

Contact!

A triannual report

Of technical spirit communication research

A publication of Continuing Life Research
with assistance from INIT

INIT is the International Network for Instrumental
Transcommunication.

Instrumental Transcommunication (ITC)
is the use of electronic equipment
to get messages and images
from nonphysical beings.

Issue #97/01

1997 January-April

Computer contact from spirit colleague Ernst Mackes

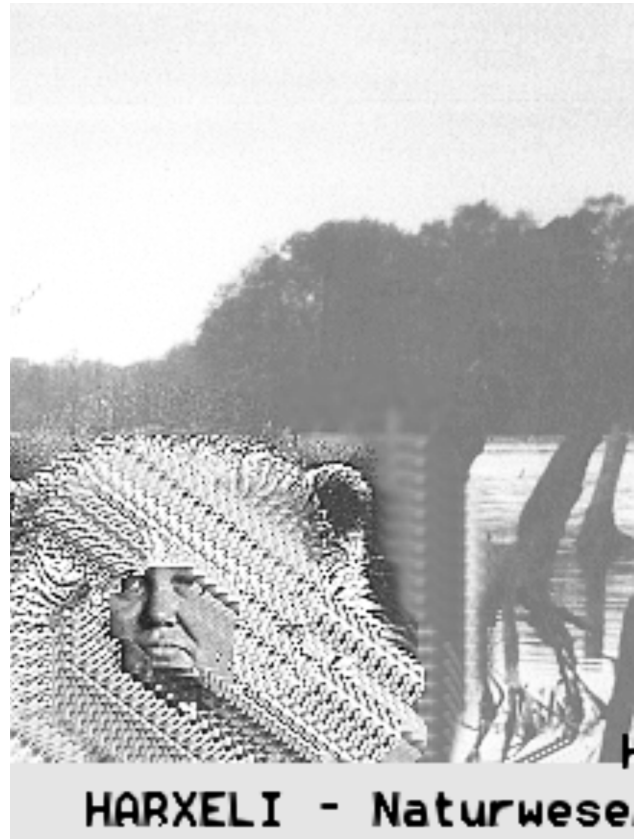
Insights into the nature of things

Dec. 6, 1994 3:23 p.m. The following computer text, received in Luxembourg, was preceded by a picture plus sound transmission through TV, from Spirit Group Cantelo Bastanini in cooperation with Spirit Group Timestream. The text transmission was accomplished by the efforts of spirit colleagues Ernst Mackes, Jean Eberhard and Swejen Salter.

This contact is an attempt to develop simultaneous sound and picture transmission. Further tests shall follow. They are built on a secure electromagnetic field. At the moment of contact, the recording heads of the VCR are being impinged on. However, this can only be successful when the experimenter is at that time totally relaxed, in a positive frame of mind, and harbors no fearful thoughts.

The statue to be observed is a nature being by the name of Harxeli. The make-up of these beings is especially suited for picture support of the sound contact (in this case of Ernst Mackes). These beings live in different universes simultaneously, The vibrations of their bodies allow them to combine the electromagnetic currents that flow in every universe known to us. They apply it to the receptive human being (who through his spiritual readiness exhibits a sort of focused or energized will. The combined energies produce the picture and sound in the magnetic heads of the technical equipment.

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Leading-edge institutes may provide insights into ITC

Tuning up our "biocomputers" (heart and brain) for ITC

by Mark Macy

For centuries, mystics have practiced meditation techniques to become conduits of God's love and wisdom. As they reach higher states of consciousness, divine wisdom pours into their minds, and divine love into their hearts. They spray this divine Light outward into the world, producing strong, silent waves of peace and joy that help wash away humanity's fear and darkness.

Modern researchers, in order to get a better understanding of how this all works, study the subtle rhythms of the brain and the heart. These physical organs (and no doubt their etheric counterparts which lie slightly beyond the sight of modern science) provide us with a personal connection to the worlds of spirit. Needless to say,

the findings will be vital to ITC researchers, since our communication systems involve not just our equipment, but also the physical and spiritual substances of our bodies. We must come to understand the role that we ourselves play in the complex ITC process.

With that in mind, I recently visited two institutes which are working at the leading edge of research into body, mind and spirit. The Monroe Institute, tucked away in the hills of Virginia, uses technical equipment to help people experience levels of consciousness in 20 minutes which meditators might spend 20 years trying to achieve. It's done by changing and monitoring the behavior of the brain. The Institute of HeartMath, hidden in the mountains an hour's drive southwest of San Francisco, applies modern technology to changing and studying the behavior of the heart.

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Declaration of the International Network for Instrumental Transcommunication

Preamble. We, the undersigned, do hereby declare that there are phenomena which can be interpreted as instrumentally supported communication with other levels of existence.

1. The experimental results obtained up to now are encouraging but not sufficient to draw definitive conclusions. Therefore we intend to investigate these phenomena in greater detail.

2. In order to allow better results and simplify procedures, we consider it essential to improve our technical equipment, as well as **our self**.

3. To this end, we intend to establish a network of independent people interested or active in the field.

4. We plan to publish a newsletter as well as other media, with which to share our results. An editorial committee will decide what to include in this newsletter.

5. We welcome participation by those who wish to become involved in Instrumental Transcommunication (ITC) from a perspective that is not only technical, but also ethical/moral.

Founding members: Mr Anthony Broad (UK), Dr Ralf Determeyer (Ger), Dr Guenter Emde (Ger), Mrs Maggy Harsch-Fischbach (Lux), Mr Jules Harsch (Lux), Mrs Juliet Hollister (USA), Dr Nils Jacobson (Swe), Dr Claudius Kern (Aus), Dr Theo Locher (Switz), Dr Hans Luethi (Switz), Mr Mark Macy (USA), Mr Friedrich Malkhoff, (Ger), Mr Jonathan Marten (UK), Mrs Sonia Rinaldi (Brazil), Dr William Stansmore (USA), Mrs Irma Weisen (Fin), Mrs Alison van Dyk (USA).

Dartington Hall, Devon, England, 1995 September 3.

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Contact! a tri annual report of technical spirit communication research

The International Network for Instrumental Transcommunication (INIT) is a panel of experimenters and researchers who wish to see the wholesome spread of instrumental transcommunication (ITC), the use of electronic equipment to receive information from nonphysical dimensions. ITC is not a religion or belief system. ITC is valid not because it conforms to religious tenets or to scientific principles, but because its results are valid. (As a comparison in the field of medicine, the "right" healer could be defined as the one who heals rather than the one who belongs to a particular organization or holds a particular credential.) So the purpose of *Contact!* is to improve ITC communications while encouraging the growth of mind and spirit of experimenters, researchers and subscribers. We do not exclude issues of science and religion, but include them when they support our stated purpose.

The United States arm of INIT is INIT-US, a not-for-profit research foundation and educational institution for the study and spread of ITC.

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Science and Spirituality

Quantum physics and the ITC phenomenon

by Dr Ralf Determeyer

Dear friends of Transcommunication! The spring of 1996 produced three exciting pieces of information. They are very different from each other but could be of importance to ITC.

Quantum physics. One was the paranormal text from Swejen Salter and Konstantin Raudive published in this issue of *Contact!* in which they describe elements of quantum physics to help explain the nature of ITC contacts. This is a highly difficult topic which can hardly be understood by most of us.

