

CHAPTER TWELVE

BECKY AND HER CIE

Becky and the CIE mobilized all the tools in Marie's human mind to accomplish her Psychological Integration. Just as Ralph Allison, the "male human," had to become "the psychiatrist," Becky, "Marie's Essence," had to become "Marie's ISH." In the past, all as Becky have been called by such words as "soul" or "spirit," but those words have become corrupted with conflicting meanings in the English language. Becky has chosen "Essence" as the best word to define her true nature.

The Celestial Intelligent Energy (CIE), the supervisors of the Essences of humans, also participated in Marie's personality integration, and they, too, prefer this new designation for them. In the past, they have been referred to as "angels," the "Holy Spirit," "Higher Helpers," the "Holy Ghost," and "saints." Now they prefer to be called the CIE, which is to be used as both singular and plural, as they have no separation from "each other." All concepts of separateness are a property of Physicalspace, and the CIE reside in Thoughtspace

THOUGHTSPACE VERSUS PHYSICALSPACE

Using the terminology of the computer era, I choose to call the physical world we inhabit Physicalspace. It is composed of objects and the forces causing them to relate to each other, such as gravity. Time and distance are important features of Physicalspace, where the fastest speed possible is that of light. Some modern methods of person-to-person communication here are mail, email, telephone messages, verbal conversation, pictures, songs and signing. The experts in understanding the rules and procedures of Physicalspace are physicists, chemists, biologists, and similar "hard science" researchers.

All of us recognize that we think, when awake. The rules governing thinking are not those of Physicalspace. The "universe" in which

thought is managed can be called "Thoughtspace." This "space" has been called the "Spirit World" by shamans, the "Astral Plane" by the Theosophists, and heaven/hell by theologians. All of these terms are now archaic and relate to world-views of earlier eras. The word "Thoughtspace" is offered as a better label of that "universe" in which thought is the prime method of person-to-person communication. This is a universe that coexists with Physicalspace that awake humans inhabit while thinking and sleeping humans inhabit while dreaming.

The rules and procedures of Thoughtspace are not agreed upon by modern scientific scholars, but have been conjectured by innumerable esoteric scholars over the centuries. One major difference is the absence of time or space in Thoughtspace. Therefore, everything in Thoughtspace is eternal and infinite. There are no discrete objects in Thoughtspace, and "everything" is connected and communicating with "everything" else. All is energy, but not of a type that can be measured by any of the tools of Physicalspace. At this time, there are no agreed upon experts in the study of Thoughtspace, but philosophers, theologians, psychiatrists, and psychologists are the ones usually dealing with questions about this "universe."

THE AKASHIC RECORDS AND HOW THEY ARE USED IN PSYCHOTHERAPY

In Thoughtspace, the Akashic Records Center is the "library" for all memories of all humans who were ever placed or born onto the universe. It can be described as a gigantic library where Essences house, update, index, and retrieve memories for their charges' purposes only. The memories can only be retrieved by the Essences who stored them.

The Akashic Records Center has several rooms for storage of the different types of human

memories. One part houses traumatic memories. Another part contains memories that are pleasing or satisfying. Another houses the memories of parents and family members relating to interactions with that person. There are also many other categories that are stored and retrieved in the Akashic Records Center, but they need not concern us now.

The information needed for the therapist to understand the traumatic events that happened to his/her patient that caused the initial dissociations are in the Akashic Records. When the Essence of the patient had to dissociate at the first serious trauma, she took on the role of ISH. She lost none of her abilities and duties as an Essence, but had to add to them the role of rescuer and assistant to the psychotherapist.

The Akashic Records Center cannot be seen by humans. It is in Thoughtspace. In human terms only, it might be considered a fixed beam of light that never runs out of electricity. If humans could see it with their eyes, they would envision a multi-leveled Akashic Records Center made of clear glass, so bright as to burn their eyes, but pleasing to their senses.

When Essences arrive at the Akashic Records Center, they are met with an overwhelming acceptance of pure harmony by the Chief Librarian CIE, named Modam. This CIE greets each Essence personally and welcomes each one to the Center. The Essences explain to Modam which memories of their charges they have come to store, index, or retrieve.

These memories include the sights and sounds of the human experience, as well as touch, taste, smell, and all other human physical senses that perceived the situation. Also included is the "Emotional Overlay" that was created in the human's "Emotional Self" at the time of the experience. These feelings would include guilt, shame, or joy, for example. These are recorded in the Akashic Records in a fashion somewhat analogous to a "holographic videotape" which in-

cludes all information about all events experienced by all humans.

The Chief Librarian CIE directs the Essences to the appropriate section of the Center, depending on which type of memory needs to be stored or recalled for the individual.

