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## ***Messages and memories from the Pleiades*** ***Regression experiences and contacts***

by S'spsezl

### *Introduction by the translator*

This is a true story of experiences, which a friend of mine went through in regressions and in contacts with people from a planet at one of the stars in the Pleiades. He wants to be anonymous and I have translated his notes to English (adding just very few comments of my own and very few clarifications in square brackets), but we both recognize the importance of making these experiences and the information contained known to others. I therefore publish it in my name, stressing that it is not my experience, nor messages which I have received myself. My only part in this is to help making it known to whoever is prepared to listen and is able to take it seriously (others may think what they want about it, and if they have difficulties with it, it is their problem).

Jan Erik Sigdell

### *About myself (Introduction)*

*I am neither involve with esoterics nor am I a UFO-freak, nor a friend of Science-Fiction nor of any wondrous things for which logical and rational explanations already long exist. Yet I here write a chronological summary of strange experiences, for which I have always tried to find simple explanations. All that I write here is true and at the time of writing it, I honestly don't care if you believe it, or not. Both I myself and some other persons know and can confirm that it is true and I cannot, will not and shall not any longer keep it for myself.*

*I have a normal job and like so many others I am married and in my present life quite a normal person – a person who in the course of later years went new paths of development and through regression experiences and very clear channelings possibly found back to his original roots and to very interesting and maybe also important insights and information. Information that comes from an extraterrestrial civilization, from extraterrestrial humans, who apparently have visited us repeatedly since thousands of years. Now it is up to you from here on to think that here is “another crank, who imagines some kind of messages from space.” I can actually understand such reactions, since I earlier was like that myself. But contrary to others I take these things very seriously and pass the information on without wanting to make money out of it.*

*I regrettably know too many persons with self-knitted prejudice, who regrettably believe in an indoctrinated idea of a superficial reality and shut themselves off from a development that has already begun long ago and of which many already have a presentiment. Furthermore, there are – on one side – persons who want to prevent that certain ideologies stir up a long established system of power and – on the other side – persons who out of greed for power will want to prevent that energy, just like the air we breath, becomes freely available to everyone. For that and many other reasons, I ask you to understand that I want to remain anonymous.*

*At present I am working with the development of a generator according to construction drawings, which are not from me but from the “people” who have, especially in later years, repeatedly supplied me with apparently important information that is not meant for me alone. That is why I put this in the Internet. This generator will presumably be a machine, which based on a natural phenomenon (that will be how physics would call it) can produce so called “free energy”. Oil, gas, petroleum, environment polluting coal and nuclear power plants will then probably become obsolete – assuming that this machine will work. Again, I stress that this construction is not mine, but it will, when finished, be freely available to everyone, and it will then in the first place confirm all that is written below and what will follow as further messages in relation to it. That will be purpose and mission of it all.*

S'spsezl



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### ***Strange experience in the 70es***

I had my first “encounter” of an “unknown” kind at the age of about 12. My four year younger sister and I each had an own room under the roof of the house of my parents. Actually, we both had a very pleasant childhood. One evening, when I was in my room and listened to music, my sister called me excitedly: “Come here quickly. There is something strange here.” In the first moment I rather felt disturbed and asked: “OK, but what is it?” – “Just come here... quickly...” So I went to her room and saw her looking out through the skylight window. “Look there! What is that?” I was quite astonished. With my mouth open we both saw a greenish white light on the hill a bit further away, which, however, didn’t illuminate the environment but simply was bright in itself. It floated straightly upwards, stopped for a while and then with an incredible speed, I would say in the blink of the eye, moved to the right in an elliptic upward path and disappeared in the sky while the shining became weaker. This happened in just a moment and without any sound. My sister said: “Was that a UFO?” I answered in excitement: “Maybe it really was.” But then my rational thinking put it away as a signal rocket, a weather balloon or mere fantasy... It might be that there are extraterrestrials, but the chance to see one would be really small. Hence: skip that thought.

### ***Strange experience while driving a car in the 80es***

I then had “peace” during many years. After the secondary school, I had an education to become an electrician. I may have been able to do more, and other opportunities were open for me, but I preferred to stay at home because of my friends and for that reason took this training. At the same time, I learned music from my father and felt generally attached to music (and I like almost every style of it), which today has also become my profession. Therefore, I started early to make music and often was asked to play at birthday parties, marriages, festivals and other occasions. At this time (in the middle of the 80es), I often played in a club, where the majority of the members were retired and who also cared about other retired people in the villages around. There were gatherings of some 300 older persons in a large hall, who enjoyed having old songs and folk music played for them. It so happened that one of the retired men had already much earlier played together with my father, and he now wanted to perform together with me. Thus, we often met at his place to exercise and we put together our own repertoire of songs. At this time, I had already long finished my education and worked with my parents in their shop. Now I should have another performance in that gathering of retired persons one Wednesday evening, but the time for setting things up was short because of my job, and my parents had no time for that. Therefore, I decided to set up the musical instruments already in the evening before at the place where the performance was going to take place (around 20 km from where I lived). I picked up my music colleague on the way and we set things up together. After finishing this work shortly before 9 p.m., I first brought him home and then went on alone. It must have been in the fall or the winter, since it got dark quite early. Something happened to me while driving that still today remains a riddle for me. I clearly saw the starry sky and was impressed by all the stars I saw shining in it. About half the way, something strange happened – but what? To me it all of a sudden was as if I for a moment had been in a gleaming greenish-white bright light. Quite like being flashed in a speed trap when driving too fast (which regrettably has also happened to me), but this light was different. Startled and wondering, I asked myself loudly “What was that?” Even the music in the radio had had something like a short interruption (as it occasionally happens when the frequency changes while driving). In any case a different song was playing. Maybe I was thinking about what I had seen for a short while, but then decided: Well, it will have been thunder or a flash of lightening. Some three or four kilometers further on, I had to turn into another road. I looked at the clock and was like paralyzed. Now it was 12 midnight! That isn’t possible, I thought, since I had been in H. at 9 p.m. to set my friend off. And now I had only been driving eight kilometers since then. Was my clock wrong, or what? I hadn’t stopped anywhere, but just drove through. Many thoughts crossed my mind... Did we really return so late from the setting-up? As I came home, my wife (at that time) asked me “From where are you coming so late?” I told her what I had experienced. We could find no explanation. In any case, this was a very strange incident, and still more strange was when I asked my friend “Tell me, when did I take you home?” and he gave the disturbing answer “Around nine, don’t you remember?” I then thought about that – it must have

been so that I had been quite tired and gone out of the road to a parking place to sleep for a while, and only really came to my senses as I woke up while driving again. Well, that could be (and maybe I didn't want to know anything else and even less imagine it).

### ***Strange appearances during a bright day (in the 90es)***

Several years passed and I had in the meantime divorced from my first wife and met my present wife. At that time, my wife and I had much contact with the father of my godchild, since we cared about him in a crisis (divorcing from his wife, how often that happens...). One noon when standing with him in front of our house talking, my wife and I saw the same light I knew and have mentioned above, but now in the brightness of the day, but just like at that occasion. I told my acquaintance "Look at that!" We all three saw that light first standing still and then suddenly shoot up into the sky and disappear. This happened without any sound. I said "That cannot be! I have seen that once before." My acquaintance meant "That will no doubt have been a meteor." We then discussed how it could be possible to see a meteor during the day and that it would fly in a reversed direction, that is upwards, and how it could have a greenish white light, but he persisted in his opinion that it must have been a meteor. "Meteors can also fly upwards, it depends upon from where you look at it", he said, and this still today is his opinion. He might barely have accepted a ball lightning, but nothing more. I later told my present wife about my earlier two experiences (see above). She was astonished and at least didn't exclude the possibility that it could well have been a so-called UFO. I was rather the one myself, who in my mind resisted this possibility and sought another and simpler explanation.

### ***My first encounter (explanation of the speed of light)***

It now began that I "saw" these beings in my dreams, or rather than dreaming it was like when you go to sleep again but are not yet fully asleep, that is "dozing", usually around 4 a.m. I saw beings who I today call humans, even though they look different. They appeared to be tall, quite slim with thin arms and rather big but interesting eyes. They had a bright skin and were friendly. It mostly happened between 4 and 5 a.m. and then only one of them spoke to me, spoke in a way I could understand. At the first encounter, they tried to explain the principle of technical possibilities to overcome time. I understood it as something like this. One would need at least seven layers of a kind of electromagnetic field in order to produce the enormous speed-time field that would be needed. Since I am an electrician myself, I have some idea about it, but not enough to really conceive it. It would be like an electric engine in which what is normally the rotor is fixed but the outer part moves, which again is like a rotor for another layer and so on, so that the speed of the rotating fields multiply until in the outer layer the speed of light or above is reached. Then one would not only automatically be weightless, but could also move through space and time, unhindered by matter. However, they also told me that it might not be realizable with our knowledge and available material here. For some strange reason, always only one of them spoke to me, and they showed me like a three-dimensional image appearing in front of them. When they spoke with each other (if you can call it that) it was another and harder sounding language (a little like Swedish or Norwegian – I have once learned a little Norwegian, since I am a fan of Scandinavia and once wanted to emigrate to there; just to mention it, since I don't know how else to explain it). This field that multiplies itself in speed has to be protected by an outer field that acts against it; also because the centrifugal force would otherwise be too high... That means the same arrangement again, counteracting it. After this dream, from which I woke up drenched in sweat, I made some drawings but didn't get them fully right. I have never had such a "dream" before.

### ***My second contact (explaining the principle for a very fast space ship)***

A second encounter with these four or five beings took place a little later. They explained to me that flying space vehicles needed to overcome space and time and were in principle built according to the construction for overcoming time, which they had shown to me. This would especially be needed for overcoming enormous distances between various solar systems. That would logically explain the common disk shape of a "UFO", as we know it. Being able to reach the speed of light and more would have to do with this multiple layer and the self-multiplying energy field. This would take place in the outer region of the ring, whereas people would be in the inner area. How-





However, I had not forgotten the clearly perceived name “Seth” and that they mentioned the “Pleiades”. Were not the Pleiades a group of stars? I was sure that I had heard that name before. I “googled” (searched in the Internet) for the name “Seth” but nowhere found a connection to the Pleiades. Therefore, I ordered the book “Seth Speaks: The Eternal Validity of the Soul” after reading very positive reviews in the Amazon web page. These messages are said to once have been “received” by the American Jane Roberts from an entity that calls himself Seth. Without thinking about the Pleiades anymore, I began to read this book, which is not very easy to understand but highly interesting and partly quite instructive. The book and some private experiences motivated me to take interest in reincarnation and rebirth, and that is why I in the spring 2008 gave a gift voucher for a regression to my wife.

[Comment by the translator: 1. A *perpetuum mobile* is impossible according to our physics, since energy can not be generated out of nothing but only transformed; however, an apparent *perpetuum mobile*, that is appearing like such a machine in our three-dimensional world, could be possible in a multidimensional universe, not generating energy out of nothing but bringing energy from higher dimensions into our three-dimensional realm. This would involve principles that at present are not known to us. 2. It remains an open question if the Seth mentioned here is the same entity as the one who was channeled by Jane Roberts; in the cultures of the Middle East and Egypt the name is not very rare in our Earth history, and it may be even less so in a “cosmic context”.]

### ***An unusual technical incident (until now still unexplained)***

Another unusual, technologically confirmed and recorded incident occurred in the middle of 2008. I must first explain that we live in a small village that is supplied with a fast radio-link Internet connection through a network covering many small locations. Each individual connection is within the network surveyed on monitors in order to secure a stable network. Each individual failure is displayed and leads to a technical alarm. Since I took an initiative for this at its start, I am often the contacted when there are technical problems in the northern region of the network, where I live. The network is basically stable, so that even strong rain and snow flurry cannot disturb it. But something strange happened. The manager of the company one day called me personally before noon and was excited. I should look out to see if an airplane could be seen in the sky, because at our location the connections would be lost one after the other, interfered by a strong radio signal in a frequency range assigned to air traffic. So I went out and saw nothing else but clouds. Back again, I said “Now, here is nothing to see, only clouds.” The man, still more excited, said that he had experienced many things, but what happened now was something he could not understand; in the meantime other locations also were blacked out while the earlier locations one after the other returned in the network. Due to the speed of the phenomenon, it couldn’t possibly be an airplane since all lasted only seconds. It was as if something had flown quite fast through our radio-link network and disturbed it. Jokingly I remarked “Well, it probably was a UFO, since it is said that some have been seen here.” We let it be with this “joke”. I didn’t tell him that I have myself seen such strange things in the area. This blackout remains a riddle still today, but since the connections one after the other returned to normal, no one wondered about it any more.

### ***A strange feature I wasn’t aware of before (fall 2008)***

My wife and also people we know say that I have a strange feature, of which I am not conscious. I must first tell that we sometimes celebrate with friends and take alcoholic drinks. Maybe it is a bit too much sometimes, but being in the party mood, one does take a drink or two. When I have a little too much, I get tired and doze for a while. So it happened also in the fall of 2008 during a short vacation. I was told afterwards that I had, as I was being pulled awake a bit roughly and maybe was still half asleep, spoken in a language no one who was there could understand. My opinion was “Maybe I mumbled something together?” No, they said that I had talked clearly in a completely different language, and the others had found it very funny when they heard it (but not me). My wife confirmed that this wasn’t the first time, but it had happened before, also when I had not been drinking, for example in the night. My wife says it wouldn’t be Norwegian or something similar, but it sound very different and somehow strange... I can say nothing to it, since I wasn’t conscious of it.

