



Introduction and Chapter Summaries

Dedication:

To the many thousands of early Lightworkers who consciously committed themselves to the Great Shift and paved the way for those of us who would awaken later.

And to my beloved wife Bonnie who has put up with a lot since my spiritual awakening and helps me keep grounded.

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Introduction

Blessed is the one that is listening or reading in total disbelief, for this one is often the one most likely to change the earth! Look at Human history. Often the one who is the most opposed to new energy is the one who grasps it the best later on....Often the ones who are the most skeptical are the best workers later (Kryon VIII, 2000:188).

In the early 1990s, after twenty years of working in the environmental field, I concluded that we humans had passed the point of no return in the damage we were doing to the life systems that sustain us on planet Earth. I saw a great dying of humans, on the order of billions, as inevitable. At that time I began an intellectual and spiritual journey to avoid despair and find a way to carry love and joy through the monumental suffering I saw in the future. I began to write a book titled *Preparing Ourselves for the Great Dying*. A fundamental premise of the book was that our current situation resulted as much from good people allowing bad things to happen because they feel helpless in a world that seems out of control as from unjust social institutions and the pathological use of technology. Although I succeeded in avoiding despair, I stopped work on the book because I was unable to release a deep feeling of anger against humanity for the harm we were inflicting on ourselves and all of life. The book was not finished because I knew that if it was written out of anger, it would not be helpful.

Now, more than ten years later, nothing has happened to change my perception of the seriousness of the ecological crisis we humans have created. The problems evident then continue to go from bad to worse, and new problems have appeared. Yet now I greet each day with anticipation and hope for the future. How am I able to feel so positive when our media report so little good news? Because I see numerous signs, largely below the radar screen of mainstream media, that a Great Shift of human consciousness is occurring, heralding something new and wonderful for humanity and the planet we inhabit. Several years ago I would have scoffed at such an assertion

and rolled my eyes at the seemingly preposterous view of reality that it reflects. I invite everyone, but *especially the scoffers, the doubters, and the discouraged* to read what I have to say and decide for yourselves whether my optimism is justified.

I have spent all of my professional life working as a scientist in the environmental field. I'm used to getting my hands in the dirt, listening for the grating of rock against a soil auger, feeling the soil's texture, observing its color, smelling it. My work was grounded in the material world. In Chapter 2, I describe the experience that led me to accept that there is a larger reality which eludes perception by our five physical senses, but can be experienced in other ways and, equally importantly, understood by the rational mind. My own shift from a dismal to a positive view of the future arose from a new frame of reference that recognizes humans as multidimensional Beings who have chosen to limit their perceptions to a three-dimensional physical reality in which time is experienced as linear. I have chosen to investigate these higher dimensional realms using the techniques I learned as a scientist to evaluate what others report rather than to explore these realms myself via altered states of consciousness or other experiential methods. This volume is the product of an intellectual journey that required me to stretch my conception of reality until my head literally ached at times. This journey has led me to accept the existence of things that at one time I dismissed as, if not nonsense, at least extremely improbable: angels, spirit guides, and higher dimensional, extraterrestrial Beings who take an active interest in what is happening on Earth. But never did I abandon my ability to think and analyze critically.

My purpose in writing this book is twofold: to inspire and to inform. I hope to kindle or rekindle a positive view of the future as a counterbalance to the often distorted view presented by mainstream media of what is happening on our beautiful planet. Strangely, these distortions make humanity's situation appear to be worse than it really is, while downplaying the harm we are doing to Earth. As someone who is relatively new to this way of looking at things, I offer mainly the wisdom of others rather than my own, but I have tried to put it together in an interesting and illuminating way. Where it seems appropriate I will share personal experiences. I see myself more as an investigator than a teacher and ask that you think of me as a fellow traveler who has information to share which may be of use on your own journey.

Approaches to Reading This Book

I received wildly varying reactions to earlier drafts, which have helped shape the book that you are now reading. Since my own spiritual awakening, I have learned how to process information both rationally and intuitively, and consequently I honor both approaches to reading the information that I present here.

My understanding of what I call the larger reality is based on methods I learned and practiced as a scientist. The "map of the territory" of this larger reality, which I have developed using this approach, includes many features that were completely outside the frame of reference I held most of my life. Consequently, I am very aware how much of a stretch the contents of this book may present for the skeptically inclined. Some of my earlier readers have found the following two devices helpful as they read:

Create a strangeness mental file folder. If I say something that seems too strange for your rational mind's frame of reference, try opening a mental file labeled "this is too strange for me to deal with right now" and putting the information there. I don't ask you to accept or agree, but simply let the information sit there for a while.

Watch for a tripping of your strangeness circuit breaker. Some readers of early drafts experienced strong emotional reactions to information I offered. It was almost as if an electrical circuit breaker was tripped and they either filtered out any information that followed or began arguing with it. If you experience a strong emotional reaction while reading, I ask that you consider resetting your strangeness circuit breaker and, reading on, paying special attention to both the content and your emotional reaction to it. My discussion of cognitive dissonance in Section 2.2.1 explores this effect further.

Note for Readers of Advance Chapters: *the recommendations that follow assume that you have the entire book in hand or view. I recommend that you read the summaries of all the chapters that follow to get an overview. Spirit is guiding the sequence in which you will receive further chapters.*

I recommend that skeptically-inclined readers begin with Chapter 1 and continue reading the material in the order it is presented. There is a logical sequence which begins with information grounded in mainstream social science that a shift in human consciousness is underway (Chapter 1), and which then builds, incrementally, a scientific framework for understanding this shift beginning with physics and biology (Chapter 2), followed by scientific study of paranormal phenomena and empirical observations by individuals with high sense perception (Chapter 3). Probably the biggest stretch for the skeptically-minded reader is my conclusion that higher-dimensional Beings exist and are able to telepathically transmit useful information to humans about the larger reality. In Chapter 4, I present criteria for critically evaluating such information and in Chapter 5, I formulate testable hypotheses related to Earth geophysical and solar activity based on information from higher dimensional sources.

