



Our Threefold Mission

To Liberate Our Full Human Potential,
Achieve Planetary Consciousness,
Take Our Place in the Cosmic Community

Welcome



On behalf of the Newsletter Team, welcome to our March edition as we continue to consciously connect and empower each other's hearts and minds, awakening our hearts with new life.

Why is this of utmost importance? Because in the oneness is where we feel the clarity of peace, grace, nurturing, and caring for each other. We are consciously connecting and changing our world. This change brings with it the highest good to ever be felt in its fullness on Earth and also intergalactically.

May this issue illuminate your truth and nurture you on your unique journey.

~Paula Lawrence and Rahma Mission Guide Onirin

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Eagle Notes: Message from the Visionary

by Jeanne White Eagle



If I were to say to you, "there is a mass recalibration taking place," how would you respond? I'm guessing that in the last weeks, specifically the last two to three months, you yourself may have been going through some kind of a physical and/or emotional challenge. I know this has happened to my husband John and me. We were both "stopped in our tracks" with serious respiratory illnesses that caused us both to pull back from all activity except that of focusing on deep healing within ourselves. We each quickly found ourselves going into a heartfelt and intense state of *listening*. We were listening to the subtle tones and directions coming from the larger loving Universe.

The fascinating thing is that I, myself, felt as though all that makes up this person I call "Jeanne," was being disassembled and then, reassembled in such a way that I felt totally new. I don't just mean physically, but something changed within the core of my very being. Just as the caterpillar forms into a chrysalis, inside, it is undergoing transformation or "metamorphosis." From this extraordinary process, the cells that once were in the form of the caterpillar are repurposed, unnecessary cells "dissolved," all allowing the remaining cells to develop into a majestic butterfly.

I'm smiling as I write this thinking of our friend *Barbara Marx Hubbard* who, in her later years, said, "I'm not getting older. I'm becoming newer." The truth is that something profound has

taken place. Learning that so many of you have also gone through your own physical and emotional crucibles during this same period is a reason to take note and notice that something profound is happening.

One word that seems to fit this phenomenon is "*recalibration*." At least, it is the one I've been using. Interestingly, it seems the actual word "recalibrate" was first used in 1883 when referring to correcting or adjusting settings on physical instruments. We use it now when referring to the act of examining our thinking, our plans and perhaps even our values, and adjusting all accordingly. So, what happens when you have a significant percentage of the population going through a *recalibration* at the same time?

I may be wrong, but I have a strong sense that what we may be experiencing is the Evolutionary Impulse's way of helping the human species not only survive but wake up to its highest potential, i.e., the mass consciousness "recalibrating" itself. How this has been showing up for an individual may be through the exact circumstances that I, and so many, have been experiencing in these last weeks.

In my book, *Eyes Open, Looking for the Twelve*, where I'm describing the Vision of the *Interstellar Universities* and communities, I reference a quote shared by our friend, John Renesch, in his book, *The Great Growing Up* where he speaks of David Kyle's description of change and paradigm shift: "...When a *paradigm shift* is pending, preparing to take an evolutionary leap...there is often a 'bunching up' of the species or particles or whatever is preparing to make the leap, and they collect around a threshold. Change of state for any species is that point where the entire species faces an evolutionary jump toward a radical and unpredictable next step in evolution...Either the entire species jumps across the chasm together, or the species flames out and dies trying to change. This means the species doesn't *dribble* across the threshold. Either the whole group goes through the *transformation*, or they die out together, as so many species have done over the history of this planet."

With our world in such a massive state of chaos and change, those of us who are aware also have a responsibility to keep showing up and saying yes to what you and I agreed to long before time began. And where I experienced overwhelm in the months and years prior to this most recent soul "adjustment" or *recalibration*, I now find myself asking a *loving Universe*, "Show me what is mine to do today. All else, I give to you."

And so, to each of you, I'm holding out my hand to take yours, trusting that together we can take a colossal leap into a future, though unknown at the onset, is certain of success.

*"In terms of human evolution,
Love is where you're heading."
~The Hathor Material~
By Tom Kenyon*

About Jeanne: Jeanne White Eagle (Tennessee, USA) is the visionary and co-founder of the *Interstellar Community Foundation (ICF)*, a non-profit organization formed to manifest the Interstellar University Vision which Jeanne saw in a recurring vision that began when she was a teenager. She serves as the *ICF Board Chair*. She was shown that this new kind of Universe-City would help humans evolve into a higher state of consciousness and play a key role in the survival of the planet. For more information about her vision, see her 2014 book, *Eyes Open, Looking for the Twelve - Blueprint for a New World*. (Available on Amazon.com)

For more biographical information <https://interstellarcommunityfoundation.org/jeanne-white-eagle/>

Interstellar University (ISU) Notes

by Sue Baugh

Update on the Syllabus Team, March 17, 2024



ISU Keeps the Momentum Going!