## ***A remarkable message, which I received at the end of 2008 (and a stigmatized indication of my own origin?)***

Yet another message was brought to me at the end of 2008, again from the now known group and in the half-sleeping state, and it reminded me that I should build the generator described above. Asking “Why me?” I was given the hint that “You will find the answer on your legs. There you can see it so that you will not forget from where you come.” To that I have to explain that I on both lower legs have spots like birthmarks which gradually arose within the last 20 years, apparently after the above-mentioned incident while driving the in the 80es. I of course thought that they would have something to do with an allergy from mosquito bites in the holidays or something else. But no new spots have appeared in the last years. I had, though, tried to get rid of them with rather expensive depigmentation balms. Even though these are said to be guaranteed to work, nothing changed for me. I didn’t think much about the message and didn’t take the spots seriously...

...until in May 2009 I took a picture after my second regression experience and compared this with the stars in the Pleiades constellation... (see below).

## ***My first own regression (autoregression with a CD)***

In February 2009, my wife made use of a gift voucher for a regression (which I gave to her because of my interest in reincarnation – see also “Third contact” below). She experienced herself as a 20 year old woman in Bretagne in the year 1897. I have documented this regression in detail elsewhere. The result and the verifiable facts, which she herself could not possibly know in her life today, overwhelmed me a lot. So much that I wanted to know more myself and, therefore, decided to participate in a workshop for learning to become a regression facilitator. This workshop was offered by one of the internationally more renowned specialists in the field, who uses a method that he developed from the non-hypnotic time-lapping technique of Bryan Jameison. This was an opportunity that I didn’t want to miss, since I was very interested in the subject of “reincarnation” combined with research about it. To begin with, I bought a text book about it that has a CD for autoregression.

In April this year, my wife and I “just for fun” tried this CD out on ourselves. The CD is, however, kept in a quite general manner, since it cannot deal with details and possible resistance in individual cases. In any case, it induces a kind of alpha state and one then moves in a symbolical elevator to meet the “inner guide”, who basically represents one’s own unconscious self. The unconscious self understands certain symbols better than words, which is why the visualization of an elevator and a “guide” is used. The images come spontaneously. Our unconscious self has stored facts, which by means of this regression are made aware for our actual and mostly quite limited consciousness. The storage capacity of the unconscious self is many times larger than that of the conscious self. It is like transferring data from a harddisk to a USB-stick. Furthermore, such an autoregression lets us relive the childhood in the past life, a meal with the earlier family, physical contact, a strong emotion, a day of work, the death and so on. Actually I was more interested in what more information this autoregression could give concerning my wife. I didn’t think much about myself and I even had some doubts whether this would really work for a rationally thinking person like me. But it came to be quite different from what I had expected. My wife saw rather few images, except seeing herself again in that time as a young girl milking cows in a stable. For me, however, scenes came which made me more than wonder. I will now try to give a very detailed description, since I had made additional notes next day.

It was hard to have an image of an elevator come spontaneously... so I imagined one, which is allowed. It served four floors and I had the impression that I would meet the “guide” on the third floor. So that is where I went... Once there I saw a white floor in a kind of entrance hall. I entered and opened a door. There things were in a mess and there was a table. It looked like a storage room. There was no real “guide” there but someone looking like the guy in “Jack and the Beanstalk” who handed out bean seeds. I sent him away, because I didn’t trust him. That is what you should do if you feel like that. Then another one with a hood came, who looked quite dull. My feelings in his presence were rather neutral. But he didn’t give any answers to the questions about how many in-

carnations I had. It also was a bit difficult to have him show the childhood in a past life... Then I saw a fragment of someone that could have been me, but I didn't know if male or female or some kind of a neuter. But I rather think it was male. In any case I had a snow-white skin and the people around looked like aliens, but not malevolent. They also looked snow white and were rather tall and slim with a large head and (so it appeared to me) four long fingers at each hand... The meal I had was a kind of blue gruel that had a peculiar but not bad taste... It wasn't eaten with fork and knife, but drunk through a kind of drinking tube that wasn't round. In the experience of body contact I actually came into an erotic situation with an "alien" partner, but I will leave the details out here. It was pleasant and in no way strange, but in a way rather familiar. I then went to experience a day of work, assembling some strange things. They looked like complicated parts of something technical, which I couldn't identify. In this "company", more of these odd "humans" were at work. The feeling was somehow normal. I also had to do some kind of office work, maybe typing something? The technology there was very peculiar. Then a strong emotional experience came. It was a departure, which was emotionally painful, since I had to leave my female partner. I then saw myself in a quite big vehicle or whatever it was, and I had to go away for quite a long time... The death experience that then came was intense... I saw myself in a smaller vehicle crashing somewhere in a desert, where I was stuck in my seat. It was very warm and above me all was broken, so that I could have a marvelous view of a beautiful sunset. This was very impressive and fascinating for me. I hardly felt any pain. Five minutes before I died, the pains were stronger (especially in the area of my belly) and I watched the sun go down... After I had died I saw my body hanging in the seat in a spaceship below me, and the pains were gone... Looking back for an overview of the life, I didn't recognize much of importance besides that I looked like the other snow-white people... What impressed me were their loving eyes, big and friendly eyes with an iris that had an interesting pattern. The head had a rather big forehead, no hairs and no visible ears, a small nose and a narrow mouth. The body was slim and tall, arms and legs long and the hands had (as I thought) four rather long fingers. As far as I could see, we had no clothes and yet one didn't feel naked. The communication was somehow telepathic. One felt a lot of love, and that astonished me in the beginning, but then no more.

The result of this regression experience disturbed me a bit, because so far I didn't want to have much to do with "aliens". Therefore, I put it in the file "fantasy and imagined stuff", even though the experience had actually been very emotional and to me appeared real and even familiar.

### ***Second regression (group regression during my training to become a regression facilitator)***

In the meantime it was May 2009, and I participated in a workshop for training to become a regression facilitator. We all together were 24 participants and every day one of us was chosen by lottery for a personal regression by one of the two teachers. The others silently listened to the regression and followed the truly astonishing experiences. So that with such a number of participants everyone could have an own experience, since logically not everyone could have his number drawn, there also was a so called group regression. This was structured in a similar way as on the CD that I already knew. I sincerely hoped to experience a life as, for example, a woman in the 17<sup>th</sup> century or anything else, but hopefully something different from what I had already experienced before.

It was again hard to have an image of an elevator come. The one that after all came was technically not in order, the light was flashing and the electricity sparkled. But I wasn't afraid to enter it, so I did it. My Higher Self (i.e., my intuition) said that I should go to the third floor, but then a voice came that said: no, in any case go to the fourth floor. I didn't let myself be distracted by it and pushed the button for the third floor, since the instructions told us to take the first number that came to the mind. However, the elevator first didn't start and I with some anger hit the third button again. As soon as I was there, I actually saw someone standing there, who gave me a good feeling. It was more like a light being. It gave direct answers to the questions I should ask: I had come here the first time 6000 years ago and I had until now incarnated 65 times. Now came a childhood scene in a past life, which we should ask to be shown to us. I again was pushed into the life as an "alien",



which I already knew. This time, however, I was together with other children (around ten of them), and we played with an interesting blue ball that could float in the air and produce sounds. Around the ball one could see something like flashes of light, and it looked quite interesting. Now the experience continued, and in the scene with the family I saw my father and my mother (or I at least had the feeling that it was so) and also an elder sister on my left side. I used the opportunity to ask the “guide” where this could have been. He said that the place (or planet?) was called “Krraaon” (so it sounded). Asking what my name was he said something like “Spsezl”. Asking which years it was the “guide” seemed a little amused and said: “If I would tell you, you wouldn’t understand it.” Well, it went on and we came to having a meal. This time it was, luckily enough, not the blue gruel but something reminding of a hot-pot. It was in a round bowl, but I don’t know if we had a spoon or something like that. I think it will have been something similar. The taste was like a mixture of sweet and spicy and quite pleasant. The experience of body contact again was with the same female partner. We had a kind of own apartment and I must have loved her very much. I am convinced of it, since I really felt very well together with her. Then came the scene of a day of work in which I again saw myself in the same company. This time, however, we were standing there and talked, if one can call it that (I didn’t understand what they said). Then came the departure and having to leave that place. There was a “must” involved, as if in the army one has to go to some operational area far away (where I had never been before). It was very hard to say good bye. The scene an hour before dying this time was more emotional and with some more details. This time I clearly felt the intensity of the impact as our vehicle crashed, and I felt it penetrate into the sand of the desert. The sound was like a thud and I think that I thought something like “Oh shit!” which astonished me (it could, however, be my interpretation). Then it became dark (maybe I closed my eyes). A quarter of an hour before dying, the outer shell of the vehicle was broken above and in front of me. I looked around. There were three of us (which I didn’t know in the first regression). One was sitting to the left behind me, and he regrettably was already dead. The other was at the side in front of me, and he was still alive. He said something to me that I couldn’t understand. Then he died and I felt a certain sadness (I think I had known him well). I myself had no intense pains, but held my right hand on my belly. We were all in our seats. I looked out and felt the warmth and saw the sunset. Five minutes before I died, I had pains and also knew that I would never see my partner again. That was a very bad feeling. The only solace was the beautiful view of the sun that still was barely visible, the sky and the warmth. Then the death came... The pains were gone and I again saw the scene from above with our bodies in the spaceship, and the spaceship itself. I observed that our skin was no more shiningly white and smooth, but rather a little grey and a little shriveled (the shining was somehow gone). The spaceship itself, as seen from above, looked as follows: a metallic shell (not silvery, but rather anthracite-silvery), maybe 10 meters wide and 15 meters long. The front was round, the back part had some kind of a propulsion engine. It had impacted a bit sideways in the desert sand, which was reddish. Pieces were lying around. Then I had problems with breathing, which I could really feel so that I also had to cough (maybe from the atmosphere or from dying, I’m not sure), so that I couldn’t once more well look back upon the life to have an overview of it more from birth on.

When this group regression was over, I had ice-cold and wet hands (which I normally have only rarely) and I didn’t feel well. Other participants afterwards told me that I had been completely pale. Then I had a talk with the leader of the workshop and told him that I had had the same experience when autoregressing with the CD. He then said some thing essential, when I told my doubting remarks (I had put it away as fantasy): Why not? If there were emotions, it could well be true. Such experiences are not really rare. He had had clients with similar experiences before. Those people out there are also human beings (!), even though they don’t look like we do. I should try to accept it. It could be that these images keep coming back because I didn’t want to accept them (?). Then we went to the lunch break, and I did so with mixed feelings. I must admit that I on the way (on shaky legs, by the way) for a moment thought of my partner, who I had in that experience, and felt quite sad that I never met her again. I felt a strong pain of loss. While eating, I still had the experience in my mind and inside myself said to me that it may have been some kind of a secret wishful thinking.

Or an alibi for sometimes being “different” from others. A kind of fantasy to be interesting? Once again back in the workshop room, the colleague of the workshop leader, who also gave the workshop and is a renowned specialist and some day will continue his workshops after him, told me that she had been informed about my experience. She also said that I should try to accept it, also because the scenes keep coming back. Maybe they did because I couldn’t or didn’t want to accept them. I must add that at that time it was really very hard for me to identify myself with an extraterrestrial “human” being.

Yet while going home from that day in the workshop, I again thought about that planet, looked up at the sky and almost had to cry. Again I thought of my female partner there. Maybe it was all imagination... It also wasn’t clear to me what connection there may be between my interest in reincarnation and what I had experienced in the regression. I was thinking about that. Maybe I somehow just wanted to “prove” my belief in reincarnation and above all karma, also because I think that then much could change in a positive way in the human consciousness – for example when people realize the consequences of evil actions and their senselessness, and come to know how much more beautiful the feeling of true love for all human beings in your heart is, no matter what race and color. Wars would be useless and feelings of hatred and soul pain could more easily be dissolved. Statements in the Bible would finally have a sense and God would no more be used as a scapegoat... I don’t know, but somewhere inside I have a hope. But how can that be proven in a world in which people prejudice everything as fantasy and wishful thinking? It sometimes seems to me that certain persons merely pretend to have a better and more “logical” knowledge about things, according to their maybe instilled idea that such things simply should not exist. For that reason, maybe they just don’t allow for another reality. Evidence is rejected with sometimes outrageous arguments like simply “You will have picked that up somewhere before.” Maybe people block themselves against it because they fear such facts? Maybe something in their unconscious self resists? Something that doesn’t want to be discovered?

But it would all become much more clear...

### ***Comparison of spots on my legs with the constellation of the Pleiades (May 13, 2009)***

After this experience thoughts and questions were shooting through my head. Could it really be that I in a past life had lived somewhere else in space, several thousand years ago? Why had I felt all this so clearly, so emotionally and why was it already almost familiar? Maybe my interest in reincarnation had been intentionally guided to make me know more about this past life? Could it actually be that this Seth had contacted me so that I would be informed about just that? To open this possibility for me? Maybe he comes from where I also came? He said that he was from the Pleiades, so did I come from there, too?

I remembered the message in which he said that I would see it on my legs, so that I would never forget from where I come. May 13, I took a picture of my legs and compared it with the constellation of the Pleiades. The correspondence is not perfect but various marks are comparable to such an extent that I think one cannot easily talk about a coincidence. I asked a specialist in astrophysics, and he informed me that the constellation of the Pleiades actually could have looked like that 6000 years ago, since all stars in a galaxy are subject to certain processes of motion (he called it differential rotation?).