For readers who don't need to be convinced that the Great Shift is happening, I recommend a different approach to reading. This book is designed to allow the reader to easily find information that is relevant to his or her interests and needs. However, I have been cautioned by early readers that some may be put off by the "technical" appearance of the format. Please do not be put off by the chapter summaries (which have a similar appearance to abstracts used in scientific journals) and the detailed outlines at the beginning of each chapter with section numbers. There is more information here than many are likely to want or need. I developed this format to make it easier to find whatever information will be most useful to you.

I recommend that readers who find it easier to process information intuitively first read the summaries at the beginning of each chapter. These chapter summaries will allow you to obtain an overview of the information I present in a relatively short period of time. You can then let your intuition guide you to whichever chapter seems best to begin with. The detailed outline at the beginning of the chapter can be used to further lead you to particular topics if you don't feel drawn to read the entire chapter. Related information on a topic is identified by cross references to other parts of the book, which can be easily found using the section numbering system. I ask for your patience with my references to things as "strange" that may be a normal part of your frame of reference. As I was writing this book, many of the topics I covered were new enough to me that they seemed strange. What I have to offer you are perhaps

some *new ways* of looking at things that are already part of your frame of reference. Also, my left-brain passion for being systematic and comprehensive may result in some information that is new and useful for you.

For ease of reading I have also avoided the use of footnotes and have followed the common practice in scientific writing of citing references by the author and year of publications for books. This can often eliminate the need to go to the reference section to find the source, whereas numbered citations give no useful information in the body of the text. Citations for newspaper and journal articles are given within the text, a quirk made possible by the fact that I have published this book myself and can create my own citation conventions. I have also developed extensive bibliographies at the end of the first four chapters. Topical indexes for these references can be found in a table at the end of the text for each chapter.

What's Different About This Book

In Section 2.6.1, I acknowledge the many authors and scholars before me who have provided guideposts for expanding our awareness and understanding of the profound changes that humanity and planet Earth are experiencing. Most of these authors offer excellent perspectives on human social and spiritual potentials for transformation that are primarily grounded in a physical linear-time frame of reference. Many give the impression that we are largely on our own in our efforts to accomplish the Shift. An important message of this book is that we are *not* alone in this process. In fact we are receiving help in ways that stagger the imagination. This help is offered in the spirit of partnership and is not intended to do work for us that we must do ourselves. This assistance requires that we recognize ourselves as powerful multidimensional Beings on the brink of a dimensional shift in consciousness. We add momentum to the Shift by assuming responsibility for healing ourselves, our communities and the planet.

There is another large body of literature that offers a frame of reference similar to that offered here, one that includes higher dimensional realms inhabited by conscious Beings that are taking an active interest in what is happening on Earth now. This "New Age" literature was outside my field of vision before my own shift from a basically materialist to a transcendent view of reality. My hope is that this book can serve as a bridge between materialist

and transcendent views of reality and between scientists and those who embrace New-Age perspectives.

I titled this book "The Great Shift" before discovering that the higher dimensional Being Kirael uses the exact same term (Sterling, 1998) and that the esoteric spiritual tradition has long spoken of the "Shift of Ages." More recently, Owen Waters came out with *The Shift: The Revolution in Human Consciousness* (Waters, 2006). Another good term is offered by Solara, a physically incarnated angelic Being, who refers to it as the Great Awakening (Solara, 1992:29). Skeptical readers who haven't already opened a this-is-too-strange-for-me-to-deal-with-right-now mental file folder may want to put Kirael and Solara there for the time being.

In conclusion, fasten your seatbelts. Even if I'm only partly accurate in my understanding of the amazing things that are happening on planet Earth at this time, I predict that we are in for a wildly interesting time in the next ten years or so. As Robert Monroe, who used the methods of science and engineering to explore higher dimensional realms said, "unlatch your Security Belief Belt and let's hit the high road" (Monroe, 1994:14).

Tips For Reading this eBook

For those of you reading this as an eBook, I ask for your forgiveness. I have always loved the feel of a book in my hand and much prefer reading from a real paper page than on a computer screen. My reasons for presenting this as an eBook are time-related and pecuniary. It is faster and cheaper to bring the book out this way initially. The financial motivation arises from having lived mostly on savings for the approximately three-and-a-half years it has taken to write this book. Many who have read earlier drafts of chapters, which were available on the Great Shift website, have repeatedly asked how "soon" the final book will be available, and this format helps make it sooner rather than later.

There are actually some advantages to the eBook format. Using the bookmarks on the left side of the Adobe Reader window makes navigating the text easier. You can use this feature to read all the Chapter summaries first, as I suggest for intuitive readers. If the bookmarks are not displayed when the book is first loaded, click on the "Bookmarks" tab on the left side of the

Adobe Reader window.

For straight reading on a “regular” screen size of 8” by 11,” pressing Ctrl-L will allow the page to fill the screen without the busyness of the window frame and toolbars. Use the Page-Dn and Page-Up keys to move through the text. Pressing the Esc key or Ctrl-L will return you to the Adobe window and Bookmarks for moving around more quickly.

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About the Author

I was born in 1947 on the early crest of the post-World War II baby boom and had the good fortune of washing ashore into a stimulating and loving home environment. My English-born father was a well-known economist and general systems theorist. I inherited from him a propensity to look at the big picture. My Norwegian-born mother is a well-known sociologist, futurist and peace activist. I inherited from her an inclination to look for practical ways to make the world a better place. In addition to being brilliant academics and committed activists, my parents were also devout Quakers, spiritual individuals who were completely free of the dogma that often accompanies religious practice. Although I did not inherit their devoutness and I follow no particular spiritual tradition, my parents' example gave me a deep respect for those who follow a spiritual path. The Midwest is where I grew up and call home, but one more parental influence worth noting is that I have always seen myself as a citizen of the world thanks to years spent living in Japan and Jamaica, and family travels in Mexico, Europe and Asia during my childhood and adolescence.

