ones, may be imprinted with what is considered 'demon energy', energy intended to hurt a chosen prey.

Demon energy can be very strong and dangerous and can cause great injury where intended. One should be trained and experienced before being exposed to such energy.

Some Demons may decide to have a greater three dimensional experience from inside the body of a living person. They may take over another's body, and turn their aggression outward, becoming quite nasty and dangerous and a good exorcist is required to remove them. Some remain quiet and may use another's body for many years before being realized and removed by someone skilled to do so. Some may take over a body in the womb or at birth, replacing the soul intended therefor. Those demons who remain quiet, having stolen another's body or those choosing to share another's body, look for either weak persons for friendship, from whom they can easily siphon more needed energy, or for very strong persons as associates who can provide them with the greater energy that they may need to achieve their desires. Demons produce very little energy on their own-- they must draw energies from those humans/animals around them to maintain themselves.

In a recent interview (12/2/20, BoingBoing.net), Alice Cooper stated, "I don't necessarily believe in ghosts as much as I believe that Demons like to pretend that they're ghosts.....I think that what Demons do best is imitate." While I disagree with him about the existence of ghosts, I agree that Demons are very good at imitating- and will imitate and assume whatever behavior, from nasty to charitable and sweet, is necessary to achieve their desires.

Sadly, I believe that there are many humans/animals in existence, who have and are controlled by demon attachment and may

remain so, through many lifetimes. A Demon will siphon energy off of its prey for its own use, lowering the life force, the 'spin' of its victim. If the experience of owning the victim was beneficial to the Demon in one life, the possessing Demon may also reincarnate with or near to the individual from whom they have taken energy in the past in order to continue their relationship.

These possessing Demons are beings who have no qualms about doing harm to those they consider 'in the way', as they actualize their desires by taking control over their intended. Once they assert that they own another's soul, they will do whatever they choose to remain in possession of same, regarding the acquiescence of the intended as a contract between them. That 'other' may have no conscious knowledge of the 'deal' and be drawn in through deception.

Contracts are very important to Demons, because we humans take them seriously. There are two types they use to have their way with a victim. One is on a spiritual/energy level, where they latch onto the subject's energies. The other is a physical (made in the flesh) contract. Add that physical contract to the deal, such as a marriage license, and the Demon will use the willing signature of the 'owned' as a further claim of ownership. And, in marriage, do not expect faithfulness from a Demon. If you are not providing enough life force to same, he/she will have affairs to procure needed energy. Demons know only of physical energy needs, physical pleasure and nothing of actual love. But to meet those needs, they will "play the part" well. If you marry a Demon, and later realize same, you must divorce and renounce the Demon prior to either of you passing, in order to prevent the Demon from asserting the currently written contracts sometime in a future existence of your's. And then you must be ready for the spiritual/energy battle (likely through an exorcism) for further energy split as well as the nastiness that will most certainly follow.

It is easy to not recognize demon energy because a Demon or a Demon possessed person can be perceived as a loving, caring, charitable person so long as the Demon is accomplishing its ends and amassing all of its desires. Cross that Demon, take something that it values away, and you will likely see an ugly

change in character! I believe that the woman named 'Nell' in my parallel timeline experience, was a Demon or Demon possessed, and likely still is -- wherever she exists today!

While demon possessed persons, those SHARING a body, appear to know that they have exceptional power and are very good at 'having things go their way', they often do not realize that it is due to demonic attachment. However, if the birth soul has left the body and the Demon is in complete possession, such being will be 'more aware'. If the Demon has attached to another's soul, it can follow and control that soul through many lifetimes. I once spent a couple weekends working with an exorcist (I was merely there to assist in holding down those from whom she released entities), and watched her remove a wolf-like beast from a man. She said it had been with him for about 800 years and the beast made it clear that it did not want to leave.

This woman pulled the creature into her own body, her face changing to that of same, and then she wrestled it within herself until it was gone. She was highly capable and had been trained from her childhood in Europe, by her family. Her work was unusual- exorcists usually do not allow a demon to enter into themselves. She had the strength and knowledge needed to fight it from within.