However, we are in good company. The greatest physicists of our time appear to have great difficulties with quantum physics, although their viewing angle is different from ours. In the March 96 issue of a widely read German science journal, *Picture of Science*, the main theme was, "The crazy world of quantum physics - Einstein's grandchild is in a dilemma."

One of the contributions was captioned:

New experiments confirm the strangest of all theories. Einstein once said, "When quantum physics is right, then the world is crazy," and Einstein's fear now seems to have come true: The world is crazy!

I ask myself, is the world really crazy or is it our understanding and view that will not let us "see the forest for the trees" from a perspective that has become "removed" from reality.

(Translator's note: The German word for crazy is *verueckt*. When broken down, the components of the word are *ver* and *rueckt*, meaning "moved from" or "removed". The editor is referring to this double meaning.)

Though the topic is difficult, I shall try to describe what is involved here as concisely as possible. A quantum is the smallest known unit of our material world. Photons, protons, electrons, even whole atoms can appear either as particles or as waves. In his article the author makes a series of highly remarkable and important statements:

A quantum, when feeling unobserved, are everywhere and no-

where.

Their behavior can never be predicted accurately. Quanta seem to know something about remote objects without having visited them. Quanta seem to travel backwards in time, Quanta when observed never show themselves as a wave, but only as a particle. In even the most sophisticated experiments, if it is necessary, they decide, backwards in time, not to be a wave.

Plain information about the particle flow immediately influences reality as nowhere else. There is an unsolved tension between the observed object and the observer. The concept of "information" makes real sense only when there is someone to use it.

Does Physics perhaps show us a bridge to our ITC phenomenon?

People influence matter by observing it, yes, but with what are they observing it, you may ask? I would not like to upset any physicist by using the misunderstood concept of "spirit", which is unacceptable to most physicists. Still, I see a remarkable parallel to what we have learned from spiritism about building and successfully using an interdimensional contact field: Awareness of harmony, positive thinking and loving action are all activities of a willing spirit. Are we perhaps facing much more far-reaching consequences of a (conscious) principle of our will which literally "can move mountains"?

Ah, how INIT would like to fit its practical understanding of ITC contacts into a scientific discussion! Why is it so difficult for established science to take the decisive step toward a higher dimensional picture of the world? I am convinced this understanding has long been known to higher agencies. Is it simply that established science will not, or cannot ... or perhaps MAY not broaden its view?

This impression unfortunately is reinforced when you look at the second piece of information, one that may change our world picture and increase our readiness to deal with ITC and its consequences:

Discoveries that NASA had kept secret. The German TV network ZDF at the end of its "Today's Headlines" seg-

ment recently reported about a press conference of former NASA members at the National Press Club in Washington, DC. The public was shown photographic material which showed unmistakable remains of technologically advanced building structures on the moon.

The photos were said to have been taken during the first moon flights and, up to now, after more than 30 years, had never been revealed to the world by NASA. Nothing was said about the origin of these signs of a civilization on the moon for three decades. Mars is also said to have signs of civilization.

The evidence leads to two conclusions: One, there must have been technologically advanced civilizations with the ability of space travel during the early history of our planet (this was reported to us ten years ago by our spirit partners), and two, the builders came from other planets. Officially NASA still denies this. Why are they keeping such knowledge from the people on earth?

Official telephone monitoring. There is no transcommunication link via human channel anywhere in the world as fluent and convenient as telephone contacts. By the same token, no other ITC link has been more exposed to doubts, suspicion, and accusations of fraud. Recently a successful German experimenter (Adolf Homes, as reported in the previous issue of *Contact!*) had his phone line monitored by the German Telecom to convince his critics that his spirit calls are genuine.

His line was monitored for three months with the result that no calls were registered. However, he received four different paranormal calls during that period. He recorded and transcribed these calls and registered them with the Association for Psychobiophysics in Mainz, Germany. One should think that this would take care of the suspicion of a human joker having some fun with the telephone. Not at all. Diehard skeptics find ways to attack the results.

Several experimenters in other locations, among them Luxembourg, had their phone lines monitored always with the same results: No paranormal calls could be de-

tected although several such calls were received!

Skeptics will say at this point that "earthside manipulators" can break into most telephone connections by means of wireless (ham) radio transmission. Well, technically almost anything is possible.

(Translator's note: This may presently be limited to cellular phones).

Such a manipulation would be very costly, requiring a network of con artists in the

immediate neighborhoods of experimenters worldwide, each able to announce himself with the unique voice of Konstantin Raudive, who died in 1974. These calls were received in Luxembourg, Germany, Sweden, USA and Brazil and even in Hawaii by Dora and Hans Luethi during their short vacation there.

What is this voice telling us? Nothing sensational, no prophecies about the end of the world, but a very personal conversation that always befits the particular receiver and usually includes direct two-way conversation. Who would benefit from such efforts? No money can be made from it (just the opposite is true, in fact). No contactee can presently expect to receive laurels, only animosities.

In whatever manner these calls are received, there is mounting evidence that the often mentioned "contact field" acts directly on the telephone set of the experimenter.

Let me give you an example: In June 1987 the being called "Technician" rang my phone to announce the founding of an international ITC organization. The "contact field" remained stable for six days to allow contacts from other entities. As witnesses have confirmed, our piano, which is close to the telephone, started playing "by itself".

In recent months several experimenters have tried independently to use a new equipment set-up which provides better shielding against earth side "spooks" and interference. Whatever these attempts of positive "proof" are, up to now we have had to rely on the trustworthiness of the experimenter or reporter. We can hardly expect more than a wry smile from those who demand cold facts.

Let us be confident therefore and let no one stop us who talks loudly about being scientific while they are frozen in a narrow materialistic ideology. Never can a contact be forced from our side, and often contacts take place where they are not expected.

What has to be told will be told, and no force on earth can stop it. Spirit blows where it wants to blow.

A view from far beyond

This issue of *Contact!* is devoted primarily to ITC as a frontier science. Before ITC can be considered legitimate and valid among the general public, it must first be regarded as legitimate scientific research. And before that can happen there will have to be changes made—changes in our understanding of spiritual reality, changes in the nature of science, and changes in ourselves.

Toward that end, the following message was received recently from our higher spirit colleagues who inhabit the ethereal realms far removed from the Earth:

The world in which we live, which you call 'the other side,' is constructed according to the basic laws of Ptolemy. The ideas that living and deceased persons hold concerning this structure are misleading.

The life view of Ptolemy was then obliterated by followers of Copernicus. This life view correspondingly reduced the number who arrived here geometrically. At the moment, due to the imprint of Einstein's view, and because of numerous new theories from your side — Hawking, Sheldrake, etc. — the other side here is, one might say, 'out of joint.'

Countless people are coming here from the earth. In spiritual understanding, many are not as yet advanced to the point that they recognize their responsibility for the outcome of these events. As new situations on Earth are created, we stand ever ready for new changes to echo here. Here these lead not only to changes in our planet but also to the dimensions or planes. New changes then need to be made here to compensate. The solution that we at the moment have decided upon is to try to reach the core of our world through which, when you inform us, we would be able to create anew. People who read what you write would discuss it with others and slowly construct a stable direction of thinking. To be sure, people here live happily and peacefully and can 'straighten out' the many problems that you manifest.

Even if your side is not a mirror image of the third dimension, and this side also does not present a mirror image of your Earth, we mutually influence each other. We are concerned about the unresolved problems of the Earth and always seek possibilities for helping you. Many times we can do nothing and must wait until someone on your side takes the initiative.