All of my life I have been inclined towards a left-brain rational approach to thought and action. I have a BA in geology from Antioch College (1970) and an MS in water resources management from the University of Wisconsin/Madison (1975). From 1977 to 2003 I worked as a free-lance environmental consultant, specializing in environmental problems related to coal mining and contamination of soil and ground water. I closed my environmental consulting business in September 2003 in order to focus my full energies in support of the Great Shift, living mostly on savings until completion of this book in early 2007.

I am blessed to be passionately in love with my wife Bonnie after more than thirty years of marriage. We live in a passive-solar, super-insulated house that we designed and built ourselves and grow much of our own fresh produce on a 36-acre homestead near Bloomington, Indiana. To the extent that parents can take credit for their children, my wife deserves the lioness' share for providing a rich and loving environment for our four children as they grew up. Nevertheless, though my professional work was often demanding, family relationships were always more important to me than my work.

As a scientist I was always open to the possibility that there was more to reality than could be defined by scientific measurement and mathematics. Until November 2002, my life was free of direct experiences that gave me any reason to question the primacy of my experience of physical reality. I had never seen (and have yet to see) a ghost or UFO, never experienced ESP or anything else that I interpreted as a "paranormal" happening. I was what I call an open skeptic about such matters. I had encountered enough anecdotal evidence of such phenomena experienced by others that I was open to the idea that there was "something to it," but it takes direct experience for me to become an open believer. Around Thanksgiving in 2002, I experienced a "spiritual emergency" that shattered my comfortable view of physical reality (see Section 2.2.3 for more about this experience).

The personal changes that accompany such an experience can place considerable stress on a marriage. Our experience was no different, but Bonnie served as an essential anchor for me during a time of personal sea change. When things stabilized about a year-and-a-half later, our marital bonds were as strong as ever, and my rational faculties as a scientist were intact. I continue to express gratitude each day for being alive at such an amazing time in Earth history. Daily I ask that my thoughts, words and actions be aligned with Divine Light and Unconditional Love in service of the highest good for humanity, planet Earth, and the Universe. In that spirit I humbly offer these volumes in support of the Great Shift.

A Final Personal Note

This book is not the same book that I started to write in the fall of 2003, and I am not the same person. My Great Shift work represents only one aspect of the spiritual journey that began when I said in November 2002, "I am ready, take me as far and as fast as you can." Parallel to the cognitive journey the fruits of which are presented here, I embarked on a journey of trust and intuition as I was guided by Beings whom I could not see or hear to become an energy healer for personal and planetary healing. I sometimes tell people that the Great Shift website (www.preparingforthegreatshift.org) keeps my rational left brain happy and my Earth Energy Healing website (www.earthenergyhealing.org) keeps my intuitive right brain happy.

Through my commitment to working in service of humanity and Mother

Earth I have had the privilege of getting to know and work with Lightworkers all over the world who have exceptional clairvoyant and clairaudient high sense perception. Although I have experienced major energetic shifts within myself, my own sensory perceptual abilities have not changed much. I don't see energy fields and still have not seen a UFO. In Chapter 6, I introduce the idea of the Divine Dichotomy – two contradictory truths that coexist in the same time and place. The exquisite Divine Dichotomy of my life at this time is that I experience it as both extraordinary and mundane. I wouldn't ask to have it any other way.

Chapter 1

Social Signs That a Shift is Happening

Summary

The violence, oppression, and injustice in the world today are manifestations of thousands of years of human immersion in third dimensional experience. In the darkness before the dawn of a profound awakening of global human consciousness, our media give the impression that things are worse than they really are. Some conventional signs of human betterment include the global abolition of slavery, the elimination of the death penalty in most countries, a decline in the number of armed conflicts in the last ten years, and the cleansing effect of corporate greed, priestly and military misconduct being made public and held accountable. The decline in the number of armed conflicts is especially surprising, but four different organizations using different criteria find the same trend. Many signs of individual and cultural shifts in human consciousness are occurring with increasing frequency and intensity but are largely ignored by mainstream mass media. Signs of positive cultural change include the dramatic development of a new "transmodern" cultural identity in the last forty years, reawakening of the secular and sacred feminine, increasing public availability of formerly secret indigenous and ancient spiritual knowledge, and global human interconnections made possible by the internet. At the individual level, millions have experienced awakening to a larger reality that lies beyond our purely physical experience through spontaneous spiritual awakening, near-death experiences and extraterrestrial contact experiences.

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Chapter 2

Scientific Framework for Understanding the Shift (I): Physics and Biology

Summary

In this chapter, I identify the strengths and limitations of the scientific method itself, describe the approach I have used to extend rational inquiry beyond physical reality, and examine empirical evidence and theories in physics and biology that provide intimations of what I imprecisely call the "larger reality." A common misconception about the nature of scientific inquiry is that theories can be proved. Instead, scientific knowledge advances by a process of falsification and confirmation rather than proof. Furthermore, the Duhem-Quine (DQ) thesis proposes that multiple interpretations of the same empirical observations are possible and that the strength of a theory rests on the consistency with which multiple corollary hypotheses can be explained. At this level, experimental results that are not consistent with the theory are generally taken into account by making adjustments elsewhere in order to reestablish consistency.

Mainstream science reduces the nature of reality to that which can be physically measured or inferred by measurement and mathematics. There is a body of evidence in physics and biology that is suggestive of the existence of a larger reality, of which the physical is only a small part. Open skeptics acknowledge the possibility of a reality beyond the physical and mathematical abstractions, but do not find the evidence compelling (the materialist paradigm); open believers accept the existence of such a larger reality, but are open to modifying their understanding of that reality with new information (the transcendent paradigm). I provide examples of other scientists who have made the same shift and I share my personal journey from skeptic to believer.