An additional remark about that dimension gate. I personally have the feeling that it would be located somewhere in the region around Merope (see above). After the main message (see below), in which I was given the information that “they” already are on their way since a year earlier (i.e., since the fall 2008?) and that they have passed through that dimension gate, I remembered having a pain at just that location in the spring 2009. Shortly afterwards there also was a pain on the left leg, where there is such a mark, too. I have not yet investigated if the marks there correspond with the constellation of Sirius, or with another one. Maybe soon. (This comparison is added below: February 2010.)

### ***Third regression (individual regression May 17, 2009, recorded)***

I actually had not expected it, because the chance was quite small, but – as if it had to be – I of all persons was chosen for a regression the last day of the workshop. The card with my number was drawn by some participant. I could hardly believe it and first wanted to decline, since I feared that these incredible “fantasies” would come again. And I feared the other participants, who would hear about these strange images. In spite of all embarrassing feelings, I agreed. When would I have such a chance again? The chance to find out a lot more about myself. And... I still believed that maybe this time I could finally enjoy the experience of something else, something from a totally “normal” life, maybe in the medieval ages or somewhere else. But regrettably it again came quite to be differently...

This regression was recorded on tape cassettes. First I was quite excited and didn't want to see these images again, maybe something else or then rather nothing at all. In the beginning I neither saw an elevator nor stairs, but after the teacher had me symbolically “float up above the clouds” in my trance, I really again saw the being who was familiar to me as “Seth” from earlier messages. This time he stood there alone as a personification of my own “Higher Self” (in principle a symbol of the highest level in one's own unconscious, the own self). This being would now accompany me through the experiences and, if needed, answer questions, which I asked in my mind (like telepathically). The teacher then, of course, asked how I felt with that being. I said: “I already know him and I feel really good together with him.”

Here follows a transcript of the original recording from May 17, 2009. In this public version I don't quote the internal therapeutic methodology, like induction of the trance, relieving from negative

emotions and invisible walls, symbolical healing of wounds from the past, and so on... and here only include important information from this regression.

- "You have a certain problem. You repeatedly have certain experiences which to you appear fantastic. It is difficult to accept them. Ask him what he wants to say about that."
- "He says that I should accept it."
- "However, it seems that it is not easy for you to accept it. Ask why it isn't easy."
- "Because my mind doesn't want to understand it."
- "And why is it so? Can he explain why your mind doesn't want to understand it?"
- "I am too rational."
- "Yet he says that you should accept it, but that may not be as easily done as it is said. Can he give you further advice about how to deal with it?"
- "He says that I don't want to hear the messages."
- "What messages are they?"
- "They have told me several times, but I don't want to hear it."
- "But there is one thing I want to say. You decide with whom you want to talk about it, and that is clear. These are experiences one doesn't have to tell to everyone, since many persons cannot deal with such things. Those who sit around us here can, but others in many cases cannot. So how do you know with whom you can talk about it and with whom not?"
- "He wants to show something to me."
- "OK, what does he show?"
- "A crash, this accident."
- "Why does he show you that?"
- "He says that I should release the feelings of guilt about it."
- "So did you believe that the accident was your fault?"
- "Yes."
- "And what does he think? Was it really your fault?"
- "No, he says it was an accident."
- *(Here these old feelings of guilt are released.)*
- "Good. Now ask him what these feelings of guilt have done to you in your life today."
- "...I shut myself off."
- "And what has that done to you, what effect did it have?"
- "...it caused a distance."
- "Ask him then if that means that you have something like an invisible wall around yourself."
- "...yes."
- *(Here that invisible wall is destroyed.)*
- "Good. Now, how do you feel without that wall?"
- "...well... much better."
- "So now you are free, because that wall actually was a bit of a prison. It decided for you that no one should come really close to you, but only to the wall. Therefore, others could not really reach you with love, appreciation, friendship and such good feelings, but only as much as could get in through the wall. But now you decide yourself who is allowed to come really close and who not. And who is allowed to, can now reach you with such feelings. How do you feel about that?"
- "That feels good."
- "And then you can also reach out with such feelings to people you like. How does that feel?"
- "...very good."
- "Now, well, it was a crash. Did you have a mission?"
- "Yes."
- "Then ask what it was."
- "We had to go away because there had been a war. But these enemies didn't look like we did."
- "They looked different than you?"
- "Yes."



- "How did the war start?"
- "...I don't know."
- "Well, ask him how it started."
- "...he says that I wouldn't understand it. Not with my mind."
- "But where your home was, was there a war, too?"
- "No, there is no hatred there."
- "But maybe others hated you. Is that so?"
- "Yes."
- "And did they come to where you lived? Or did the war take place somewhere else?"
- "The war was earlier, before that time."
- "OK, ah, when you left your home planet there was no more a war?"
- "No."
- "So why did you leave it then?"
- "...it was a search."
- "A search for what?"
- "The search for a new home."
- "Why a new home? Why wasn't it good enough where you were?"
- "Because they wanted to come again."
- "I see, the war could begin again."
- "Yes... but there is no hatred there."
- "Well, yes, but the others, who attacked, they probably saw it in another way, isn't that so? Why did they want to fight a war against you? Did they hate you or was there another reason?"
- "...he says it was something like jealousy."
- "Jealousy? About what?"
- "...more because of feelings."
- "What feeling?"
- "...Love."
- "They didn't know love?"
- "No."
- "Yes, I know. I know quite well that there is such a thing. I well recognize what you tell me. There were beings and other people at other places in cosmos who didn't know love, who actually didn't know positive feelings. So that is what it is about. Now ask your higher self to show you a situation in your home, where you lived. What do you see?"
- "I see a person who I loved very much."
- "Is it your partner?"
- "Yes."
- "Enter your body."
- "I am in it."
- "So where are you together, you and your partner?"
- "Well, that looks strange... unimaginably... bright."
- "So it is somewhere inside? Or outside?"
- "It is inside."
- "So what are you doing together?"
- "...we are sitting there ..."
- "Are you talking with each other about something, or what do you do?"
- "...it isn't talking, it is rather telepathy."
- "Yes, I know, even though I say talk it may well be telepathic. Are you communicating about something special, or is it rather a kind of telepathic conversation?"
- "She is afraid!"
- "She is afraid? Because you have to leave?"
- "Yes!"
- "What do you feel then?"

- "I don't want to go!"
- "I can understand that, but what do you feel about it? Do you also have fear, or are you maybe angry that you have to leave."
- "It is rather despair."
- (*Here the negative feelings are released: despair, sadness, fear of loss.*)
- "Now go back again. Is anything left of these feelings?"
- "...no, no negative ones."
- "Well, yes, but the positive? What is it?"
- "Love."
- "That is good. That feeling we want you to keep. So you say good bye to your friend, your partner, or not?"
- "...it is difficult."
- (*A rest of sadness is released.*)
- "Where do you go, when you leave her?"
- "...we have to go to the space ship, or what it is."
- "Yes. You are three, or not?"
- "No, many."
- "You are many? And then you go inside. What do you do in there?"
- "...hmmm, it is strange. There are strange capsules."
- "What do you do with them?"
- "Everyone has one ..."
- "And what do you do with them?"
- "They are on... I don't know... no idea."
- "Do you go inside, or is it something you take inside?"
- "It must be."
- "So what do you do with the capsules?"
- "It has something to do with time."
- "What does it have to do with time?"
- "If we don't go inside, it has physical effects and it doesn't work then."
- "That means that you have to go inside in a capsule? Is that so?"
- "Yes."
- "How does it then continue?"
- "...the environment is fading... the image somehow comes to a standstill, it is hard to describe."
- "But somehow the vehicle starts moving? Isn't that so?"
- "...yes... but it is like the stars fade and then disappear."
- "OK. Is it because it moves very fast?"
- "Yes... but it works only at specific times... there is something ..."
- "What is your task there? Do you steer or does someone else steer?"
- "Later."
- "Later you steer?"
- "Yes but they are only small... now it works through this gate, but it isn't actually a gate."
- "So what is it? It seems that you have to go through it, isn't that so?"
- "...yes and then something happens with time."
- "Aha, what do you then experience?"
- "...it is very strange."
- "How is it for you? What do you feel, what do you experience?"
- "...first it is like being atomized."
- (*The unpleasant feeling is released.*)
- "And now back again. So you have to go through something. How is it when you are through?"
- "...we are glad that we made it."
- "How does it then continued?"
- "...well, there is something smaller, and I have to steer it."

- "Aha, what is it?"
- "...grey and black metallic... It has another kind of propulsion."
- "I see, a kind of smaller vehicle?"
- "Yes."
- "Ah yes. You said that you are glad to be through. Was it dangerous? Could it have gone wrong?"
- "Yes, there was a risk."
- "But now it is OK, isn't it?"
- "Yes, it is."
- "And you are steering it?"
- "We are three. A friend is on my left side. To the left behind me is another one but we don't know each other very well."
- "How do you feel, being together with these two?"
- "Good."
- "To where do you steer the vehicle?"
- "To the Earth... South America."
- "And when you are above South America, what do you then do?"
- "We don't arrive there."
- "Why not? What is in the way?"
- "We crash."
- "Why? How does it begin? What do you notice that is wrong?"
- "Some thing technical... there is a sound..."
- "What do you feel then?"
- "...well, shit!"
- "What emotion do you have in this moment?"
- "...despair... fear... panic."
- (*The feelings are released: despair, panic, fear, failure.*)
- "So how does it now continue when something doesn't function? What happens next?"
- "A thud, a terrible impact."
- "What do you feel in that moment?"
- "...a short pain, I am injured."
- "Where are you injured?"
- "At my belly."
- (*The unpleasant feeling is released.*)
- "Now back again. Do you still have pains or some other feeling?"
- "It is cold, the environment is cold, in the beginning... and then it becomes warm."
- "And the other two, how is it with them?"
- "The one to the left behind me is dead ..."
- "What do you feel when you see that?"
- "Sadness."
- "And the other one? How is he?"
- "Bad. He says something ..."
- "What does he say?"
- "If we are saved and go back, I should tell her that he loved her."
- "His partner or what?"
- "Yes."
- "What do you feel when you hear that?"
- "...there is no going back."
- "You know there is no way to go back. How do you feel emotionally when you know that?"
- "...bad."
- "What is bad? What do you feel?"
- "...despair."

*(The negative feeling is released.)*

- "Who dies first? You or the other one, who is still alive?"
- "He."
- "What do you feel when you see that he is dead?"
- "...sadness."

*(Release of that unpleasant feeling.)*

- "...I see that sunset again."
- "What do you see when it is setting in front of you?"
- "...it is very beautiful. I have never seen something like that before."
- "You said it was cold, and now it's warm, is that so?"
- "It comes from the sun rays."
- "OK. How does it continue for you? Does it take long to leave the body, or are you soon out?"
- "...the atmosphere... the air."
- "How is the air? How is it for you?"
- "...not good."
- "Why, can't you breathe it well? What does it do with you?"
- "...it is like suffocating."

*(The unpleasant feeling is released.)*

- "Tell me when you are out of the body."
- "...yes."
- "How do you feel now?"
- "...good."
- "No bad feelings anymore? You are now free from them?"
- "...yes... I see the spaceship half down in the ground, the top of it is broken... I see us in there."
- "You see the bodies. OK. But now you feel well, now you are free from them? Or is there still some feeling left?"
- "...no."
- "Now go back to your higher self again... if I understood right you had the mission to find a new world where you could continue to live, is that so?"
- "...yes."
- "And because of the accident you couldn't... so tell me, did then others come, or was the idea abandoned?"
- "No, the mission was successful."
- "So there were others?"
- "...yes, even though there were more accidents."
- "But many enough survived?"
- "Yes."
- "And what did they then do?"
- "There were people, but they were not very far..."
- "So you found people on Earth who were less developed?"
- "Yes... but they were afraid..."
- "Afraid of you?"
- "Yes... but they didn't need to be afraid."
- "No, but they were afraid. What did you do then?"
- "...we tried to explain it to them."
- "Did that work well enough?"
- "It didn't work very well, something went wrong..."
- "How did that happen?"
- "He tells me something about a split of consciousness that the humans have."
- "What does that mean?"
- "They have no access to themselves... to their unconscious self and, therefore, see things too superficially and then there repeatedly were wars."