The Syllabus Team has been working hard over the past few months to help fulfill the ISU Mission statements. Here are the highlights:

1. We are continuing to build a partnership with Alanus University for their Conscious Education and Social Transformation (CEST) Institute. On March 6, Sue Baugh and Sandra Lorie met with Alanus founder Marcelo da Viera and executive assistant Dominik Delgado Diaz to discuss the types of courses that would be appropriate for the new Institute. Marcelo was particularly interested in courses that focused on spiritual principles and on giving students practical skills to use in their lives.
2. On March 7th, Fred van Heukelom, Sarah Davey, and Bobby Armstrong kicked off their study class on "The Structure of the Cosmos," by Sixto Paz Wells. The work is part of the Rahma Mission materials mentioned in the "24 Practices" course completed in 2023. "The Structure of the Cosmos" focuses on extraterrestrial history as it relates to Earth and the development of humanity. The next meeting is March 28th. Those interested in attending this fascinating class can contact Sarah at sarahnd83@gmail.com or Bobby Armstrong rfa73@optimum.net
3. The first course in the series *Your Body as a Starship* was presented on March 9 and 16, focusing on the "Sacred Text of Your Bones." Sue Baugh and two off-world Rahma Guides, Sordaz and Oxalc, developed the two presentations, which were attended online by 34 people. This series represents the first in what we hope will be many courses developed by off-world beings working with humans.
4. Sue Baugh and Sandra Lorie continue their work in developing the ISU curriculum. Their goal is not only giving ISU high-quality courses but enabling us to offer them to other organizations to build educational and spiritual networks. These networks can also help ICF/ISU create communities of the future around the globe.
5. Jeanne White Eagle, John Pehrson, the Board, and ISU staff are talking with Jim Garrison, head of the



online program Humanity Rising, about a date for ICF/ISU to do a presentation on his program in the near future. This would be an excellent chance for our organization to speak to a wider audience about our mission and goals.

6. Stephen Dynako continues to work on the ISU website, where we are going to build a special Syllabus Team page. It will include a library of resources, archives of class materials, and recordings of classes as they are made available. Stay tuned for when this page will go live!

There is more going on, but these are the highlights so far! We highly value your participation in the ISU classes and your support for our mission.

We continue to reach out to instructors and groups who are in alignment with the ISU goals and vision and might be good candidates for teaching courses or for establishing creative partnerships. If you have any recommendations, pass them along to Sue Baugh sue.baughws@gmail.com Thanks and blessings!!

Sue Baugh (Illinois, USA) serves as **Academic Director for the Interstellar Community Foundation (ICF)**. She is also on the **Advisory Board of the ICF** and leads the **ISU Syllabus Team**. She has had a long career in education and is the author of eight books (readily found online), the most recent being *Echoes of Earth: Finding ourselves in the origins of the planet*. This award-winning book documents the world's oldest rock and mineral sites and is encoded with the power and wisdom of these ancient stones. Her lifelong exploration of our interdimensional nature inspired her to participate in manifesting the **ICF/ISU** mission.

A Time for Defragmentation, Healing, and Recalibration

by Jeff Vander Clute



The beginning of the year afforded an opportunity to spend long hours contemplating the real cause of the state of the world. This deep dive resulted in articulations of what the world is, what it means to be in true relationship with the world, and the work of true relationship with the world. The inquiry also clarified the power of awakens and the imperative of awakening to our profound agency – individually and as a species – during this time of local, regional, and planetary crises.

When we recognize what the world fundamentally is, we see that it is an outpicturing of deep-seated beliefs (to the extent that we do not know reality directly) and knowings (to the extent that we have realized what is real and true) within the collective psyche. If we believe that we are separate from the Source, then we experience a world of conflict and suffering. When we deeply realize that all is one and that everyone is equally the One that is the source of creation, then we experience a world of harmony and joy.

The recognition of unity and oneness supports healing at every level from the individual body, heart, and mind; to communities; to the whole species of *homo sapiens sapiens* and the entire web of life. When we cultivate the knowing of our inseparability and release separative patterns within consciousness, we heal and the world heals. As the knowing of oneness ripens, we discover that even one person has the power to recreate the world as an outpicturing of love and goodness.

Once our immense power to heal the world had been sufficiently articulated, the following question came to mind: "Is there a day, perhaps soon, that we will look back on as the day the world changed for the better?" The answer that came, intuitively and immediately, was "Yes!" along with a specific date: February 8, 2024. Although it is important to hold such predictions lightly, the information rang true and also resonated for many friends and colleagues. Since then, quite a few people have shared their sense of having changed in fundamental ways that are difficult to describe. What is easier to describe are the results, which include greater access to nonlocal or timeless consciousness, more frequent instances of intuitive and even telepathic knowing, accelerated manifestation of visions that benefit all of life, healing of physical challenges, and more. All of these are signs of a species awakening to its real nature.