When I accepted that my conception of reality was too limited, I used my training as

a geologist to develop a rational approach to understanding this larger reality. I found the DQ thesis helpful in providing a framework for developing an alternate model of reality (a transcendent paradigm) without having to reject those aspects of the materialist paradigm that remained consistent with my new model. When I mapped soils I knew that the lines I was drawing were abstractions that couldn't reflect the full complexity of soil patterns. Consequently, I am acutely aware that the map of the larger reality that I present here should not be confused with the territory itself. I found that I had to develop additional criteria for evaluating information that I would not have considered worthy of attention when I was a skeptic. To continue the mapping metaphor, I applied these criteria to a wide variety of information sources to develop an ever-evolving map of the territory. The confidence that I place in a particular feature of the map depends on how many different lines of evidence or different sources of a particular line of evidence are in agreement.

Having only recently "crossed the tracks" from a materialist to a transcendent paradigm, in this chapter I begin building an evidentiary case for a transcendent paradigm while remaining respectful of the materialist paradigm. I first present evidence from physics, such as dark matter, string theory, Newtonian interconnectedness and nonlocality, that suggest increasing parallels and convergence in the materialist and transcendent paradigms. I then present evidence, primarily from the biological sciences, for intimate connections between consciousness and matter that also suggest convergence in the materialist and transcendent paradigms. Finally, I conclude the chapter by acknowledging the work of many before me who have suggested that humanity is in the midst of a profound shift in consciousness and describe some ways of understanding how the Great Shift might occur.

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Chapter 3

Scientific Framework for Understanding the Shift (II): Social Science and Direct Observation Using High Sense Perception

Summary

This chapter continues the scientific framework for understanding the Great Shift by focusing on social-scientific and direct-observational evidence of realms beyond the physical. There is a large body of social-scientific evidence based on controlled experimental measurement of paranormal phenomena, such as extrasensory perception, telepathy, telekinesis and distant healing. Carefully documented individual case studies and systematic study of multiple examples involving phenomena that are not readily explained by mainstream science are other useful sources of social-scientific information. My own long puzzlement over conflicting results in experiments testing paranormal phenomena was resolved by experiments demonstrating the ability of experimenter expectations to influence the outcome of experiments involving subtle paranormal phenomena. The experimenter-expectation effect provides added support to the evidence presented in the previous chapter that consciousness is the fundamental source of reality.

Individuals with *high sense perception* (HSP), the ability to perceive beyond the normal five senses via clairvoyance, clairaudience and clairsentience, provide another means by which higher dimensional reality can be understood. Lacking high sense perception myself, I rely on the criteria described in the previous chapter to evaluate information reported by those with HSP in developing my own map of the territory that lies beyond the physical. When evaluating such information I am always on the lookout for possible distortions resulting from what I call ego-filtration and frame-of-reference filtration.

This chapter also summarizes a large and diverse body of evidence that was largely outside my own frame of reference before my shift from a material to a transcendent view of reality. Multiple, independent lines of evidence support the following aspects of a larger reality that are helpful in understanding the shift in human consciousness that is underway:

- Our individual consciousness continues after death of the physical body.
- As individuated consciousness, many of us have experienced many lifetimes incarnated in physical bodies at different times in history.
- HSP (clairvoyance, clairaudience, clairsentience) is a latent capacity in all

- humans.
- The physical body is only the densest manifestation of a multi-layered human energy field that is intimately connected to planetary and cosmic energy fields.
 - Higher dimensions exist beyond the physical third-dimensional reality that we experience, and some of these dimensions can be explored via astral projection and direct observation by those with HSP.
 - These higher dimensions are populated with self-aware, conscious Beings of various types with whom communication is possible.
 - The UFO phenomenon and extraterrestrial contact experiences are real and can be largely understood in terms of multi-dimensional interactions between humans and higher dimensional Beings originating from other star systems and galaxies.

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 - 3.8.2 A Final Word About ETs

Chapter 4

Scientific Framework for Understanding the Shift (III): Direct Communication From Higher Dimensions

Summary

When I recognized that my scientific conception of reality was too limited, I established a rational method for developing an understanding of the larger reality, described in the previous two chapters. I then resolved to follow wherever my method took me, no matter how far outside my previous frame of reference. The idea of higher dimensions inhabited by large numbers of self-aware Beings with whom communication is possible was far from my familiar cognitive territory. Nevertheless, once I accepted the existence of such Beings, I recognized that they represent a valuable source of information about transcendent reality and what it might mean for humanity and planet Earth to make a dimensional shift.

Channeling is the most commonly used term for the process by which higher

dimensional Beings communicate telepathically through and to humans. This can occur in a variety of ways, with verbal information typically transmitted vocally or through some form of automatic writing. The diverse and often contradictory character of channeled information suggests that higher dimensional sources are not all-wise and omnipotent. All individuated consciousness, even when it recognizes itself as a facet of a larger unitary consciousness, has a point of view that influences the kind of information being communicated. Furthermore, human channels may further influence the information they receive as a result of ego- and frame-of-reference filtration (discussed in the previous chapter).

I found it necessary to develop criteria, in addition to those presented in Chapter 2, for evaluating channeled information from higher dimensional sources when deciding how, or whether, to incorporate it into my map of the territory. Some traits that increase my confidence in a higher dimensional source are: (1) acknowledgement by the source that there are inherent difficulties in translating higher dimensional perspectives into words, (2) acknowledgement that the frame of reference of the channel may influence the language that comes through, and (3) an insistence that the information only be accepted if it rings true to the listener or reader. After describing the additional criteria, I offer a classification scheme for higher dimensional Beings that I have found helpful in my own analysis of higher dimensional information. I also provide some information on specific higher dimensional sources and their human channels as a way of illustrating my approach to using channeled information.