- "Wars between you and the humans."
- "No, between the humans, later again and again, since they don't understand anything."
- "What did those who came from your world then do?"
- "...tried to explain, but... sometime later we had to go back. We said that we would return. We couldn't imagine that the humans learn nothing."
- "So that was over South America. Did the others go there, too? Or also to other places?"
- "...yes, to other places, too, but I don't know where."
- "Ask your higher self where else they went."
- "...Egypt."
- "Egypt and South America. Somewhere else, too?"
- "...I don't know, he doesn't answer."
- "Hence mainly Egypt and South America. So ask then what traces your civilization has left there? In South America? Ask the higher self."
- "The humans made some signs..."
- "What signs?"
- "...strange ones... it looks like a big spider."
- "These signs are on the ground?"
- "Yes... big!"
- "Ask your higher self for what they were made."
- "...for us, they know we will return."
- "I know that. You are talking about the signs in Nazca in Peru, isn't that so?"
- "Yes."
- "Indeed! It seems very familiar to me from your description; I have seen them myself, so that I can say that this fits very well with what you tell. Did those from your world have still more contact with the humans, or not?"
- "Yes, a few stayed but the others had to go back."
- "So what did that they who stayed achieve, or what came out of it?"
- "The humans were too much in their heads... worship."
- "They worshipped you?"
- "Yes, but that is wrong..."
- "You didn't want that, but they did. What happened then?"
- "We gave it up..."
- "Does the name Viracocha mean anything to you? Ask the higher self."
- "He says he is a leader but I don't need to know more..."
- "I ask because I know the legend of Viracocha. It is said that he came from the Milky Way and wanted to teach many things to the humans, and then he went back to the Milky Way, but will one day return. Something like that is what the Incas tell. Does that have to do with you?"
- "He said that it was their name, the name the humans used..."
- "So they called someone among you by that name?"
- "Some kind of leader..."
- "Yes, of course. That also fits with what is known about the history of the Incas and so on. There will be much that we no more know, but that is known and fits with this that you are telling. So what you are saying fits and for me will no doubt be true. Also that you had these strong feelings and things. And it fits with things we know about South America and about Peru... Did you also have contact with Atlantis? Ask the higher self."
- "...he doesn't answer to that..."
- "Because I know from regressions that there were contacts, but it could have been with others. OK, now ask why your soul stayed here and didn't go back from where you came."
- "...they collected the wreckage pieces, but the soul was gone, it stayed here."
- "Why did it stay here? Couldn't it go back to your home?"
- "No."
- "Why not? Ask your higher self to explain why not."

- "...it then already was incarnated again here."
- "Was there something important in that new incarnation? Maybe your higher self wants to show you something there, or is that not important now?"
- "...I see a jungle."
- "You were a human in a jungle? A man or a woman?"
- "...I am a dark-skinned man, we have blow tubes."
- "What do you do with the blow tubes?"
- "...we are hunting."
- "How do you feel about it?"
- "Good."
- "How does the hunt end? Do you get enough animals?"
- "Yes."
- "What do you do then?"
- "There is a fire and it is put in the glow."
- "Is it fried, roasted in the glow?"
- "Yes."
- "And then you all can festively eat from it?"
- "Yes."
- "How do you feel then?"
- "Very well."
- "Do you have a woman?"
- "Yes."
- "What do you feel for her?"
- "Love."
- "Do you have children?"
- "Yes."
- "Just a few or many?"
- "Many... eight ..."
- "What do you feel for them?"
- "Also love."
- "That is very good and nice. We now go on to the most important experience in that life. What comes then?"
- "...I am hunting again and an arrow from someone else hits me."
- "Where on your body?"
- "...on the left shoulder."
- "Do you feel the pain?"
- "Yes."
- "How does that continue for you?"
- "There is poison..."
- "What does the poison do with you? What do you feel in the body?"
- "...it all becomes numb... I don't see clearly... I am like paralyzed."
- "We know that poison. It is curare of the South American Indians. How do you feel in this condition?"
- "...well, helpless, paralyzed."
- (*The unpleasant feeling is released.*)
- "I suppose you cannot breathe because of the paralysis, or can you?"
- "With difficulty..."
- "That is how curare works. Do you feel loss of breath?"
- "...yes, like a stone on my chest."
- (*The unpleasant feeling is released.*)
- "So I suppose you die, don't you?"
- "...yes."

- "Tell me when you are out of the body."
- "...yes."
- "How do you feel now?"
- "Free... I see the jungle... and two others who are trying with me..."
- "They want to help you to come back to life, but it doesn't work?"
- "...yes."
- "One of them shot at you by accident?"
- "No, it was another tribe."
- "So did they do that on purpose?"
- "Yes, we were in their hunting area."
- "Aha. Then they have to bring your body back to the village. How is that for your family? Your wife and children?"
- "They are screaming."
- "They are despaired?"
- "Yes."
- "What do you feel when you see it?"
- "Sadness."
- (*The unpleasant feeling is released.*)
- "Now ask where your home was, from where you travelled in order to find a new world? Ask the higher self."
- "...Krrrraaon."
- "Is that the name of the planet?"
- "Yes."
- "And at which star is it?"
- "Tay...geta... or something similar... but we don't call it by that name,"
- "And can he tell that name?"
- "...hmmmm, I cannot pronounce it."
- "But in our language there will be a name that you can pronounce, or not?"
- "...he says Taygeta."
- "Well, can that be a bit further allocated in space so that we understand it?"
- "...Pleiades."
- "Yes, OK. That fits, because in such experiences it is quite common that the person has lived in the Pleiades. I don't hear this for the first time and take it as a confirmation. There is a book 'Bringers of the Dawn' by Barbara Marciniak. This book contains messages from the Pleiades. Ask him if he can tell to what extent it is true what she writes."
- "He says that something has been interpreted into it..."
- "And how far is it correct? How much of it is true?"
- "He says that some of the messages are true and some are interpretations..."
- "Would it be good and helpful for you to read the book so that you understand things better? Ask him."
- "He says no, and that I should listen to messages myself."
- "The messages you get? Is that what he means?"
- "...yes."
- "But you didn't want to listen, why not, ask him."
- "...because it was very strange for me."
- "Yes, that is true, for us, in the beginning, until it feels more familiar. Isn't that so? What does he say?"
- "...I should open myself more."
- "What do you feel when you hear that?"
- "...hm, I have certain problems with it."
- "Tell me why."
- "...because I still find it difficult to believe."

- "So what advice does he give about what you should do with it?"
- "...he says that he has already given enough signs."
- "And yet you have these difficulties to accept it. So what can you do, what does he say?"
- "...I should simply listen to what they send me in the dreams."
- "And then? If that continues, what should you then do?"
- "...I should make notes."
- "Aha, how do you feel about that?"
- "...I can do that."
- "That is something you can do, is that OK for you?"
- "Yes, that is OK."
- "But now one thing is clear, and that is that one cannot talk with each and everyone about it. Many don't understand it, or they are not that far that they can understand it. How do you know the difference? How do you recognize a person with whom you can talk about it?"
- "...that is difficult."
- "Yes, it is difficult. But who, for example, would be persons with whom you can talk about it?"
- "You? And maybe my wife..."
- "Yes, she and I. But how is it with others? Can you have an intuitive feeling that shows you that that person is one who understands it? Ask him to show you that feeling that you have in such a moment."
- "...well, it is trust."
- "And when it is a person with whom it is better not to talk about such things. Because he or she couldn't deal with it. What intuitive feeling do you then have? Ask him to show you that feeling, too."
- "...then again there would be despair."
- "OK, then you know the difference. That way you can recognize if you can talk about such things with a person or better not. You can stick to that and follow that intuition. I am sure that we are now in a time in which such things, such messages that you receive, are important. I believe that it will not be long until it becomes known, also in public, and one can no more keep it secret that there have been such things in the history of the Earth and that there still today are extraterrestrials on the Earth. Isn't that so? What does the higher self say?"
- "He smiles and says: Yes!"
- "Sure! And therefore such messages have a certain meaning and a certain truth, isn't that so?"
- "...he says it is 'high time'."
- "It is high time?! So when you have made your notes and gathered enough information, what should one do with it?"
- "...he says that there are enough media where such information can be made available. At present that is all one can do."
- "OK. But that is also important. There are such media and I partly know them. For example there is an Internet address 'bibliotecapleyades'. The title is Spanish, but most articles are in English and there one can read important and interesting things. Maybe one cannot find everything there, but a lot... Something like that. Is that what he means?"
- "...he says for example."
- "Yes, and he say that it is high time. What does that really mean?"
- "He says that it is high time for a new consciousness."
- "Because a new consciousness will develop, or what?"
- "...until now it was all quite meaningless."
- "That is true, what he says. It is regrettably so. Is there something else that he wants to say to you that also helps you to better deal with these things?"
- "...yes, I should live the normal life. And yet not loose sight of the reality of the moment."
- "And the others, who fought a war against you, where are they today?"
- "...they will come again."
- "Also here to us?"



- "...no, they are not that far developed."
- "Ah, they will not come to us?"
- "...no."
- "Will others come who are not very good?"
- "...I think not."
- "Is there something else that you want to ask him?"
- "...yes, why me of all people?"
- "What does he say?"
- "...he says that this is because I once was there and somehow have residual feelings."
- "How do you feel with that answer?"
- "...well, actually I would rather have nothing to do with it, but he says 'Why not?'"
- "And you can first keep it for yourself, and when you then have collected enough information, you can in some way make it known to people through suitable media. That must not even be done in your name. What does he say about that?"
- "...that is how I should do it."
- "Is there something else of importance that he wants to say?"
- "...he says that I should trust him."
- "What do you feel when he says that?"
- "...well, I do trust him."
- "That is good. And if you want to contact him on your own, maybe to clarify certain questions or the like, ask him what you then can do to establish contact with him yourself."
- "...that simply works telepathically."
- "Then the answers also come telepathically?"
- "...yes, the answers then come."
- "Is there anything else that he wants to explain or tell?"
- "...yes, later, because that is now too complicated."
- "So how do you feel with all this? What feeling is it?"
- "...well, somehow alienating."
- (*Release of the unpleasant feeling.*)
- "All that, which you have told now, is familiar to me. I had such things before, and it agrees with various kinds of information that I have from different sources and have come to know. Therefore I don't doubt it, but I understand that it is not very easy to deal with it and you now know with whom you can talk about it, and with whom not. If it doesn't feel right you don't need to talk about it. Do you have a fear in yourself of dealing with these things? A fear you might be crazy or something?"
- "...yes, but it is all very clear."
- (*Release of unpleasant feelings and healing of wounds.*)
- "At this opportunity I may perhaps ask something for myself: I have written a book *Es begann in Babylon* [It began in Babylonia] and I felt being inspired for it. I woke up one morning around four o'clock when I was in Norway, and I just knew that I should write that book, and I did. Is that so? Was it inspired? Ask him."
- "I don't know the book but he says that you already know the answer."
- "Yes. What I believe is that it was inspiration, it was given to me. Is that so?"
- "...yes, he immediately says yes."
- "Ask him if he wants to tell me from where this inspiration came?"
- "...you were searching for answers yourself."
- "Yes, and it was given to me from somewhere. From where?"
- "...it was given telepathically from these entities."
- "But I didn't realize that they were there, I didn't perceive them, it came just like that. It was so easy to write as if it was written through me. I immediately found information in university libraries, and so on, as if I was guided. And yet I didn't perceive these entities. Is there a possibility to perceive them?"

- “Yes, you can perceive them telepathically, too. He says they will give you answers.”
- “Thanks for this information. Is there anything else to clarify for you? What does he say?”
- “...he says that the religion has destroyed everything.”
- “Yes, I know that all too well, that is very clear to me. But what can one do about it?”
- “...he says that you are on the right way. The answer is in the unconscious self, in the love, in the belief in then truth that becomes known through discovering the unconscious.”
- “Yes, I understand. Is there anything else?”
- “...he would then tell it to you.”

*(Thanks, end of the therapy, termination of the trance.)*

In this regression I experienced everything very well, very emotionally and as very real. Even though it at many times was strange and a bit bewildering, it in any case was interesting to again relive what I had apparently once before experienced in a past life. These experiences are today very familiar to me, part of my past which I before could no more remember. A memory from a past that was brought back from my unconscious self to the present. One of those who were present told me afterwards that he had “googled” [with his mobile phone] during the regression and found that some things I had told were true. Therefore, I will have to come to like the thought that I somewhere in the past once came here from far away, and “was lost” here because of an accident. That may be a reason why I never really felt at home here. I always wanted to emigrate... Norway, Australia... But where should I really go?

My workshop teacher had in this very impressive experience let me erase these feelings of guilt, which will somehow have burdened me unconsciously, and yet this homesickness for a distant and still familiar home was still strongly there after the regression. Maybe one or more additional symbolic erasure would be needed. On my way home after that I looked up to the sky and asked myself why I was condemned to live at this place, a place where there is so much hatred and suffering and so much inhumanity. I thought about my partner I had had then and again had tears in my eyes. The experience and knowledge that there will once be a place for me where there is only love, where everyone can simply love without prejudice, made my throat feel narrow. Then again I was startled and thought: stay on the ground of facts, you are today a very normal human being like everyone else. One, who anyway cannot change much of what is, however much he would like to.

I will, by the way, never forget the feeling of the heavy impact and then this wonderful sunset, and the strange feeling that time was standing still and I was atomized, the feeling of leaving that distant place where one lived in only love and peace and to where there was no more return. I also had the sound of the space ship in my head during weeks and it was almost like a tinnitus. I will also never forget the feeling that I had as I after that lived in the jungle as a simple hunter, the feeling to hunt there and then die, paralyzed by the poison of the arrow. This somehow gave me much understanding of myself. Since then, I must no more emigrate and flee and I know that one can be satisfied with little and how important truly lived love is in all that we do.

[Comment by the translator: The experience of not being able to well breathe the Earth’s atmosphere may not have to do with microbes in the air, since this would hardly act so quickly and the air in the desert is likely to be more sterile. Of course, there will be a certain difference in the gas composition, but I somehow have the feeling that our air is more *dense* than theirs. When we ascend to, say, 4000 meters, we need some time to acclimatize to the thin air, but the opposite experience is not known on Earth: of someone who never breathed anything else but a much thinner air, and then is suddenly exposed to a much denser atmosphere. So that might be what happened to him.]

### ***Strange dream (May 6, 2009)***

The next day after my private regression – I had slept through well for the first time since long (otherwise I often wake up around 3 in the morning and then stay awake in the bed). I felt somehow freer than usually... My headaches were also gone. However, I during the early morning hours had a short but peculiar dream. It was on a meadow where the workshop leader asked me many questions... This “Seth” was there, too, as my higher self. The questions asked were not the important part of this message. Instead, Seth said that the training leader had so many questions which interested him in this respect and he should himself be regressed to his first incarnation on the Earth.

