

## Presidential Address

# CREATING WORMHOLES: *A JOURNEY IN CONSCIOUSNESS*<sup>1</sup>

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### ABSTRACT

Some of the most thrilling advances of the last decade are reflected in the way in which those involved in consciousness and science are gaining respect for each other with many cutting edge ideas incorporating aspects of both. We are in truth creating wormholes or passages of light between different states of awareness and different dimensional perspectives, breaking down old paradigms which maintain separation. Steps we can take to ease our passageway through this stage of transformation will be explored.

**KEYWORDS:** Consciousness, transformation

**W**ow, what a beautiful introduction from my husband. Yes, this morning we're going to take a journey and so I ask you to close your eyes for a moment. Now move your awareness into your heart and remember a time of joy when your heart opened spontaneously. For some of you this memory will appear as a vision, for others it will be accompanied by sounds, feelings or specific aromas. Allow every cell of your body to remember this memory of joy. Know that as your heart fills with this memory, your heart resonates with every heart in this room. Everybody knows the sensation of joy whatever our color, creed or gender. Even those in spirit know joy and any contact with guides, loved ones or masters is made so much easier when we connect through our hearts. Now connect to the heart of the sun whose rays shine upon every single person on this planet without judgment or alienation. Extend your connection to the heart of the galaxy, the Great Mother, and beyond that to the Universal Heart. Now know that all hearts are connected and that there is unconditional love flowing from the Universal heart back into your heart, celebrating your willingness to be present in this room and in your life today. Keeping these feelings in your heart, gently bring your awareness back here into this room.

For the past year, I have been involved in writing my latest book, which I thought was going to be a simple task. Well, you know the saying; "When we make plans, God laughs." Well isn't that the truth! Although I have always been fortunate to be guided and taught by inner teachers, this has meant there is no excuse not to follow my soul's path. Take the time when I was asked to write a simple anatomy and physiology book for complementary health practitioners. Knowing I already had the information, I sent the notes to be copied so that they could be mailed to a publisher. An hour later, I received the message that the draft book was waiting for me at the reception desk of my clinic. I immediately went to collect it only to find the notes had disappeared, never to be seen again!

Instantaneously, I received a clear message from my inner teachers, "We have something more important to write" and within a year I had completed my first book, *Frontiers of Health*.<sup>2</sup> This same focused direction is seen when, after spending all day writing, the text simply disappears from the computer and I know that I am being told to, "Try again." My inner teachers are hard task masters. I don't channel the information directly as my role this life is to

be a translator and hence it's important for me to understand the message so that I can translate it into words that all can understand. As a Gemini I love this job mainly because I love learning. Hence my writing and teaching allow me to grow spiritually and deepen my understanding of universal principles.

Today I want to help you appreciate what a wonderful time it is to be alive on planet Earth. Do you know you won the lottery ticket to be here at this moment in history? Perhaps your excitement will be enhanced as you start to remember who you are and why you're here. Let the vehicle for reception be your heart and not your head, releasing anything which doesn't resonate with your soul while staying open to possibilities outside your normal range of understanding. Firstly, I want to remind you that you're all powerful manifestors and have always created your perception of reality, even your mothers!

**A**stronomically, for a period of 36 years from the mid '80s, our sun, and hence our Earth has been directly aligned to what is known as the dark rift or black road of the Milky Way which leads directly to the Galactic Center. This "road" consists of interstellar dust and can be seen with a good telescope. To the Mayans it represents the open mouth of a serpent while others see it as the vagina of the Great Mother. Whatever the representation, the explanation is the same; we are being drawn inevitably along the dark rift and into the black hole in the center of the Galaxy. Such an occurrence only happens every 26,000 years due to the wobble of the Earth known as the precession of the equinoxes, so I suggest this isn't a good time to fall asleep! This is the moment we've been waiting for and it's my job to help us to remember why we're here. There is nothing left to be taught, for as a great teacher of mine once said, "If you haven't learned it in the past 26,000 years, there is little more to be said!"

From a Mayan viewpoint, this 36 year period represents the gap between their worlds, with the 4th world already complete and their 5th world beginning at sunrise on 21 December, 2012. An analogy would be that the 36 years reflects the 3 days when no moon is seen in the sky every month with 12/21/12 representing the birth of the new moon. Thus our alignment to the dark rift probably stretches from 1987 to 2023 bringing us all the opportunities available at the Galactic Center also known as the ocean of possibilities.