The Archons? There is much debate over who/what the Archons really are. The earliest references to them were discovered in the 2000 year old Nag Hammadi Gnostic texts discovered in Egypt in 1945. Unlike other early writings, these had not been tampered with through the centuries. Still, there is much argument about the Archons. Some claim that the Archons are energy beings created and left here by the Annunaki to control humanity in their absence. But the Archons appear to live off of very negative energies produced by humans in wars, fighting and suffering (which they encourage and instigate) and I cannot fathom why the Annunaki would want to leave such destructive energy in a place they intended to revisit. Controlling energy? Yes.

Destructive energy? doesn't make sense. And why would the Annunaki create a species that NEEDS negative energy for sustenance?

Others believe that the Archons are, themselves, an earlier alien presence than the Annunaki, while agreeing that they are parasitical in nature, and mostly energy beings who attach themselves to humans to draw off those needed energies and to influence humans to create 'not so nice' scenarios which produce the darkest mana.

It is also alleged that they can also remove a soul from its body and replace it with themselves, like a demon existing as a human.

Jay Weidner (www.jayweidner.com), has written much about the Archons and believes that they are controlling both the media and Hollywood, as well as many politicians, to affect our choices and directions. Most who have studied them agree that they have been running things on this planet for many thousands of years.

There are also "doppelgangers". When there appear to be two identical beings, one human and the other a solid seeming reflection of that human (although sometimes they do appear as ghostlike), the reflection is referred to as a "doppelganger". These reflections act on their own as if a totally separate being (perhaps a bifurcation of the soul? I am not sure). They are generally considered to be bad luck and are often considered demon possessed. Have one? Find a good exorcist!

I am an Empath. Empaths feel extremely strong, sometimes overwhelming, emotions over the physical and emotional pains of others, often experiencing those pains within their own bodies. I have had too many such experiences and I cannot even observe any videos/movies/shows containing violence, horror, death, sickness or suffering without becoming ill. I will refer back to this, later in this book.

Many who wish to explore possible past or future lives, do so by undergoing hypnosis. This is best accomplished using a practiced hypnotist or a recording that guides you into a relaxed state and then to the place you wish to explore, as if watching a movie of same. I tend to not trust the information received from such "trips", as I believe that they may be accidentally blended with experiences from one's current life. A well trained hypnotist will recognize differences between the 'now' and the 'then' and ask

The Parallel Timeline Syndrome

very careful questions of the subject, in an attempt to prevent that sort of bleeding.

As we move forward and upward toward that lesser density, more and more persons will become open to paranormal experiences.

Chapter Three

Back when I was in my twenties, I had a dream - too many times – that seemed so much more realistic than an ordinary dream. It also was not like the "out of body" experiences I have had and I did not know its source. It did not seem to relate at all to my life at that time and dreams are reflections, often surreal, of what the dreamer is living through, so I did not know what to make of it. It ran as follows:

I believe it is the mid-18th century. A young girl, aged six or eight (?) who I felt was me, is carried out of a large home (near Boston?) into a beautiful rear garden, and placed on a chair. The woman carrying her is a nurse and the girl is seated next to a large (about six feet across) but shallow artificial pond. The girl is catatonic and has been, since birth. She is paralyzed or crippled from the waist down and behaves as though traumatized, not speaking and barely reacting to happenings around her. Any feelings are obviously, very suppressed. A well-dressed man walks out of the rear of the house. He is my father. He is well off financially and can afford to have me "maintained", but he is growing tired of having to deal with me. He walks over to the pond and tells the nurse to go inside and get something (I think a blanket) for me and mentions that he has to cut some flowers for my mother. The nurse goes into the house and as soon as she does, he picks me up and places me face down in the water. I do not mind - I have no feelings about this and only remember that the water I breathed in was refreshing and cool and tasted nicely. I drown quickly, and my father disappears into the back garden to cut some flowers and only comes out when the nurse is heard shrieking upon discovering me. I presume that the story spread is that I tried to get up from my chair and fell into the water.

I pondered the meaning of this dream. Was there actually any meaning to it?

Why did I have it at least a dozen times? And why was it so realistic?

Was I having an out of body experience and seeing something, somewhere that I needed knowledge of? I felt the girl was me,

but "out of bodies" are experienced in current time and this was not based on any current experience. I have traveled "out of body", though not by the deliberate intention that some manage. Perhaps the most common of these experiences are those undergone by persons during surgery who speak of floating upward and watching, from the ceiling, the doctors operating on them, below.