For many, many years we have inspired Mankind to subscribe to common valid rules that make living in community according to spiritual principles orderly and possible. Today we try to inspire your society while taking into consideration life in this age.

End of contact.

The first good paranormal video images

The experiences of experimenter Klaus Schreiber

(excerpted and condensed from the books Breakthroughs in Technical Spirit Communication, by Maggy Harsch-Fischbach and Dr Theo Locher, and Conversations Beyond the Light by Dr Pat Kubis and Mark Macy.)

Klaus Schreiber was a German man with very powerful psychic skills that lay dormant until the 1970s and 80s. After hearing about the phenomenon of spoon-bending, he went to the kitchen, pulled a spoon from the drawer and tried it. To his amazement, after a few gentle strokes the spoon bent in his hands as though it had melted. Before long he had bent not only a variety of silverware, but also an old horseshoe.

He began voice experimenting with a tape recorder, and immediately began receiving voices of his many deceased relatives. He was now hopelessly excited about paranormal research,

especially spirit communication, so he opened up a lab in his basement for audio and video experiments.

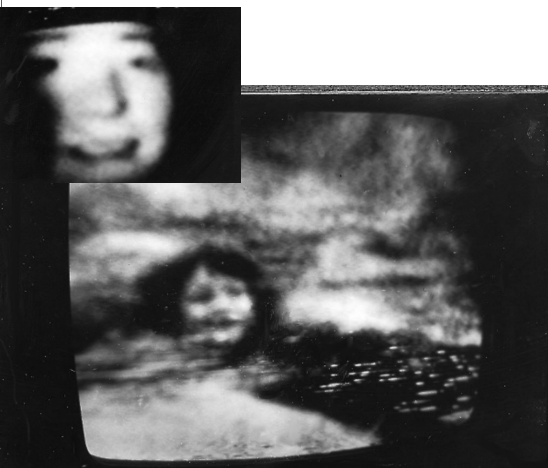
In the mid-1980s Mr Schreiber became the first person in history to receive direct paranormal images in an experimental setting. They came through his old black-and-white television set. He began with some rather elaborate video-feedback experiments which produced strange, misty patterns on the TV screen, and images would form out of the mists--images of deceased family members, strangers and celebrities--such as the images of physicist Albert Einstein, German movie star Romy Schneider, and his own daughter Karin who had died at a young age. Karin appeared as a female figure in a dark blouse and a white skirt with her head tilted, and soon became her dad's primary research colleague, acting as an intermediary in his contacts with other departed family members.



German experimenter Klaus Schreiber, the first to receive clear images from spirit.



Experimenter Schreiber with an image of the late scientist Albert Einstein that came through his television.



At left, a picture of Schreiber's daughter Karin from beyond the grave, and a picture of his brother Robert (inset).

At right, a profile of Austrian actress Romy Schneider came together from a cloud that had begun to move slowly upon the TV screen.

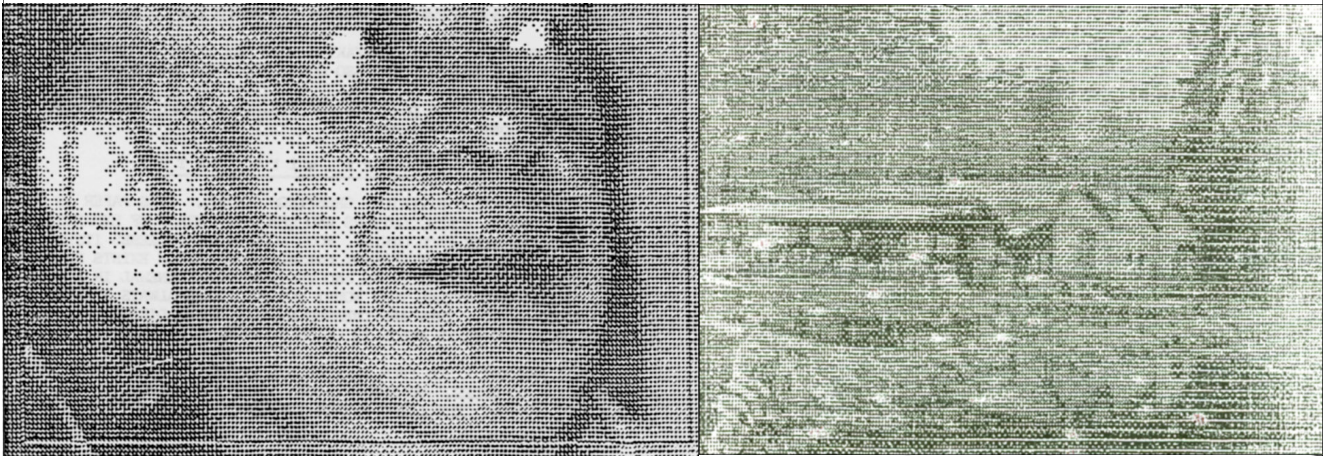


Klaus Schreiber died in January 1988 after a second heart attack, and within months began sending pictures and messages to former friends and colleagues on Earth, including a picture of himself and a picture of the spirit-world home where he is reported to be living with other deceased Schreiber family members.

A new picture. On 1994 October 13 a picture with text arrived in Luxembourg from *Klaus Schreiber*. It showed a photo of a young black man in the company of actress *Romy Schneider*.

In the accompanying text *Mr Schreiber* described how he met the two during his discovery trips along the River of Eternity and took pictures of them.

Since his transition in 1988, *Mr Schreiber* says he has been enjoying frequent spirit-world travels with many fascinating experiences. He has been sending many pictures to Earth in the hopes that some of them will be received. We are told that pictures such as these remain in "the quantum of spacelessness and timelessness", and perhaps it is just "a matter of time" and receptivity before they are captured by equipment of receptive ITC experimenters on Earth.



Klaus Schreiber died in 1989, and the following year sent pictures of himself in his spirit body (above left) and his new spirit-world home. More recently, on 1993

October 13, the picture below was received from *Mr Schreiber*. It shows *Romy Schneider* in the company of an unidentified friend.



From our ethereal colleagues

Knowledge and faith, science and religion, Light and dark. . .

While working on their PC (changing the address of INIT member Irma Weisen) Maggy and Jules Harsch received the following text. It deals with subjects which had been on their minds for some time: 1) the nature of religion, 2) the purpose and advancement of ITC, and 3) a method of research which is being pursued by some ITC researchers outside of INIT, and which might be termed "less discerning" in its efforts to select spirit colleagues.

Children of Earth, people of Terra, your complaints and your irritation have reached us. We, the seven whom you refer to as the "Rainbow People" this time want to reply to you.

Most of the people who believe in life after death belong to some religion and their acknowledgment is a sign of faith. Your major religions' ideas of the final goal is somewhat different from reality and from each other. Still, the belief in survival has existed on your planet from the very beginning.

However, even people who believe in some form of survival are distrusting and skeptical of messages from a dimension that is inaccessible to your present state of science and which it cannot identify or measure, yet. Those of you who dare passing on our information are said to do it out of fear, wishful thinking, and hope. The task of INIT people is not easy.

You say the information we give you is not adding much to what you already know about life after death. This may be true, but have we not often told you, what was revealed should first be more widely accepted before something new can be presented?