What is clear from listening to the indigenous people is that we are in for some challenging years from 2008-2012. Astrologically, Uranus, the planet of sudden change and Neptune, the planet of dissolution, will be in Pisces. Pluto is also on the move, entering Capricorn very soon. This will bring about transformation of structures and organizations which set the rules for our lives including those involved in religion, politics, education, health and the family. For many this will appear as chaotic as formations dissolve and die in order to bring about the metamorphosis from caterpillar to butterfly. However, there is a difference from any similar journey in the past 2000 years for, as we transition from the Piscean to the Aquarian Age, there will be no guru, messiah or master to lead us. This time we are it!

**Y**ou are the only person who knows your path and your own personal map or blueprint is stored within your heart accessed by what is known as the intuition. This inner knowing is non-emotional and expresses its messages through detached compassion. One of the greatest challenges to following this still small voice is the arrogant belief that we know where we are going and why we are here. I remember meeting a man who said, "I have been waiting for a year for God to tell me what to do. I have all the spiritual qualifications, have been on a number of retreats and meditate regularly. Why is nothing happening?" I thought for a while and then said, "I have just checked in and God wants you to clean the toilets."

"Oh, no, that can't be right," he cried indignantly!

I suggest you let go of any limiting thoughts as to your life purpose. If God says, "Go and lie on a beach" that may be one of the greatest challenge. And just because you are good at something, it doesn't mean you should keep doing it. If you're no longer learning and growing from an experience, then either change your approach or move on. If you really want to know your soul's path ask:

Close all the doors that are not in harmony with my soul and open or leave open those that are.

As you can imagine, I suggest that you only call upon the Universe in this way when you seriously want to live your soul's truth. Yet at this unique time, I

can't imagine why anyone would want to wait another 26,000 years to live their soul's desire. One incentive which may help, is to remember that any change made now sets the standard for the next 7 generations who follow.

Now, returning to our exploration of the Galactic Center or heart of the Great Mother, we learn that it is a super massive black hole which, like all black holes, absorbs everything in its presence. Have you felt the pressure? We may not know where we are going but we're definitely going somewhere. Beyond the black hole is a wormhole which leads to the ocean of possibilities, timelessness and non-locality. Ungoverned by time and space, many of us travel there during our dream state or during deep states of meditation. This "phase-space" holds the potentiality of Universal unconsciousness where we can experience the abundance of the Garden of Eden from a subjective reality. However, as soon as we focus on any aspect of this potentiality, we cause it to manifest into reality which we then call form.

This is why the ancient people considered it unwise to call God by a name for as soon as this happens, the potentiality of God is limited by our limited perception of reality. In the same way, any prayers for healing can become limited by our attachment to the result especially when praying for the well-being of a loved one. The finest form of prayer comes when we "become the prayer" manifesting into the world our highest potential.

**I**n times past, the Mayan shaman-king would take a hallucinogenic substance and travel via the Milky Way to sit in the "lap of the Great Mother" to receive her wisdom. He would then bring the visions back and, as a magician, manifest them into the world for the benefit of his people. Now, at this unique time, we have the opportunity to do the same. This is visual imagery with a twist of magic, where we are being given the chance to create the consciousness for the 5th world, and shape it any way we choose. This is a powerful time of manifestation where our thoughts are almost simultaneously becoming our reality; synchronicity in action.

However, one thing which I must explain is that when we return from the Galactic Center, we exit via a white hole in a Milky Way which exists within a parallel world. We do not return to the same world and we are never the same. Such change explains the fact that although the new 5th world represents

a place of unity this is not the same as “sameness.” The future offers us unity through diversity where everything is accepted as part of the collective consciousness or Great Mother whether black/white, male/female, day/night or good/evil. Unity merely means that everything is brought into the light of consciousness including darkness. Interestingly, as this happens, we will find ourselves aligning more fully to those with a similar frequency while others seem to disappear from our life. It is the same world but we will all be seeing it from a different holographic point of view.

**A**n analogy would be the way you and your siblings view your childhood. You may think that a particular event was wonderful while they see it as traumatic. It is merely a matter of perspective and reminds me of the time when I was receiving inner teachings about the realm of timelessness. I asked, “Is it Heaven?”

“If that’s what you want to believe,” they answered.

“Is it Nirvana,” I asked

“If that’s what you want to believe.”

Frustrated I said, “It can’t just be what I believe?”

“Why not? It’s always been that way,” they replied.