Channeled higher dimensional information has its light and dark sides. The dark side is easily recognized when information has a fear-inducing or manipulative intent. The belly laugh seems to be third dimensional phenomenon, but I always appreciate higher dimensional sources that interject a little cosmic humor into their messages. On the other hand, in my own reading of channeled material I have occasionally experienced what I call the surfeit-of-sweetness-and-light (SSL) syndrome.

I acknowledge that the notion of channeled information being a useful source for understanding a larger reality is a stretch for skeptical readers, and even some who are comfortable with the idea of transcendent realms. I ask such readers to pay particular attention to what I present in this chapter. My understanding of the dimensional human consciousness shift described in subsequent chapters relies heavily on information from higher dimensional Beings who communicate through human channels. I will cite such sources the same way I cite mainstream scientific sources to identify areas of agreement, and areas where viewpoints differ. All

higher dimensional sources that I cite have been subjected to the critical evaluation procedures described in this chapter.

This chapter concludes the scientific framework I have developed for understanding the Great Shift. Having relied primarily on human-based evidence in the first two chapters, I now shift to relying primarily on higher dimensional sources. However, I continue to test the higher dimensional perspective against evidence that is grounded in material reality. I have developed three major ways for doing this:

- By looking for emerging psychological, socio-cultural, economic and political patterns and trends that suggest a shift in human consciousness is underway (see Chapter 1 for this kind of evidence).
- By developing testable hypotheses suggested by higher dimensional information that can be evaluated using existing data from the physical world. Chapter 5 presents geophysical and astrophysical hypotheses and data of this sort.
- By comparing theories and predictions derived from higher dimensional sources with those of mainstream science. [This will probably be another separate book.]

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- 4.1 Higher Dimensional Beings as a Source of Information
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 - 4.1.2 Ways Information Can Be Received from HDBs
 - 4.1.3 The Skeptic's View of Channeling
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- 4.2 Other Aspects of Channeled Information
 - 4.2.1 The Human Side of Channeling
 - 4.2.2 Sources of Channeled Information
 - 4.2.3 A Selected Who's Who of Higher Dimensional Beings
- 4.3 The Dark and Light Sides of Channeled Information
 - 4.3.1 Messages Feeding Fear
 - 4.3.2 Messages of Manipulation
 - 4.3.3 Cosmic Humor and the SSL Syndrome

4.4 A General Approach to Testing Higher Dimensional Perspectives

Chapter 5

Geophysical Signs That a Shift Is Happening

Summary

Many higher dimensional sources suggest that geophysical events that are now occurring on Earth, such as earthquake and volcanic activity, severe weather events, and shifts in the intensity of the Earth magnetic field, are related to the dimensional shift in human consciousness that is underway. This chapter presents a series of higher-dimensionally-based hypotheses related to these geophysical changes and astrophysical changes related to solar activity, and tests them using data derived from mainstream scientific measurements.

Many higher dimensional sources agree that along with a dimensional shift in human consciousness, Earth is undergoing a dimensional shift as well. This dimensional shift is creating significant geophysical stresses that are being relieved by increased earthquake and volcanic activity and more extreme weather events. At the same time, the higher dimensional sources indicate that our collective human consciousness has reached a level which allows us to shift the location, intensity, or effects of these geophysical events so as to minimize harm to humans. Increased solar activity in the form of solar storms (more technically called solar proton events) is another sign of the shift, which has potentially disruptive effects in the form of severe geomagnetic storms. An increase in the Schumann Resonance, very low frequency waves in the Earth's atmosphere, has also been identified by many as a measurable indicator of Earth's dimensional shift. Finally, higher dimensional sources suggest that human consciousness change is intimately connected with the Earth's magnetic field and that shifts in consciousness become easier when magnetic intensity is reduced.

Eighteen testable hypotheses are presented in this chapter related to earthquake, volcanic, tornado and hurricane activity and their effects, solar activity and geomagnetic storms, the Schumann Resonance, and Earth magnetic field changes. The time period analyzed ranges from the last fifty-plus years (1950 to the present) for most of the geophysical and astrophysical and the last 50,000 years for magnetic field changes. Fourteen of the hypotheses were confirmed (78%) by subsequent data analysis, and three were rated as partially confirmed. I was not able to confirm a global upwards shift in the 7.8 harmonic of the Schumann Resonance using mainstream scientific data sources. However, I have offered a higher dimensional

perspective that supports the hypothesis, even though I cannot confirm it within the framework of mainstream science.

The hypotheses related to geomagnetic field changes simply provide a different perspective on data which can also be explained as "normal" within the framework of mainstream science (i.e. skeptics can comfortably dismiss my interpretation if they wish to). The hypotheses related to tornadoes and hurricanes have other explanatory factors, but to my mind are not adequate to fully explain the trends, so I feel the higher dimensional perspective adds something to the understanding of these trends. The hypotheses related to earthquakes, volcanoes, solar windstorms and major geomagnetic storms do *not* easily fit into the framework of mainstream science.

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- 5.1 Higher Dimensional Sources as a Basis for Testable Hypotheses
 - 5.1.1 Earth's Dimensional Shift
 - 5.1.2 Several General Testable Premises
 - 5.1.3 Graphing Data for Trend Analysis
- 5.2 Increased Earthquake and Volcanic Activity
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 - 5.4.3 Solar Hypotheses
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- 5.5 The Schumann Resonance: Mother Earth's Heartbeat
- 5.6 Earth Magnetic Field Changes/Adjustments
 - 5.6.1 Magnetic Hypothesis 1
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 - 5.6.3 Magnetic Hypothesis 3
 - 5.6.4 Magnetic Hypothesis 4
- 5.7 Hypothesis Testing Scorecard

Chapter 6

Understanding the Shift (I): The Game of Duality and the Possible Human

Summary

This Chapter begins by asking: How can the caterpillar know what it is like to be a butterfly? As humans grounded in third dimensional linear time, we face a similar challenge in imagining what a dimensional shift in human consciousness might mean. The first stumbling block is imagining how we can possibly transcend greed, violence, injustice, suffering and the consequent destruction of life on planet Earth. We are still collectively at the stage where we must face up to the dark side of human existence. There are higher dimensional sources that characterize what is happening on Earth as a battle between the forces of Light and Darkness. I have come to understand experience in third dimensional Earth as a particularly intense form of what I think of as the Game of Duality. This game is being played out by souls on two different spiritual paths: service to others, and service to self through domination of others. This is a game that is played at several dimensional levels and spatially throughout the Milky Way Galaxy, so I find it necessary to introduce BETOs, NETOs and METOs as players in the current drama on planet Earth (beneficial, neutral, and mischievous extraterrestrial organizations).