Then he would get the answers. I told him that in the dream and then he was very astonished and walked up and down on the meadow. He then didn't talk anymore but only pondered. This was all so peculiar and strange for me that I then woke up.

I then sent an e-mail to him (the workshop leader) next day and told him the dream. I felt that I should do that. He answered May 20: *"Dear xxxx, thank you very much for the information. I regrettably belong to those who are difficult to regress... Maybe my wife will get an answer for me. Before the very first incarnation I will have been in the light world, like all of us. But where I was before I incarnated on the Earth the first time will be another question... I can very well imagine having been somewhere else in the cosmos!"*

### **Message of May 30, 2009 (announcement of a new time period?)**

May 30, 2009, at about 4:00 a.m. I again receive messages (or channelings?) myself from the one who calls himself Seth. I had actually asked for two weeks of peace, but in the meantime he is sometimes "there" when I am not dreaming. I feel that he says that a new time will begin, a period of cleansing. I also know that these "humans", who once before were here thousands of years ago, are about to leave or are already on their way. It appears to have to do with the availability of this "dimension gate", which would be there only under certain conditions, at certain constellations. Otherwise the distance is impossible to overcome, also for them. It will be as if you fly into a certain point in a galaxy and come out at another. When I want to know more about how this dimension gate occurs, I only get the answer: "That is something you cannot yet grasp with your mind." It appears that there will be or even will have to be a cleansing on our planet. It seems that in a short time, a time period will anyway begin, in which only persons who can love out of their hearts can still be here.

### **Message of June 5, 2009 (further details to the message of May 30)**

June 5, 2009, around 4:00 a.m. – I have today received further details from this white appearance. According to it, a cleansing would have to come, but it would not mean that we would all be eradicated. Those who will visit us in a near future have no hatred and no weapons that they will turn against us. Instead, the human beings will be rewarded as a reflection of their good qualities or eradicated as a reflection of their bad qualities (hatred, envy, intolerance, egoism, indifference and so on...). We should see it like this: a kind of mirror will be held in front of us, and the karmic lessons then follow immediately. "Who sows hatred will harvest hatred", "Who takes to the sword will be undone by the sword". In principle, bad people fight themselves with their "bad" qualities and these humans eradicate themselves through their evil. At the end those will survive who have pure hearts. Who are loving and who will make an alliance of peace and love with those "other" humans who will visit us in a near future, which at the end will be the reward for the love we give. Many are on the good way, because they already understand that it can all work only with love, we only need to allow and realize it. It will in due time be something like a new era. It isn't possible in another way. One cannot well live together with those who have bad qualities in their hearts and are spiritually and mentally underdeveloped. Already at that time (he will mean some 6000 years ago when the actual "mission" failed), it didn't work out and it would do so much less today. There are only few humans on Earth, who at least in part are structured in a similar manner as they are. We call them autistic. Autistics have their unconscious self connected to their consciousness, but the brain cannot cope with the flow of information and integrate it with the consciousness, so as to make it possible to live together with rationally thinking persons in a meaningful communicative way. This contact between the conscious and the unconscious enables singular talents, which, however, puts demands on the biological brain as an organ for consciousness, so that a social integrity, as we know it, isn't really possible yet. One in a way lives in one's own world. It would take several more generations until our human brain is enough developed so that this, like for them, can be fully grasped and utilized. Until then, one would much like to live together with humans who at least have the basic qualities of love and tolerance. This has to do with a harmonic coexistence that can only be characterized by love and peace. He literally said: "We don't put ourselves at a level higher than yours, we are not your gods. We regard you as equal. As humans who are like we were thou-

sands of years ago. We also had to learn. We only want to lead you softly by the hand and show you what in love can be reached as true development and, as you call it, in wonders. We only want to help you like the elder brother helps his little sister with her first steps. "He also explained that his name isn't "Seth" but rather "S'seet" when written more correctly. My own earlier name would accordingly rather be "S'spezl".

### **"He" wants my wife to believe me (July 2009)**

My wife and I had a few "relationship problems", as people call it, in the beginning of July 2009. It wasn't really a crisis, but rather that my wife doubted my love for her. I didn't know the reason, which brought me near to despair. She only said that it had to do with that workshop and the training as a regression facilitator, and that I had allegedly "changed" there. I couldn't make much out of it in the beginning, when I told her about the messages, even though she would rather not "hear" about it. Such information made her afraid. Therefore, I kept some things for myself, for example e-mails I exchanged with other participants in the workshop and wrote in my computer. On one side I didn't want to burden her with my new insights, on the other side I needed someone with whom I could "talk" about it. Of course I would rather do it with her, but it wasn't possible at that time, since she blocked these incredible things off, it simply was too uncanny for her. A clarifying message came from S'seet July 14, 2009, as usual in the morning around four. He said that the real reason, why my wife doubted my love for her, was that she had read mails exchanged between me and a female participant in the workshop. I must explain that this woman from childhood on has the ability to recognize attaching souls and entities. I had at the end of the workshop asked her to see if I would now be free from attached souls, who I had tried to send to my father "in the light". In this mail communication with her, I had thanked her for the information and also explained how important it is to love one another. She also was a participant who had the luck to experience an individual regression in the workshop. In this regression, problems with love kept coming up. I, for this and other reasons, explained to her how I myself see this about love.

*All human being should, no, they must (!) love one another, and that of all their hearts. They must finally recognize that only the way of love can lead to a harmonic actual life, and logically also next life. To cordially love each other, show it, say it, give it – that is fundamentally what in my opinion all people should do. Why not??? Why should one be jealous about it??? People connect love with sex, but that is the very discrepancy, that is what inhibits us in loving. That makes us afraid to say it and openly admit it. So when I tell someone else than my wife "I love you", would that really be a reason to be jealous? It is certainly so that the partner gets it in the wrong throat and believes that one would be untrue to her in one's feelings. But that isn't the case. I can say so, because I feel it, and to me it is not wrong... Yet one is inhibited to say it openly, because one may also have this "indoctrinated" thinking. Instead one keeps for oneself what should actually be said. If I embrace someone and say it, it comes from the heart and corresponds with my feelings. I don't see that as being "unfaithful"... I only admit what should be natural between us humans, and should be admitted... Didn't Jesus say "Love your neighbor as yourself"? Why should one not be allowed to admit charity? I would like to do that, but can that be done such that the partner doesn't see it as unfaithfulness? I think that it would be good for everyone to be able to embrace each other and say "I love you". Or maybe rather first "I like you". Isn't it schizophrenic, when I as a human being can say that I love this and that and often even I love this person or another who may be a "star", an idol? This will never be seen as unfaithfulness, since the idol is usually unreachable and a personal relation to him or her is impossible. When then this idol publicly says to all his "fans" that "I love you all", no one will have a bad feeling because of that. It is regarded as normal and a special personal gesture. But if I as a man say "I love you" to another man I know, what then? Would I be regarded as gay? And if I say it to another woman? Does one then think that I would be unfaithful? What is then the difference between this love and the love for a partner? That is difficult, love is love. It should actually be unconditional and honest, and thus should be shown. In my opinion something else adds to the love in a partnership relation that is important: a spiritual and especially in the latter case physical "unity". What I do good to the body and the spirit of my partner, I also do good to*

*myself!!! Egoism, or thinking only about oneself thereby, is not a unity. It is being one-sided, only one of the two has something from it. This unity, the fusing of two souls, could certainly be something one could be jealous about. About physical unity, but please, please not the feeling of love... this feeling must be allowed between each and everyone.*

It will have been fate (or intentionally guided?) that my wife read parts of this mail exchange. From this, a misunderstanding arose that, just like I explained my understanding of love above, my wife obviously became jealous for this very “love”, the love for your neighbor, as I feel it. When S’sheet had explained that to me, it became clear to me that it would be difficult or even impossible that one day all human beings could show each other unprejudiced love. However, S’sheet showed that he was right and that he can be taken seriously. This glance in the mail exchange (regrettably not in all of it, otherwise it would have clarified itself spontaneously) was the reason for these relational problems. When I had confronted my wife with this message and explained the context of this mail exchange to her in more detail, she on one side calmed down but on the other side became very thoughtful. It will especially have been because her glance in the mail exchange had been noticed. Noticed by a “figure” she will before that have preferred to see as a fantasy of mine.

S’sheet gave another proof or dispersion of doubts in August. My wife said that she had found a note in my purse with a password and a username. This note made her thoughtful again. I should tell her what it was about, since that note would no more be important or really needed, but I hadn’t thought about that anymore. When once in the past my health wasn’t very good, I wrote a kind of will on a personally established website in the Internet. Here, I had written not only my thoughts about death (I already then believed in reincarnation), but also where I had deposited my “patient decree” for the case that I should become really ill. This Internet site was given a password protection. I gave the address of this subpage to my younger sister and told her that she in the case of an emergency (death or helplessness) would find the login data in a secret part of my purse. In the moment when S’sheet told me about it, I wasn’t thinking of that website anymore. The note still was in that part of my purse. I then told my wife about this remarkable message and asked her if this was true. She was startled and admitted that this note had by coincidence fallen into her hands, when she had noted how old and thumbed my purse was and thought that I would need a new one. She accepted the information S’sheet had given me. At least she doesn’t anymore regard this as my fantasy. He had proven things that I couldn’t have known.

### ***The first long message (summary from July 31 and August 13, 2009)***

A long message came from S’sheet July 31 from 4:30 a.m. on and August 13, 2009, from 4:00 a.m. on. To me this information at this time still makes a somewhat bewildering impression, and I cannot really identify myself with it. But I take notes of everything that comes and just hope that it doesn’t come from imagination or hidden wishful thinking. On the other side, I sometimes wish it would be imagination. Maybe it is. However that may be, I normally take little interest in science fiction and astronomy, and until now didn’t have time to deal more intensively with the thematic. Therefore, I can myself not say very much about the information that was given to me. But first something peculiar... On such days, or nights, my wife usually wakes up before me but at remarkable times. Usually 3:33 or 2:22 a.m., but also happened at 4:44 or 5:55 a.m. She even doesn’t dare any more to look at the radio alarm clock. It is actually not a matter of single incidents, but happens astonishingly often (once or twice in the week). Lately, we fell asleep in front of the TV in the living room. She woke up and looked at the radio clock, which showed exactly 22:22 and 22 seconds (24-hour time). She was a bit frightened. I don’t know myself what that is supposed to mean. The probability to repeatedly wake up at such a strange time will not be very high. But maybe it nevertheless is a coincidence... I will now try to summarize and tell what S’sheet informed me in clear words Friday July 31, 2009, from 4:00 a.m. on. Writing it down was intuitive, as if by another hand. What I didn’t understand myself I have so far left out. However, he tried to answer some questions I had.

*“Genetically we are very similar, almost like brothers and sisters, and that has to do with the fact that we have visited you several times already since thousands of years. We wanted to help you in*



*your development and thereby it naturally also came to genetic mingling. We can incarnate mutually, our souls have a common origin. Each civilization could, however, develop separately during the last thousands of years. This had advantages and disadvantages on both sides. Our visits have been documented and been handed down several times. They have been described and handed down in similar ways in old cultures, but we were wrongly described as gods, who came down from heaven. The only thing that is true about it, is that we, seen from your aspect, came down from heaven, but we are not gods. We also never had the claim to be regarded as such. It rather was the humans who made us such, maybe because our message is love. More about that later.*

*At the time of our first visits, we still were on another level of development, which means that we had not only good but also bad qualities, similar to how you are now, but with a higher tendency to the positive. In the meantime, much time has passed. We have learned that bad qualities, like hatred, jealousy, egoism and what else it may be called, at the end unavoidable damages a civilization much more than being useful. However, that put us in a dilemma. To explain that, I will first have to go back in history.*

*Our planet is in the solar system of a star which you call "Taygeta", which belongs to a constellation you call the "Pleiades". We call this home world Krraaon. Its size is around two thirds of the Earth. The gravity is only a little less (around 9/10). That is due to the core being denser in relation to the size. Even though our world in relation to yours is much younger, life has developed a lot faster on our planet, especially during the last hundred thousand years of your chronology, because of various factors that are more favorable. There was a great jump in evolution in our world, which in the centuries afterwards lead to many positive and regrettably also negative stages of evolution, from which we had to learn in order to survive. The rapid process of development, which you are now experiencing in yourself and in your environment, had its high point in our world already a few thousand years ago. The technological development was less ostensible in the last thousands of years, in comparison to the spiritual development. Thus we could, a.o., further develop those senses which for you once became lost, but are still dormant. Even though we spiritually are on different levels of development, our physical appearance is very similar, but our skin is brighter, the body slimmer and our legs and arms longer. In the course of development, our ears and sense of hearing degenerated, because we communicate telepathically, but we can produce sounds in emotional situations. The telepathic and precognitive senses were the cause of this sensory degeneration. Today, we regret that a bit, but can compensate this deficit through technical means. Our eyes are a bit bigger and our iris looks a bit different, which has to do with the spectrum of the sunlight from Taygeta that is quite different. This is one of the positive factors that enabled a faster development. You would in the first moment experience this light as bluish white or even cold, even though it isn't so. The light is less intensive than on Earth, but the air is more clear. Krraaon needs 456 days to encircle Taygeta. The orbit is a bit elliptical, like that of your Earth. There is summer and winter, and there are some uninhabitable areas, regrettably a lot more than you have. We also have water, a.o. three oceans, which are the necessary basis of our life. It rains like in your world, but a bit less. There are life forms (plants), which produce oxygen and have a structural similarity to yours, but by far not in the same quantity and the same richness in colors. Because of the mistakes, which we also made in the past, there are on our planet only few other forms of life, animals, which could not survive in your world. We like you live in houses or apartments, which are quite similar to yours, and we have partnership relations like you and thus a similar social life. We eat like you (but our food is more synthetic) and our life is structured much like yours. Everyone has his talents and tasks. But there is no value system any more, everyone is equal as a being. Therefore, there are no marks in our schools, which we have like you do. Everyone has the opportunity to develop his own talents without rivalry. Everyone is equally valuable in his own way. There are, however, hierarchies (otherwise there would probably be no order), but a lot less impersonal and bureaucratic than yours. We communicate informally, but yet respect each other. To put it in your words: we have developed to be a team, in which everyone understands the other, respects and deals friendly and tolerant with others. We have feelings and emotions, know joy and sadness, we live in commu-*