At this time, due to our alignment to the Galactic Center, our thoughts and beliefs are powerful tools of manifestation. Whatever you take there, is what we will create. Hence it is important not to enter the Center with limited expectations—for like a child in a cookie store, if they only know chocolate chip cookies, that is all that they will choose, failing to see the wealth of opportunity available to them. Over the next few years, there will be many who will prophesize difficult times but if we give this energy and especially fear, we are merely feeding an idea with greater possibility that it will reach reality. I have heard that the White Buffalo Calf Woman has returned saying that the prophecies do not need to happen. She says it is time to wake up, bring the joy back into our hearts and become the change we want to bring to the world.

Maybe this is the time to meet my new guide. One day I was sitting in meditation, searching for a totem animal and up stepped a worm. Surprised I said, "Are you a serpent." "No, I am a worm," he replied. "Couldn't you be a serpent?" I asked hopefully. "No, I am a worm," he again replied. "I don't even know which end I am speaking to," I said with frustration. "Your head and tail look exactly the same!" So he put a hat on! Of course I felt too ashamed to tell anybody a worm was my spiritual guide, especially as my last guide had been a vulture. Eventually, I started to seek opinions as to why a worm would come into my life and received useful advice about how a worm aerates the earth and the fact that worms are essential for healthy plants, but it just didn't feel right.

Eventually the worm gave me the answer. "I move through the earth by eating everything I meet and hence create a wormhole." Bingo! The way in which we can create wormholes and hence experience the ocean of possibilities, is to "eat" through our experiences absorbing the nutrients and letting go of the rest. In other words, be nurtured by the nuggets of gold or wisdom from our experiences and let go of the story. If you don't do this, any part of you that is held in the past, will prevent you from merging with the timelessness in the heart of the Great Mother and hence limit your experience of the new world of the 5th sun.

**I** remember seeing the film *Somewhere in Time* with Christopher Reeves. It was one of my favorite films portraying the possibility of time travel. He wanted to go back in time to meet a beautiful actress and knew that the only way he could succeed was by wearing the clothes of that period. He manages to return and their love affair is exquisite until the moment he pulls a modern coin from his pocket, immediately propelling himself back into the present time. This is our story now. Everything which we have created in the last 26,000 years is returning to us so that we can face and eat the wisdom of the experience and let go of the story. In this way, we can release ourselves from anything which would hold us in the past and allow our light or Ka body to grow, using this energy to enter the Galactic Center and hence, travel between the multidimensional realms.

Eating our creations so that we can release them is not the same as forgiveness which is often an attempt to bypass the real work. Real forgiveness occurs

through the willingness to meet ourselves in all our creations. One way this happens is to attract into our lives people and events which mirror the part of us still in the shadows. The message is reinforced by the strength of our emotional reaction to such an event or person letting us know that we are still attached to something which is awaiting resolution. Even our language tells us of patterns in our life which require facing and changing especially when we use words such as “always and never.” Without such changes we merely go round and round in circles, never growing and never reaching our full potential.

Much of the time, we are ready to move but are held by fear and shame and don't know any other way. It is only when we realize there is no judgment, blame or guilt and that being ourselves is all that is expected by the Great Mother that we will be free to release the baggage and live a full and enjoyable life.

**O**ver the past 13,000 years, we have been heading back towards the black hole in the Center. This phase, aligned to the in-breath of the Divine, is reflected in the stage of the hero's journey allied to the lover/sage. The first 13,000 years was seen as the development of the ego, the stage in which the hero steps out to find himself and eventually becomes king. Psychologically, our own lives are reflected in this journey where the hero is our creative self and the lover is the part of us which turns its attention inwards and absorbs the wisdom from its creations. The challenge comes when we refuse to let go of our creations, determined to remain as king of all we survey. Inwardly, it is helpful to look at what you defend to know where you are attached to your creations. All ancient traditions, tell the same story; the king must die or be a sacrifice so his people will survive. In the process, he offers his seed to the Great Goddess and she gives birth to his son and heir. Sound familiar? We too must release our hold on old forms and structures, absorbing the golden light of wisdom and dying to those forms so we can give birth to new ideas and insights.

Some have spent all their life in this phase of the journey which involves introspection. Outwardly they may appear relatively unsuccessful and yet their inner work has been profound and their inner world is rich. I want to honor any of you who have been working in secret through their own darkness and hence creating wormholes for others to follow. We are on our way home.