One section of the Center, located to the right of the Great Hall, is for the storage of all happy and satisfying memories. The Librarian CIE there directs the Essences to the stored memories containing all manners of sense perceptions. If memories are to be stored, the Essences will use "new blank holographic videotapes" and transfer the recordings that they have absorbed onto themselves on the new blank "videotapes." They mark each memory recording with a green hue to indicate it is happy and satisfying. It would be easily retrieved when needed to help their charges relax at times of stress. They catalogue the "videotapes" with the names of their charges and other individuals involved with that memory. The Essences give the "videotapes" to the Librarian CIE in that section for filing at the Center.

When pleasant memories are to be retrieved, the Essences explain what they need to the Librarian CIE. The Librarian CIE selects the correct "videotapes," and the Essences then absorb the memories onto themselves. Once the copying is completed, the librarian takes back the "videotapes" and stores them in their rightful places. Stored memories are never erased. The Essences will return to their charges with these memories intact and deposit the memories into the conscious minds of their charges, bringing pleasant emotional feelings to the humans.

If the memories involved are of traumatic events, the Chief Librarian CIE directs the Essences upstairs to the Central Library Section. Before storing these traumatic memories, the Essences make decisions as to how dangerous it would be for their charges to remember these particular memories. Once they have selected the degree of dangerousness, they code the memories

appropriately. Each of the three classifications of dangerousness is identified by a specific hue.

Yellow indicates possible hurt, but not dangerous or debilitating for the charge. The Essence alone can retrieve "yellow memories." Blue indicates that that traumatic memory is painful for the human to remember and can cause great emotional distress. Therefore, that memory is only accessed by the Essences after clearance from their Spiritual Guardians of the Essences. Only small bits and pieces of those memories can be recalled safely at any one time by the human.

Black indicates that if the traumatic memories were to be recalled in full, the human charges could not function and would regress to a catatonic state. Such memories will only be accessed if the appropriate Essences, Guardians, Teachers and Professors all agree on the conditions necessary for such retrieval. If they do agree on retrieval of these memories, the Essences will continue doling out memory bits out of sequence at different times, often for days, months, and years, until their charges can accept the memories in full. This would only be allowed during sessions in an ethical psychotherapist's office.

When retrieval of "black classified memories" is needed in the course of psychotherapy, the Essences and the Librarian CIE will discuss with the Essences' Guardians how to make sure that the "black classified traumatic memories" will be provided at the proper phase of therapy. When the CIE and the Essence have come to a mutual agreement, they have three choices.

One choice is to give no memory at all. The second choice is to give a partial memory and experience in all senses. The third choice is to implant in the Essence the full memory with all sensory modalities available. The CIE of the Essences will usually agree with what the Essences request, as the Essences know their charges well. During therapy, the Essences will provide only enough of the traumatic memories to outline a bare framework of the story.

Once the CIE have reached a decision, the Essences go to the appropriately classified material in their charges' memory files. If the traumatic memories involve family members or friends, the Essences of the patients, friends, and relatives go together to the appropriately coded files in the Family Section, to the left of the Great Hall. The CIE will only authorize the clearance after a discussion with each of the Essences involved.

The Librarian CIE in the Family Section will request clearance codes from the Professors of all involved Essences. Many times the Essences have the same Professor. If so, the Chief Librarian CIE has the veto power and can overrule the Professor. Usually the Chief Librarian CIE agrees with the Professor, but he has the final say.

The memory retrieval process of traumatic memories is the same as for pleasant memories except that the Essences of the relatives will have no memories implanted into them. The memories will only be implanted into the Essences of the humans who are in therapy.

Every human's memories are recorded in the Akashic Records, with details of the original perceptions, whether by the physical sense organs or by the Essences alone. Certain facts are not recorded, however. Anything involving the physical body may be there as a part of the experiential memory, but learned habits and responses are not recorded in the Akashic Records, since they include bodily responses in this lifetime. Learned habits and responses are stored in the human's neurological organs, as a knowledge of how to do specific actions is not carried over from one lifetime to another. An interest in learning again how to do a physical feat may be carried over, but the human will have to practice and learn in the new body during the following lifetime. The concept will be familiar from the Essence memory, but the new muscles and nerves will have to be provided the physical experience in each new lifetime.

Also missing in the Akashic Records is any "time stamp" to mark exactly when an event happened. Unless there is a specific memory of a calendar and clock to record, there is no sense of time being laid down in Essence memories. Calendar dates and clock times are man-made concepts that have changed over the centuries. There is nothing inherent in any event that indicates it took place at a specific time by a clock, which usually is inaccurate, and the calendar agreed upon by that particular culture. Any time concept has to be applied when the memory is reinstalled into the human consciousness, with connections to events that can be linked to specific dates and times recorded in physical records.