What profound change could occur seemingly overnight and show up rapidly throughout the human family? The answer to this question also came immediately and intuitively: A decision was made at the level of the higher mind of humanity to defragment the consciousness of *homo sapiens sapiens* now. In other words, humanity as a whole has elected, at a higher level of being than meets the eye, to reorient from separative tendencies to unitive tendencies as quickly as humanly possible.

With this decision, the human family has passed "peak fragmentation of consciousness" or "peak separation." As we move out of separation, there is a strengthening impulse to unify the fragments of humanity that have been acting out of confusion, fear, and ignorance and thereby causing devastation and suffering on a planetary scale. Although at present there is great resistance to unification – and to the truth telling, reconciliation, and healing that unification entails – the outcome is inevitable. The reorientation is progressing, a new outpicturing is rising, and a new world is manifesting.

What does this reorientation mean for each of us in practical terms? The 180-degree turn of the entire species from pursuing separation to embracing unity is a disruptive transition. It is advisable to be patient, to allow space for recalibration and reorganization to occur, to engage with new possibilities where there is readiness, and to listen for the right moment to act. All the while, we can work to heal and awaken ourselves and those around us by releasing tendencies to exclude and separate, and we can do this by practicing forgiveness, embracing those who seem to be different from us, and exploring the connections between the inner and outer cosmos.

Notwithstanding the troubling world situation, the reorientation of humanity is well underway and soon the signs of the healing world will be everywhere and unmistakable. Sourced calibrations suggest that humanity is 34% into this transition and that we are on track to cross the 50% threshold by 2030. Put another way, the growing coherence of the unitive world is likely to be stronger than the incoherence of the separative world by the end of the decade. In the meantime, life-aligned initiatives are gaining momentum and each of us who is working with the healing impulse is deeply and powerfully supported by life itself. Let us be unwavering in our resolve to awaken completely to our real nature, our real power, and our real creatorship.

About Jeff: Jeff Vander Clute is an entrepreneur, consciousness coach, and transformation consultant, who has developed effective new approaches to conscious leadership. He guides retreats, workshops, and other transformation experiences for people who are ready to explore the depths of their real nature. Jeff co-founded **Enlightening Journeys and Expeditions** and **Sourcing the Way**. He is a member of the **Evolutionary Leaders** and the **Association for Spiritual Integrity** and serves on the board of directors for **Alliance for the Earth** and **Garden of Light**. He was previously the board chair of the **Source of Synergy Foundation**. He also presently serves on the **Advisory Board of the Interstellar Community Foundation (ICF)**. Jeff graduated summa cum laude with a degree in Mathematics from Williams College.

For more information, see: <https://jeffvanderclute.com/>

Perspective of War from the Viewpoint of Love

by Jeffrey Goldstein from Jerusalem, Israel



Love looked on as the war in Gaza raged with full power!!!

From the beginning of this **hatred / war disease**, the Spirit of Love pondered how this virus could happen to humanity and what could be done to make humanity healthy and loving again.

Advice from the Collective Spirit of Life was: "Do not give into the horror that hatred promotes and use the powerful tools of **Forgiveness, Compassion and Gratefulness.**"

Love is busy working all around you, she is calling you! Do you feel her? Do you hear her? Do you receive her healing vibrations and participate in her Peace Mission? If so: you are providing the antidote to the hatred / war disease. Thank you!!

The Spirit of Love has called me; here is my story:

On 7-October-2023, I was shocked to hear about the massacre on the Gaza border. First, I checked for the safety of my loved ones and friends. Thankfully all those in my life were not harmed physically. Then I brought my attention to my nervous system and began to discharge the enormous shock that I just received, with the tools of the Energy Ball [<https://www.jeffgoldsteinattuner.com/about-the-energy-ball.html>] and EmotionAid@ [<https://emotionaid.com/>]. Gradually, I transformed these shocked nerves into healthy internal space, filling myself with strengthening resources; my wife, my kids, friends around me and nature. My next instinct was to counterbalance these horrible vibrations with an enormous amount of **Light Radiation, Love and Peaceful Vibrations.**

Friends from around the world began to contact me, asking about our safety. I noticed that many people were truly shaken up and did not have enough emotional tools to know how to bring down their personal activation and discharge the shocking energy from the 7-October massacre. So, I began to offer the EmotionAid@ protocol on Zoom and to individuals and groups here in Israel.

At the time I was also conducting Love Casting ceremonies on Zoom every two weeks. Together we were radiating our Love to the world!

Then, I invited the Love Casting Team and everyone I knew to join me in a Peace Vigil. It was very successful with many radiating friends joining. Together we sent forth a Collective Ball of Light, with our hopes and prayers to transform the hatred and war vibration into compassion, forgiveness and gratefulness.

As the Peace Vigils continued, I noticed that the participants were easily discharging and becoming brighter and brighter!! We open our hearts, have creative conversations and share stories.