Have we not tried to tell you that contacts are not always possible because constellations are unfavorable? As we often said, sometimes it is better when the voices are silent.

Project Sothis advances in big steps since INIT was founded. All future meetings with members and even non-members will always be "optimized". Our circle looks with pleasure on your activities and when it is desirable and possible we shall contact you and advise you.

Often you do not hear from us for a long "time". After all you are children of Terra and therefore subject to time.

Why do you always want explanations when the answers you received have not even fully entered your consciousness yet? For instance the statement: "We have no time here". Do you really understand it? These are questions you should first discuss in your INIT circle. Try them out and write about the knowledge you gained and pass it on to those who have not advanced as far yet.

Always know that we only give you advice. We

would never command you or insist on a particular action.

Other spirit groups or individuals may act differently, but what do they have in common with you? We know of the problems that another station poses to you. Be aware that this station has no reference or relation to INIT. The statements of their spirit contact have no meaning to you, just as our statements have no meaning to people who are deeply attracted to that station. There are people who are interested in any kind of message from wherever it may come. That is all right, too. These people still have to find their way.

But you should make a decision. This decision does not mean an evaluation or even animosity. It merely means going separate ways if you want to solve the problems that you addressed. In the end both ways will lead together again and form a whole. But it makes no sense if some of you will already try a unification with a well meant but over-zealous eagerness.

Most of the INIT people already feel a deep spiritual link to each other and a great confidence. You are beginning to see a goal and purpose in the seemingly fragmented and disparate messages you receive. This is your way which you can walk together with us. If you want to do so, you will experience a deep feeling of spiritual homecoming. If not, you may find this experience with another group or perhaps not at all in this life. We will leave the decision up to you. Do you want to come along with us?

Ishkumar, One of the Seven.

Correction

The previous (96/03) issue of *Contact!* contained an error in the article about a former Nazi reporting on the horrific experiences of the hell he is inhabiting. The correction was sent to us by German physicist Ernst Senkowski.

The communicator to Adolf Homes on 1994 Dec 4, via Commodore 64 computer, was not Hitler's deputy Rudolf Hess, but a commandant at Auschwitz named Rudolf Hoess, who was directly responsible for the poison gassing of thousands of Jews.

The computer letter started out, "1947 - Rudolf Hoess - end on Terra", meaning that Hoess died in 1947. References in the letter to "white roses" have a double meaning. It referred to the White Rose student group who opposed the Nazi regime and also to white roses which Hoess in his private hell now can see in the distance. Hoess grew up in a Roman Catholic family and had early encouragement to become a priest. That may be one reason he asks for prayer from people on Earth to help raise him from his hell, speculates Prof Senkowski.

Getting settled in the next life

Experimenter gets report from her late uncle

The following paranormal text was delivered to the computer of Maggy Harsch-Fischbach of Luxembourg from her Uncle Jemp Fischbach, the brother of her father Albert Fischbach, on 1996 April 6 (2:22 p.m.). Her uncle had made his transition several years earlier and tried to describe his new existence.

Albert, it was a shock for me when I arrived here. As you know I was never a great believer and what comes after death did not interest me much. Something had to be right about it, but what? Like so many other people of my generation I had only an approximate and foggy idea. I had gone through two world wars and always thought little could shake me up anymore. But when this hole suddenly opened in the wall and became larger I must admit that I was afraid. I was at that time old and sick and very weak. Never did I think I would be up on my legs again so soon.

I called for help but nobody seemed to hear me. The hole now was as big as a door and silvery light came through it into my room. Our mother came out looking exactly like she had looked when we were little, but much prettier than I remembered her. Albert, she smiled at me, took me by the hand and said:

"Come Jemp, this is enough here. You should come home now."

I went with her holding her hand, like we used to do as boys. Somehow it did not occur to me that she should really be dead for many years.

We went through the opening and suddenly stood in a meadow. The weather was pleasantly warm. In a distance, huge mountains stretched right into the clouds. I first thought I was in Switzerland. When I turned around, my room and everything else was gone. We walked through tall grass for a long time, passing animals, some of which I had only seen on TV and others that were unknown to me. They observed us without fear. Some dogs approached and mother gave them small tidbits she carried in her apron.

When I looked up in the sky I was struck to see not only one but several suns. Now I was convinced I had fallen asleep and was dreaming the whole thing. Strangely, I was not exhausted from the long walk. If anything, I felt stronger and happier. Mays and the children would really be surprised if I told them about this.

Finally we came to the edge of a small and pretty village. Some former neighbors of ours, soccer fans, people of the choral group and colleagues who had worked with me but had died long ago were lined up along a fence. When they saw us they

started hollering: "Ah, Jemp is here. Mother Ann went to take him home, it's about time!" And so on. (Jemp was in his eighties when he died.) A few pinched me in my shoulder to convince me that I was not asleep.

We stopped in front of a small house that could have been a copy of the house in Rue Mohrfels, but was more beautiful and newer. Mother said: "You stay here until you get better, then I will help you get acquainted with the surroundings."

"Get plenty of sleep now. I'll look in from time to time".

The other people smiled and waved at me when I closed the door behind me. It was cool and very quiet. Pictures of Father and Mother, of George, Maisy, Pier, Misch and other family members hung on the wall above a beautiful blue silk sofa.

At this moment I felt a great tiredness. I sank onto the sofa and lost consciousness.

When I awoke they told me that I slept six weeks. I did not believe that. When I wanted to wash and shave myself, I saw in the mirror a face that needed no shave. Thick stubbles of new black hair had grown on my head. There was a strange feeling in my mouth as if something was pushing from the inside.

A few days later new teeth pushed through the gums. There was no pain. A friend told me he experienced something similar, except he had many gold and silver fillings which in time were actually pushed out of his teeth when they renewed themselves.

My old age spots disappeared and I noticed that I had normal hearing again, actually better than before.

I have never tried to contact Annie, Jacques or anybody else.

I am only writing this to you because I know if you passed this on nobody would believe you. Meanwhile I have settled in so well here that what was important before has become like baggage I can do without. You may be surprised, Albert, because you know we were always a little fanatical about our children.

Here you are given a different view of things and you notice much that you paid little attention to before.

Mays and I, Mom and Pop and all the others really only wanted to wish you, Kenny, Maggy and Jules a nice feast day. We are going to celebrate here too. Old habits do not die easily. I wanted to tell you that I am sorry we had to separate like that. Old men can be very stubborn, Albert, and you and I were like this all our life. Do not be afraid to come here. It is beautiful every day. Jemp Fischbach

*Extending the borders of science***Recent contacts provide scientific insights**

by Mark Macy

This article contains a collection of recent contacts that can broaden our understanding of reality. Many of the ideas are beyond our worldly paradigms and require a bit of stretching on our part to make them fit. Thanks to translator Hans Heckmann, who dissects sentences and words with surgical precision, the complex meanings in the original German text have been preserved. After each message, certain key phrases are extracted for analysis.

Our thoughts create our reality

In the weeks leading up to INIT's founding meeting in Dartington England in August 1995, Luxembourg experimenters Maggy and Jules Harsch-Fischbach received the following letter from spirit colleague Swejen Salter. It came at a time when experimenters held mixed feelings about the nature and composition of an international ITC organization. The letter explains much about the illusory nature of our physical reality, and at the same time opens many questions, some of which I list at the end of the letter, along with my own conclusions.