I have found two views especially helpful in giving me a broader perspective on the pain and suffering that continues to happen on Earth. Kryon, a higher dimensional Being (HDB) with angelic affinities, tells us that all of us are powerful spiritual Beings pretending to be limited humans. However, we have done such a good job of pretending that we perceive ourselves to be limited humans aspiring to be powerful spiritual Beings. I also find useful the metaphor of Earth experience as a stage drama—the actors play the roles of victim and victimizer with passion and conviction, but the stage personas are not who they really are. After the performance no matter how much emotion, pain and suffering has occurred on stage, the actors get together and have a great time at the cast party. This is the profound meaning of the continuance of consciousness after death of the physical body; beyond our physical experience there is absolute acceptance and unconditional love.

This chapter concludes by focusing on my own caterpillar-like attempt at imagining what life on planet Earth might be like a hundred years in the future based on my understanding of the human potentials described in Chapter 3. I also invite you, dear reader, to give free reign to your own imagination of what is possible in the

future. I conclude by suggesting that we remain open to multiple, positive possibilities for the future by cultivating a sense of anticipation rather than expectation.

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- 6.1 How Can the Caterpillar Know What It's Like to Be a Butterfly?
- 6.2 The Game of Duality
 - 6.2.1 Two Spiritual Paths: Service to Others and Service to Self
 - 6.2.2 Shift Happens!
 - 6.2.3 Why Do the Innocent Suffer?
 - 6.2.4 BETOs, METOs and NETOs
 - 6.2.5 The Spiritual Winter
 - 6.2.6 Moving to the Next Round of the Game
 - 6.2.7 Beyond Duality: Shades of Love
- 6.3 Human Perspectives on the Shift
 - 6.3.1 The Future Possible Human
 - 6.3.2 Future Interpersonal Relationships
 - 6.3.3 An Explosion of Human Diversity into 100,000 Societies
 - 6.3.4 Imagine Your Own Possibilities
- 6.4 Higher Dimensional Perspectives on the Shift
- 6.5 A Downside to a Quantum Leap in Consciousness?
- 6.6 Anticipation, Not Expectation

Chapter 7

Understanding the Shift (II): Time, Space, Great Cycles and the Positive Probable Timeline for Planet Earth

Summary

My description of the possible human and future for human societies in the previous chapter was written after my frame of reference had been stretched by the human-based evidence for human potential (Chapter 3), but before my understanding of the larger reality was stretched much further by higher dimensional sources. This chapter begins by presenting some higher dimensional perspectives on time and space. The dimensional shift in human consciousness that is occurring requires us, as best we can, to modify our understanding of time as a linear sequence of events and to expand our understanding of space to include multiple, coexisting dimensions. Here I offer a seven-density model for the evolution of consciousness and a seven-dimensional model of the larger reality, but acknowledge that there are

many other ways for understanding both. Time is a convenient mechanism for keeping track of change and evolution in the cosmos (All That Does). At the same time we can think of All That Is as encompassing a Cosmic Eternal Now with coexisting possible and probable past and future timelines happening simultaneously.

Various lines of evidence suggest that the Great Shift coincides with the ending of a 26,000 year cycle. This 26,000 year cycle, related to the precession of the solstices/equinoxes arising from the tilt in the Earth's axis of rotation, is recognized in the Mayan calendar and the Hindu Vedic tradition. It can also be derived from the I Ching and roughly coincides with a 24,000 year astrologic cycle marking the shift to the Age of Aquarius. An interesting aspect of the ending of the current cycle in the evolutionary drama on planet Earth is that it coincides with an alignment between the Earth, the Sun and the center of the Milky Way Galaxy.

Planetary shifts from the third to the fourth dimension are a common occurrence in the cosmos. The way such a shift usually happens is that most of the inhabitants die because of the misuse of powerful technologies that they do not have the maturity to use wisely, or as a result of catastrophic geophysical events as the planet adjusts to the new dimensional level. A Harvest of Souls takes place during which time those who are ready to move to the next dimensional level do so and those who are not reincarnate on another third dimensional planet.

Individuals who were born before the Harmonic Convergence in August, 1987 chose to incarnate knowing that the probable timeline for Earth at the close of the twentieth century would be marked by cataclysmic events and suffering. We knew that most of us would probably not survive into the next millennium. In 1987, when the Harmonic Convergence arrived, against all odds humanity had achieved a collective level of consciousness that enabled us to change Earth's probable timeline to allow both Earth and humanity to make a dimensional shift with "absolutely, positively, unquestionably no catastrophes" (my operational definition of such a catastrophe is an event that causes human death in the hundreds of millions or billions). I present higher dimensional support for this viewpoint by describing significant events that led to the timeline shift in 1987. I also relate significant events, identified by higher dimensional sources since the 1987 timeline shift, to scientific, social and political events. Many human and higher dimensional sources identify the winter solstice of 2012 as being a likely major milestone in the dimensional shift. While cautioning against expectations that a dramatic change will be experienced by everyone on a single date, I suggest that something interesting may happen around the year 2012.