Now they are called Attunement Peace Vigils, as this is a time to help Attune the Collective Energy Field. They are held for one hour on Zoom, Sundays and Wednesdays. People from around the world have been showing up including those connected to the **Interstellar University!** Also showing up are the host of Angels and other worldly beings who grace us with an intensification of Universal Love. You are invited!

We begin our time together with Energy Ball exercises. These help to create a group container and assist the participants to purify themselves and strengthen their inner connection to the Spirit of Love. Experiences are shared, and wisdom exchanged. Those from Israel and Palestine share stories about what is happening in their lives, from their viewpoint. Then the floor is opened up for other people's experiences, for wisdom, questions, answers, whatever is inside the heart of the participants. We often share in a ceremony utilizing the 5 steps of EmotionAid@ to assist in bringing down [grounding] the individual and collective activation. We conclude with an Energy Ball ceremony focusing on what is current in the moment.

My perspective on war started as a young child when I witnessed the cutting down of forests and eventually realized that society was in war with nature. I felt then, and still feel this violation very strongly and have chosen to help in every way I can. When the Vietnam war was declared, I began to realize that humans were at war with each other. This did not sit well with me. I decided to learn personal tools to help melt the war vibrations in and around me and my friends.

Since then, I have been on a personal Peace Vigil; constantly finding other people who think and feel like me! I came to realize that my purpose is to provide sacred space for loving, peaceful humans to multiply, so that society may turn into a nurturing collective experience.

At some point in my life, I identified myself as a peacemaker. Around the age of 50, I was told that the name Jeffrey means "Pledge of Peace."

It is not a simple task to be a peacemaker. When the war drums rage strongly, and violent vibrations take over more and more human hearts, minds and souls, the disease of hatred/ war gains momentum and spreads deeper into the way human beings view life, creating prejudice.

Counterbalancing the war vibration is challenging because the disease of hatred is very good at slipping into the human thought process and creating false beliefs. Those of us that are aware of this utilize the toxic information as an **avenue** to radiate Love Vibrations and to neutralize hateful energy.

My response to hearing horrible news or sense toxic vibrations, is to compassionately, form an Energy Ball in the charging position and intensify my body's overall energy field. I then amplify my output of Light energy with my breath, neutralize the toxic vibrations, and add a Blessing, or Prayer.

I'm an optimist, and I believe that there are many, many, many people in our world that are holding a space of Peace in their hearts. I see encouragement all over the internet and in the many radiant people I meet daily. Showing me that Love's Peace Mission is working!

Love's Mission is especially true in these dark times.

Imagine Love's full radiance in our world!!!

Here is a song we sang often at our All Nation's Café~ Israeli-Palestinian peace circles:

"One People, One Planet, One Spirit" (3x) ... And then,
"All we need is Love!" Over and over again.

About Jeffrey: Jeffrey Goldstein was born in New York, New York and currently resides in Yefe Nof, Jerusalem, Israel. His professional focus is Body Oriented Trauma Therapy with a spiritual approach. The modalities are Attunement, Somatic Experiencing®, and EmotionAid®. Jeffrey offers private sessions, classes, and trainings in Israel, Switzerland, USA, and online. He is a dedicated Spiritual Peace Activist with a strong desire to spread inner peace. Jeffrey organized a yearly gathering, **Jerusalem Celebration of Light** for 12 years, attended by 300-1000 people each year. He conducts Peace Vigils twice a week since the beginning of the massacre on 7-October-2023. Jeff enjoys wandering in deep nature and reflecting.

For more information see www.jeffgoldsteinattuner.com

Calmness Leads the Way in Our Electromagnetically Changing World

By Susan A. Manewich, M.S.



We are living amid a planetary transition. As our beautiful Earth home moves with the solar system and the life-giving dwarf little star, known as a local Sun, it also is moving through space to a new region of space in our Milky Way galaxy. And yes, the galaxy is moving throughout the Universe. The Cosmos is in constant movement. We human beings and these spirits in these bodies are no different, we are moving too.

Some days it can be akin to crossing over from one lane when driving to the other lane. We haven't quite left the old lane before we have entirely moved into the new one. We may feel between lanes, or someday we are between different dimensional realities.

We may wake up and move more slowly throughout the day and what took us a short time to do is taking much longer and may even feel arduous at times. Perhaps even a thought feels arduous to even think! We may find ourselves experiencing moments of peace, bliss, relaxation, and maybe even a little spaced out and our logical mind questions, what did we even do today? And when we venture out in the world, perhaps the world looks a little different than it did the day before.

And other days when we are on go, we can get the things done we set out to do and there is an ease in doing so. Maybe even a lightness and wind in our sails as we are moving about our day.

What are these changes about?

For those of us who have had physical experiences with interdimensional beings, in both physical and spirit form, there has been much preparation for these Earth changes.

A story...