As to our leaders, it is time for them to take on the role we elected them to accept. Hence, if they are king, they must be willing to sacrifice themselves for the sake of their people. Nobody should go to war unless the leader is willing to be at the front. Nobody should be teaching if they are not willing to learn and nobody should be in the healing professions unless they are willing to heal themselves.

As we deepen our exploration of the fifth world we see it is ruled by the element of ether which is the synthesis of the four other elements, earth, fire, air and water. The number five is significant for it represents the power of transformation just as your 5th finger, the thumb allows for dexterity and freedom. The number 5 also represents the pentagram or pentagon, the shape representing the sacred feminine whose task is to show us the way through death into rebirth. The fifth world is the world of unity and harmony where there will be no war. The reason for this is that as the power to manifest our thoughts into reality increases so does the ability to feel the results of our actions on other people without the luxury of guilt or blame! Once this happens, we will realize that we do not want to do something that hurts another as ultimately it hurts us as well for we are one and the same and hence will seek harmony for all, echoing the sentiment, “Do unto others as you do unto yourself.”

**A**t the same time, we will become aware that our thoughts also influence the lives of others through the ether. I wonder if you would still entertain the same thoughts if you knew everybody could hear them? In Marlo Morgan’s book *Mutant Message Down Under* she asks the Aborigines why most people did not have their skill of telepathy.<sup>3</sup> They answered that most people have too many secrets and hence a desire to remain separate. When we learn to accept all aspects of the Self within our hearts, there will be no need for secrets or fear and will experience true telepathy.

For the Mayans, the etheric world brings a fusion of dark and light where there is no separation. Hence, dark and light, male and female, good and evil are accepted as part of the whole. The Mayans say that for us to pass into this new world, we will need to acknowledge that the dark and light must go through the portal at the same time. They say that “the dark” is well organized at this time while “the light” seems confused because of its need to keep going into the dark to change the truth. I want you to understand that when it

comes to going through the portal, if there are 301 lights and only 299 darks, I am very happy to go to the dark. I do dark well for the greatest challenge for all of us is to meet our darker aspects which are usually those parts which are socially unacceptable or where perhaps we have misused power. Everybody has lived dark lives whether as a tyrant, black magician or rapist. Everybody has been challenged by power with such power going to our heads. These aspects of the Self are just more clothes in the wardrobe all of which we must learn to master. And the only way to master these energies is to face them. Let me warn you; that which you do not possess will possess you. You will find yourself attracting people with dark energies and asking; "Why me?" The reason is that these people are attempting to help you to remember who you are and to call all those parts home. There is nothing in the universe that you should be ashamed of, because if it can be "imagined" it is part of the Creative Force otherwise known as God. We are here to bring this imagination or creative spark into manifestation but somehow we became trapped by our creations however uncomfortable that feels to us.

**I**t is time to accept that first and foremost we are creative beings and that not only are we able to manifest reality but also dissolve it. This knowledge brings us tremendous freedom as we are no longer victim to circumstances. If I as a soul created my family, my culture, my gender then I also created my illness. Why would I carefully create some aspects of my life and allow the others to happen by chance? All health practitioners need to remember this; if there are no mistakes, there is no need to fix or rescue our clients. Instead we need to ask, "How can I help you?" On so many occasions, the illness is the messenger when the inner voice is unheard. This is true of cancer, heart disease, Alzheimer's and strokes. In the case of immune disease, it is not the fault of the bacteria or virus, but the environment which allows them to flourish. And what is that environment? Our self worth, our self esteem, the boundaries we place around our sacred space and the joy we have for the world. The immune system is the heart of our being and over the next 10 years, much attention will be paid to this system as more and more illnesses are found to be immune related.

The new world requires a new consciousness. Rather than merely thinking about the future, it is time to embody and become the changes you wish to bring to the world. If you want to bring joy, be joy. If you want to be a

bitch, be a bitch. If you want to be angry, do it well. If you fancy being miserable one day, wear black, buy boxes of hankies and watch a really sad film. But remember that whatever you choose to be brings with it accountability which should not be feared but honored for it is through our willingness to take risks and explore our creativity that we grow and learn. As the veils between the dimensions thin, many will notice their psychic gifts increase with an expansion in the number of mystical phenomena reported. However, it is important not to give power to these phenomena or gifts for they are a by-product of the world of ether where whatever you imagine becomes manifest. Just because someone can talk to God it doesn't make them God. Just because someone can produce something in their palm, it doesn't make them a saint. As we complete the Piscean Age, there will be many who say that they know the way and yet only you know the way to your heart.