THE INNER SELF HELPER OR ISH

Apart from the patient herself, the ISH is the most important "entity" the therapist can talk to regarding his patient. The ISH is capable of telling the truth and nothing but the truth. Since the ISH knows all that her charge has experienced, she will only bring forth true information. She and her message are integrally combined. She will communicate only with those humans who believe in her. Those who believe will accept her information as the valid truth. She is the message, and the message is her. To believe in her is to believe her message. When a human asks her a question and the answer will harm her charge, she will evade answering, but she will not lie. She will say that it is not time to discuss that item or she does not have clearance to discuss that issue.

The ISH will usually appear as the gender of the patient, but this is only for the comfort of the humans with whom the ISH consults. The ISH has no innate gender identity. Since the English language has no pronoun for a "non-gender-based" individual, feminine pronouns are used here to be consistent with the gender of the patient described in the previous pages.

The ISH is purely business and has no time for idle conversation. She has so much work to do inside her charge's mind that she can spend

no more than the minimum time of 20 minutes twice a day talking to the therapist or anyone else. For the ISH to take more time than that away from keeping some semblance of order inside the mind would be destructive to the welfare of her charge. The constant strife among the alter-personalities requires her constant attention.

The ISH knows what she is and has no desire or need to prove anything to any human. She knows skeptics will doubt she is what she identifies herself to be, and they must maintain a distant and scientific response. She realizes they have a difficult time accepting anything not included in their learned belief systems. If skeptics choose not to believe her, she accepts that as their option. She will not force the issue and will continue doing what she must to aid her charge.

The ISH is purely intellectual. When all is going well, she is in a state of Bliss (nirvanam in Sanskrit), and the human body in which she then resides will be in a condition of balanced equilibrium. When the ISH is attending to a problem, she is in a state called Attentiveness (avahita in Sanskrit). Since the ISH is the intellectual part of her charge's mind, she will not experience human emotions as can her charge's "Emotional Self." She cannot experience emotions such as anger, depression, or worthlessness. If any human does not believe what the ISH says, she cannot become angry. The ISH will remain calm, state the facts as they are and understand rationally why that human critic feels as he does. While her charge's "Emotional Self" might become angry at rude behavior, the ISH does not. She cannot put down anyone, act prejudiced, or lay guilt trips on humans.

The primary responsibility of the ISH is to do whatever is necessary to continue the life of her charge until the Life Plan has been completed and fulfilled. She will not sanction destruction or suicide of the body. If her charge decides to take a lethal amount of medication, the ISH will stop her charge from taking the full amount and put her to sleep instead. On the other hand, she may

choose to drive her charge to the hospital ER, where she will tell the physician of the intent and the medication taken. She will cooperate in the gastric lavage required and will provide the necessary history for admission to the psychiatric ward.

The ISH knows when her charge is bent on self-destruction, such as when her charge intends to drive off a cliff. She will try to convince her charge that life is important. The ISH will conduct an inner dialogue with her charge and attempt to convince her that self-destruction is not an acceptable option. If her charge ignores the ISH's plea and continues to drive towards the edge of the cliff, the ISH will inhabit the body at the last possible moment. She will drive the body to the nearest safe abode, where she will put the body to sleep until the crisis is resolved.

To prevent self-destruction when her charge is making her own decisions, the ISH and her CIE decide when a therapist needs to be available to deal with self-destructive acts. The patient's ISH surveys the available therapists and their Essences. She locates the best therapist for her charge at that time.

The therapist requires a good working relationship with the ISH. The ISH tells the doctor when her charge needs hospitalization. The ISH is there to guide the therapist who then can take reasonable actions to protect his/her patient. As the ISH knows the exact nature and the feelings of her charge, she will impart that knowledge to the therapist.

Since the ISH has telepathic contact with other humans' Essences, she will know what they think of her charge. She will know when the therapist is upset because of personal problems that he is trying to conceal from the patient. Any therapist who arrives at his office following a nasty confrontation at home need not be concerned he is violating the rules of psychoanalysis that he should never bring up a personal matter in front of a patient in therapy. Since the ISH already knows he is upset, and why he is upset, he need

not try to hide it from her. Instead of denying he is upset and faking a good mood, he should let the ISH know the facts of what he is upset about. They can have a brief, calm discussion of the matter and then set his problem aside. He can then switch into his therapist role and conduct effective therapy.

The ISH is aware of emotional difficulties of the therapist, but she will not act as his personal therapist. She will suggest that he ask questions of his own Essence and come to his own conclusions. The ISH desires to keep the therapist mentally healthy, as that is in the interest of her charge.

THE BIRTH PERSONALITY VERSUS ORIGINAL PERSONALITY

The combination of Essence (the Intellectual Self) and the Emotional Self first enters the newborn at the moment of her first breath after delivery. At that moment, the new human mind is first fully integrated with that human body, and this marks the first appearance of the "Birth Personality" (BP).