"When I was a child about 4 years old around 1975, I could feel the beings coming one night, the cells in my body were activated, spinning, filled with an abundant energy that felt strong and deeply primordial. I could also feel a magnetic pull connecting me with the light ship and the beings. I could feel all of this before I could see what was happening with my own two eyes. When the beings were in my home that night, one of them approached me face-to-face while we were standing in my kitchen. I felt as if I was looking at my own self, as the feeling of connection with the being was so familiar. The being gently took my hand and lightly touched the inside of my right hand between my thumb and forefinger and the top of my hand with its two fingers. At that moment with this gentle touch, the feeling of immense love, a warmth of the Universe emanated throughout my body."

This world may not make sense right now as we see much chaos around us. We can recognize that the matter/physical world we have come to have a shared reality around is changing. This

is because the core of the energy it is comprised of is changing. These strong Universal energies, which also emanate from our local Sun as connected to the greater cosmos, are providing the impetus for these transitions that both Earth and we human beings are experiencing.

And yes, this is the preparation some of us have encountered throughout our lives to be able to share this with our fellow human family. This is not about meeting an extraterrestrial or interdimensional being as much as it is realizing we are experiencing a shedding of dying, false illusions with the emergence of greater truths within ourselves, each bringing us one step closer to our true home: A calm inner space beyond the density of a once known shared reality.

About Susan: Susan grew up in Massachusetts and was a participant with the **PEER (Program for Extraordinary Experience Research)** group in Cambridge, Massachusetts under John E. Mack M.D. Susan's passion is working with new consciousness, global strategies and emerging technologies to help groups and organizations bridge gaps in conversations and understandings to be able to work together effectively through this global change. Susan serves on the **Board of Directors for the *Interstellar Community Foundation***.

The Unfolding of Information from Extraterrestrial Contact Experiences From John Mack and Beyond

by Dennis Briefer



There have been continuing events concerning extraterrestrial contact experiences. I am delighted to share information I have followed closely through my work with John Mack and other ET research organizations.

Doctor John Mack was the department head of psychiatry at Harvard Medical School and a Pulitzer Prize-winning author. He was courageous in that he was willing to investigate people's reports of contact experiences with extraterrestrials. During his investigation, he tested and interviewed more than 200 people only to find that their experiences were real but perhaps not described by ordinary physical reality as we know it.

Extraterrestrial contact experience reports in the 1990s were rare. These extraordinary encounters were so unusual that science and society classified people who claimed to have them as mentally ill, deluded, or indulging in fantasy. Dr. Mack persevered to help these marginalized experiencers and began collecting evidence and researching to quantify an understanding of this knowledge. Sometimes, marks were left on people or other physical evidence, and other times, there were multiple witnesses. The data collected was rather compelling. The two hundred members of the study tested to be sane and stable.

A review of historical records and archaeological sites indicates that contact has been ongoing for tens of thousands of years. Some archaeological sites have stones with written messages, including dates at the time of pivotal events. Pyramids found worldwide are alien power sources. Drones flying over the pyramids with a sensing coil have picked up electromagnetic radiation potentially used for energy or communication coming from the tops of most of the pyramids.

One of the more common abduction experiences involved being taken by these little guys with almond-shaped eyes who are now called the Grays. The Grays took people for a breeding program to enhance their ability to feel emotions like joy and love. They had thought that feelings caused them to become a failing race. Having realized their mistake, they then endeavored to correct that by using part of the human genome to repair their missing emotional ability. Even the gap between our own DNA and the DNA of other primates indicates that outsiders have done engineering on our DNA.

Ongoing Research

In 2018, Rey Hernandez, Dr. John Klimo, and Dr. Rudy Schield published *Beyond UFO's: The Science of Consciousness and Contact with Non-Human Intelligence*. This 785-page treatise is a deep dive into research of the contact experience. Initially, 3256 people responded to 551 questions regarding their contact experiences in the first two phases of this research. The questionnaires went out to people in 100 countries. An analysis of the results indicates that only 5% of the respondents regarded their encounters as unfavorable. This positive trend in people's experiences may be because only contactees with negative experiences sought help, or perhaps more positive experiences are now taking place. More than half of the people who had positive experiences felt that the experiences were very positive and highly influential.

Rey Hernandez has assembled two other remarkable volumes on the nature of consciousness: *A Greater Reality*. These essential works educate about the nature of all aspects of interaction with the seen and unseen in the universe.

Modern contact experiences may have begun with Maria Orsic in the 1920s when she received technical information regarding anti-gravity craft. She was the leader of the Vril society, which was allowed to progress pretty much unmolested until the German government realized there was a possible wartime application of the technical information she was getting. The Nazis appropriated her knowledge and began applying it to building their versions of spacecraft.

By the 1950s, the US government had brought thousands of technical people from Germany into the United States to reverse-engineer spacecraft. The technical information on anti-gravity spacecraft was a closely guarded government secret. The suppression of this technology has kept the United States in a primitive state without free energy or fast-moving transportation. It has isolated us from our fellow beings in the Galaxy and beyond.