**N**ow, let us look at the hologram around the earth and the way it affects the consciousness of the world. Just as our body has an aura made up of the different subtle energies, so the Earth has its own aura. This is called the grid system. The first level of this grid system comprises of ley lines which are found to cross in the center of many famous sacred sites.

The next layer is called the astral body and holds the energy of our emotions. Hence, we may visit a place where we sense unhappiness picking up on a remnant of times past when there was great sadness. The deeper level is called the mental body which contains beliefs so that we may find ourselves being affected by the thoughts of those who have lived in the area in the past. The level we are accessing as we enter the fifth world is the soul body, or grid, which takes the shape of a dodecahedron.

Each of these bodies contains within it a holographic reality so real that we do not know that it is not solid. Yet, the old holographic fields are changing or dissolving so that we can enter this new phase in our evolution. As this happens, we are released to envision new horizons which are not limited by the fear, guilt and shame of the past. This state of affairs causes anxiety to those who wish to maintain their power over the masses through emotions or dogma. Hence, we see extraordinary efforts being taken by those whose authority is threatened to keep people in fear knowing that the more we concentrate on one aspect of reality the stronger the holographic images thus created.

But what is interesting is that when you choose not to focus on fear, you will find that your world does not revolve around survival and security. Change your belief and you change your reality.

**N**ow, we are being drawn towards the soul grid, the grid of unity and harmony which can only be accessed through the heart, not the will. Here the message is, "I am another one of you, I see the God in you as it is in me." This energy grid may not be familiar to the general public but has been known to kings, pharaohs and leaders for thousands of years. Even Hitler knew of it, knowing that whoever owned this aspect of the grid owned the world. The entry portals to the soul grid are often seen to be caves which can be accessed on the surface or underwater. Is it not interesting to note that many of the countries which have been invaded recently have large complexes of caves? In my belief, oil is not the only prize but the chance to secure the sacred portals to the wealth of the underworld. To some of you, this may sound strange and yet the children know of the power of the grid with many of them telling me that their job is to keep the lines clear.

So what is the best way to access the soul grid? Find a place which feels sacred close to your home. It may contain a river, mountain, stream, rock or tree. Even though the energy may be heavy or dark, don't go there to heal the area but rather go as a child bringing laughter, joy and celebration. As your heart opens so does the heart of the planet creating a new holographic reality based on love and unity through diversity.

Let us return to the concept of the heart of the Great Mother. It is useful to look at the electromagnetic field of our own hearts which we now know has a force field which is 50 times greater than that of our brainwaves. Can you imagine walking around with this powerful field? As you are sitting there in your chair, your heart is touching people 15 feet away. The other interesting feature of the heart is that every cell is independent and yet can greatly influence any other heart cell in its presence. Hence, we know that if one heart cell is in disharmony and you place next to it one which is healthy, the sick cell will be entrained back into health. What is even more amazing, is that if there are two sick cells, both of which are out of harmony and they are brought close together then at some point their closeness will bring each back into harmony. This is the power of a loving relationship.

It is now known that the heart's energy takes the form of a torus or toroid. This donut shaped energetic field is self-perpetuating fed by the power of love where all is held equally, dark and light, masculine and feminine. Because of this unique balance between the powers of attraction and the powers of repulsion, the torus and hence the heart can act as a transformer, stepping energy up and down according to the need. Hence, when we meet someone in our hearts we are able to relate to them where they are, by shifting our own frequency. This ability is not necessarily present through the power of the mind.

**T**he process of building the torus or the Ark is dependent on our ability to recognize and integrate the different aspects of duality within the fires of our heart. Thus it is important to acknowledge that if we know one pole of the duality, we also need to know its opposite, bringing the “animals” in two by two. Hence, if we know ourselves as the one who has been abused, we also need to know our inner abuser. If we know responsibility, we also need to know irresponsibility. As these two aspects of the self enter the vessel of the heart, they are joined together in the sacred marriage of opposites and their energy is used to allow us to expand our consciousness or light body. With this light or Ka body, we are able to move more freely between the dimensions and know ourselves in our fullness.

It is also known that the center of the galaxy is a toroidal black hole, telling me that it is a place of transformation, allowing us to travel to parallel worlds and multidimensional universes. This heart of the Great Mother links to every other toroid and hence every other heart, acknowledging that it is through our hearts that we will experience the unique qualities of the Void, heaven or ocean of possibilities. Many ancient cultures understood these principles including the Romans who knew that without the heart, any civilization would fail. Hence, they trained six virgins to maintain a perpetual fire, the Vestal Virgins, threatening death if the fire was ever allowed to be extinguished. What is our own Virgin? Our higher self with its intuitive insights. This aspect of ourselves is constantly present urging us to know ourselves fully and hence build and maintain our fire for the purpose of transformation.