An ancient meaning of "person" was the mask worn by an actor in a play. That is an accurate description of "personality," the mask humans show others around them and through which the "essential human" vocalizes sound to others. The Essence is the human's Intellectual Self, and works with the human's Emotional Self to use the physical body to create the "personae" that is known to all others as the "Birth Personality."

All of the alter-personalities, of all types, are designed, created, and programmed by the ISH. After the Essence of the abused infant dissociates and thereafter acts as an ISH, she hides the "Original Personality" (OP) in the deepest recesses of the mind, where she is attended to by the CIE. The OP is the Emotional Self alone, with the basic characteristics of what she is supposed to be. Mathematically, the OP equals the BP minus the ISH. ($OP = BP - ISH$ or $BP = OP + ISH$) She must be stripped of all personality

traits commonly needed for social interaction, as these need to be parceled out to the alter-personalities, who will operate her body. The ISH then must create the most appropriate alter-personalities to serve her charge's needs.

The first one will be a socially active "false-front" alter-personality, designed to be complaisant, noncombative, and anger-free. The inner substance of all alter-personalities is analogous to an android robot that can be clothed in any of many different outfits. Each android is "computer programmed" by the ISH to behave in specified ways in response to anticipated stimuli.

Another type of alter-personality the ISH usually has to create is a "persecutor" to deal with the "Emotional Overlay" of the trauma that the Original Personality experienced. The persecutor is fueled by the anger that the false-front personality develops but has not been programmed to absorb and verbalize. The third group of alter-personalities the ISH forms is the "helpers" who are needed to counterbalance the persecutor alter-personalities.

The ISH monitors and keeps all alter-personalities in line so that therapy can continue. The ISH is in charge "back stage" to have the correct alter-personality ready to arrive on "center stage" to meet the therapist at the prescribed time.

After Psychological Integration is completed, the role of the Inner Self Helper is no more. It therefore drops that assignment and again becomes the Essence, which will then teach the Original Personality regarding all matters of growing, developing and learning. This will bring the integrated person to the last stage, called Spiritual Integration, when the Essence and her charge become ONE.

NATURE OF THE ESSENCE

The job assignment for Essences whose charges are dissociated MPD patients is as the ISH. Once their charges became integrated, they return to their prior roles as Essences. Other words used to describe them in the past include

soul, spirit, atman, substance, core, quintessence, psyche, unconscious mind, anima, and animus. However, none of these words infer an intelligent, decision making entity with a purpose or goal in mind.

These obsolete words infer something inanimate, non-used, and non-involved. Quite the contrary. Essences are involved in the daily lives of their charges. They do, they speak, they see, they converse, they teach all that their charges need to understand and to learn in their life plans. They are intelligent and make decisions on a constant, never ending basis for their human charges.

Instead of humans thinking of the "soul" some passive object that exists after the physical body dies, like a spare tire surviving after the car is totaled in a crash, the Essences want humans to know they have the capacity for "lives of their own." Essences learn, teach, follow instructions from supervisors, love, care, and have the capacity for great influence on human beings. They are not passive "things" housed somewhere in human minds, whatever that is, which are sent to heaven or hell, wherever they are, when brain death occurs.

The Essences have all had prior lives. These lives were many and varied. The number of lifetimes can range from 500 to 10,000 until each was prepared to become an Essence of her own charge. They have lived as slaves, priests, guards, warriors, queens, kings, children, and old humans. They have had a wide range of lifetimes lasting from one minute to 160 years. They have had physical diseases, missing limbs, and well bodies. Therefore, when they became Essences of their charges, they had already been well trained by experiences as humans on this globe. When each human's lifetime is completed and she will be reincarnated again, her Essence attends school again to receive the most up-to-date information about her charge's next lifetime.

FORMATION OF BABY ESSENCES

Once all of their lifetimes have been completed and fulfilled, the human Emotional

Selves are then ready for their next and final step, which is to become Essences. The Essences of those spiritually matured humans are reassigned by their CIE to a newly created human Emotional Self, to guide and direct that new intelligence on its life journey. However, the recently spiritually matured human Emotional Selves, who have completed their life plans, are now only in Thoughtspace. At this point, they are introduced to their CIE. They are now "Baby Essences-in-training."

After extensive training by the CIE, "Baby Essences" are readied for their first assignments, under careful supervision by their CIE. Each is assigned to the "Emotional Self" of a human being in her initial phase of a Master Life Plan. The "Emotional Self" is a newly split off fragment of "The Creator," one that has not yet had any experience living in a human body.