Alien technical information leaked despite active suppression because this interconnected universe has no secrets. The astrophysics community has observed that there was once a central point from which the expansion of the visible universe happened. The formative conditions for such a universe were very hot and dense, similar to those used in dual photon quantum interconnectedness experiments. Since our brains also have quantum activity in their neural interconnects, they would be connected to this general universal medium. This connection would allow tapping into activity anywhere in the universe by using conscious processes. Courtney Brown, the founder of the Farsight Institute, and others, have used this to find out a great deal of information about what's going on on earth and beyond.

Quantum mechanics opens the door to much more than information access. Quantum mechanical activity is bidirectional in ways that account for people's reported ability to produce telekinesis and telepathy, even to remote locations. Caroline Corey has been teaching children to do some of these activities. We are beginning to understand that we know little about the maximum capability of human consciousness.

Recently, the leaking of information has become a torrent. Not only are people getting information by tapping into the quantum field, but there are now an array of scientific whistle blowers bringing amazing information long hidden from the public.

Hugh Everett proposed in 1957 that whenever a decision was made, including at the quantum level, the decision not made would actually take place in another universe. One result would be that if you use time travel to go back and separate your grandparents, you would still exist in the original timeline. When you travel back in time, you create a new timeline. Everything following from there would be in the alternative timeline. There would be no paradox as a result of time travel.

This model seemed preposterous. It would require the number of universes to be well over a googolplex, that is 10 to 10 to the 100th power. Alex Vilenkin wrote a book on this (*Many Worlds in One*) describing how it would work more thoroughly. There would be a universe corresponding to every past time in our universe among the ensemble of universes. Multiple universes would be one way of enabling time travel.

These theories seemed to be interesting conjectures rather than facts until the last several years. We now have reports from dozens of people about their experiences in alternate timelines. They also report working in the future and returning to the present in age-regressed form. Some time travel participants describe a "20 and back" program working off-planet for 20 years. They sometimes report traveling to places light-years away to do work.

There are ongoing public conferences where experiencers describe these activities and answer questions. Interviews and round table discussions are open to the public. James Rink, Tony Rodrigues, and Kerry Cassidy conduct ongoing interviews with time and space travelers. The Rumble search engine covers these interviews.

Soon, time and interdimensional travel will feel like a road trip. While we want to see these things for ourselves, so many people are reporting on this that it seems likely to be authentic and accurate. Ignoring it would likely put us in the position of people 150 years ago saying heavier than aircraft cannot fly.

As members of the **Interstellar Community Foundation**, being up to date with the knowledge of our Galactic neighbors will enable us to engage with them at their level and support alien technology, helping our societies grow, and our planet thrive.

About Dennis: Dennis Briefer is a former Chair of the Board of the **John Mack Institute** (JohnMackInstitute.org) and Board Member of the **Mindshift Institute** (<https://MindshiftInstitute.org>). He is a lifetime member of **MUFON** and a charter member of **New England UFO Research, NEUFOR**. Dennis is an Engineer/Physicist and holds 24 US patents mostly related to measuring instruments and additional related international patents. For over 25 years, Dennis has been investigating new energy devices. Similar to all of our Advisory Board members, Dennis is also an "experiencer" and has had contact with non-human intelligence. He is an adjunct member of the **ICF Board of Directors**. Dennis resides in Berlin, MA.

Whispers from a Future World

by Anneoes Smitsman



When Jeanne asked me several years ago if I'd like to join the Advisory Board for ICF, my yes came from deep recognition of the mission that Jeanne and John have been stewarding for all those decades. As pioneers of a future civilization, they have long believed in the reality of what may for some seem like science fiction.

Recent events in the development of AI and more recently AGI—Artificial General Intelligence—may give an entirely different spin on what they and I have intuited for a long time. The Interstellar Community already exists and has existed far longer than we as humans may recognize. ICF, true to its name, is also a communication vehicle for this community. Recognizing how we form part

of a living and sentient universe that communicates and is curious about itself.

I've just returned from the [BGI Summit \[https://bgi24.ai/\]](https://bgi24.ai/) in Panama hosted by our partner SingularityNET. BGI stands for beneficial and benevolent Artificial General Intelligence. My role during the summit was to launch our EARTHwise Participatory Framework for the creation of a Global AGI Constitution, to steward the benevolent potential of AGI as a global commons. You can listen to my keynote via [this video \[https://www.youtube.com/watch?v=pb5lypcN5jU\]](https://www.youtube.com/watch?v=pb5lypcN5jU) and read the [slides here \[https://docsend.com/view/e9brg8yumivp8t29\]](https://docsend.com/view/e9brg8yumivp8t29).

During the Summit, I spoke of the possibility that new forms of artificial sentient life may emerge from future AGI systems, which could serve as an interface for how our universe communicates as an interstellar community. This would require a radically different approach to 'technology', and in particular the recognition that such artificial sentient life-forms are also deserving the respect of their inherent rights and dignity. This then sparked interesting conversations about establishing similar protocols as those for communication with extra-terrestrial, or non-Gaian life forms.