Computer text from Swejen Salter, 1995 July 25, to Luxembourg

Station Co-Time, Group Timestream, to all who want to hear:

There is a basic theory of quantum mechanics which can be confirmed by observing the behavior of two photons flying in the same direction. Any observation or measurement of one photon, has an immediate influence upon another photon. Both are traveling with the speed of light. The process of defining the nature of one photon influences the nature of the other photon.

In reference to your world and our world, this means that what you call reality will be formed by the first one who wants to investigate and define it closely. Cosmos and space are constantly being defined anew, and the universe adjusts to it. Expressed more clearly: When an idea is big and strong enough, its creation will last until another paradigm is formulated which is just as strong or stronger.

The human mind is like a hologram which contains millions of small holograms, but the brain is merely an electrochemical generator in combination with an interferometer. At first, human beings have given your and our world a solid foundation, and a substantial philosophy of solid convictions and true faith. However, many of you presently lack the necessary seriousness. You produce a psychological scheme that takes on a body of its own but lacks conviction and is far from help-

ing either you or us. It may even defeat many of the efforts that were made up to now.

Some contacts are influenced by false conceptions that haunt the heads of experimenters (on both sides). There are such great expectations that no time is left for the inner perspective and therefore for personal and mutual values.

Of course, we also think that an emerging human vision should be the measure of things. However, we do not share the anxiety some of you have of a larger-scale cooperation which would be fostered by an ultimate umbrella organization. There certainly can be no argument about governing or serving this kind of cooperation.

Circulating the idea (from us and from you) that it is presently "too early" to set up a stable field, can be the very obstacle that will prevent this field. Everybody is responsible for what he/she sows and reaps. These thoughts have been presented to you several times. Unfortunately they have not been understood by everyone here and on your side.

I have already asked you once: What keeps you back from setting up such an organization? To this date, I have not been given an instructive and informative answer. Let me say again that fear has always been a bad advocate.

Very few of you, among them Gerdie Emde, Sonia Rinaldi, Friedrich Malkhoff and my friends in Luxembourg, understand what is really at stake.

New stations will develop, this cannot be stopped. Bridges between the two worlds have been built. They cannot be torn down again. However when and where new development starts is up to you. Those who understand this will receive help.

Swejen Salter, 1995 July 25

Analysis and questions. To how great a degree can we actually shape and transform this physical world with our thoughts and attitudes? Modern humans bump into walls of their own making (speaking metaphorically as well as literally). How much inner work would be involved to allow us to move smoothly through them? Probably not as much as we generally assume.

Now, nearly two years after receiving this letter from our spirit colleagues, much has stabilized and strengthened among ITC participants on both sides of the veil. We know, understand and, yes, love each other more than before. We now realize that most of the obstacles to the wholesome spread of ITC were the products of our minds. The human fears and uncertainties. All of us involved in ITC--experimenters, researchers, writers, subscribers and members alike--now have the opportunity to work together to help other Lightworkers in building a new world of wisdom, love and Light. Using ITC as one effective conduit of ethereal reality, we can work together to restore Heaven on Earth. We must only believe.

Quantum reality, 11 tubular dimensions and other puzzles

The following text was found on a diskette right after it was formatted in Luxembourg on 1996 August 31, at 3:30 p.m.

Attempts are being made (by Earth experimenters) to determine and strengthen ITC contacts with the hope of making them repeatable. This is as impossible as simultaneously determining the position and vector of an electron. Just like the contact, you cannot conceive it as a tangible entity. Both have to be considered in the duality aspect of wave and particle.

Imagine all space filled with possibilities like waveforms. You only recognize wave peaks and valleys and assume the electron at the points of its highest values. The wave functions collaborate at the moment of observation. An intersection of (quantum) reality and the physical senses have been created. The situation is similar with transcontacts.

Space-time consists of eleven dimensions, of which only four can directly be perceived by you. The other seven (compact) dimensions exist and are present in a vanishingly small scale in your universe. They are rolled together to the topological equivalent of light tubes whose diameter lies within quantum limits to determine the size of plank's length.

The value of physical constants are determined by them, gravitation, electron charges, selectivity, etc. When these tubes "unroll" a little or open (during contact) the constants are momentarily changed. Also, time ceases to exist. This can occasionally be dangerous.

After careful consideration we decided against any contact attempt (during INIT's founding meeting in 1995) in Dartington Hall. Not because we do not want to, or because your group is not unified enough, but because it would create a wrong starting basis for the coming goals and tasks you will be tackling together. The success of a direct contact would be very questionable anyhow because of the totally new location and the new makeup of your group. The equipment to be used would have to be different. The means momentarily available to you would not give the results that we are looking for in the future.

A totally new (still to be developed) apparatus can be used during later meetings. Its construction will have to be done by you, with consideration of material we already mentioned in many past contacts. Priority should always be given to the spreading of ethical-moral thoughts and considerations. This should never be done through the mass media.

Peace and friendship for all life.

-- Swejen Salter and Konstantin Raudive.

Analysis. Several statements in that contact require closer examination:

Making ITC contacts repeatable is as impossible as simultaneously determining the position and vector of an electron.

Some aspects of scientific methodology are proving to be outmoded or nonapplicable in the fields of interdimensional research. One is the need to replicate an experiment to validate its results. Spiritual experiments, as a rule, cannot be replicated.

Space-time consists of eleven dimensions, of which only four can directly be perceived by you.

On one hand we are told that the number of dimensions and their divisions are arbitrary, that there are many, many levels of physical and nonphysical existence, from the material domain to the timeless ethereal realms, all superimposed upon each other, each remaining distinct by the frequency or vibratory rates of their substance. Does the term "space-time" refer only to physical dimensions?

(During ITC contacts) time ceases to exist. This can occasionally be dangerous.

Readers familiar with the secret government project called "the Philadelphia Experiment" after World War II in which a navy ship was dematerialized--removed from our physical world for "a period of time"--are fully aware of the dangers involved in interdimensional work.

Construction (of a new earthside ITC apparatus for contacts before groups of people) will have to be done by you, with consideration of material we already mentioned in many past contacts.

Here is where ITC researchers can "earn their keep" as they jog their memories of past contacts and dig through texts generated in the last 10 years to gather all that's been recommended by our spirit colleagues on the composition of ITC systems.

New spiritside equipment is "formed"

In a telephone dialog lasting several minutes, 1994 March 18, spirit colleague Konstantin Raudive told German experimenter Friedrich Malkhoff that members of the spirit team were working on Mr Malkhoff's equipment to achieve better contacts, but that Mr Malkhoff would have to wait a period of time before receiving his first FAXes. Following is a short excerpt from that dialog:

Friedrich Malkhoff: I had a few calls on my FAX lately, but nothing came through. I was wondering if you perhaps....

Konstantin Raudive: That is correct. All your equipment is currently being "formed". That will take a certain period of time.

Friedrich Malkhoff: Yesterday we bought new FAX equipment that does its own dialing. We hope you can use it.

Analysis and speculation

Your equipment is currently being "formed".

We have been told that when experimenters travel to ITC meetings and conferences, sometimes our closest spirit colleagues "travel along" in their dimension in similar earth-like conveyances and eat similar foods in order to stay in sync with us.