Some people can 'will' these mini trips to happen. I cannot - and have only had them on occasion, wherein I found myself floating above myself, in this time and timeline. Some trips have been ordinary, out - a zip about the neighborhood - and back. But some have been lovely as was the trip to Paris which I mentioned in the last chapter.

To add to the confusion, I must explain that I have had, for much of my life, experiences that are referred to as "alien abduction" experiences.

When young, I thought I had traveled to many other countries because of these experiences, describing places that I thought I had visited, but frankly, I remember the return more than whatever took place. I am told that those taken (and I am convinced that there are many, many), have certain blood types, often green or hazel eyes, copper or reddish tones to their hair and at least slightly above average I.Q.'s. They often also descend from certain bloodlines. This was not something I could talk about while growing up. It was not until Whitley Streiber's book, "Communion", came out that I felt I was not alone having these experiences.

While I have been told that I was taken by several different alien types, it is the little grays I remember. I thought their big black eyes were sun glasses until my late twenties when I woke up in the middle of the night, screaming, "those were his EYES, not glasses!" My husband thought that these experiences were dreams and did not understand their reality until he found himself standing about thirty feet beneath a ship, late one evening, after we had been married for twenty-one years! He obsessively sketched the thing for several months thereafter.

Then there was my son. Sometime between his second and third birthdays, he was sitting on my lap wearing only a diaper, and I flipped on the television. There, spread across almost the entire screen, was the face of a gray from some show on aliens. My son immediately starting sobbing, grabbing me and crying out, "Mommy, they take me-- don't let them take me!" I had never felt so helpless in my life. All I could do was rock him and tell him it was "all right". We had deliberately never discussed anything about aliens, UFOs or abductions in front of him. He was also the first to notice helicopters in our driveway or above the nearby streets upon my return from some "trips".

I have, in the past, suffered with motion sickness and on said returns, sometimes experienced nausea, vomiting and/or diarrhea, and doing so with a helicopter just feet away from a bathroom window, was particularly unpleasant.

Fortunately, for me, such trips seem almost nonexistent since menopause. I suppose that I no longer have eggs enough for harvest.

So paranormal has always been my 'normal'. I have had psychic info come to me seemingly from nowhere, sometimes a strong feeling that something is 'wrong', sometimes a date appearing in my head that I know will be important, sometimes a whispering voice that causes me to pause and think through whatever I am doing.

I saw my first ghost when I was about three years old. Our house was on a corner lot and I was riding my tricycle around that corner to the front of the house, where there was a porch and a big Dutch entrance door. The top of the door was open, and I could see my babysitter, Amy, standing there, smiling at me. I jumped off of the tricycle and ran to the house and no longer seeing her, ran inside, calling her name. My mother answered, "Don't you remember? Amy went to live with God, months ago." She had died from appendicitis, but was apparently, still checking on me.

The house, itself, was haunted by the brother of a musician who had owned it decades before. He had died there of tuberculosis.

He was sometimes seen, floating through (I remember his goatee).

Doors would open on their own, lights would go on or off and chords were sometimes struck on the piano. But he was harmless and we were used to him being there.

So I have seen or felt the presence of discarnate entities known as 'ghosts' and have sometimes been asked to get them to leave their haunt.

I find that most ghosts are happy and willing to do that, simply needing some instruction. Often, ghosts do not even know that they are deceased, and one should speak gently with them. Sometimes they appear as almost incarnate, sometimes as human shaped energy, looking much like the hot vapor, that rises from a tar road on a hot summer day.

Oh yes, and then there was the Bigfoot. I live in the foothills of the Appalachians, and since seeing one, have been informed that they use these hills to travel north and south. And Sussex County, New Jersey is riddled with a massive cave system (Native Americans used it to travel about the area, underground) and that system is likely used by wandering Bigfoot.

There were other odd experiences. I took a class on Mind Control as taught by Jose Silva back in the seventies and in the last session, we were each paired with another who repeated the name of a person, his/her age and location and asked to describe his/her physical problem. I could hear classmates within the room 'guessing' answers. But when my partner stated the name, age and location of a subject, I bowled over in severe pain, my back aching and my shoulders hurting so badly that I began to cry. The teacher came over and asked if the subject had any other problems, but I was in such pain, I could not think to say more. I had been labelled an 'empath' before and I had experienced within myself, the physical evidence of others' problems when speaking with or near to them.

The lesson for me that day, was that I had to distance myself from such physical problems. Putting up protective walls around me through meditation helps to prevent this feedback from affecting me.