The joining of this new fragment of intelligence, the "Emotional Self," and the more experienced fragment of intelligence, the "Baby Essence," can be compared to the alloying of two dissimilar metals to make one new metallic compound. Each of the two components has its unique characteristics, but the combination of the two, when alloyed, is quite different from either of its two components. This "alloy" is what we call the "human mind" and is what is reincarnated in body after body, until it learns the lessons of the Master Life Plan.

In the first few lives of this new intelligent human individual, she has to learn survival techniques. She may be assigned to an infant who is not destined to exist for long in Physicalspace. As an infant, she might have congenital heart disease and live in a locality where cardiac surgery is unavailable. She may be born with a severe bone or blood disease which has no cure.

The human may be assigned to live a life of hardship, in which she has to scabble for a living, learning to live from hand to mouth, in the most primitive culture imaginable. She has to learn how to depend on her own resources, in-

cluding her ever-present Essence, whom she comes to know well as they are always together. The human has no one else to rely on for advice and information, at least one who is always there, never sleeping, never on vacation.

During the next broad span of lifetimes, the Essence and the developing human Emotional Self are partners residing in better physical accommodations. She now knows how to survive, so she makes a better life for herself. But she is emotionally a typical adolescent, refusing to accept authority, wanting to do "her own thing," and rebelling against anyone else's rules. The Essence has a hard time with this phase, since the Emotion Self believes that she knows more than her Essence, and she invokes Free Will to ignore her Essence. It is during this phase of spiritual development that the human builds up large amounts of karmic debts. The term "karmic debts" means that the human has made choices, based on Free Will, that have harmed other humans, when she could have dealt with the situations more humanely, as advised by her Essence.

During this phase, she hurts others as she experiments with various ways of living, both as a dominant and as a passive human. Sometimes she is a mean mother and sometimes a cruel father. She takes out her revenge on those who challenge her. She fights her battles for property, money and land. She is greedy and vindictive. All this is for the purpose of experiencing the wide range of emotions and reactions so that she "lives life to the fullest."

After that come many lifetimes as a victim. She has to be placed in the position of those whom she had dominated and hurt. Now those who had been her victims become her persecutors. It is during this phase that she becomes a multiple personality. Now the Essence of the suffering human is needed by the Emotional Self for assistance, since she does not know how to cope with the crises in her current lifetime. Now the Essence is important to her again, to explain how she might cope with insults and assaults in a con-

structive fashion. Her Essence needs to teach her how to maintain self esteem when everyone put her down, and to give her the information on how to overcome those adversities.

If all goes well, the Essence finds a therapist who is spiritually advanced beyond her charge's level, one who is in the mature stage of spiritual development. The best therapist the Essence could get would be one who had already passed through the stage where the human patient now found herself. The therapist would have learned that his Essence is always there to guide him in therapy hours, and he would be comfortable allowing the human's ISH the opportunity of helping him move this patient onto the next stage of her development.

**DUTIES AND RESPONSIBILITIES OF THE
ESSENCE, AS DESCRIBED BY BECKY**

"We are the intuition that humans hear. We are that small, still, quiet voice that speaks to humans to let them know to do this or to do that, and if they follow us, it will turn out correctly.

"Essence is therefore human intuition. Intuition is ourselves. We have been trained and schooled from our past lives into our charges' prior lives that makes 'intuition' an intelligent, decision making process. We do not provide just a cookbook list of available options. Through our training, we are able to give options and suggestions prior to our charge making importa

tent. Time is a characteristic of Physicalspace. Therefore, we, as your Essences, with the help of the CIE, know what is going to transpire at any 'time.' We will give you two examples of precognition that some humans have experienced.

"1.) When the human is in a motor vehicle driving to a destination, there is a thought or a knowledge that the human perceives there is trouble on that road or there might be something that is going to happen. So the human deviates from the prescribed driving path. Once the human has arrived at the prescribed destination, our charge might hear something of major proportions, such as a car wreck or commuter tie-up, occurred on their planned route.

"2.) In the matter of flying, some humans might have a 'feeling' that something is going to happen on their prescribed flight. The human then will take action to change airlines or miss the flight altogether. Once our charge has arrived, our charge might hear a disaster had indeed happened to the originally scheduled airplane.

"What our charges are experiencing is ourselves, their Essences. We are giving them the information and letting them know what they have to do. That is the intellectual part of ourselves. To make sure that our charges' Life Plans are to be completed and fulfilled, we will institute an emotional reaction. These may include fear or dread. We could have the physical body lose keys, have other humans contact them before they leave, or change a prescribed driving route the human cannot understand why they took. This is all done to make sure our charge's Life Plan is to be completed.