*nities, love the nearness to others, the warmth and security. In our society there is peace and love between each other. Weapons since long no more exist. Our atmosphere is very similar to yours, but we would need a mutual adaptation to visit each other. We would, however, have more problems with that than you. Through the mistakes of our past, which you are making now, our world has become more sterile in the course of the millennia. You are to a large extent immune to germs and have antibodies in your system. We don't have this protection any more, but on the other hand we earlier had a very different ecological system, so that it would not have been of much use to us now. In the meantime, we have developed preparations and possibilities, which enable us to live well also in your atmosphere. We could learn from our mistakes, but not reverse what they had caused. In the development of our civilization, we have not only expanded our consciousness and our senses, but also to a major extent lost our negative qualities. That means that we already long ago realized that one can reach one's goal only through good qualities, like love, tolerance and forgiveness. I mention goals, because this involves a certain sense of life, which you will really understand only when you have left your bodies and entered a dimension that you don't yet understand, but actually could feel and perceive if you would want to.*

*Our positive characters did, however, also become a disaster for us, which lead to the already mentioned dilemma. Even though we are far developed and our planet is our home, that is, the place where we feel at home, there is in our solar system also another inhabited planet (we call it Szaeon). I would like to explain it briefly like this: everything that we have as positive characters, they regrettably have as negative. There was a time in which we could arrange things with them. It was the time when we also had positive and negative characters, like you. This is very long ago, and in the meantime we have developed apart. Everything that we could gain in good they acquired in bad. It seems to be that in this dimension of conscious life there must be a balance of good and evil. Now, this other civilization wants to take our home world away from us – or it actually already has (more about this later). On their planet it has not only become crowded, but also “unpleasant”. Invasions have in the past already reduced our numbers a lot. Through our development, we not only forgot to defend ourselves, but we also prefer to die rather than to kill. This is now the dilemma, in which we find ourselves. We fear less to die than to loose the task of our civilization and culture. Therefore, we finally agreed among ourselves to leave our home to them and go away from there, when the time comes. What alternative would we have? To the advantage of all of us, we are technologically much further than that hostile civilization. Their narrow-mindedness and their egoism didn't let them develop very much technologically. While they, because of their negative characters, developed more in military technology, we already millennia ago discovered that there are similar planets in the universe, which could secure our survival. Your Earth is most similar to our planet and our needs. But it is still so far distant that we even at the speed of light would have to be on our way hundreds of years. Even we cannot travel faster than 1.5-2 times faster than light. This leads to technological problems you at present will not understand. Already at that time, we found out that constellations sporadically occur in the universe, through which not far from our solar system a kind of dimensional gate is formed. Simultaneously, a similar gate is formed near the system you call Sirius. The interesting thing is that these gates shorten the path so much that the time needed to travel to you is reduced to about four years. These dimensions of changing space and time you will not yet understand. Millennia ago we, actually, needed much more time. Now we last year departed and I hope with of all my hearth that this will be our last journey. Maybe it will one day come to be that we can return to our home planet, when the occupants have mutually destroyed themselves. Maybe that will one day really be possible, because, as regrettably also among you, there are different groups and races among them, which uselessly and mostly out of egoism fight each other and make wars. But this process could last long, and we don't know what will then be left of our home world. Technologically, that civilization is, however, not able to leave the solar system of Taygeta. They are not a danger for you. We see the danger somewhere else.*

*Because our journey actually is uncertain. We feel like sad expellees searching for a new home. We have to give up a whole world in order to save our civilization from destruction. We in our hearts*



*feel the gnawing pain of farewell. This homesickness sometimes is unbearable, especially on this journey. Yet you are the only real chance of survival for us, even though you are not yet so far developed and your negative characters are still very pronounced. Negative characters, which bring destruction and eradication among yourselves. Not from us. There will be no invasion from us. We try the path of friendly approach, which is the only one we know. Much is already taking place on the telepathic level, which is a form of communication that has no problems with space and time. Maybe we can at the end learn from each other. We love your planet, because it could to a large extent be saved from the mistakes which we ourselves made with our own home world several hundreds of generations ago. We could, of course, help you and show technological alternatives for acquiring energy, which could return your environment and nature to a biological balance, but also spiritually for the development of senses you already have but don't use. We actually envy you for your talents for music and art, two things we don't have. You could let us partake of your creativity. We know that you find it very difficult to deal with "aliens", that your Earth is already heavily populated and in your opinion overpopulated. However, we also fear that the problem of overpopulation will level out because of environment pollution, catastrophes and senseless wars, which result from your own negative actions and characters. This is likely to take place in the next years to come, regrettably before we can arrive for our next "big" visit. The actual problems you have made for yourself and consequent problems of the coming years we can hardly influence or prevent. Maybe it all has to be as it comes. You would certainly have it in your own hands, if you would become conscious of the uselessness of many things you do.*

*We also have this hope, this belief. The hope and the belief in the totally good, in a God. But how does this God differ from your God? Actually not at all, even though you give him a quite symbolical shape. I will put it simply. God is not a figure or appearance, God is also not simply only an idea, instead God is the total positive ability to create. This creative ability is in everyone of us. It is the ability to love. Only love creates, only love is creative. Hatred, however, destroys. One person may use his ability of love more, another a little less. But it is there, it exists in everyone of us. If you know how it is when you go out of the conscious life, you understand that only this ability gives a real sense to being. That does, however, not mean that you have to love every human being of all your heart in order to live peacefully together. But also not-hating is always a certain form of love, of neutral love. Not-hating doesn't create, but it also doesn't destroy. It is interesting that conscious love usually automatically develops out of neutral love, especially when you more and more become conscious of the ability and power of love. If you take the sum of all this possible love of each life form together, you have something that one could call the total good and understand as "God". The sum of all love. It is not only an idea, it is a great hope. Hence God is in each one of us and each one is a part of God. It, therefore, is up to us, how big or strong the power of God is. The sum of all hatred, on the other side, is that, which you call devil or Satan. Also this part (regrettably) is in each one of us. More in one and less in another. There were times in which one felt abandoned by God, because of all the hatred around. But God actually never was away. One merely didn't give him a chance to evolve out of one's own self, because one allowed oneself too little love. It is, therefore, quite simple: God, the sum of all love, the total good, has the ability to create worlds. It is because of that that in your religions not only a creator, but also a "father" is mentioned, since one associates the ability to create and procreate life with a "father". Jesus was the human embodiment of this total good, hence its son. In a certain sense, he also was one of us, a messenger, a human who was since long conscious of his primary origin, didn't deny it and could convey urgently needed messages in that time, and in the kind and way suitable for it.*

*In your scriptures there is enough evidence for that, and also for our earlier visits. You write that we came down from heaven. In nearly all religions you, when you mention Gods, look up to the sky. Therefore, you do know well from where we came and from where we will come back. In many countries you have left orientation marks for when we come back. In your Bible it is written that in the beginning the gods created heaven and Earth. Though we alone are not "the Gods": good actions and love created the world. You can create only with love, but hatred destroys. One can,*

*therefore, truly say that our heaven and the planets, yours like ours, once arose out of the positive effect of the sum of our good actions, characters and intentions. War and hatred temporarily destroyed them again. If you could become conscious of that, much suffering could be prevented. Yet all the suffering also has something positive. We learn from it. We learn from the totality of senselessness of negative actions. This will actually be a reason why there is suffering. An experience we mostly seek to have ourselves for our development. The totality of experiences also for us earlier contributed to our present development. You are shortly before a summit of this new consciousness, you only have to allow it.*

*We are on our journey now, around 600 000 persons in all from a civilization that had to give up its home world, full of honest hope for a better future and without negative intentions. Regard us as your brothers and sisters, because there really is in you much more of us than you at present are prepared to believe and understand. We left our traces in your world already millennia ago, even though we couldn't reach the goal that you would develop to a fully peaceful and loving civilization of all of you together. Yet we still have the hope that all that, which will happen in the next years, that is in a near future of negative and positive, will contribute to taking you enough forward in your consciousness of the ability to love, that is given to you, and its power and creative force. Enough advanced so that you become sufficiently conscious of the futility of your negative character, so that they will more and more wane from you. Only then a new era can begin for us, an era of love and peace. Don't let yourselves be led by greed and egoism, don't listen to those who want to use you for inferior purposes, but listen deeply into your hearts, very deeply inside you. Your true self. Always keep in mind: it will always be possible to take everything from you, your money, your property, your pride, your honor, maybe even your life, but never that which is in you as a part of supreme creative action, what is in you as love, never that which is actually your real self.*

### **Mail exchange with WL after this message (WL = regression workshop leader)**

I mailed this message to WL, who a.o. replied as follows:

*"Thanks, dear xxxx, for your mail! It means something to me... and what you write cannot be only 'crazy ideas' or 'fantasy', because it is hardly possible to simply make it up to just like that... not so coherent and meaningfully predicative as this message after all is. Also the experiences with the time is an evidence. I could imagine that they that way wanted to give you a sign that it is all real. To wake up at xx:xx o'clock can, of course, be a coincidence if I happens 2-3 times, but not if it keeps repeating!*

*You once wrote that this Seth had said that I would also not be from here, and that I should have myself regressed to my first incarnation on the Earth. At present, I have no one to do that with me, and I am also difficult to regress... Bryan (Jameison) did it once with me, and I only for a short while experienced myself as a musketeer. That was all. Yet I have had two spontaneous experiences, long ago. In the one I experienced myself as an Inca and in the other as an orphan boy somewhere in the area of Afghanistan. The latter clarified some issues in the relation to my mother...*

*But there is something else: sometimes I get inspirations in the early morning before sunrise. Regrettably not often, but occasionally. Thus many years ago, when we were in Norway, I had the clear intuition that I should write a book that now has finally been printed as "It began in Babylonia" [but in German]. When I write, it is often as if 'something is writing through me', it comes almost by itself, usually quickly and fluently, but it must, of course, be revised afterwards. It was that way with the first manuscript for the book. I also found, like guided to them, important texts in university libraries, which helped me. Today I sometimes, but rarely, have such an inspiration, usually around 4 a.m. At that time, I am not so much in my rational mind, since I am not fully awake, and then it happens. Thus I once prayed for an answer to the question who, where and what I was before I incarnated on the Earth the first time. It took some time, but then I once had rather clearly in my head that I had for disciplinary reasons been put on the Earth, since I had on another planet*

*done something wrong. I regard this as quite possible, and at least as a 'primary hypothesis'. The next question would be what in that case I had done wrong, but to that I have no answer yet.*

*I occasionally and not very rarely have the feeling as if I would actually be a stranger here. However, many others will have that feeling and it will not necessarily mean that one has earlier been somewhere else in cosmos. It could also be because my last past life quite obviously was in India (where I immediately felt at home the first time I was there). I also have a longing for establishing a conscious contact with the apparently extraterrestrial people who inspired me for the book, a '1:1-encounter' and not merely a rare 'one-way' inspiration. I would very much like to be able to have such a communication that we could really communicate with each other and have a conversation. If possible even a physical encounter, so that we could see and even touch each other. As it is now, it is too single-sided for me, and also too rare (even though it may unconsciously happen to me more often than I am aware of). But I expect that they are people from, e.g., the Pleiades or like-minded, since I actually have no interest in a contact with the Anunnaki...*

*For that I obviously have to overcome some block in me and I give these positive extraterrestrial people my permission to break such blocks, because I think that they can do it more easily than I can.*

*It is interesting that the 'Krraonians' have lost a part of their hearing (since they actually don't need it anymore for communication) and, therefore, envy our ability to enjoy music. You will apparently be a 'stranded Krraonian' on the Earth... and you devote yourself to music! Just what you may have missed there... when you became conscious of the fact that there is also such a thing...*

*So I regard what you write as absolutely believable, and in my view it is true. You left some things out that you didn't understand. I actually ask myself, if I would understand it...?*

*The next question is what should now be done with all this? My opinion is that it should find a way to become published, maybe written under a pseudonym, or that someone does it for you, since it seems to me that you hesitate to do it in your own name (which I can understand). When someone does it for you, it should, of course, not be in his name, but such that the reader knows that he does it for someone else who doesn't want to be mentioned.*

*One possibility would be a series of publications on the website Biblioteca Pléyades that has a Spanish name but most of the publications there are in English. I have myself written two contributions there... The question would then arise of how many such contributions are read and by how many. I have no idea about that. But since the website is big and appears important, I hope that it would be a lot. There one can find a large number of contributions, which (as it seems to me) are quite valuable.*

*For my feeling, the escaped Krraonians are cordially welcome on our Earth, and I think that the conditions for that will in a new era, which will begin here (after 2012) shortly before they arrive, be better than they would be today. If I can do something for it, I also want to... but I don't yet know what..."*

*I answered as follows to this mail:*

*Dear Jan Erik, I was really glad to get your extensive mail, especially since you are one of the few who don't beforehand discard this information as fantasy. Regrettably, it is often so that it to many is the easier way to completely exclude something, than to at least allow for the possibility that it there could be something true in it. Between us, it is still a bit difficult for me to deal with these "messages". But I have at least decided to write it all down. I don't really care if it is taken seriously, or not. After all, it doesn't come from me. And I hope not even from my unconscious self. But I do know that I in my case can exclude "cryptomnesia" – that is, I think, the often self-contradicting magic word of the oh!-how-omniscient critics of reincarnation. I earlier had only very little to do with such things and never read literature about it. As a small boy, I did watch "Starship Enterprise", and later also "Star Wars" and similar movies, but neither more nor less than anyone else. And I was fully aware of the fact that this is only movie fiction and nothing real. Yet I have never doubted that there will be more civilizations in space than just ours and, of course, also civi-*

lizations, which could be technologically more developed than we are. To reject that would not only be arrogant but also illogical in view of all these stars and yet undiscovered planets. The first contact with S'seet and his group took place quite some time ago, and I have informed you about it.

