

1

Zero Four

Zero Four and Isis

March 29, 1999

I am Zero Four. I am not a being you have heard from before.

Welcome.

I am a time traveler. It is my job to manufacture the spaces between time channels and support and maintain them so that the integrity of different time streams remains in balance. Many beings pass through different times, but it is my job and the job of several others to repair the walls of time so that the holes in the overall time shield are at a minimum. At any given moment unintentional tears in the fabric of the time barriers might exist, numbering from one to three hundred.

We cannot repair them all, nor does it seem we are intended to do so, but we make the effort. It seems that those who cause the holes are also intended at some point to repair their own damage, but we keep it from getting out of hand. I am what you would call a mechanized being, an artificial being. I was created in the star system we call Antares, in terms of your time about 6400 years ago. I have been functioning without cease since then.

Doing the function we wish to do, moving from one time into another, requires innumerable people to perform certain tasks beforehand. It is easy for the planet herself to make such a shift, but her citizens and all types of citizens must do work beforehand. Therefore,

I'm requesting that no less than 100,000 human individuals explore two lines.

Homework for 100,000 Humans to Create a Smooth Transition to a New Time Line

First, with the assistance of a petitioner, perhaps a hypnotherapist, and using a screen method so you do not feel the full impact, explore your future lives that have to do only with Earth on this time line. Then explore your future lives that have to do with a future-anchored time line, but only your Earth lives. If you do not have any lives on this planet or its equivalent at that slightly higher dimension associated with the future-anchored time line, then let go. You cannot participate in a way that will help this project. Thank you for the attempt.

Once you have explored as many lives as you care to in the future, take note as to which time line feels more beneficial in terms of future lives. Don't pretend. If your future lives feel more beneficial on this current past-anchored time line, then that's it. You have discovered that, and so be it, and thank you for your participation.

For those of you who find that your future lives on the future-anchored time line are more beneficial, then I will ask you to experience those visions. Try to record these sessions with your guide or counselor or hypnotherapist, and if those lives feel beneficial, most likely you will have a vision and might be able to experience sights and sounds and even other sensations such as smells or feelings.

Do not be attached to these future lives happening exactly that way, but utilize these visions. Experience these visions at least three times, either on the basis of what you remember from these sessions, or on the basis of what was recorded either by you or the practitioner. Try to experience it in this way at least three more times (more if you choose, but don't dwell on them). If you can do it in this fashion, it will be a precursor of a smoother transition to a future-anchored time line by all peoples.

You, of course, will not know what number you are in the 100,000. It matters not whether you are the first or the last. They are equal, as are all numbers in between. You might be beyond 100,000, and that is all right, too. But if that number can do this over the next five to ten years, it will greatly ease the transition to a more benevolent (from my perception) time line for you all.

These choices to move to this more benevolent time line are complex. As you can see, a homework assignment is not for everyone, but it can be most useful.

Earth Beings Who Have Assisted in Future-Anchor Work

I would speak now of other beings on your planet who have done this already. There is a certain plant called ivy. Almost all ivy has done this. There is also a plant that is a root vegetable—carrot has done this. There is also pine tree; they have done this. Elm tree also has done this. There is a plant also—clover has done this. There are several plants, what you call weeds, specifically milkweed and thistle, that have done this.

There are others. We'll move on to what you call animals, but in my eyes they are simply transplanted beings from other planets. On their planets they are beings, but on Earth it is necessary for a time, apparently, for you all to feel separate from them.

The first and foremost of the animal species to have done the time line homework was the saber-toothed tiger—long ago, of course. These beings had done this in the form of an initiation rite. The elephant did this, every one. Up until the 1970s, each individual animal that was able to perform this ceremony in the wild did so, but since there are fewer and fewer animals that are allowed to be wild in their natural places of living, since the 1970s, it has not happened as much. They do it now occasionally, but only those in the wild. This is a form of initiation for them; they are special.

Of course, there are cats, no particular size difference—many cats, similar in heart and feeling. There are specific types of so-called dogs who have done this. One is what you once called a wolf dog (to me it looks like a wolf, but I think you now call it a German shepherd). They have done this, not as an initiation, but just as perhaps you can do. There is also the long, small dog. What is that dog [dachshund]? Then there is another dog, the basenji. Many have done this, not all, but many, even today. Many continue to do this. Almost no birds have done this. Birds are uncommon in this, but there is one bird species—hummingbird has done this.