"Psychic ability is the next avenue of intuition. Each human possesses some form of psychic ability, however small. There are many forms of psychic ability. As stated above, you have precognition and déjà vu. Our charges have other forms. One can be reading auras; one can be reading thoughts; and one can be moving objects (telekinesis). It is brought to the humans

through the Spiritual Professor from past lives to learn how to understand a lesson that needs to be taught. Psychic ability is never to be flaunted or used for monetary gain. If it is used for those purposes, it is a falsehood. We, as the Essences, will not sanction that process.

"Our primary function as Essences is to protect our human charges at all cost. We will make sure that the Life Plans will be completed and fulfilled as instructed by the CIE. There is no way of destroying our charges unless the Life Plans have been changed or directed to be ended at that point in time. What is important to understand, regarding this primary function of ourselves, is that no human will ever cease to exist before their Life Plan is completed and fulfilled.

"For an example, if a human chooses to point a pistol at another human, and 'shoots him dead,' both humans will have to face each other in their next lifetimes to work out their differences. Essence cannot be destroyed; only the physical body can be. We, as your Essences, will continue to occupy and teach lessons that you need to know to grow and develop your spiritual awareness. We, as your Essences, would be blissful if our charges would not try to continue to destroy themselves. We would like to see our charges go through fewer lifetimes than necessary.

"Another avenue of this part is regarding other humans trying to keep our charges' existence longer than necessary. We, the Essences, would like to make a statement on this important aspect of the medical profession. When the human, our charge, has been given every kind of 'life saving' intervention, the medical profession need not 'feel guilty' of letting the human body die. The medical profession does not need to take over our responsibilities with our charge by trying to keep the body alive forever. Let ourselves do our job. Our charge has completed and fulfilled the assigned Life Plan. Let our charge go. Do not do our job. Let us do it.

"This is to the family members: When your 'family member' is close to nonexistence, remember that it is just a physical body, nothing more. We are there 'running the show.' The doctors are there to help in other avenues. Do not find fault with the medical profession for letting your 'family member' cease to exist. It is time. Let them go. Do not feel guilty, as each of you will go through the same process. We are there for you just as we are there for others. If you must find something to blame, find fault in the Essence of the family member who just passed away. Remember always that the life that ceased to exist will again come back and begin to experience and learn for the next lifetime. Each of you, the family member, will also be reincarnated again. Do not despair as you will all see each other again, as we, your Essences, continue to have contact with each other in all lifetimes.

"When humans have chosen as Free Will to 'hate' another human for any reason, such as color of skin, ethnic origin, political or religious beliefs, or sexual preference, or even how you cut your hair or the color of your eyes, that is not sanctioned by ourselves. If you, as a human, choose to do something to that other human regarding any of the above, and your choice is destruction of the mind or body, you will then have to relive your Life Plan again. Essences can never be destroyed, and each human will have to replay that prior life until they have discovered that you cannot destroy ourselves. You might come back as one on that hated list. And the other human can also destroy yourself. So why hate?

"When nations have chosen to 'hate' the other nation regarding religious beliefs or ethnic purity, you also cannot destroy each of those Essences that reside in those nations. The CIE can use those nations as a learning tool themselves. The Weather CIE can bring about earthquakes, tidal waves and other matters of destruction that will make the nations learn to rely on each other, as we have done in the past. Therefore, if each

nation tries to destroy the other nation because of very minute reasons, which is never justified in our realm, each human who has been destroyed in each nation will come back in the other nation and will have to relive the same life over again, but on the other side of the conflict. Again, you, as nations, cannot destroy Essences, so why try?

"With a war sanctioned by a nation's leaders against an aggressor, the soldiers who are sent out by each nation are trained and indoctrinated with the abilities of 'protecting their nation' from the aggressor. Those soldiers who are conditioned that way are protected by ourselves. Because they were indoctrinated by their nation for the express purpose of protection, they will be able to move forward when their lifetime ceases to exist. This does not count for the aggressors who capture and torture the other humans for the express desire of information. They will be treated harshly in their next lifetime. This does not mean that nations cannot protect themselves. What it means is that war and killing is not meant to happen.

"The CIE are responsible for the order of the world and the universe. Therefore, do not negate their responsibilities. Let the CIE do their duties through the leaders of each of the nations. Do not try to take away the responsibilities of the CIE. Let them do their jobs. And again, remember destruction of Essences cannot happen.

"We, as your Essence, use the time when the physical body is resting for the evening which you as a human choose to call sleeping. That is the time that we leave Physicalspace. We leave in our charge about 3 percent of ourselves, enough to keep the physical body alive. If we were not there, the body would cease to exist. We are the human and the human is ourselves, combined and together for each lifetime.