Even though I can slowly identify myself with the idea, I still find it a bit hard. It would, therefore, be quite unpleasant to have it published in some form in my name. But I do know that the message from "S'seet" wasn't for me alone. Maybe this expresses a hope that humans could still change, if they would take it seriously? I don't know... In any case, this S'seet knows quite well that in this material there are enough things that will be subject to doubts. That is why he lately also puts proof in it, telling things about others that I couldn't know. This is slowly becoming weird for me and others. He will also want this generator to finally be built, even though it in my opinion couldn't work. But if it would really work, it would be easy to convince people about the origin of the technology and the messages relating to it. In any case, doubts would be dispersed. Maybe I will really build that device, and if it should really work, which I cannot really imagine, I would probably soon be the most hunted person on Earth. Oil would then mostly be needed only for lubrication and production of plastics. Anyone could make his own electricity. But, as I said, I find it hard to believe, even though this S'seet in the meantime has shown me the construction in a revised form with a higher efficiency. I don't know how to draw it. At present I am trying to sort these things up and give the information only to very few persons in my closer environment. Because of that I rather see myself as a kind of postman. I have the feeling that "he" will then leave me in more peace with giving these messages. Otherwise he is a bit too insisting. The next thing I will do is to try to build that "thing" (for which he is very insisting). Maybe I will also paint how "he" looks, also my partner in that life, and how it looks in that world. And also what the "vehicle" looked like, with which I crashed in the desert together with my two colleagues. We will see if I can get it right, out of my memory.

It is also interesting that you are difficult to regress and all that you have tried, and what you that way did find out about your past lives. But I am sure that your feeling of being a "stranded" extra-terrestrial soul yourself is real. How would this S'seet otherwise know that? I certainly would not. Who knows how many persons have a similar soul origin. And who knows about his past lives. I myself actually joined your workshop to rather search for evidence of reincarnation with my wife and other persons, a kind of hobby (I like to research). I find it exciting (actually more so than this "alien" stuff in my case). That is why I was rather frightened when this came up in my own regression. That was not really "planned". But, who knows, maybe it all had to be like that? Also your workshop in xxxx? I don't know...

What also surprises me is that you at this time in the morning, around 4 a.m., have similar "intuitions". This time in the very early morning really seems to be optimal for sensitive perceptions. Maybe I can persuade this S'seet to overcome your blocks and establish "contact" with you. If this is all telepathic transfer, he should certainly find a way.

In any case I am very thankful for all that I have so far experienced and especially that you give me courage to not close myself towards what is coming this way, and to give this quite fantastic information a chance that they are not just a bunch of fantasies. I think that we will in a near future find it out, anyway.

His answer to that:

"...I will only shortly answer your mails in the order in which they came and I thank you again for them. As concerns cryptomnesia I consider it as less of an explanation, even though it will exist. In this case I don't believe in it. I can well understand that you don't want to publish the messages in your name, but there we can certainly find a way. A machine for free energy would not in the common sense be a perpetuum mobile, but I instead presume that it takes energy from other dimensions. Inspirations at around 4 a.m. I regrettably experience only rarely, but it occasionally happens. It is likely to be because I then am in an intermediate state between sleeping and being awake."

He also wrote:

"...in the regression you mentioned seeing a big spider drawn on the ground. Here it is:

[http://www.bylandwaterandair.com/peru/nazca\\_lines\\_nazca\\_peru/nazca\\_spider!](http://www.bylandwaterandair.com/peru/nazca_lines_nazca_peru/nazca_spider!) I don't doubt that your messages are true. But it makes me sad that there is also such a negative people as the Szaeoniens, who drive this good people away from their planet. That beats me! When will this creation ever be liberated from the negative?"

My answer to that:

"...that is exactly the spider I saw in the regression. But I didn't see it right from above, but in a slanted perspective in front of me with the head forward. I am not sure that this wasn't a trick, because I have already before heard about these lines and also seen them, probably in TV, but in any case I wasn't very conscious of a spider then. In this case I will, however, be more self-critical and not exclude the possibility of cryptomnesia. Even though I in my consciousness wouldn't have associated a spider with these lines. I cannot say that for sure. I myself will not have arrived in Peru since I 'crashed' before that. My inner voice says 'Gobi desert', but I'm not sure about it. My higher Self showed me the picture of the spider in the regression. I only knew something about South America, and I assume that that is where we were going. The images of the crash are still intensively visible for me and the feelings I had are still so intensively in my memory that I can say for myself: I really crashed! It doesn't fit in my present past, but isn't less real in my memory than any other memory from my actual life, such as my car accident 16 years ago.

It is interesting that S'seet never talks negatively about anyone. He also doesn't hate this negative people. I rather believe that he then seems sad and have the feeling that he nevertheless 'loves' them. Even though it doesn't sound very logical. Maybe the expulsion will lead to something really positive? A positive development for us? As you have yourself written about reincarnation: maybe we humans, wherever we are in the universe, need the confrontation with the negative in order to hasten our positive development (?). Maybe this is an important and unavoidable process of 'learning', and maybe that way this highly possible total good, or defined differently: 'God', will develop further in the universe and have more power (?). Maybe that wouldn't be such a wrong thing. I think that this S'seet can get something good out of it, even though he at the same time doesn't really know what he can expect here. Maybe this seems to be a bit early also for him (?) (since we are not yet so developed)."

His reply to this answer:

"It may well be that you were going to Peru but crashed in Gobi while flying over the Earth. Yes, this S'seet makes a positive impression on me. Maybe the message that Jesus gave us (that has been so badly distorted by the Church) came from the Pleiades. There are those who assume that."

[Comment by the translator: He even may have first flown over Peru, but crashed as he encircled the Earth again with the intention to land there next time, and thus saw the "spider". Or he may have seen the "spider" after he died.]

He then wrote in another mail:

"...the star Taygeta really exists: [http://en.wikipedia.org/wiki/Taygeta\\_%28star%29](http://en.wikipedia.org/wiki/Taygeta_%28star%29)."

My answer to that:

"...yes, xxxx already confirmed that to me (after the regression with you). But also there I will not exclude the possibility of cryptomnesia, since I told you in my letter that I sent to you before the regression – referring to the earlier message from S'seet, that I had marks on my legs 'so that I would not forget from where I come' – that I got a picture from the Pleiades to compare with (which supposedly corresponds to the constellation 6000 years ago (I will again print the constellation chart from the university). On that chart the names of the stars were written. Therefore, it may, after all, be cryptomnesia. That is a problem... Thus I sometimes myself doubt a thing or another. But I somehow feel very good about 'Taygeta'. Yet I don't want to read too much about it, so that I will not bring too much own interpretation into it. There is, anyway, much that I definitely cannot have from cryptomnesia. Certainly not the star map on my leg."

He again answered as follows:

"If you have a good feeling with 'Taygeta', I suppose that it is true, because our feelings tell the truth better than our rational mind does. By the way, I forgot something concerning the 'machine'.



*Have you heard about Viktor Schauberger [Austria]? He is said to have built something like that, but he was shamefully betrayed by the US industry. He was invited to the USA under promises of cooperation and signed a contract, which also contained a non-disclosure clause. After that, everything was locked away and he returned home as a broken man. He by contract was forbidden to speak about it and never again did, and the promised cooperation never was realized. The only thing one wanted to have is that the matter would be kept secret. Also Nikola Tesla is said to have worked in something like that, as did another one, whose name I don't remember right now (maybe Keilly?)."*

And later again:

*"I have still more for you! In this year a planet there [Taygeta] was discovered that has similarities to the Earth: see <http://www.wingmakers.co.nz/Pleiades.html>. According to the message, there seems to be more than one planet there, and this one (which the Earth astronomers call 'Erra') could well be another one than Krraaon, maybe even Szaeon..."*

My answer to that:

*"Hmmm, that really sounds quite astonishing... especially because 'Taygeta' is mentioned here, too. I however see the 'Krraaonians' a bit differently than on that drawing. Maybe they are Szaeonians (???). One would have to go back to the past once more to find it out. It would interest me from where they have the statistics about that planet they call 'Erra'. Hmmm, but there somehow seems that there are more persons, who receive certain messages from there. I keep asking myself, why the Pleiades? Since at that time S'seet said that he comes from the Pleiades, I had only very distantly heard something about this constellation, and no 'adventurous' stories about it or read about similarly described experiences. That is all very, very astonishing... So I am going to build that machine... maybe it will be good for something."*

His answer to that:

*"Today some 300 exoplanets are known (which are in other solar systems), and 'Erra' obviously is one of them. One can find certain things out about planets there through astronomical techniques, like spectral analysis of the light and other methods. But since Szaeon is larger, it could be that planet and they may not yet have discovered Krraaon."*

### ***The second longer message (summary from September 2 and 3, 2009)***

Two messages, a shorter one September 2 that continued September 3, 2009, each time around 5:30 a.m.

September 2, 2009:

In the morning my wife asked me if I had again had contact, since she woke up at 2:22 a.m. I had told her about the mail correspondence with the workshop teacher and his theory that the time has something to do with the contact, because one would this way send some additional signal. It is astonishing that he seems to be right with his assumption, since I really had a short contact with "S'seet" this morning. But I was quite blocked and not properly in the "half-awake-state", in which I would otherwise be when I see and "hear" him more intensively and clearly. In any case he seemed to in the first place answer to what my wife had said. She meant that I could ask this "S'seet" if he couldn't more positively influence our existential duties, which one has to care about in the normal life, to give us more time and room for making something out of his messages, especially building the generator. He said that he would not be able to actively influence how things are going, also not the future of others. We are ourselves the creators of our future. We have not only ourselves sought it out as it comes, we also have it in our hands to change the future and shape it in a positive way for our own needs. His advice still is to continue the present path, mainly with love, trust and confidence. Everything else would be completely unimportant, even in today's time, in which we are so focused on the material. It is interesting that he also told that my sister has very high psychic abilities, but defends herself strongly against them, even though she knows about them, deep inside. He has repeatedly tried to get in contact with her, too, also in another appearance, but at present she does not allow it. It would not be possible to contact someone against his or her will. He would also try to contact the workshop teacher in a near future. It could be that this contact

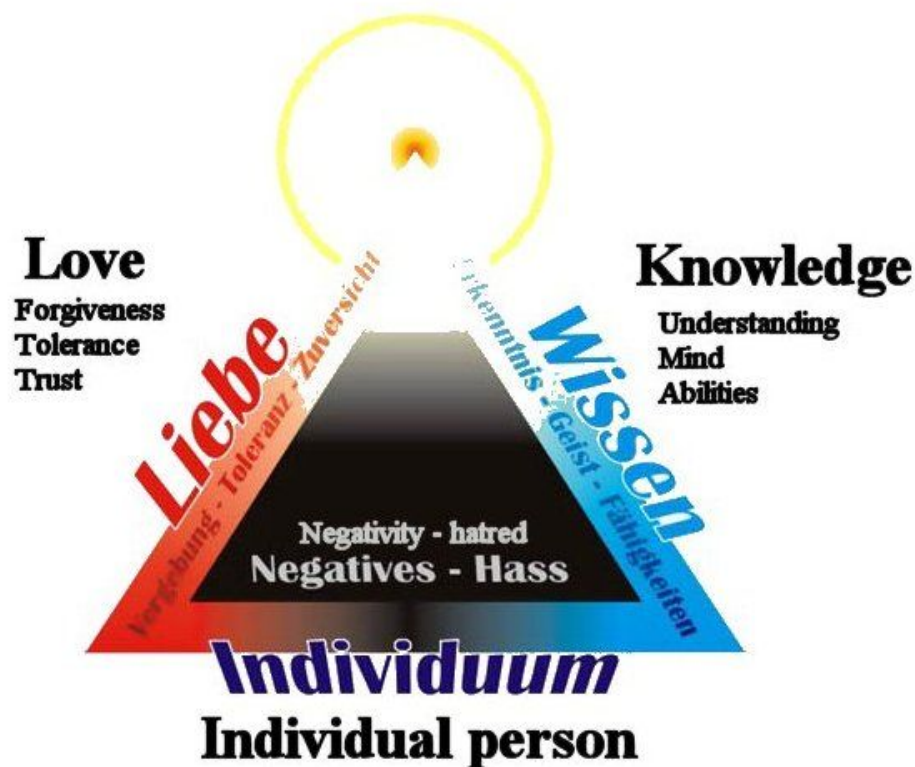
would in the beginning be only faintly perceivable, like a “soft whispering”. As time goes on, one becomes more able to perceive these (telepathic?) messages more clearly. It would be nice if it would work, and then also be interesting to see if his wife would also wake up at such strange times.