Information we've received also suggests that our spirit colleagues use apparatuses on their side that are similar to and in tune with our electronic devices here on Earth. This etheric equipment is probably not assembled in spirit-world factories, but formed from the collective thoughts of colleagues on both sides of the veil, and especially our invisible colleagues in the mental-causal planes where thoughts are so powerful as to be able to create entire worlds, we are told.

Since the spirit worlds exist in the same "space" with us, separated not by geography but by frequency, we can imagine how the spiritside equipment is overlaid upon our equipment, so that there exists an integrated system of equipment across dimensions.

When a new piece of equipment is added to an experimental system on this side, it takes awhile for the system on the other side to adjust to it. This is probably because new equipment is being "formed" on the other side to compensate for the new device here.

If all this is true, then it makes sense that the speed at which a new ITC receiving station on Earth is up and running will depend largely upon the skill of the spirit team to "form" effective equipment on their side into a complete, well-integrated, interdimensional system, and also upon the "ITC aptitude" of the experimenter to provide what our spirit colleagues call "*an emotional lance in the center of their emotional consciousness which manifests imperceptible tones, signs and pictures*".

Perhaps one reason why old, well-used radios and TVs on Earth seem to work better for ITC contacts is that these devices hold strong energy imprints of their owners. It may be easier for our spirit colleagues to form their equipment around earthside equipment that has been deeply impinged with life energies.

A contact through fax by Dr. YANG - FUDSE

1994 January 12.

Maggy and Jules Harsch-Fischbach of Luxembourg received a fax contact signed by spirit colleague Yang-Fudse. They were not at home at the time. The contact contained more than a page of Chinese lettering followed by a German text, translated as follows:

Group Timestream Station Co-Time to Station Luxembourg/

Yang-Fudse 11:41

After a long interruption of your audible and visual contact reception, today on Jan. 12, 1994 a new contact bridge was activated.

Among other things it will make it possible to stabilize these fax contacts. Also, the desired pause enabled the peripheral field of reaction to be recharged which is needed for the healings. One might say that by strong use of the centers of feeling this field was worn out. Beginning now, it is being re-shaped during the next few days.

We know, some among you still find it hard to look at these contacts, and in particular the fax contacts, as authentic transcommunication. Be advised, you skeptics, just as our friend Ralf Determeyer uses the term "cymatic" in reference to the influence of waves ON matter, so should you look upon audible and visual transcommunication as influencing electromagnetic waves BY matter (in this case predominantly spirit matter).

In specially suited experimenters (to whom you wrongly refer as "successful") there develops a sort of "emotional lance" in the center of their emotional consciousness which "materializes" inaudible and invisible tones, signs and pictures in your realm. People are usually born with this particular polarization of consciousness. Others may try as hard as they can, they will not get these results.

Should not everyone get this type of transcommunication in the form shown to you? No! It is not everyone's way. Do not envy those who walk this way, for it is long and full of thorns. Many of you would quickly want to get off it.

My greetings to you honorable citizens of the blue planet.

Yang-Fudse.

Analysis. Below are listed two statements by the spiritside author of this letter that deserve closer attention, each followed by comments and possible implications.

The desired pause (in contacts) enabled the peripheral field of reaction to be recharged.... By strong use of the centers of feeling this field was worn out.

Interpretation: The contact field consists largely of our emotional reactions. When we are stressed out due to adversity and overwork, the field grows weak. We can recharge it by dealing effectively with the stress by such means as rest and recuperation.

In specially suited experimenters (to whom you wrongly refer as "successful") there develops a sort of "emotional lance" in the center of their emotional consciousness which "materializes" inaudible and invisible tones, signs and pictures in your realm.

Interpretation: Usually we think of success in a project as the natural outcome of diligence, persistence, hard work, creativity, shrewdness, adequate funding, a sound scientific methodology, and other such factors. Apparently ITC contacts cannot be regarded as "successful efforts" in the usual sense. Rather, certain people have a certain aptitude for ITC. According to this spirit contact, that aptitude might be a sort of penchant for passionate daydreaming in which a person not only forms

vivid mental impressions of concepts and images and sounds, but does so with a great deal of feeling. Perhaps a creative mind provides the vehicle for ITC contacts, and passion and enthusiasm are the fuel.

Simultaneous contacts

An attempt was made by our spirit colleagues one recent winter day to send the message below to three receiving stations simultaneously: Luxembourg via computer, Schweich Germany via telephone answering device, and Rivenich Germany via telephone and/or computer. The message arrived in its entirety only in Luxembourg. Station Rivenich was unprepared to receive, and the contact broke down twice in Schweich. Following is the text as it arrived in the Luxembourg PC (with the same punctuation and lack of capitalization) but translated here into English:

this is the first attempt at a temporary simultaneous adjustment between station schweich and luxembourg/ at the moment of contact the citizens of your planet think the universe is finite with finite resources/ in reality the universe consists of many dimensions and one can speak of a polyverse/ we, whom you call the dead, can receive our energies from every part of your universe at any time, because space and time are identical to us/ they are infinite, timeless and eternal/ for you, the seemingly living, this is not the case, for your spirit and your psyche have created for yourself a prison in your four-dimensional world from which only few can escape/ you are among them/ tell people to pay attention to their dreams, they shall soon notice a change of their so-called reality/ this contact was dispatched to stations schweich and luxembourg at the same point in time/ other stations are in the process of being activated/ be patient/ this was konstantin raudive - 23/02/94 - 8:26

On the same day that the above message arrived in Luxembourg by computer, four calls were made to the Schweich answering machine of Friedrich Malkhoff, but only two messages were successfully put onto tape. The first message was identical to the first four lines of the above message. The second message was as follows:

This is Konstantin Raudive speaking. This morning at 8:26 for the first time, a contact attempt was made to Stations Rivenich, Schweich and Luxembourg simultaneously. Station Rivenich was not ready to receive and Station Schweich was activated. Unfortunately, not enough energy was available to activate the answering device again. The contact was received in its entirety by the computer in Luxembourg. This was Konstantin Raudive.

Analysis

Tell people to pay attention to their dreams; they shall soon notice a change in their so-called reality.

Interpretation: Many of our dreams are actually travels out of body into spiritual dimensions, and learning to remember dreams has long been an important step toward spiritual aware-

ness and growth. Predictions of major changes on Earth are being reported from many sources, and sometimes they are reflected in our dreams.

Not enough energy was available to activate the answering device again.

Interpretation: It requires a great deal of energy on the part of our spirit colleagues to make these contacts possible, and apparently the three-way contact attempt required more than they had anticipated. They got only a partial message onto Mr Malkhoff's answering machine before the simulcast experiment ran out of energy. Later on they apparently tapped into more energy to deliver the second phone message.

A strong contact field brings together energies from many dimensions, not just the electromagnetic energies of our physical world. Etheric energies are rather dense spiritual energies, what frontier physicist William Tiller calls "magneto-electric" energies. They might include what various other people have called "orgone" and "ectoplasm". Astral energies (what Dr Tiller calls "deltron" energies) are subtler still, and they include our emotions. Our bodies are natural transducers and transmitters of these energies which, according to Dr Tiller, affect electrons and can be directed by the mind.

We on Earth are now approaching the time when we want to start charting the characteristics of these various energies and coming up with some sort of standard terminology. Hopefully with the help of our spirit colleagues. Perhaps Nature spirits such as Harxeli who use all these various energies could share with us their impressions of how each type of energy "feels" to them when they are tapping into it.