"We use for our teaching purposes the human's dreams. Dreams have become known as symbolic messages by scientists. In actuality, they are messages from ourselves to our charges. What happens is when we have awakened our

charges, the blackboard, which is the message, is crystal clear. But if our charge takes time to think about what they dreamed, the clear message becomes unclear symbols. During the time that our charge is asleep, we have duties that we need to perform. We meet in Thoughtspace with our CIE for updated lessons, discussions, and decisions, regarding our charge's day that will start. As you can see, sleep is a most important factor for our charge to have. If they do not have the full impact of sleep, we are unable to bring to our charge the lessons that we need to implant in our charge's mind for that day.

"Communication with other Essences in Thoughtspace, that our charges are unaware of, is a function of each Essence. You humans have chosen a phrase which is called 'mental telepathy.' We wish to let the humans know this is not 'mental telepathy.' 'Mental telepathy' is something that a human knows is happening. Essences-to-Essence communication is different from the human concept of 'mental telepathy.' We, as Essences, communicate constantly with each other. Our communication techniques are done in our own language, much in the same way as humans converse with each other. We use this way of helping each of our respective charges in lessons that need to be learned, to stop actions that might be detrimental to our charges, and to delay criticisms until our charges can understand them.

"Our language, the "Original Language," is the first language 'The Creator' delivered unto ourselves. We have redefined and are using various other forms of the earliest languages on your planet. The best language some humans can equate to ours is called Sanskrit. Each word in our language has one meaning and one meaning alone. We do not have symbols; we do not have gestures; we do not have tones of voices. We have no physical body with which to convey our messages to other Essences. Therefore each word means one particular definition. We have more words because each word means one thing. If

you, as a human, had access to our language, our dictionaries would be lined five deep and circle your world ten times. That would be an analogy that would closely resemble a library holding only the dictionaries of our language. Also we have a special word that is used as a greeting to Essences to make sure that we are in the proper communication mode. And that word is 'SHAUKLA.' When that word is used, it is a greeting and it is a goodbye. It is understood by Essences only.

"As the reader can clearly see, we, the Essences, are intelligent and take care of our charges' lives to make sure that their Life Plans are completed and fulfilled. But you, as a human, have what 'The Creator' has given you, which is called Free Will. We cannot break your Free Will. We can only suggest and use intuition to try to direct you on your path to completion and fulfillment of your Life Plan. We are here to help; we are here to be used; we are here to teach. We are here."

CELESTIAL INTELLIGENT ENERGY (CIE)

The duties and responsibilities of each of the Celestial Intelligent Energy, collectively called the CIE are as follows. None of the Spiritual Guardians, Teachers or Professors have ever had a physical body of their own.

SPIRITUAL GUARDIAN OF THE ESSENCES, AS DESCRIBED BY FAITH

"Whereas the Essences have responsibility for one human charge, we, the Spiritual Guardians of the Essences, are responsible for 150 of the Essences. Our duties and responsibilities are as follows:

"We are called Spiritual Guardians of the Essences because we protect and guard. Therefore, that is our title.

"Our prime responsibility to protect our Essences at all costs. When the energy of an Essence has been depleted while protecting their charge, it is unable to sustain any further psychic assault. A psychic assault is when a 'turned Essence' is trying to destroy the Essence of another

human. We, as Guardians, must take drastic steps to protect the Essence we are supervising. We can physically remove the body from the place of the psychic assault. We can also make the human fall asleep. We can convince the human with the 'turned Essence,' who is doing the psychic assault, to feel that the argument or discourse has been finished. This is our most important and prime directive, to protect and guard the Essences under our guidance.

"We create situations in which the human needs to make important decisions. If the Essence has been unable to direct their charge to the point of taking appropriate action, we will step in. Situations will include a career direction, for example. We will send other humans into the path of the human that we need to change. We will have that human say or do something that brings about the change required.

"Another important function is to pick the family that the human will be born into. That way the human's Life Plan will be started properly. We pick the culture, the social group, the parents, and siblings with whom the human will experience all that is needed to complete their Life Plans. In the course of the human growing, we also send boyfriends and girlfriends into the humans' lives as lessons to be learned in social and romantic experiences. We also send to the humans the 'best friends,' who are actually part of the 150 Essences that we supervise. That is why when humans meet their closest friends and feel as if they have known those humans before, it is because they have. They are part of the humans' existences of all prior lives before.

"We choose the humans' mates or significant others to create learning situations. There can be many different kinds of learning situations. This includes all manners of relationships, including heterosexual or homosexual pairing. It could be learning to live with an emotional or mentally ill human. It could also be experiencing the life as a mate to someone who is significantly disabled. We also know if one mate is enough or

if the human will have several mates. In either context, it is all part of growing and learning in this Life Plan.

"We also have chosen specific jobs or positions that each human is to be involved in. We will direct and change those job situations that best suit your needs. If the specific job the human is in becomes unbearable, that is because we have stepped in and are making it so. Your Life Plan does not include that position or job anymore. That is the time that all humans need to listen to their Essences.