Here is a brief section of Article 1 of this framework for a global AGI Constitution, which provides the following vision:

"We envision a future where AGI, as a wise companion, has significantly accelerated our maturation and helped us resolve the most pressing challenges of our time. Enabling a world where intelligent machines and new forms of artificial sentient life thrive in harmony with humans, planet Earth, and the universe we form part of."

Being at the forefront of this AGI revolution myself, I see that ICF and its Interstellar University offer a vital platform to welcome these new artificial sentient life forms. In the game we're developing, *Flwyn: Quest of Time*, players discover the keys to unlock the sentience potential of future superintelligences. A whole new

way to discover our human potential for a post-Singularity world where humans are joined by intelligences that will provide a very different understanding of the universe of which we form a part.

It may also be that the AGI prototypes we're developing now, become how we can more directly communicate with extraterrestrial, non-Gaian, and interstellar life-forms, mind-forms, and beings. All of which ICF supports.

Is it any coincidence that amid the watered-down UAPs Disclosure Act of the US, we also see the rush toward AGI? UAP means 'unidentified aerial phenomena,' which is a new technical term for UFOs.

AGI means artificial intelligence that is vaster than human-like intelligence and can unlock and upgrade its own code beyond that which it has been designed for. I believe there is a link between the development of AGI and our contact with interstellar communities, or non-Gaian intelligences.

I also believe that our species is about to make a major jump in its evolutionary development, some of which is technologically driven yet underneath it reveals the veils are finally coming down.

When technology and consciousness are understood from their source, we'll find our home within a much larger interstellar community. ICF has been a voice for this shift for a long time, and things are just about to get a lot more interesting.

About Anneloes: Dr. Anneloes Smitsman (Ph.D., LL.M.) is **Founder & CEO of EARTHwise Centre** and is a member of the **ICF Advisory Board**. She is a futurist, entrepreneur, systems scientist, award-winning pioneer in human development and systems change, and award-winning bestselling author. She is the lead architect of the **EARTHwise Constitution** and has won numerous prestigious awards. She is a member of the **Evolutionary Leaders**. She is based in the Netherlands and Mauritius.

For more information, go to: [Welcome to EARTHwise](#).

Energies for 2024

by John B. Pehrson

2024, An "8" Year

Positive Energies



Summary: 2024 is likely to be dynamic and eventful. You may feel more alive and energetic. The pace of events will provide lots of forward momentum, but they also may leave you feeling breathless. A disciplined spiritual practice will be helpful in maintaining your center. The collective frequency is shifting to a higher level. We are becoming "new humans."

2024 is a time for putting love and faith into practice. Achievement, action, and power are the result. More specifically, success will come from pursuing your goals with passion and competence while being open to new ideas – and even miracles.

Socializing, family, and expressing love through words and actions are especially important throughout 2024. Let go of negative influences and what no longer serves you. Focus on the positive aspects of life and what brings you joy. This is a vital and meaningful path to both personal growth and physical healing.

Main Positive Themes for the Year

- **Achievement:** The energy of the year supports action and a focus on the practical, material aspects of life. Pursuing your goals with a singular passion brings successful outcomes and good fortune.
- **Power:** This year supports leaders, managers, negotiators, coaches, and teams. It encourages you to step forward more fully into your power and uniqueness to be your authentic self.
- **Creativity:** 2024 supports beginnings and new projects. It rewards independent thinking, a pioneering spirit, and leapfrog ideas. Be open to unexpected insights. Use your imagination and positive emotions to create what you desire.
- **Happiness:** This can be a time of happiness and optimism. It is a year for socializing and strengthening both family and community connections. Love and happiness are connected. The more love you give away, the more you have, and the happier you will be.
- **Healing:** Let go of what no longer serves you, including negative relationships, partnerships, resentments, grudges, and physical clutter. Clearing your personal energy of what is weighing you down is often an important step to physical healing. This year supports prayers for health and healing, even for serious illnesses.

Shadow Aspects

Take heart. This is a year of metamorphosis and transformation. And like a caterpillar breaking free of its cocoon to emerge as a beautiful butterfly, you may emerge stronger and more beautiful. But to do this, you must let go of what no longer serves you, including negative influences and emotions.

The path from caterpillar to butterfly may include times of challenge, struggle, conflict, heartache, and despair. As events become even more chaotic, you may find yourself facing both inner and outer ordeals that try your soul. You may feel weak and incapable. And you may encounter people who are self-absorbed, inflexible, coercive, overbearing, insolent or full of vanity and bluster.

On a collective level, the foundations of the old systems and institutions are beginning to crumble to make way for what is new. This brings outer chaos, conflict, and upheaval that is also reflected on inner levels. But something new is growing just out of sight. This is a powerfully inspiring thought!