Then sea creatures: All the dolphins have done this. I include what are called porpoises with dolphins, and all whales, even up to today. Again, living in the wild. All tuna, all the sea turtles have done this, and the tropical creature, very small, sometimes called an angelfish. Then there are some eels that have done this and some sharks. What shark is mostly blue fin [blue shark]? They have done this, you see.

All ants have done this as part of an initiation rite, and all caterpillars. Caterpillars (the kind that transform into butterflies or a flying being)—this is one of the methods they use to transform. All the ladybugs have done this, and almost all species of moths. Also, all

butterflies.

Let's see, some of mankind has done this, but mostly in ancient times. The only other humans who have done this are specifically tuned individuals—seers or shamans, mystical people. But when I request that human beings do this for their own sake, they must be people who do not consider themselves to be seers or shamans. Vision seers and shaman people have been doing this for a time to make a balance with other beings on Earth who have done this and to maintain the potential for the human being to make this leap.

Now, there is more. Some smaller creature has done this, some microbe, but I am not sure what you call these. None are associated in any way with disease, or are portions associated with that which cycles and is consumed benevolently. And one other insect—some flies, you call them, have done this and a few mollusks (snails, you say).

Describe exactly what all of these beings did.

What I said, the homework for humans. That's what they did.

They imagined . . .

That's not imagined.

Okay, they visioned their future lives, but have they jumped to the future time line then?

No, you cannot do that. If there were no human beings on this planet, yes, but they all recognize that they are here to support and teach you. You are not in charge of them. No one is in charge of anybody, but it is their job to show you the way. So no, they cannot make the leap that would work against their showing you the way.

So they have visioned their future lifetimes but have not yet disconnected from the time line to the past?

They cannot because you are connected to that. The teacher must remain where the student is, otherwise the teacher performs no benefit to the student. The teacher cannot benefit the student by saying, "Follow me," if the student does not know how.

So their doing this has somehow created a tunnel in the ether or has somehow increased our ability to do it or what?

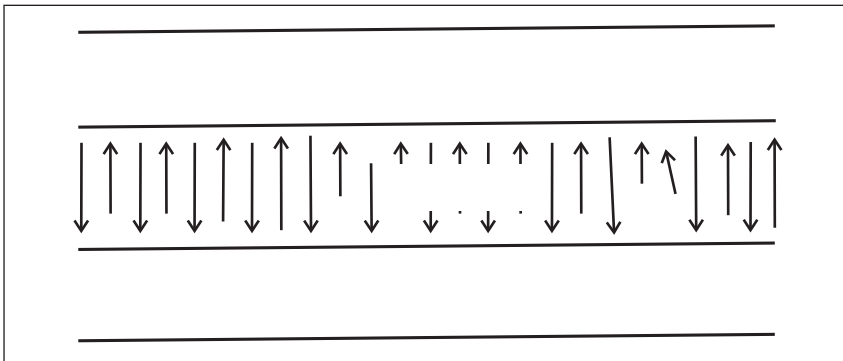
It has sustained the capacity for such a technique to work and has smoothed the way for their species to join you in their future. You might say, "Wow, I am surprised to hear that flies and ants will be with us in our dimensional future." But, of course, many of the creatures you know will be there, and you would be disappointed if they were not. Now you have trouble communicating with them, but in that alternate future-oriented time line, as you move along it

and become solidly attached to it, communication with these species will become much easier, and then what they have to teach will be so much easier to assimilate.

The Barrier between Time Streams

Okay, let's go back. You talked about time streams, time shields, time channels.

Many of these are synonymous with each other. I use different words sometimes for the same thing. Time stream has to do with what you are on now, a specific time stream anchored to the past. The anchor to the future time stream is another one, but what is be-



tween them is my job and the job of the others to maintain as best we can.

How would you describe what is between them?

I have given those words already—oh, you want a description. Pardon me, I'm not used to talking to a human being.

Have you ever talked to someone like this before?

Never.

You're doing great.

What is between them is . . . I draw. It is very important [draws].

I draw some small part of this; artist can finish drawing. In drawing the barrier between time streams, it is much larger than it actually is, but I am drawing it like this so that the details within can be more apparent.

Variables in arrows are intended, but lines of the time stream, of course, would be essentially straight unless the time stream were circular. But that is another story. Now, the barrier is made up of . . .