As talk of reincarnation was very popular in the seventies and eighties, we decided to take a weekend class with Valley of the Sun's Dick Sutphen. The class was held in a large hotel room full of people who listened intently as Sutphen described relaxing, going into a trance like state, and traveling down a spiral, only to exit somewhere into a past life. He suggested that if we had any questions in this life that might be answered in some past life that we focus on those questions in order to reach a life that might be affecting same.

I had always had very small feet (a block to learning to skate!), and when young, I often asked my father to rub them because they sometimes hurt. My parents had them checked by doctors who said there were no physical problems, but the pain persisted. So, as I traveled down that spiral, I asked about my feet. Suddenly, I popped out and saw myself sitting in a courtyard with other young women, stringing cherry blossoms for a celebration. I believe I was about fourteen years old and the situation I was viewing occurred at least a thousand years ago. My feet and legs were experiencing severe pain because my feet were tightly bound. A toe had fallen off and infection was setting in my body. I died, in that lifetime, shortly thereafter.

What was interesting about this? My feet at that time were a size five and one-half, very small for a five foot four inch woman. Over the six months following this experience, my feet grew to size eight and the pain (which I previously regularly felt) disappeared and never returned. For me, this was proof that our lifetimes all affect/infect each other.

In the eighties a friend suggested I take a two day class with a visiting Medium, since I was getting messages anyway. After the teacher lectured us on 'making contact', the class was divided into sets of two and we were told that one of us should look at the other and decide to teach him/her whatever came to mind. I looked at the pleasant gentleman sitting opposite me and from I don't know where, decided to teach him how to make a chocolate mousse. My instructions to him were very detailed-- I insisted on his using European chocolate, good cognac, high grade eggs and organic ingredients and then described the precise usage of each substance. Finally, I served up that wonderful mousse and the

very nice gentleman looked at me angrily and said, "yesterday I visited my doctor, and every ingredient you listed is something he told me never to eat again." I felt terrible. I decided to keep my skills to myself and did not attend the class on its second day.

I came to recognize, during those years, that all is energy, millions of differing energies defined by their spin and frequency. So I found myself being fascinated by the developing field of Quantum Physics. In 1990 (?), I attended a lecture at the Open Center in Soho, given by Michael Talbot referencing his book, "The Holographic Universe". There was so much to explore in this field and friends would visit for weekend symposia, and we would argue over the nature of what we label 'reality' for hours and hours, often into the next day (my idea of a GREAT gathering!)

Back in the seventies, we had organized an alternative Church/spiritual organization for those who questioned the religions they were taught while growing up. Most weekends, we had wonderful discussions with many, many others who were seeking some sort of truth, and we also invited speakers and alternative healers to share their knowledge.

Then, a few years ago, I began to have a totally new experience, that takes me far beyond dreaming or any 'out of body' I have ever had. Yes, it is an out of body experience, but it is one where part of my soul leaves my present existence and passes through a white wall that always appears to my left and slightly lower than myself. The wall seems to be solid, but when I reach my hand out, I am pulled and pass through this wall and enter the actual body of myself in a previous (and parallel) lifetime. Everything in that experience is as physically real as my experience here. I leave one probable hologram to exist in another.

At the same time, part of my soul remains with my body here and I become very sleepy, my body here experiencing through dream, what my other body is experiencing there, in the actual physical.

I always enter this body at the same time in her/my life and have no knowledge of my current (here) existence while there. My surroundings there are as real a physical experience as any

surroundings here, but I only know of that life what I am experiencing and thinking during the events that take place there, over a period of several days. At first, I only had this experience breaking from a dream state that led me there, but now, anything that I see relating to that time and place can trigger me to fall into slumber here, while I leave and experience my life 'there'. I have no knowledge of anything about that life that I did not think about or experience during the short time while there.

Why is this happening?

I believe that as humanity is preparing to rise up into that higher dimension, the parallel lifetimes we have created in this dimension are coming together as one. Thus, if anyone has unfinished business or needs closure of some sort or has experienced something so painful that their soul has not let it rest, they are re-experiencing it here and now. And as those parallel timelines press closer together, the experiences of them occur more frequently and the emotions we feel, become greater.