Your virgin or higher self is not affected by the lesser matters of life and is complete unto herself. Hence, when she is present there are no power games,

no manipulation, no judgment and only compassion. Just imagine the outcome of any corporate gathering if everybody brought only their Virgin to the meeting. She is also the one who tells us when we stray away from our soul's path for we start to feel irritated, confused, stretched too thin and exhausted. It is then that she will call you home. She will also show us where there is unfinished business or a part of us requiring integration. At times like this, we will find ourselves judging those who reflect that non-integrated part of the Self even offering forgiveness just so they will leave us alone. I remember working with a lady who spoke of 3 people who had abused her. Yet, when I looked inside, I saw that this woman had a fear of her own power and hence saw anybody who carried that quality as a threat. Each person in her life had asked her to take back her power by being aggressive towards her and each time, she had shrunk away from the challenge and saw them as her enemy. When you pass over, you will be amazed at the people who actually loved you more than you loved yourself and were willing to be hated by you just to help you to grow. These are often the people who gave you the hardest times in your life. Like the Virgin, they are willing to hold you to yourself. Even if they need to kick your butt, they will keep doing it because they love you so much and are not attached to receiving your love in return. You are going to get such a surprise when you die!

**F**inally, there is the crone. You do not have to be female to have a crone nor do you need to be of a certain age. The crone is extremely active at this time as we align to the Black Hole at the Center of the Galaxy. It is her job to free us of old attachments to the past 26,000 years of creation. She is symbolized as the vulture or the destroyer who eats the flesh of our experiences helping us to transform the manifested energy into wisdom. Unfortunately, many are so attached to their stories as the basis of their identity that they have forgotten that they are first and foremost beings of light. Hence, at present, they are being forced to relinquish their hold on the maya of life through illness and crisis. It is time to bring those parts of the Self which have been left in the shadows into the light for, in truth, many of these aspects are not negative but merely held in the darkness through shame and fear. Bringing them into the light requires us to love the unlovable parts of the Self and to remember they all are aspects of the Great Mother. The Crone says, "I will not let you be less than you are. I won't let you mask yourself anymore." If it feels dark, remember she loves you so much. My final offerings are these:

Come home to your hearts, become the change you want to bring to the world and enjoy life fully.

Thank-you very much indeed.

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### REFERENCES & NOTES

1. This paper is based on Dr. Christine Page's Presidential Address presented at the Sixteenth Annual ISSSEEM Conference, *The Cutting Edge of Subtle Energies & Energy Medicine* (June 21-27, 2006).
2. Christine R. Page, *Frontiers of Health: From Healing to Wholeness* (The C.W. Daniel Company Ltd., England, 1992).
3. Marlo Morgan, *Mutant Message Down Under* (Harper Collins, 1990).

### QUESTIONS & ANSWERS

**Attendee 1:** I had a very hard time with my mother before she passed on. For one and a half years before she died she mirrored to me everything that I hated the most offering me the greatest trial of my life. And yet, everyday when I woke up I said, "God allow me to go through that mirror again." Thank-you so much for re-enforcing the power of the mirror.

**Attendee 2:** Some of the spiritual traditions believe that our ancestors create Karma for us that we may have to deal with in our present lifetime or future lifetimes. I have to believe that I do not create everything that comes into my life but I am a co-creator, along with everyone else. What is your sense about the notion of Karma and the fact that it may or may not have been created by our ancestors?

**Page:** *Thank you for a great question. In my mind, Karma comes from being locked into the time space paradigm. Once we step into timelessness there is no past or future. At this time, we are being given the chance to release ourselves from ties from the past many of which are reflected in our ancestors. For in truth, all members of our family are just other aspects of ourselves and hence as we complete parts of their journey which were left unfinished, we release any soul who has been held by familiar patterns of behavior. If you want to understand why you are here on this planet, just look at your family and especially the familiar pattern of illness. Write down 6 aspects of your parents and ask*

*yourself, "where is this in me?" Remember that they weren't always angry, bitter or alcoholic. They had joys and dreams but over time, these dreams were suppressed through circumstances. Your task is to pick up the baton they dropped and finish the job.*

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