The barrier is what is between?

Yes. It is like a magnetic reversing, back and forth on itself, creat-

ing a constantly fluctuating reversed polarity. It must be constantly fluctuating, because if there is a sustained energy, the time streams might at some time (at various times, various moments) equalize the barrier in a moment. But if it is constantly fluctuating in pulses per second (a pulse would be a fluctuation), the pulses per second would be several million, more than three million. This high-speed fluctuation guarantees that the barrier remains in place.

How far apart in measurements that I would understand are these two time streams?

I say like this: Consider the thickness of an average human hair. The thickness is approximately one over 100,000 millionths of an inch, varying maybe less, but no more.

Good heavens! For practical purposes, they are side by side. They are literally side by side!

But there is this buffer. Without the buffer, very difficult.

Without the buffer, they would rub against each other and . . .

They would blend. Now, I said before that my job is to try to keep the integrity, because holes happen, usually by beings who are just beginning to explore time travel. Often this is done with rudimentary technology or some form of technology that is grossly disproportionate to what is actually needed to travel.

Like the Montauk Experiment?

Yes. The first type for many civilizations would be something that uses electricity. This is often damaging, because the barrier is magnetic, and magnetism and electricity are naturally attracted. I am, for the sake of this example, separating magnetism out of electricity.

Magnetism in this sense normally attracts, but to make magnetism oppose is not impossible, as anyone who has studied basic electric theory knows. So these tears happen in these unintentional ways. Usually such types of archaic time travel do not last in the experimental stage this way because they tend to be destructive to the participants. There are other problems as well. But for technical societies they are sometimes a way that one begins.

Now, the kind of technology (I will be discreet) that some of your people use on Earth, not just to mask an object electronically so that it cannot be picked up on an instrument, but to truly mask an object or a being, a person perhaps, so that it is invisible—this technology is a precursor to time travel.

Is it what we call Stealth?

No, what you call Stealth has to do with an instrument being invis-

ible, but it is not truly invisible.

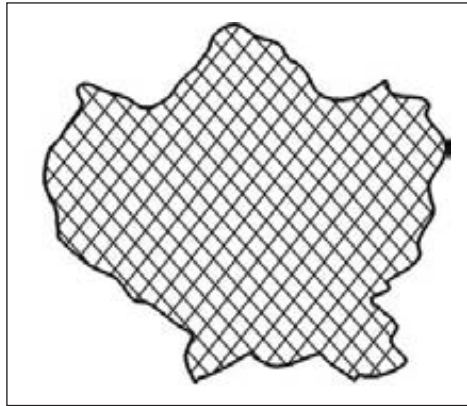
Like the Philadelphia Experiment, with high magnetic fields?

The Philadelphia Experiment would be an example, but I am referring now to certain groups of individuals who have applied true masking, or invisibility to the naked eye, you say.

Is this sinister-secret-government humans?

I will not say. As I said, I will be discreet. But the fact that some human beings possess this capacity means that others will. What one group of humans can create, divinate or otherwise come into knowledge of can be acquired by other humans. I mention this to try to put you on track.

You cannot travel gently between times and not have heart-love in function. That does not mean that you must be traveling with someone you love (if you were, it would be easier). This has many complications for human beings, and they might get angry at each other—and then they'd be stuck where they are. So I do not recommend this.



Repairing Holes in the Time Stream

Nevertheless, when holes are caused, we try to fix them in this manner. Sometimes holes are small enough that we can completely seal them. We flood the area with condensed magnetic energy, which is a form of liquid, and a small hole about the size of a centimeter can be repaired. For a larger hole, anything larger than the size of a closed hand, this is what we do [draws] using something like cross-hatching.

I ought to draw the whole thing for the sake of clarity.

We don't need an artist for this. You are doing well.

I think an artist can reproduce with significantly more skill.

I know, but we like the energy that goes into the original.

Looks very much like a net. The lines do go all the way, but it is not too apparent from the childlike drawing that I make. You fix.

Dangers of Traveling in Space with Atomic-Powered Vehicles

What caused this particular one?