I need to find some sort of closure for an experience that has damaged me through several lifetimes, and I believe my Oversoul has arranged for me to awaken me to this knowledge so that I can deal with it now, put it to rest, and not have to carry it with me into future lives.

And since I have shared my story with others, I have found that there are some experiencing similar past traumas -- some who need help in understanding same. That is why I have written this booklet. What happened/happens to me is as follows.

Chapter Four My Story

*"What if you slept, and what if in your
Sleep you dreamed, and what if in your
Dream you went to heaven and there plucked
A strange and beautiful flower, and what
If when you awoke you had the flower in
Your hand? Ay, what then?" - Samuel Taylor Coleridge*

I am between 17 and 18 years old and living in a small town on the Atlantic Coast (Maine? Georgia? the Chesapeake area?). I believe this occurred sometime between 1690 and 1710, but am not sure of the timing. There are only about seventy or eighty people in this town and since Kate (me) does not think of its name while part of my soul (from my current life) is there, I do not know same. Slightly more than half of the people living there are males and many of the adult males are fishermen. I do not know my parents' names, since Kate 'thinks' of them simply as Mum and Da. Her own name is pronounced as "Ket" and she/me speaks with a brogue. She also has a younger brother. When I enter my body in that life, (always at the same place and time and never bringing any knowledge of past visits or my 20th/21st century life with me) I am walking down a wide, crunchy sandy path to a beach area and peering out to sea to look for the men returning from fishing. It is near dinnertime, I believe it is autumn, and the lighting is slightly dim as the sun is just beginning to set. I don't see any of the boats and assume that the men have chosen to fish elsewhere. But I do notice a large ship, somewhat far out, with dark (dirty?) sails. My immediate thought is "pirates". There are many, many boats sailing up and down the coast regularly (it is the super highway of its time), but pirates are a problem. Aside from occasionally looting a town, they sometimes take young boys or young women (for some reason, Kate does not include young girls in this thought) who are never heard from again. Rumors are that they are used sexually, and sometimes young boys are also "trained" to a pirate

way of life. So if a pirate ship is in the area, young boys and young women go into hiding.

Ket wonders if Willem is aware of this ship. Willem is Ket's intended. He is a Templar, living in a small Templar community a short distance from the village. Ket pictures several small Templar communities along the coast - Willem has told her that Templars have been assigned to watch the boats traveling along the coastline. She knows they are also creating maps. Most Templars do not marry, but some of those assigned to these lifetime positions do, especially since the Templars are intent on creating a new society in this 'new world'. They also participate and mix in local events.

Willem is Dutch and arrived from Europe six years prior, when I was about 12 years old. I loved to read and had read through the dozen or so books owned by Villagers. Willem politely treated me like a younger sister and read with me some of the wonderful books he brought with him. He is now twenty-three and Ket is almost eighteen. While walking, Ket pictures him in her mind.

He has an average build and medium brown curly hair and light blue eyes. Willem and Ket are to marry in ten days, and have been planning a celebration party for the event for the past six months. It has been purposely set for the autumn because there is too much work to do in spring and summer for anyone to stop and celebrate. Mum has been busy making ale (her ale is the best in the Village and the Templars also enjoy it!) and Kate pictures Mum pouring ale into well used glass bottles, using potato pieces for stoppers and then tying bits of cloth with string to hold the potato bits in place. She also pictures her mother putting the bottles into wooden crates to be placed between rocks at the edge of the ocean, where the waves will swirl about them and make the ale cold, as that is how they prefer to drink it. I am smiling at these thoughts.

About five weeks prior, Ket and Willem got carried away a few late evenings while strolling the beach and now I have missed my monthly. I am also feeling a bit odd around the middle and happily assume that I am carrying Willem's child. No one in the Village will be upset by an "early birth". Babies are happily

welcomed here, no matter the timing. Ket has told no one of this except for Nell. I believe this to have been a great mistake.

Nell has lived in the village only a short time. I do not know where she is from. She is a few years older than Ket, and since there are very few females their age living there, Ket becomes friends with Nell. This has upset Ket's parents. Nell has 'comforted' and used about a dozen of the men in the Village, to get what she wants or needs. Mum refers to her as "that dirty girl" and Da refers to her as "a pig". Nell has coal black hair that she wishes was "yeller" and Ket finds that funny since God chooses one's hair color. Nell is attracted to Willem and makes that obvious when with Willem and Ket, stating, bluntly, that I am too young for him and he would be happier with her. Templars generally are not attracted to "used" women and Willem and I ignore her behavior. Apparently, she sees Ket/me as "being in the way".