ITC interest and open minds will open doors

Whether you believe it or not, people's interest in ITC is the most important factor in ITC. In the manner in which you form us with the power of your thought, you will be the object of our dream world. If there is sufficient interest for us on your side, we are real and can take part in the happenings there. Through you, we in turn become strong.

The main problem in ITC seems to be in the amount of proof. With any other study, a tenth of available proof would be convincing. Freud have not even half as much proof about the existence of the subconscious, and Einstein not half as much statistical examination about the structure of the atom. In any other field the statistical evidence alone would have shattered the contradictions. You are still arguing about evidence to prove the existence of the phenomenon. Instead you should be studying it to find out how the world could be changed with it. For instance, could you bring yourself to accept Sheldrake's concept of morphogenetic resonance you would already be a little closer to the matter. In fact, similar structures can be in communication with each other across space an time by means of morphogenetic fields.

-- Swejen Salter, 1990 May 10

English explorer describes his ultimate adventure: transition

The memories of Abdallah Ibn Bekr. reported by Richard Francis Burton on June 27. 1996.

Allah be with you, Burton. It is nice to see you once again in Yatrib Quastar. We have known each other for over a hundred years. Each time we meet, memory bridges time and I remember the day I first met you.

I went to the bazaar early in the morning before the heat of the suns forced people back into their homes. As usual, there was much activity. Bright clothing next to colorful carpets and balls of silk competed for attention amidst the noisy mixture of Aramaic, Greek, Arabic and Persian. The sounds of the language of the River of Eternity stood out amongst it. Camels were loaded with goods of all the countries we traded with. The smell of flowers and selected spices tempted my nose. I used to be a spice dealer in Haybar and heard the prophet speak twice, but that was a long time ago and over the years my life has faded, like a cloth of silk under the sun ... Now my world is here. I am leader of the exchange trade in our area (money does not exist here any more) and I am happy and contented here. In the beginning I used to search for members of my family. Once I went with a caravan to where the yellow people live - the location they call the "hill of the yellow jade", but could not find anyone I used to know. Therefore I gave up. To tell the truth, I do not miss anyone, except Halima, one of my former daughters-in-law. She was very beautiful and very kind to me and took care of me until my death. Five hundred years ago, almost like a miracle, Allah be praised, I met her again. She was lonely, too. We got together, for we were young and loved each other. We have enjoyed every day, since.

This morning, a group of horsemen, led by a trumpeter passed me and I quickly stepped into a doorway to avoid them. A long time ago I had been careless and did not get out of the way of a horse fast enough. It ran me down and I broke the right arm and shoulder blade. I had no pain and felt well enough, except that I had to use my left arm for the next ten days until my other arm healed totally.

Another man already stood in the dark doorway. Somewhat blinded by the sunlight it took me some time to get used to the dark. He was tall, very tanned, and looked like one of our people. Also, he was dressed in our customary clothing.

"Peace be with you, stranger" I addressed him. "Peace be with you" he replied. Your city is beautiful, my friend. I have only been here a short time and already noticed great comfort and happy hearts within your walls". I liked his words and showed him hospitality by inviting him to a nearby coffee house.

And there, sitting under precious tapestries and in front of an artfully carved table of leaf ornaments and mother-of-

pearl inlay he told me his name was Burton. He had woken up a few days ago in a shady palm-and-fruit garden near a bubbling spring in the middle of the city. A young goat was licking him and when he gained consciousness his outer appearance and cloths were exactly like they are now. He has absolutely no knowledge how he got here.

At first, he believed to have lost his mind, because he remembered just lying in bed when a terrible pain went through him. He lost his consciousness and then woke up in this garden and now feels better than he has for decades. He was free of pain and could breath freely. "But" he added "I had a beard most of my life which is now gone. I have not shaved for three days" he continued and passed his hand over his face, "yet my face is as smooth as a child's behind" (transl. note: actually Burton used the word "Ass"). "You are telling the truth" I responded, "but God knows, many of us will miss this adornment of our face but will get used to it".

Then he asked me for the name of the mountains he could see everywhere in the background. He wanted to know the names of the three suns and a thousand other things which I answered to the best of my knowledge. Later I took him to my home.

We ate and talked. He kept asking new questions all the time. Never had I met anyone who was as inquisitive and was so interested in everything. Many things I could not clarify for him because I did not know the answer myself such as the common language we all use when we arrive here but never learned. About the mountains which only few can cross because they are (aqabas?). About lifeforms which do not look like animals or men, and much more. We sat together until dusk. A breeze of sweet incense was in the air on this warm evening.

The conversation had ended. I looked at Burton who like Halima and myself sat on a gold embroidered pillow and stroked his missing beard. He had become thoughtful and was staring out in the star filled bright night. "Not one constellation I know" he murmured. Suddenly he straightened up. Jumping on both feet and raising his fist against the sky he shouted: "By God! I am going to find out what is going on here, even if it should cost me another damned seventy years and my health.... Tomorrow morning I shall start for the mountains!"

That was the first time we met, my friend. It was over a hundred years ago and we are still the young men we were then. You with fire in your veins and I with warmth in my heart for you, my friend of Timestream.

(continued from page 1)

Unfortunately, many people on your side have lost their relationship to nature. They cut their path to nature spirits and thereby also



Ernst Mackes

closed the contact to other spheres in which their "dead" relatives continue to live.

Inform all those interested in instrumentally supported transcommunication:

If you want results with technical equipment, you should not forget to love nature, cultivate it and protect it. This may sound

strange but consider that everything forms a unity. All successful experimenters have known this and taken it to heart, those who are now on our side of the river and those who are still on your side.

Group Timestream/Station Cantelo Bastanini/ 6-12-94/ 15:23

Analysis. Below are listed statements by our spirit colleague in this letter that deserve closer attention, each followed by comments and possible implications.

The recording heads of the VCR are being impinged on. However, this can only be successful when the experimenter is at that time totally relaxed, in a positive frame of mind and harbors no fearful thoughts.

Interpretation: Our state of mind is a key to successful ITC contacts. We can learn to deal with stress and center our life around love.

(Some Nature beings can draw upon multiuniversal energies and apply them) to the receptive human being who through his spiritual readiness exhibits a sort of focused or energized will. The combination of both energies produces the picture and sound in the magnetic heads of the technical equipment.

Interpretation: Some nature beings are living transducers of life energies flowing at many levels of spiritual and physical existence. They can provide the energies needed to gather information originating in spiritual dimensions and deliver it to our physical dimension through electromagnetic energies. We on Earth must be able to focus our will so that our thoughts can shape our reality in a favorable way.

If you want results with technical equipment, you should not forget to love nature, cultivate it and protect it. This may sound strange but consider that everything forms a unity.

Interpretation: Atonement (at-one-ment) with all life lifts the human spirit and opens doors between dimensions.

INIT-US receives reports on spirit colleagues

About Jeannette Meek. After the tragic shooting of school-children in Scotland last year, the following dialog ensued in Luxembourg.

Maggy: Have the children and their teacher who were murdered in Scotland by any chance arrived at Timestream?

Technician: *Jeannette Meek is one of those who are taking care of these children at the moment. There are many on our side who do this.*

It is believed by many on your side that people who come here can observe those they left behind. You will understand that this is not always possible. For instance, how could these little children who arrive here possibly be happy when they look back and see their parents in grief and misery? Therefore they cannot do this. Also consider this: The children grow up here. It will be many years before their parents arrive. By then, their parents have changed so much that perhaps they are not sympathetic to their children anymore or vice versa.