This one essentially was caused by a vehicle. It is not the size of a human closed hand, but the vehicle's trail. The energy from the engine, you say, the motor force of the vehicle, was a form of atomic radioaction, and the trail of particles created an effect like abrasion. That is why the hole is so irregular, it is an abrasive effect. Some of your peoples, when trying to create long-distance travel vehicles, will try atomic energy first, as has been tried by others. But many problems will happen, not the least of which would be serious illness and disease, not only for the travelers in the vehicle, but for those beings exposed to such people within three to four months after their flight. After they depart from the vehicle, they will be contagious to a degree of about two and a half to three percent—certain serious diseases might be exacerbated or actually assimilated by these individuals.

Not in them, but they become a catalyst for others? Do the space travelers get sick or just the people . . .

The space travelers will very possibly get sick or will unintentionally infect others. Diseases to watch for are most often of the blood, the nervous system and glandular tissue. I mention this because the chances of atomic-powered long-distance vehicles are very great.

I think they want to use them to go to Mars.

Very dangerous. If you do, use maximum shielding and don't play cheap with it—not only shielding that goes to protect the crew, but also outside the vehicle to protect the space you go through, because that space can become contaminated. It takes (shockingly, you would say) little radiation to contaminate what is called free space—that is, space without any apparent physical matter to impede the flow of a hand, say, through the air. Free space is one hundred percent receptive, and the tiniest amount of atomic radiation can create. . . free space is creation itself functioning. If it is radiated with atomic radiation, it will tend to create varieties of atomic radiation. This is what I see. What encourages such abundant life forms that are welcoming such as your own—free space has a great deal to do with it at first. Not just atmosphere, but free space, because it encourages growth, variety, evolution, not in the theoretical sense but in the physical sense

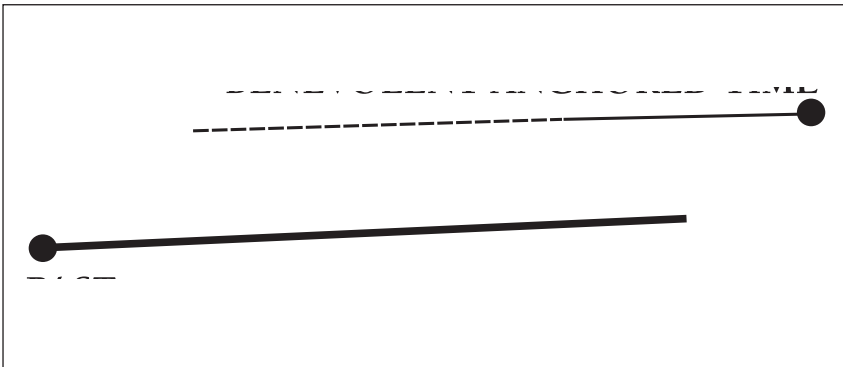
(growing, changing and mutating). Free space contaminated with atomic radiation will mutate that radiation. A vehicle or anyone traveling through that same free space sometime in the future (even

However, the cross-hatching is not meant to be 90-degree angle opposed, but this is close to a 90-degree angle. It looks like . . . you can see . . .

. . . a wonderful patch.

A patch, but still holes nevertheless. There is no up or down. There is sufficient material structure within the hole so that most who are traveling in this area, who have the knowledge and technology, can give such a hole a wide berth. We will from time to time flood such a hole with condensed magnetic liquid, but it does not heal quickly.

For example, a hole like that, about the size of a human's closed hand, even with the technique we use, takes from three to six months to close itself. During this time there is a risk. Should you



happen to get too close to it, you could possibly go through it, and then have to try to come back through it by the same route.

The trouble with such a hole is that when you go through it, it tends to create an acceleration of your normal speed, and you could easily become completely lost and disoriented. Generally speaking, those who have the wisdom to travel give such holes a wide berth.

Learning to Separate Wisdom from Past Pain

All right, let's take the past. How big is this time stream?

Good question. We have seen this example by your Zoosh, I think, of the past time stream and I think this future, yes . . .

Wait a minute, I've got it here. This is the diagram he drew.

It's all right, this is sufficient. The past-oriented time line grows stronger the more that individual people (all people, not just history professors) use past pain to limit present actions. If using past love, joy, happiness, this is acceptable to make connections to, because love, joy and happiness are on almost all other time lines—all benevolent time lines, anyway—so this is equality, a balance. Pain is rarely found in other time lines.

The more one limits current actions based solely upon pain from the past, the stronger the anchor to the past gets. If you are using only pain, it can limit you. Yet you must have wisdom, must learn to separate wisdom from this pain.