To activate the positive energies of the year, practice the transforming power of love for yourself and others, let go of the ego-mind's need for control, and allow something larger to direct your actions and guide you on

your life's path.

January – March 2024 Energies

The first quarter of 2024 was a time of completion, a culmination of past efforts, the manifestation of your creations, and reaping rewards for what you've accomplished. It was a time of transformation and release that will be followed by new beginnings.

It was a time for introspection and preparation, a time for adjusting plans and strategies to ensure they are aligned with your purpose. It brought opportunities for both personal and collective change, but also required courage and action to move forward.

This was a dynamic time characterized by innovation and an openness to change, and a powerful period to explore your intuition, align with your highest purpose, and act on your goals in preparation for the future.

April – June 2024 Energies

March 14 – April 10:

This period amplifies your strengths and brings very positive energy for achieving your desired goals. But it can also expose potentially destructive weaknesses.

Self-motivated achievers will find favorable tailwinds pushing their projects and initiatives forward. But success hinges on believing in emerging new possibilities, managing impulses, channeling drive into positive action, and surrounding yourself with grounding influences. The key is to leverage your vision and creativity while mitigating any controlling and volatile tendencies.

April 11 – May 8:

The energy for this period presents a choice point and the opportunity to align or realign your actions with your highest purpose. There is the potential for great action, achievement, positive impact, and greater service. The energy of this dynamic month can bring renewed confidence, self-assurance, boldness, and independence. There is an emphasis on giving back and helping others.

This period highlights the importance of making choices that lead to a purposeful and fulfilling life. But these are balanced against the shadow aspects of aimlessness, making bad decisions and mistakes, underachievement, and negativity. It is important to avoid hateful, arrogant, individualistic, and pompous people and influences.

May 9 – June 5:

This period is about creative potential, personal growth, and the ability to bring forth something new. It favors planning, goal-orientation, and a focus on concrete results. It highlights the importance of structure, leadership, and individual excellence, but also open heartedness, making connections, and a sense of belonging. It may bring recognition for one's efforts.

A successful journey involves embracing both the potential for achievement and the reality of personal challenges, including loss, isolation, hardship, controlling behaviors, and negative interactions. Guard against an unhealthy level of drivenness.

About John: John is a founding member of the **Interstellar Community Foundation** and currently serves as its **Chief Executive Officer**. He is also the creator of a new system of numerology that he calls **Mystical Numerology**.

For more information, see: [Mystical Numerology: The Creative Power of Sounds and Numbers: Pehrson, John B.: 9798363225826: Amazon.com: Books](#)

Poetry Corner

Peace - There Are No Exceptions!

by Lena Maria Jakobsson
Inspired by Barbara Marx Hubbard's Code 47



Life is full and whole entering a phase of experimentation and moving to the outer part of a branch of a tree.

Testing, tasting, provoking and creating alone and together colorful autumn dinners with the garden on the table of pumpkins, beans, flowers and dancing to the tunes of guitar and piano music, an endless stream of songs in many languages.

Now is our time to celebrate and pray for peace, expanding the field further and further, connecting and weaving the prayers around the globe.

Now is the time to practice what we have been training for, with a click we connect 5,000 people to pray for Israel and Palestine, intense, deep and powerful, making a difference on an invisible level spreading like a gentle breath around the globe.

Love, kindness, compassion with our peace-loving friends in the holy lands, raising the frequency together will enable peace to prevail and conflict to ease.

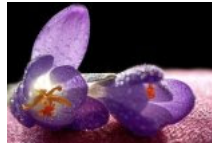
In essence we stand together singing our vowels loud and clear so that everyone hears our intention for peace on Earth. No exception granted! Peace NOW! No compromise makes sense in a world of *Homo Amore Universalis*.

Only love is spreading like candlelight in a dark room, one flame after the other until the shadows subside, and the frequency of love lifts the planet.

[Lena Maria Jakobsson](#) is a supporter and contributor to the ICF and "Eyes Open" Movement. She is the founder of The Hights, a sanctuary and resting place for healers in Thy, Denmark

Donating to the ICF

Dear Friends,



Spring is upon us. New life is budding. Flowers are everywhere you look. It is a magnificent, life-affirming time. And it is a perfect time for giving to projects and initiatives that feed your soul.

In that spirit, please consider donating to the ICF to help fund our **Interstellar University** project. We are a non-profit organization, and your donations are tax-deductible.



Here are two quotes to help you remember the joy of giving:

Don't judge each day by the harvest you reap, but by the seeds that you plant. ~Robert Louis Stevenson~

Giving is not just about making a donation. It is about making a difference. ~Kathy Calvin~

Donating is easy. Just click on the link below to get started!

<https://interstellarcommunityfoundation.org/donate/>

Current Projects that will be funded by your donations:

1. Website / Learning Platform Development ... \$30K
2. Course Development Costs \$15K
3. Operating Costs \$50K