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- 7.1 Multidimensional Perspectives on Space and Time.
 - 7.1.1 Density, Vibration and Dimensional Levels
 - 7.1.2 Coexisting and Parallel Dimensions
 - 7.1.3 A Seven Density Model for the Evolution of Consciousness
 - 7.1.4 A Seven Dimensional Model of the Larger Reality
 - 7.1.5 Linear Time and the Cosmic Eternal Now
 - 7.1.6 Possible vs. Probable Timelines
- 7.2 Great Cycles and Transitions
 - 7.2.1 The Pitfalls of Precision
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 - 7.2.3 Timewave Zero = 2012
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 - 7.2.5 3D Trends and 2012
- 7.3 The Way a Planetary Shift Usually Happens
 - 7.3.1 A Harvest of Souls
 - 7.3.2 Through the Void
- 7.4 Against the Odds: A Positive Probable Timeline for Planet Earth
 - 7.4.1 Events Leading Up to the Timeline Shift
 - 7.4.2 The Sirian Experiment (August 7, 1972)
 - 7.4.3 The Great Timeline Shift in the 1980s
 - 7.4.4 The Harmonic Convergence (August 16-17, 1987)
- 7.5 Significant Events Since the Timeline Shift
 - 7.5.1 The Armageddon Bypass (1987-1992)
 - 7.5.2 Stages in Earth's Dimensional Shift
 - 7.5.3 The Catastrophes that Didn't Happen
 - 7.5.4 Countdown to 2012 (or Thenabouts)

Chapter 8

Understanding the Shift (III): Something Amazing is Happening on Planet Earth

Summary

As I began to piece together my own understanding of the Great Shift in human consciousness, I became increasingly awed and astonished by the perspective that many higher dimensional sources are offering concerning its nature and significance. Something amazing is happening on planet Earth, and individuated consciousnesses throughout the cosmos are focusing their attention on this blue orb in space and its inhabitants. As a geologist, when I became discouraged with the state of the world, I shifted gears to a billion-year cosmic perspective that saw what was happening on Earth as insignificant in the larger scheme of things. Consequently, it was a real stretch for me when I began encountering information from higher dimensional sources that suggested just the opposite is true: what is happening on Earth today has Cosmic significance and we humans are central to the process.

In this concluding chapter, I offer a variety of higher dimensional perspectives that attest to Earth's uniqueness and humanity's remarkable destiny. Earth's uniqueness arises from being the only planet of free choice and the only planet created from the energy of pure love. Diverse higher dimensional sources suggest that:

- We humans are moving into our full power as co-creators in the cosmos and will eventually give the Supreme Creator a chance for a vacation.
- Earth is a living library of life forms from all over the galaxy and we humans will serve as the librarians after the Shift is completed to allow extraterrestrial civilizations access to life forms that they need for their own planets.
- The Great Shift will mark a new era, bringing an end to the interstellar wars between the forces of light and darkness, and establish permanent peace and unity in the galaxy. In this scenario Earth and this solar system will become the meeting place for the entire galaxy.
- The level of consciousness that humanity attains on Earth during the closing days of this cycle will provide the blueprint for another Big Bang that will

create a new universe.

- Earth is the pivot point for a new creation and beyond.

The previous chapter describes the typical planetary dimensional shift as being marked by a three-day period of darkness with a relatively small percentage of the population making the Shift to the next dimension. As a result of the 1987 timeline shift, Earth's dimensional shift is happening differently and everyone on the planet today has the opportunity to stay on board as part of a cosmic "no soul left behind" program. This is being accomplished primarily through coexisting realities to maximize participation in the Shift. Thus there is an intimate intermingling of third, fourth, and fifth dimensional energies on Earth right now, as a way to give those who would not normally be ready to make the shift more time to gradually adjust to higher dimensional energies. The DNA of children born after 1987 is naturally attuned to fourth dimensional energies, but those born before require activation of higher dimensional strands of our DNA in order to make the Shift. As part of the Shift, more and more people are experiencing multidimensional realities. As the opening quote to this chapter says, we cannot know the future because we are creating it as we go. The energies around the Great Shift are moving so rapidly, some higher dimensional sources are becoming more cautious about saying anything about what they see in the future. As best I can piece together information from a variety of sources, it seems likely that we will see very positive things happening on Earth within the next ten years or so and that several hundred years may be required to complete the shift to fourth dimensional Earth. A number of higher dimensional sources indicate that we will move rapidly through the fourth dimension (at least from a cosmic perspective) to the fifth dimension.

At the time this book was finished (early 2007) it was still hard to see a lot of concrete evidence in third dimensional reality that the Shift is really happening. In part this can be explained by manipulation of the mainstream media to make things look worse than they really are, but a deeper reason is that it takes time for positive energetic shifts, evident from a higher dimensional perspective, to filter down into 3D physicality. A significant milestone in the dimensional shift will be reached when we are ready to accept, without fear, the open assistance of Beneficial Extraterrestrial Organizations as partners in cleaning up the mess we (and they) have made of this planet. We are ultimately responsible for doing this, but amazing things will be possible when the beneficial ETs are able to move freely among us. Other higher dimensional sources speak of a celebratory cosmic party that will happen when we collectively remember that we are all powerful spiritual Beings who have only been pretending to be limited humans. It is an amazing and

wonderful time to be alive on planet Earth.