On other planets, say, for instance, a benevolent place—you might live 1000 or 1200 years. In the first 300 years, you keep a little booklet that has to do with your wisdom. You learn something; you don't always write down how you learned it, but sometimes you do at the end of the day or at the beginning of the day, if you are young. When you do this, you accumulate wisdom. In this way you have the discernment to know what is safe and benevolent, and what is not.

Also, note the thinness of the future anchor. That is because few human beings have done future-anchor work. Shamans, mystical people and such mentioned before have maintained this connection, but it is thin. Therefore, a regular spiritual person doing homework as suggested before can make a future-anchored time line bigger, wider and more easily grabbed onto by others who may have less training.

Is a time line something that encompasses the creation, the planet? Is it behind the veil? Is it two feet? A million feet? A mile?

Drawing not to scale, as stated. A time line does not contain material mass at all, you could say. This is paradoxical, but you can say that the time line contains all that exists on your time line. You can also say that since the time line is potential, if you are a time traveler there is no mass in the time line whatsoever. It depends on your perception and, more importantly, your intention. A time traveler has intention, but what about an average human?

Are we humans riding on it? How do we connect to it?

You do not connect at all. It connects to you. That's why I give you an example. Say that you had a bad experience when you

were a child. Maybe you look different from other children and they make fun. For them it is fun and lighthearted, but for you, most likely terrible and full of suffering. Maybe for the rest of your life you think that you are not pretty or handsome, even though when you grow up, you look different. Many people tell you how good-looking you are, or how pretty you are, but your image of yourself is based on past pain, and therefore such pain restricts you.

Maybe you don't ask a certain person to go out with you, because you think that you are not good-looking enough, for example. That would be an example of a limited action. What I am saying is that through what you do, the time line seizes you, contains you. It either limits you or, in the case of a particular example for the books, liberates you.

The exercise you mean?

Not just the exercise. The future-anchored time line liberates you because dotted lines go toward the past and the future anchor is solid. So it comes back to meet your moment of existence and becomes a dotted line, partly to demonstrate where it is, but also to demonstrate where it has been available for others to begin to sustain, such as shamans and mystical peoples.

What I'm saying is that in order to be served in the most beneficial manner, you must make a free choice and have wisdom. Would wisdom come from a child made fun of because of different appearance? Wisdom might be there if teacher was present. There might be some narrow-minded people: "I cannot assume people will think well of me in this place." It might be an example if the teacher said to the child, "What would you do if you were to be made fun of again?" The child might say, "I will know that I look the way I do, and just because these people don't look like me, many others look like me. I will someday find my people and see their beauty in their faces."

That's beautiful.

A well-taught student might say something like that or some other thing. It is like that.

The Generic Past Point

Is the past point a particular place in the Explorer Race's history, or is it different for every person?

You mean, what is the generic past point? Generally speaking, the past point on Earth would be perhaps 6000 years ago, but there are also many variables. If you have had other Earth lives in the past, the past point might be different, either sooner or later.

If you have had other Earth lives that are happy or sad or benevolent or critical and so on, the point can shift. Not to the end of where that life was. No, it is complex. Maybe before or after that, but there are many variables. But from my perception, not before 6000 years ago.

What happened 6000 years ago?

Nothing particular that I can see.

I mean, why 6000 years ago?

I understand your question. Have no definite answer.

So we are human on this time line?

Past more difficult for me, remember.

Oh, because you live in the present.

An example of trying to reproduce previous words—very poor reproduction, because not only is the past unknown to me, but generally speaking, is disturbing the flow of my words after that. It creates static that has not smoothed out completely yet. This does not blame you, but it is a fact. Yet you say, “Where are you from?” And I say, “Oh, Antares.” How do I know that? Because here it is written on the vehicle, like you would say, a plaque. When making the vehicle I travel in, pulling condensed light, a placard is over there. Not what you would feel is solid, but for example, it reads something like “Commemoration of a joyful task and given to Zero Four from Antares,” and perhaps the date. Zero Four is numerals, zero and four.

How do you know what you know in the present? Where does this information come from?