There is also Jonas. He is also new to the Village and occasionally fishes with Willem and the men. He is crude and has made some unsubtle advances to Ket. He frightens her/me and she/I told Willem who responded that Jonas will never harm her/me because he knows Willem would kill him if he did.

So it is late afternoon when Ket/I turn to walk the path back up into the Village. But there on the path ahead, coming toward me, are Nell, Jonas and two filthy, scraggly looking men. I immediately feel fear and think "pirates"! Jonas is leering at me and Nell is laughing and pointing at me. I know I must get past them to make it home and I start to run and I pass them and they chase after me and catch me and pull me down to the ground. I am screaming. Ket/I am dragged behind a shack along the path edge (where the men keep fishing supplies) and my hands are tied and a filthy cloth is pushed into my mouth. My skirt is pulled up and I am crying and kicking, but I am held down and Jonas takes what he has wanted. Nell stands there, laughing and watching. She tells me that she will "own" Willem forever. One of the men hands some coins to Nell and my feet are bound and I am dragged back down to the water where there is a small boat that I am thrown into. I keep struggling to free myself as the two men row out toward the ship.

At the ship, ropes are thrown down and several men pull me up from the boat. They are speaking a language I do not recognize. I am crying and terrified. I am taken to a room in the front of the ship where a man wearing a dirty white wig looks me over and then my left ankle is chained to an old reddish lounge. The man in the wig has dropped his pants and pushed me back on the lounge and crushes down on me and I try to push away, but he finishes and the two men who brought me to him, laugh and applaud. He says something to them and they nod and leave.

I am thinking, "Willem, Willem, Mum, Da, where are you?" and worrying about my baby. I am also sobbing and nauseous and pulling on the chain to try to free myself. The man in the wig leaves, but he leaves the door to the room wide open. While he never touches me again, others come into the room and use me over and over and I am sick with horror. There is only one man who is kind. He brings me food and urges me to eat in a strange language. I do not eat anything. He pours some ale in my mouth and I spit it out.

I have no sense of time, hours, days. I am not thinking clearly and want to die. I am cursing Nell and Jonas and anyone who comes near me, though it does not stop the filth from using me. There is blood on my skirt and the smell of same mixes with the smell of my urine, dirt and sweat and salt air. I do not know how much time actually passes, I am not keeping track. I suspect it is at most, few days, and during that time, my mind slips and frankly, I go mad.

There is a table in the room, overspread with papers, spent candles, drinking cups and silverware. The waves are causing the ship to roll and a knife falls from the table to the floor. I pull at its steel with my right foot until it is close enough for me to reach and I pick it up. I push its bottom into the lounge with its blade up and while sobbing for my baby, I roll over onto the blade. I am calling out to Willem that "I am so sorry, I killed our baby and myself, forgive me, I will always, always love you." There is a sharp pain, the smell of more blood, and then I am flying upward out into the night sky.

Everything goes black.

When I think on this, I find myself feeling Ket's pain and remorse. I have awoken sobbing, "I'm sorry, I'm sorry - I killed our baby". Here, as 21st century Kate, I understand that the baby had likely already died from circumstances. But Ket does not understand that and feels tremendous guilt. She has, in her mind, committed two mortal sins, by killing her baby and herself.

Further - I experience and enter that very real life often enough that I feel strongly here, for those I cared for there and then. Asked how I can feel so emotional about 300 year old events, I must assert that when I am there, it is my NOW - and the persons who I knew then are still real to me in my now. I find myself wondering what happened to them? And I feel tremendous grief, having lost them.

The Parallel Timeline Syndrome

Memories

to Mum-
THOSE HANDS.....

You rise at dawn, your day is long
you work beyond the setting sun,
you jump from chore to chore and
more-
you never stop til work is done.

Those hands that never stop to rest
those eyes that dart from job to job,
that smile always sings of love,
you don't complain, you never sob.

An apron wipe, those hands move on,
to fix or clean or make a meal
all done with love, to make life sweet,
those hands that work are hands that
heal.

VILLAGE LIFE

Rising with the morning sun,
daytime work til almost done,
evening smiles, laughter, best,
darkest night brings needed rest.