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- 8.2 Something Different on Planet Earth
 - 8.2.1 The Only Planet of Free Choice
 - 8.2.2 The Only Planet Created from the Energy of Pure Love
 - 8.2.3 The Explorer Race: Giving Creator a Break
 - 8.2.4 Ivy League College or Galactic Melting Pot?
 - 8.2.5 Earth as a Living Library and Showcase
 - 8.2.6 Co-Creating a New Galaxy/Universe
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- 8.3 How the Shift is Happening on Earth
 - 8.3.1 Coexisting Realities to Maximize Participation in the Shift
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- 8.4 Significant Indicators/Mileposts on the Way to the Shift
 - 8.4.1 Why Isn't It More Obvious That a Shift is Happening?
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 - 8.4.3 When the BETOs Go Public
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- 8.5 Something Interesting May Happen Around the Year 2012
 - 8.5.1 2012 and Beyond
 - 8.5.2 The Cosmic Party and Period of Planetary Awakening
 - 8.5.3 Some Final Words of Encouragement

Appendix A

Criteria for Evaluating Information About a Larger Reality

Summary

This Appendix presents a more detailed discussion of the seven primary and seven secondary criteria identified in Chapter 2 that I use to evaluate information about the larger reality. These are the criteria I developed when I accepted that the methods I had used as a scientist to understand the workings of the physical world were not adequate to understand nonmaterial realms. I provide an example of the criteria applied to an energy healer who satisfies the criteria as a reliable source, one that I would not have accepted as reliable from my earlier frame of reference as a physical scientist. I also provide an example of applying the criteria to a physicist who claims to operate strictly within the framework of physical science, but who shows evidence of the Velikovsky Effect. The appendix concludes with additional discussion of what I call rigid skeptics, their value and limitations, credulous believers, and the topic of alternative history, which still doesn't rest easy in my map of the territory.

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- A1 Criteria for Evaluating the Reliability of a Source of Information
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 - A2.2 Authenticity and Integrity
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 - A2.4 Direct Empirical Observation
 - A2.5 Not Derived From Other Sources
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 - A3.1 Openness to Change
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- A4 Several Examples of Applying the Criteria
 - A4.1 Barbara Brennan, Energy Healer

- A4.2 Physicist Frank Tipler: The Velikovsky Effect
- A5 Rigid Skeptics, Credulous Believers and Alternative History
 - A5.1 Rise of the Professional Skeptic
 - A5.2 Credulous Believers
 - A5.3 Alternative History

Appendix B

Kinesiology as a Means to Obtain Information From Higher Dimensional Sources

Summary

Kinesiology is a method by which the human muscular system can be used to obtain information from a person's Higher Self, guides, and other higher dimensional Beings. These methods can be used by anyone, although they require practice to attain proficiency. This appendix identifies major testing methods, such as muscle testing, finger testing, pendulum testing and use of dowsing rods. It also offers suggestions for appropriate uses and identifies types of questions that may be problematic.

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- B1 What is Kinesiology Testing?
- B2 Major Types of Kinesiology Testing
- B3 Appropriate Uses of Kinesiology Testing
- B4 Problematic Questions for Kinesiology Testing
- B5 Conclusion

Appendix C

Prophecies of Catastrophic Earth Changes and Other Scary Things

Summary

I have relegated the scary topics covered here to an Appendix because I choose not to give them much energy by my own focused attention. In Chapter 6, I offer the metaphor of a multidimensional game of duality as a way to understand, and not take too seriously, the difficult things that are happening on Earth at this time. It is not necessary to actively engage in the game to be part of the Great Shift. In fact, those who chose a spiritual, contemplative path provide tremendous energy in support of the Shift. On the other hand, those who see themselves as Warriors of Light and actively engage the dark side of human existence are also providing tremendous energy in support of the Shift. I find myself somewhere between these two groups of souls. I am interested in understanding the game of duality as best I can without getting too caught up in it. From my perspective, many Warriors of Light are unaware of the subtleties of the game as it is played by the Loyal Opposition, or of the energy that they give to unnecessary possible timelines by focusing attention on predictions of catastrophic Earth changes.

I offer this Appendix with the perspective of someone who chooses to play the game of duality mostly from the sidelines, but with enough direct experience to feel I have learned some things that may be useful for other players. I begin by emphasizing the importance of taking care in how we align our thoughts and focus our attention and by offering an energetic framework for understanding the game of duality, followed by some cautions and precautions for positively polarized souls who are actively playing the game. I suggest some techniques for detecting “mixed” energy in the written word and for maintaining one’s positive polarization when engaged in the game of duality.

A major thesis of this book is that when Earth’s dimensional shift is completed, it will be a planet inhabited entirely by positively polarized souls. In the meantime Earth is a mixed-polarization planet and for positively polarized souls who are actively engaged in the game of duality I offer information about the Loyal Opposition, covering the following topics: 1) the difficult path of service to self, 2) our Dark Brothers as teachers, 3) the Lucifer Rebellion, 4) Earth Friends in the Loyal Opposition (EFITLO), 5) Mischievous/Neutral Extraterrestrial Organizations (METOs and NETOs), 6) Scary Extraterrestrial Experiences (SETEs), and 7) Religious and UFO Cults. I also present some information on ways to deal with

mischievous entities and other energetic challenges.

This Appendix concludes with the topics of apocalypse, cataclysm, catastrophe and other exciting events by suggesting that there are a variety of reasons why people are fascinated by the subject, even though the timeline shift in 1987 means that catastrophic Earth changes are no longer likely (Section 7.4). I present the approach I have developed to support the non-catastrophic probable timeline and propose some quantitative criteria for determining whether an event is catastrophic. Finally, I offer my perspective on thirteen end-of-the world scenarios and present information on a number of Earth changes maps as evidence for the timeline shift.

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 - C1.1 Energetic Aspects of the Game of Duality
 - C1.2 Cautions and Precautions for Positively-Polarized Souls
 - C1.3 Further Thoughts on Energetic Aspects of the Written Word
- C2 The Loyal Opposition on Planet Earth
 - C2.1 The Difficult Path of Service to Self
 - C2.2 Our Dark Brothers as Teachers
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 - C2.8 Dealing with Mischievous Entities and Other Energetic Challenges
- C3 Apocalypse, Cataclysm, Catastrophe and Other Exciting Events
 - C3.1 Why Are We Fascinated by Gloom-and-Doom Predictions?
 - C3.2 Staying on the Positive, Probable Timeline
- C4 This Is the Way the World Ends
 - C4.1 Quantifying Catastrophe
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 - C4.3 The Earth Change Maps