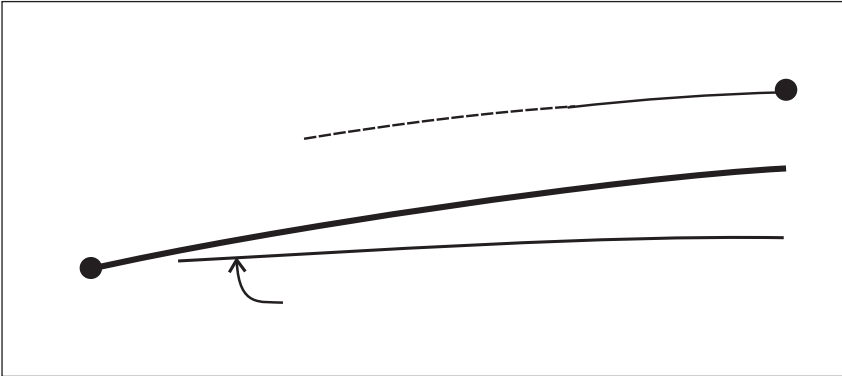
I am speaking to you now saying many things. Do you mean, where is it coming from?

Yes.

Is not. I am mechanism; it is not coming from me. It is coming from somewhere else, perhaps. Look at instrument. Some thirty percent comes from Antares. I think perhaps they must keep track of what I do. Another forty percent comes from spirit beings I do not know. I do not know their names. And the rest seems to come from the Creator.

Why were you chosen to give this information, to be the vehicle for this information?

I have no sense of self and could not say. I am doing my work and suddenly I am doing this.



Are you in a ship someplace? Are you sitting in a vehicle now?

You must alter your sense of scale. Remember the size of space between time streams. Picture a vehicle in your imagination made up of light and magnetic energy. If you measured the space of the barrier from side to side, it would take up perhaps one ten-thousandth of such space. Infinitesimally small. I am not big. I am very small.

But that's incredible!

You would not see me if we were in the same room.

So you are in the present only and you don't have any memory of what you have been doing for the last 6400 years?

I know my job. When I am either discovering something new in doing my job, or it is being stimulated in me what to do, the stimulation works because others of my numbers are discovering something, or because some being outside myself is trying to transmit to me. Sometimes I receive and sometimes not, I've been told, and this is how I know what to do, but I do not accumulate wisdom such as you must do.

Beings Like Myself

How many are there like you? Many?

No, few. I speak only of barriers that are meaningful to you. There is a barrier between second and third dimension. There are barriers between third and fourth dimension, and people who do interdimensional barriers, not like me, but similar work. Picture speaks many words [draws].

This lower time line is what the so-called sinister secret government would prefer you to be on, and everything they are doing is attempting to bring you down so that you will come down to this time line. This is only a potential time line, but since these people have

made such an effort, there is now only a thin barrier between the time lines. Now, indivisible from myself, Zero Four, are also numbers Zero Zero (please not stand so close; difficult . . . nothing insulting intended, but it is very difficult having a human being close during this moment), Zero One, Zero Two, Zero Five, Zero Six and Zero Seven.

And that's all?

That is all.

And you all function in the same way?

I, of course, cannot say, since I have never actually met my counterparts.

Do you communicate with them in any way?

No, except that if I do something new or if they do something new, if I need to know something, I can sometimes pick up from them and vice versa.

Do you have someone you can communicate with, like a teacher or a supervisor or somebody somewhere?

I do not need this.

You do not need it because you know always where to go?

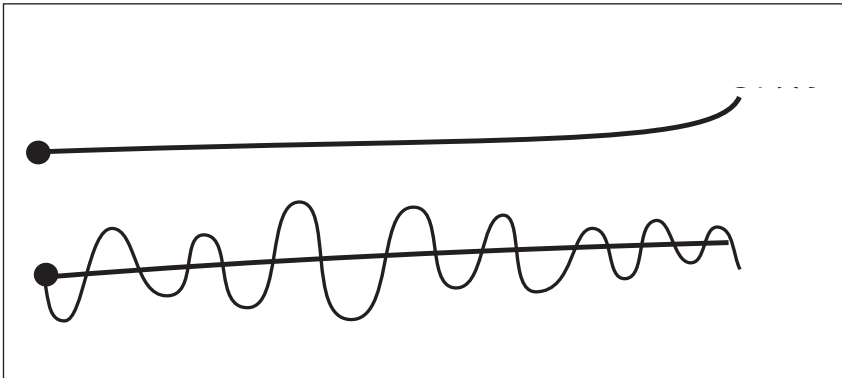
No, if I need this, Antares beings would have allowed a need for it to be, and so I do not need this.