Wood for burning, fish to scale,
gamebirds hanging from each nail,
nurture plants - a daily chore,
harvest brings the winter's store.

Drying salt and grinding grain,
goats and chickens to maintain,
autumn winds begin to blow-
much to do before first snow.....

To Willem -

Firsts	Longing
The roughhewn blanket spread on sand beneath us, the sounds of crashing waters from the deep, exploring unknowns -gently for the first time- our eyes lock - and I am yours to keep	The pain- it overwhelms me I miss your warm caress the hunger in your kisses the passion of your press.

Chapter Five

Suddenly, I realized that the dream about the young girl in the garden was a dream about my life following my life as Kate/Ket. It made perfect sense that I would come back carrying all of the trauma with me, that I had experienced in that lifetime. Catatonic? Horrified! Paralyzed from the waist down? Raped, sodomized and misused! I lived as that child, a very short life, but that taught me very clearly, that what we experience in one life carries over into others. And I wondered, just how far would this extend?

Under hypnosis, I realized that my next two lives were also affected. In the first (around 1800?), my parents were anxious for me to marry. I was 18 years old and there were potential husbands, but I was terrified of men and chose to marry a much older and sickly man who owned a large house. He needed a nurse and he needed a housekeeper. He got both in me and the work caring for the house AND caring for him was hard and exhausting. But he was too sick to demand anything intimate from me and so I was glad to have taken on the jobs. He died about ten years later, and I died about ten years after him.

Next, I found myself born into a large Catholic family, somewhere in Boston. I believe the year to have been around 1860(?). I was STILL terrified of men, so becoming a Nun not only saved me from a relationship with one, it made my parents very happy! While I was sexually "used" a couple of times by two Priests who explained that I was married to God and the Church and they represented both and it was my duty to do as they chose, my lack of enthusiasm was enough to cause them to turn from interest in me to interest in other, more enthusiastic "Sisters". Fortunately, in those brief encounters, I did not become pregnant, but other Nuns who engaged with them did -- and it was whispered that their babies were buried in the rose garden behind the Nunnery.

So while time for healing passed and I did not bring my fears into my current life, I am being shown the permanence, the lack of closure I still have (subconsciously) from that earlier life, as the parallel timelines morph into one. How to tie up those loose

ends? I am not sure. But as I seek the means to do so, I am sharing these experiences so that others, with less paranormal understanding, who are also experiencing this sort of travel, can understand why it is happening.

As Kate/Ket, I died believing that I had committed mortal sins by committing suicide AND, by the same act, killing my baby. I thought I was headed for an eternity in Hell. While I no longer have any such belief, I also died, desperately needing to tell my loved ones what had happened to me. Since, at some point, they must have given up searching for me and eventually had emotional healing from their loss of me, I presume they left those lives knowing some sort of closure and have no need to keep searching for answers.

But I left that life carrying pain and guilt and trauma with me, so I am the one who must find solutions.

Would finding those souls and telling them what happened close this experience for me? Considering that there are billions of people living on this planet, and that those I loved and knew as Kate/Ket have likely all moved into other lifetimes in many other places, perhaps changing their sex in different lives and coming back in differing times and places from each other, I am not likely to run into them, all together at some modern gathering. Further, they would likely have no interest in a lifetime wherein they, themselves, experienced closure.

So I must find ways of softening this experience myself. In the next chapter, I list some possibilities, both for myself and for others.

Chapter Six

Sorting Things Out!

"Well, I never said we wouldn't get our hair mussed."

Dr. Strangelove

So we carry our experiences with us from lifetime to lifetime and even across parallel timelines.

The lesson? Kindness and decency are beyond important if we are to grow as a species, and not be blocked by fear and abuse. If you are carrying a weight from another or several of your lives and it is affecting you in the here and now, either in your relationships, your dreams, your day to day or if you are traveling back to the source as I have been doing, perhaps one or more of the ideas below will help you to find answers, or at the least, some relief from the pain.

1. Yawning - this is simple! When you yawn, you release emotional energies. If you are thinking about a difficult situation, something painful, you will release at least, a bit of the energies related to same.

2. Sharry Edwards - Sound Health! Sharry Edwards is the very brilliant discoverer, researcher and leading developer of Human BioAcoustics. Because she was born with the ability to hear many more octaves than most people, because she hears the sound frequencies coming from almost everything including all living creatures, and because she found ways to feed missing or needed energies back into people as well as pull toxic energies from them, she has developed technology and a cutting edge means of healing physical and emotional problems.