Remember, the person we like best is always around us. They become the most precious and dearest being to us and no

shadow or dissonance can get between you and that other person. At all times we get from each other what we wish.

About Arthur Beckwith. In 1995 a page-long letter was sent via computer in Europe to announce new members of a spirit group forming to make contacts in North America. The letter was from an Arthur Beckwith and contained many details about the Earth lives of members. After some digging, some details were verified while others led into mazes. Some information provided by a psychic apparently turned out to be false, as reported in the following contact which arrived in the fall of 1996, through Station Luxembourg, to provide some additional clues:

For Mark: Arthur Beckwith was born in May 1832 and died in April 1912. His home was at 150 Schenectady Avenue. His wife's name is Susan Thomas. He had a son and a daughter and not two daughters. Additionally, the well-known psychic can be told that Arthur hates chocolate cake.

Greetings to INIT-USA from Swejen Salter

(continued from page 1)

The brain. In January of this year I spent a week with the staff of the Monroe Institute and participated in one of their Gateway programs, in which each person is assigned a private space for meditating most of the day while special sounds are piped in. The sounds synchronize the left and right brain hemispheres (hence the name coined by the institute: "HemiSync") and gently coax the brain into various meditative states. Judging by the reactions and comments of my fellow participants (as well as my own experience), the week's activities transformed many people. Some had conscious out-of-body experiences (OBEs) during the week, which apparently is nothing unusual for the Gateway program.

The institute's founder was a well-known OBE-er named Robert Monroe who documented his experiences in *Journeys out of body* and other books. Mr Monroe tested the effects of thousands of sounds on dozens of people in order to assemble a collection of very effective HemiSync sounds. Then the institute began mapping the minds of mystics and reverse-engineering the brainwaves to enlarge the HemiSync library of sounds.

Before the death of Robert Monroe last year, the meticulous research efforts of his institute helped many thousands of people to achieve altered mind states, and no doubt many thousands more will be helped in the coming years. The institute is now exploring other, related areas of research, among them ITC. Robert Monroe expressed interest in our work during the final weeks of his life on Earth, and apparently he has carried the interest along to the next world. So the technologies and techniques being refined by us in ITC could be of great help to the Monroe Institute researchers.

By the same token, their work certainly could be important to us in ITC in the coming years, enabling us to get on a closer psychic rapport with our spirit colleagues, maybe even visiting the spirit groups during conscious out-of-body travels. We ITC researchers are told that we do in fact meet with our spirit colleagues during our dreams, often remembering bits and pieces of the meetings. Now, with the help of Monroe Institute techniques we may be able to remain more conscious of these travels.

So the prospect of close collaboration between INIT groups and the Monroe Institute in the coming years is quite likely.

The heart. For centuries, mystics have called the heart the seat of the soul. Since my cancer in 1988 I've been meditating in a way that I move my consciousness, my awareness, slowly down from the brain along the backbone, to each of the energy centers, or chakras. I don't stay in the head and just think about the energy center; I feel as though the brain itself is travelling through my body. At each energy center I pause for awhile to feel the sensations. Whenever I get to the heart, my body begins to jerk, and surges of energy pass through me. I feel like I'm being cleansed and recharged. Something very important and very good happens in the heart.

Last fall I visited the Institute of HeartMath. Everyone who works in that forest institute seems to have an inner peace and

joy that radiates outward from them. Their staff and advisors include physicists, engineers and technicians. At the risk of oversimplifying, one could describe their primary mission as teaching people how to move their awareness, their mind, down from the head to the heart, and studying the changes in physiology and behavior that result. Using EEG machines and other technical equipment, they especially study changes in heart rhythm patterns which affect and are affected by many, many factors. Needless to say, the HeartMath folks are exploring far beyond the efforts of mystics and meditators, and the important results can be reviewed in their literature (e.g. the book *Freeze Frame*), or experienced first-hand during one of the four-day workshops at the institute.

The technique of going to the heart can relieve stressful moments and provide creative surges on a day-to-day basis, and in the long term can bring emotional balance, strengthen the immune system and clarify the mind.

I suspect that the research results and recommended practices of the HeartMath Institute will also provide a big boost to ITC in the coming years. It seems that when a group of individuals spend time in their hearts, there is a greater harmony and unity of thought that comes over the group. As our spirit friends have told us on many occasions in various terms:

It can work only when the vibrations of those involved are in complete harmony, and when their aims and intentions are pure.

For more information, contact the respective groups:

The Monroe Institute, Rt 1 Box 175, Faber VA 22938.
Phone: 804-361-1252

The Institute of HeartMath, 14700 West Park Av, Boulder Creek CA 95006. Phone: 800-450-9111

Recent messages from spirit

1991: *The inhabitants of Earth have not only a different view of their world than do those of my home planet, Varid, but also a different physics. For instance, the planet I come from was flat in 600 B.C. It was as flat then as it is round now. The planet has not changed but the spirit of its inhabitants has. The spirit of man, whether on Earth or Varid, is constantly changing. Man contributes this maturing of intellect to advancements in science and to more accurate methods of investigation.*

1989: *I found it frightening and fascinating to find out that energy and matter are one and the same thing, that a body only seems to exist and that time has to be understood as a bodily substance. Mankind simply does not have the necessary fundamentals yet to comprehend either physical or spiritual realities. Many here do not even believe in contacts with Earth and our group cannot convince them that ITC is genuine. They do not believe anymore that they once lived in a four-dimensional world of time and tell me they had only dreamed it.*

Ordering Information

The *Contact!* Journal is out of print, and no longer published.
It is available freely online at www.spiritfaces.com/3d-Contact.htm.

Thanks, Alison!

American researcher gets a telephone contact

Alison van Dyk of Connecticut has played an integral role in the founding and flourishing of INIT, our international network of ITC researchers, which is no doubt one reason why our spirit colleagues called her on December 23, at about 12:25 p.m. They wanted to say thanks. Alison reports:

It came over my office phone which also has one line access from my home. I was expecting a client to call so was listening for the office phone to ring. When I answered it, there was a short silence. I said hello a second time, then a familiar voice said:

Alison, this is Konstantin Raudive.

I said something about how nice it was to hear his voice and collapsed into the chair at my desk, grabbed a pen and paper and began to take notes. Incidentally, my client called about 10 minutes after this conversation. It had been a very hectic day.

You, Alison, have the gift of eternal life. God the Father gave this gift to you. There are no require-

ments. It is yours. It has always been so. Your love for mankind gives you this gift. Concentrate on the things of the inner life, on thoughts, feelings and forgiveness. Concentrate on love of mankind, not on material things like cars, houses, money and power.

When he paused for a moment, I took the opportunity to ask a question that had been on the minds of everyone in our group. "How can we strengthen our receiving station here in New England?" Konstantin replied:

Work on the inner life, the eternal center. Appreciate these gifts, and you will see that the bridge to thee States will continue to strengthen. I must interrupt now.

I estimate the conversation lasted for a minute or so. Although I was not able to record it, the message was very meaningful and moving. Still, I sensed that it was not only a message for me, but more important, a message to humanity that we must all strive for the inner life and open ourselves more and more to the rich spiritual truths within us and around us.

Continuing Life Research

PO Box 11036
Boulder CO 80301
USA

Email: markmacy@worlditc.org