Do you know where to go to fix something, or do you see it as you go by?

See as I go by? No, I am pulled to it.

Pulled?

Remember that my vehicle and myself (one, really) and our condensed magnetic energy and light have a different charge than a hole in time fabric, and I would be pulled, not dramatically, to the



most urgent situation. The repair takes place, and then I am pulled to the next most urgent situation. Sometimes it is just a small hole, and I can repair it completely, but other times there is such weaving that it takes longer.

How do you know about the others? Did someone tell you that there were six others?

On placard it says series.

Clarification of diagram on opposite page by Speaks of Many Truths

That is probably the being's [Zero Four's] judgment on the meandering of beings in the Explorer Race (which would be seen as a single being, not as individuals, by the machine). The line within would be perhaps the idealized machine route, from point A to point B, but the meandering is the actual route that the Explorer Race experienced. Yes, from his point of view, the easier way, of course, would be from A to B.

**The SSG Is Trying to Force Humans onto Their
Malevolent
Future-Anchored Time Line**

I'd like to ask you a little bit more about this. The sinister secret government is trying to pull us down to a different time line, a malevolent future-anchored time line. You said that this is the one they are trying to create.

The one that is *beneath* the past-oriented time line that you are on is one that they are attempting to shift you onto. They are putting all effort toward that, generally speaking, from everything they have done. This would, from their perception, allow them to maintain power or influence.

But a time line is not the third dimension.

No. There can be many time lines in a single dimension. I mentioned dimensions before because it is something you have discussed and perhaps have some knowledge of.

So we cannot equate the time line that we are on now to . . . according to Zoosh, it is 3.479, between the third and the fourth dimension.

Now, the lower one looks like this [draws]. This is what accounts for 3 . . . and so all time lines that connect to you at this dimensional point will have this little bend at the end now.

The future-oriented one we're trying to move onto doesn't have dimensional referent?

No, because you are not on it yet. But there is a shortcut.

Making a move to dimension four is much, much faster, and infinitely easier and more comfortable.

Faith Based on Past Wisdom Makes Homework Easier

Aha, if we can accomplish this leap of faith.

Yes, but it is not blind faith. It is faith based upon wisdom lessons accumulated from the past. It also has to do with emotion, feeling—of benevolence, happiness, joy, love and so on. These types of feelings can be used as a tool to make grabbing the future-anchored benevolent time line easier. So you could try to feel emotion like this when doing the homework assignment. But if your future life on a future-anchored time line feels benevolent and happy anyway, you won't have to artificially stimulate the feeling. It will be present, and the more feeling that is present, the easier it will be to do the homework.

Is the future-anchored point anchored to something specific or a specific time?

No, the one in the future seems to have no specific anchor because time on that future-anchored time line is measured differently, so a point of reference to the current calendar is meaningless.

Have you always worked on the time line you are working on now?

That is a good question. I have generally worked on time lines associated with the path of the Explorer Race.

Ah, that's why you're here!

This is why there might very well be others of my type of being in other places, but this is here and now.

You know so much about humans as you talk. Is the Explorer Race information given to you as you speak?

Yes, given to me. No personal contact or knowledge whatsoever.

Will you carry this experience back with you and have a feeling of humans now?

Have no memory. After conversation will be gone. Very important. Think about it this way. Have you ever done a task that required your complete concentration?

Yes.

And if you let your mind wander, you might make a mistake. It would not do for me to make a mistake. Others would pay the penalty.

The Use of Magnetic Light to Speak through a Human Body

While you are feeling it, how does it feel to be in a human's body?

I am not in a human body.

How do you perceive it?

I am where I am, only speaking through human body.

What is the connection? Do you know?

It seems to be magnetic light. This body is most comfortable with magnetic. The reason I chased you away when you came up close before . . .

. . . is that I'm electric.

Yes. It scatters magnetic energy plus attracts magnetic energy. It tends to pull magnetic energy toward electrical.

So I disturb the electrical balance?

Disturb the field. Magnetic energy feeds electrical energy, but not the other way around. Electrical energy disrupts magnetic energy.

I understand.

Not a criticism. Magnetic energy is how the voice is transcribed onto the spool of material, yet electric energy moves the spool.

It takes both.