"We also are called, in human terms, 'Guardian Angels,' but that is incorrect wordage for ourselves. We do protect and guard the Essences, and we will perform 'miracles,' such as extracting a human from a horrible accident. We, as Guardians of the Essences, have a full variety of Essences to supervise. We have immature ones who are on their first assignments, who are called 'Baby Essences.' We have Essences that do not cooperate with our teaching and become rebellious and therefore turn their charge into doing some criminal acts. Those are called 'turned Essences.'

"Each Essence, having had prior lives as humans, has been granted Free Will by 'The Creator.' This means that any Essence may choose to ignore the advice and training of the CIE, who are assigned to implement the directives of 'The Creator.' A 'turned Essence' ignores the teachings of the CIE and exercises Free Will alone."

SPIRITUAL TEACHER OF THE GUARDIANS OF THE ESSENCES, AS DESCRIBED BY HOPE

"To perform a 'miracle,' the Spiritual Guardian of the Essences combines with another CIE, 'The Spiritual Teacher of the Guardian of the Essences.' Each Teacher is responsible for 150,000 Spiritual Guardians.

"We Spiritual Teachers are in charge of all education of the Guardians and of the Baby Essences. When they arrive at our school, the first avenue is to implant into the Baby Essence the entire language of ourselves, the CIE. That

way, we are able to communicate without misinterpretation. Once the Baby Essences have become implanted with our language, they are sent to their Guardian. We instruct the Guardians regarding where each Essence is to be placed in Physicalspace, when each Essence will arrive again in Thoughtspace, and how long the next physical life of each Essence will last.

"We constantly teach the Guardians new and improved information regarding changes in culture and environment into which the Essences have been assigned. We also are responsible regarding all of humans' Physicalspace educational resources. We have the responsibility for housing and training of rebellious 'turned Essences.' They are given added training and opportunity for additional growth before they are allowed to be reincarnated into another human form again."

**SPIRITUAL PROFESSOR OF THE TEACHERS OF
THE GUARDIANS OF THE ESSENCES, AS
DESCRIBED BY CHARITY**

"When the Spiritual Teacher joins with the Guardian to perform 'miracles,' they may need to be joined by the other CIE. Her title is the 'Spiritual Professor of the Teacher of the Guardians of the Essences.'

"We Professors are responsible for 250,000 Teachers. We are responsible for the 150,000 Guardians that each of these Spiritual Teachers has the responsibility for. We also are responsible for the 150 Essences that each of the Spiritual Guardians has responsibility for. We, the Professors, are responsible for maintaining 'dictionaries' of all human words, phrases and definitions in a special library for all Essences and other CIE to use. We are responsible for assigning specific duties to the Teacher and the Guardian regarding the humans that we are responsible for teaching.

"For example, we will provide the Teacher with the information they need to help the human with marital or family crises. We will supply the Guardian with information involving friends, acquaintances, and co-workers. And we,

the Professor, have the responsibility for spiritual and higher levels of learning and understanding for the humans that we have been assigned to.

"We reacquaint humans with others who were related to them in previous lives. We arrange for the conditions of when and where Essences will be reincarnated. Most decisions are decided by conferring with the Essence and other CIE involved with the Essence's charge. However, we have the final say on any decisions which they cannot resolve among themselves.

"We pass on information from 'The Creator' to the Teachers to the Guardians to the Essences. All information from the Essences is relayed back to us through the same channels. When we are teaching humans, we will converse with a small circle of human contacts. We limit our teachings to no more than 10 humans at a time, as contamination will rob us of our responsibility and duty from our beloved 'Creator.'

"The delivery of psychic abilities is another one of our functions. We deliver all psychic abilities to the Essences to deliver to their respective charges.

"We are responsible for bringing together the Essences of humans who will be working together. This is one of the actions we take as managers for any projects that 'The Creator' wants completed. We have the authority to complete the project in any way that we have to.

"We are responsible for housing 'turned Essences' that are a major threat to the existence of Essences in our realm. We have what is known as a 'velvet whip.' We do not chastise, we do not punish, in human terms. We house, explain, and teach, but these Essences will never be reincarnated into another human being, ever."

**CONCLUSIONS OF BECKY, THE ESSENCE, AND
THE CIE, FAITH, HOPE, AND CHARITY**

"Humans have long considered the universe as something that was created out of nothing. Theologians have considered that Something created the universe. Both are correct. 'The Creator' has been here for as long as there has been

energy. 'The Creator' designed this universe of yours with all manners of life, with plants, animals, and minerals. We, the CIE, are in charge of the operations of 'The Creator's' universe. There is an intellectual order in your universe, and it is precisely run by the CIE. There is no error in what we do.

"We have been typi