Along with a massive three dimensional chart of frequency relationships that she originated, which allows her to follow pathways of the problem numbers (taken from vocal prints) back to their source, she has created necessary formulae to successfully deal with those needed changes. While affecting emotionally charged issues with sound will very likely lower the emotional response to same, thereby giving you some ease, I suspect that final closure of various issues will take more work. If you choose to explore sound therapy, be sure you do so with Sharry. She has imitators and even a few ex-students whose knowledge and use of sound is very limited and

sometimes even inaccurate. She is the very BEST! She does her research and work in Albany, Ohio, where she certifies those students who are well trained in her work.

Her websites are: <https://soundhealthoptions.com> and <https://soundhealthportal.com/about-us/>

3. Hypnosis - Hypnosis may help with the emotional baggage from timeline dreaming/jumping and may even help you to create a conscious or unconscious wall between you and 'that unhappy destination'. If you are right-brained (about forty per cent of the population), you are likely easy to hypnotize.

If you are left-brained (about fifty-five per cent of the population), you are a little harder to hypnotize. If you are a whole-brained switcher (about two per cent of the population), you will be difficult to hypnotize.

If you are whole-brained-whole-brained (about three per cent of the population, don't even try.....

4. EMDR or Eye Movement Desensitization and Reprocessing, is a practice intended to remove blocks and attachments to highly charged emotional events and trauma. This is accomplished by moving the eyes from side to side under the direction of a trained therapist, so that the brain retrains to lessen the effect of the trauma. There are various websites describing the procedure.

5. EFT or Emotional Freedom Technique, uses acupuncture points in various patterns, along with body energy meridians, to reeducate the body to heal physical and emotional blocks and proficiency and performance skills.

Instead of using needles on those points, one taps them using the fingertips, in specific arrangements as developed by practitioners.

Engineer Gary Craig is the developer of EFT (basing his work on the research of an earlier Dr. Roger Callahan) and maintains web information on same. There are many books available about EFT as well as YouTube videos where you can learn about and experience tapping sessions.

6. Quantum Jumping is a technique intended to expand one's consciousness to other lifetimes and places where you are already developed in ways you wish to be developed in your current life in this reality. Through a relaxation technique

developed by Burt Goldman, you mentally visit other 'selves' to learn from you/them what you would like to know and be able to do, in the here and now. Books and CDs are available so you can learn about and experience Quantum Jumping and there are also introductions and sample "trips" available on Youtube.

7. Peter Levine, PhD, SE, developed Somatic Experiencing to reset the nervous system's response to stress and trauma, encouraging and guiding it to its normal stress free energy cycling. This therapy is experienced with a trained and certified practitioner. You can find more information and locate a practitioner at www.traumahealing.org

8. Mind Medicine, and the Lifeline Technique were developed by Dr. Darren Weisman as a means to break through subconscious blocks that keep you from achieving your goals. These blocks may be related to experiences and past trauma affecting your 'now'. Mind Medicine is based on the work of biologist Bruce Lipton ("Biology of Belief" and other books and DVDs). For more information, do visit the website at:

https://theshiftnetwork.com/course/01MindMedicine01_20

I suspect there are other techniques that may deal with the distress and agony experienced in parallel timeline jumping.

Do send, if you want to share info on same.

I believe that our Oversouls are opening us to experience past issues that have affected us in other lives as well as our present lives. Do we want to totally forget those issues? Or should we be grateful for the knowledge they impart and search out meanings within and ways to achieve peaceful closure regardless of the pain they have caused?

These issues must be explored and healed at the root.

Just as Allopathic Medicine deals with 'symptoms' and not the root causes of disease, using the above techniques will likely not erase the actual experience which will still haunt at some, perhaps deeper, level.

So do be careful with therapies that intend to deal with symptoms while ignoring the greater issues at stake. And ask

your Inner Self for guidance and then be sure to listen carefully for answers. That upward dance to the Fifth is soon to come.

If you have questions or wish to share information, or discuss your own timeline jump experiences, do write to me.

THE JOURNEY

**The process winds and buckles
and whispers through its spin
direction leaves us breathless
perceiving scenes within-**

**So life proves its illusions
so age replaces youth
But wisdom sparks the breakthrough
Love is the only Truth.**