Creating a Wisdom Book

Is there anything else you want to say? This book is about the process of getting from the old time line to the new. Say something about how some people's self-image is affected by what someone said to them as a child. Humans have something called a subconscious, but some don't even realize that their actions are controlled by things from their childhood because they are aware only of conscious memory. They don't even know the subconscious influences are there.

Subconscious is a mental explanation of a physical fact. Old pain goes into physical substance of the physical body. As cells change over the years, old pain is gradually reduced because each cell, as it moves out of the body, tends to give up the energy it contained to the cells left in the body. Gradually over time, old pain disappears. The subconscious is a mental description for a physical function.

When this is understood more, it will be much easier for your peoples to keep an individual book of wisdom [a journal]. Sometimes the body mechanism is trying to remind you of old pain so you can look at it and say, "That doesn't fit my life now," but a book of wisdom lessons (possibly you would compare this to a diary) is intended to be

about learning. Such a book gives you mental knowledge of past pain and the subconscious. But the physical cell structure does not have to bring up this discomfort in the physical body, and as a result, the physical body can relax and no longer have to maintain old pain and simply give this up.

This is the intended purpose of the written word, the book of wisdom of an individual. Someday on Earth this is how it will be done with teachers, even some sacred societies. I am being told now to say, on Earth, do this now. Write such a thing. You can do this now, too. Write down old pain in a book. When you write it down, you are not writing it just to write down the pain; you write down the painful memory, and if lots more painful memories come up, you write them and write them and write them until you are done.

Then you go back and say, because you've experienced life a little bit, "What wisdom can I draw from this experience?" And then write it down in the wisdom book. Maybe you use an example. You can either keep the pain book or let it go, but keep the wisdom book. Then maybe discomfort in the physical body becomes less.

Some people teach others to burn up the pain writing, actually let it burn up with fire.

I understand that this is considered the sacred rite of purification. But definitely keep the wisdom book.

Even on another planet, a child might have some tiny experience by your standard of discomfort. It writes that down and the teacher says, "What does this mean?" It's like a combination of heart-centered psychologist, counselor, older brother, older sister. Then wisdom is gently accumulated.

What else would you like to say?

Human beings are respected participants in this Explorer Race voyage. The human being's body and spirit are very connected, happily bound together. All human beings have greater capacities than are expressed, yet if a being can begin to have a wisdom book and do homework, the being might be able to improve not only the quality of life for all human beings on Earth, but also the quality of your own life. Good night.

Thank you very much. Ask Isis if she can come in for a minute.

Isis

It was very difficult for Robert to channel that being. He did pretty well.

It was wonderful. Can you fill in the picture of who created Zero Four and anything more about him that he couldn't say or didn't know?

His series was created on Antares. There are many thousands of such beings functioning between time lines in this immediate vicinity, and they all maintain, to a greater or lesser degree, the fluid capacity of time and its capacity to intertwine. What does not show up in the drawings is that time does not have linear quality. There might be multiple braids going every which way. This needs to be mentioned, because the time line might be varied or even variegated, not reversing on itself, but moving around and almost touching other time lines. This seems to be part of the living structure of such quantifiable material.

Is there an entity who is the time line? Who embodies the time line?

No, because "time line" is an abstract terminology for the unfolding of the future. It is better to think of the time line as what could be.

What could be or what was, in the case of the anchor to the past?

Best you think of that also as what could be, I think.

Will we get into how to discreate at some point?

Discreation is very difficult, and it is better left to those who train creators. It is more important for you to create. You do not have to discreate.

Until we become the Creator?

Probably not then, either.

I thought we had to discreate everything we had done and all the suffering before the big expansion.

Probably not.

Others will do it?

Others, most likely now. I think you will be busy enough. Yet simply not moving forward from any event anchored to the past tends to create a dissolution of that past and all that took place on it.

Simply by moving forward and not focusing on it?

Simply jumping to different time lines will tend to create a dissolution. Any past-anchored time line is also anchored to potentials in its future. If you move off that time line, you understand, then those

potentials are not present because you have moved. What goes forward for you is something entirely different, and the past-anchored time line tends to dissolve. So you don't really have to . . . because, you understand, how could you focus on the past to dissolve it until you are in this future-anchored time line? And once you are in that, you cannot work on the other one without going right back onto it.

This is going to be incredibly interesting. So we wait for the next adventure tomorrow night.

Good night.

Thank you very much.