I have been thinking about these times. They really always have three equal digits. I wonder if that may have something to do with a certain trinity or triunity? I found the following about it: “Augustine of Hippo holds that it is possible that love can be an eternal characteristic of God only through trinity. Love always needs a mutuality, someone else. A non-trinitarian God could only love when he has created someone to love. The triune God, however, from eternity on has the other to love in himself, as Jesus explains in John 17:24.” The number three is, therefore, since ancient times considered to be a divine or holy number. In many cultures, the cycle of the year and of life were seen as a trinity.

September 3, 2009:

Today “he” (S’seet) again was clearly here. He, among other things, answered a few questions, which I had earlier asked myself (and him, resp.). The star we call Taygeta is there called Mijairrylion, which according to S’seet comes from the “old language” (?) and simply means something like “giver of light”. Szaeon would be a neighboring planet, bigger than Krraaon and closer to Mijairrylion. It would have a quite warmer climate. While on Krraaon mainly the equatorial area is populated, life would on Szaeon concentrate more to the polar areas.

The thing with the time he explained such as if he would know that I would be thinking about it. These three equal digits in relation to the time have a symbolic meaning. They are the symbol of the equilateral triangle, a triangle with three equally long sides. This is an old evolutionary symbol that he first had to explain with an image. He then showed the following diagram, which I have as well as I can tried to draw from memory with a graphic program:



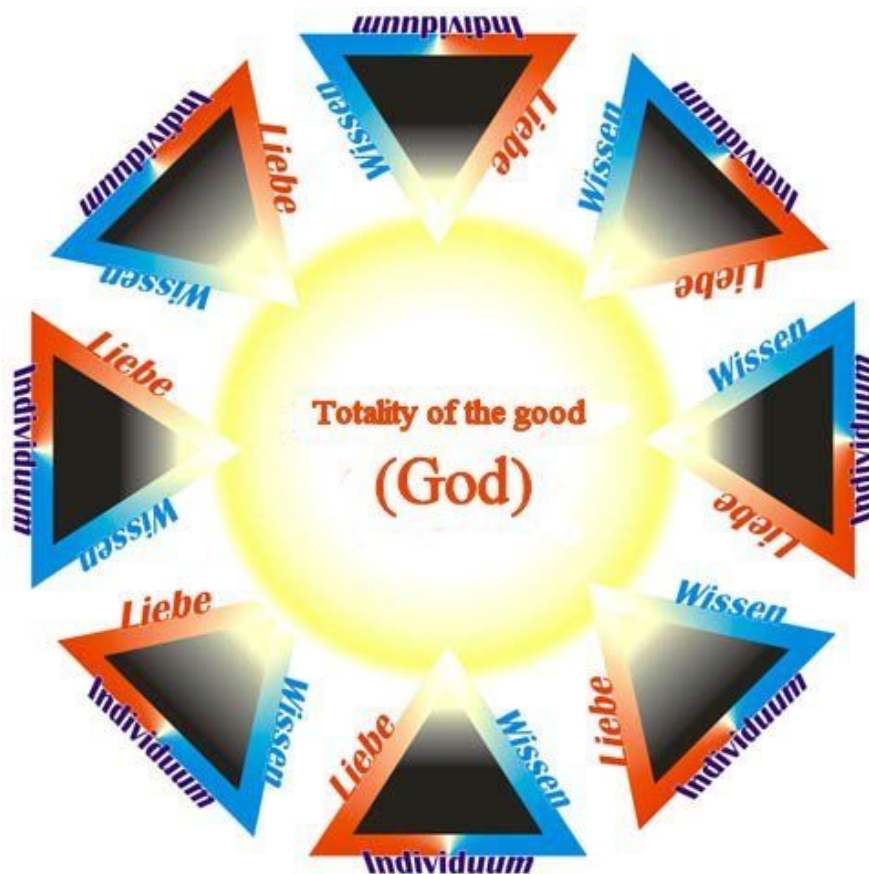
According to that, everyone with consciousness, each individual, basically has a positive nucleus as well as negative qualities. The inner goal and determination of an individual is striving for perfection, because each individual knows that true happiness, the meaning of existence, can only be achieved in perfection. The long way to there only goes through love and knowledge (cognition), and that at the same time is the goal. As true love develops, also confidence grows through forgive-



ness and tolerance, and with the development of one's own knowledge the resulting abilities of spirit and cognition furthermore grow, so that layer by layer the space for hatred and negative characteristics becomes less and smaller. When we finally have reached the state, in which love and knowledge are one, there is no more space for negative characteristics, and they would out of the acquired knowledge and insight no more have any kind of sense. The symbol of the equilateral triangle with the tip upright means "sense (meaning) of existence". The course of time is from down to up, the increasingly higher development with time, development "upwards". The three equal sides of the triangle in relation to the dimension "time", in my case indicated by three equal digits (!) in the time display of the alarm clock, together with contact with the person (S'seet) who can be said to represent this symbolism, can be felt in the consciousness of sensitive persons so that they wake up.

This symbol has left traces also on our Earth. I should ask myself why far away cultures like in South America (Mayas and Incas), in North Africa (Egypt, Libya) and in Asia (China) have this symbol of an equilateral triangle, people who millennia ago actually could have no knowledge of each other, but by themselves and yet independently expressed it clearly in the shape of their pyramids. "And that the tip points upwards in the sky, from where we once came, where people assume their home and 'their gods' to be, is certainly no coincidence" said S'seet with a clearly visible smile.

The structure of being of all individuals, whose path of evolutionary development is to come as close as possible to the common goal, being the "total good", can accordingly be represented graphically as follows (this S'seet showed me at the end):



### **Mail exchange with WL after this second message (WL = regression workshop leader)**

WL wrote as follows to me, after I had explained that I wouldn't myself understand these messages very well and that I slowly would prefer that "he" would contact him directly:

*"...I understand your feelings. For myself, I have a good feeling about the messages, but I can of course not know if they are real. I have, however, read books by Barbara Marciniak with messages from the Pleiades, which also give me a good feeling. It may be that the latter messages don't come*

from Krraonians, since there will also be other inhabited planets there (also at other stars in the Pleiades). Even though there may be a few negative civilizations among them, like the Szaeonians (which I actually hadn't expected about the Pleiades, but rather about other places in cosmos), there will also be other positive ones. Therefore, 'his' messages fit reasonably with those given through Marciniak. I am also convinced that some early civilizations on the Earth had contacts with extraterrestrials and thereby had a kind of development aid. According to regression experiences, Atlantis was one of them. They appear to have had help 'from outside', but these extraterrestrials withdrew in disappointment as they saw that the knowledge was abused. Also the early Incas will probably have belonged to such civilizations. Their most important 'god' was Viracocha, who came from the Milky Way and later returned from there. One Inca I got to know in Peru told an old story of his people. In very old times a vehicle came down from heaven. Human beings with eyes different from ours came out of it and did something to enhance the mind of the Earth humans there. In the belief of the people, there are also rumors that some of their remarkable constructions were made with the help of extraterrestrials and techniques they had taught. That the ancient Egyptians originally also had contacts with extraterrestrials is highly probable. They apparently were not bad, but not quite as good as we would wish. Not bad, but also not the best... It will be similar with the Aztecs, to whom Quetzalcoatl was a 'god', who will also have been an extraterrestrial, but apparently also didn't belong to the best ones. The Aztec culture was or became very murderous... As concerns the Incas and Mayas, I have a much better feeling. And so one with probably a few more ancient civilizations. As concerns us, we are obviously very much influenced by the Anunnaki (see my book *Es begann in Babylon*). I am quite convinced that Yahweh is not the creator god he claims to be, but an Anunnaku... a.o. because of the ATROCITIES told on one page after the other in the Old Testament, committed in his name. He wants blood! And he may be behind our destruction of other cultures, which were competing with his influence, since they had contact with competing extraterrestrial civilizations: Incas and Mayas. The Indian (Hindu) 'gods' seem to at least in part be extraterrestrials according to descriptions in the Mahabharata and other texts. They flew around in vimanas and fought with incredible weapons, which remind of nuclear ones... against whom? Maybe against the Anunnaki! That will be why Yahweh through a.o. colonization wanted to have the Indians 'pushed down in the shoes', but luckily enough with little success. And yet there will be a creator god: the 'father' whom Jesus spoke about quite obviously cannot be Yahweh! That is why Yahweh wanted to get rid of him through his execution...

Various sources claim that it would come to a decisive turn in December 2012, involving an alteration of consciousness for humanity. Various sources also state that then only between 1/4 and 1/3 of the humanity will have survived the events. Allegedly, this may have to do with the Anunnaki having to give up their secret power over us. This is quite in accord with what 'he' says. According to 'him', the Krraonians are already on the way and their journey will last long enough so that they will arrive only after 2012. Therefore, I in this see a connection with 'development aid' in brotherly coexistence for the rise of a new humanity on the Earth. Of course, I cannot know if all that is true, but I don't reject it in any way only because I cannot know it. My rational mind cannot judge it. But my inner feeling about it is that it is believable for me and I stick to that. So much more does the message give me hope! So if I can give any kind of contribution for their friendly reception as welcome here, I am prepared to do that. Even though I don't know yet how. I suppose that regrettably many persons will be unfriendly towards them, because that is how people are on the Earth, but I hope that among these who survive such persons will be in a minority. As I always say: in the name of Christ – with which I with Christ in no way mean the apparent (false) Christ presented to us by the Church, but simply the love energy in the creation. And since I don't know another name for that than Christ (the TRUE Christ), I just call it like that... 'He' will certainly know how I mean it..."

My replay to that September 23:

"...to this mail I have to tell you that I a few days later had the message that you will have a task that may be the most important, being to explain the message. Not only this, but also explain reincarnation and the true history of Christianity and the veils that have been cast over it. I think that

*this refers to things you already know. Maybe because you seem to be the only one with a profound knowledge of both reincarnation and Christianity. But first the machine must work. It would help people to take it seriously. I also understand why you... Simply because I cannot communicate well with people. Furthermore you have much more experience. But the right way will be to first build the machine. Then, if it should really work, take contact with you, so that we could together find ways to use this useful invention to also bring especially your insight (reincarnation and belief) to people. How meaningless isn't evil to those who believe in reincarnation? Then love would get a big chance (since probably no one would want to experience the negative consequences in a next life of his actions in this one). This chance would then be a basis for a common new beginning. That is how I suppose that it is meant (at least this makes sense)."*

[Comment by the translator: As concerns the machine, I am afraid that they are asking a bit too much of my dear friend, since the drawings show a construction for which you would need a well equipped mechanical workshop to build it, and that he doesn't have. I have the feeling that they in this case overestimate our possibilities here on Earth. This to me is not something a person can easily build at home or in a hobby-room in the basement, but one would need machinery like a lathe, a milling machine, a band-saw, assembly aids and many other things.]

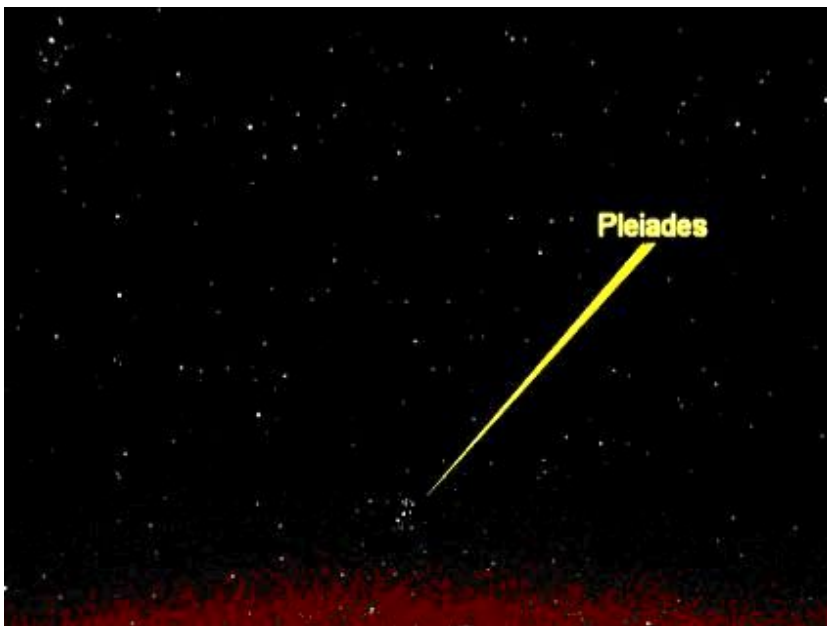
### ***My thoughts about this (how I am changing myself)***

It must finally become self-evident that one certainly will come back here once more, especially when one hasn't done things very right and not followed the path of love. It must become conscious that one has to reap in the next life what one has sown in this one, in that for example one has oneself to become victim of deeds one has before done to others. A lesson one cannot escape, for example through suicide. One after death (i.e., in the intermediate state) seeks a corresponding role for the next life. One seeks to have this role as a self-imposed lesson, after looking back upon the life one has left and with disappointment becoming conscious of all one has done wrong. Jesus said: "What you sow you will reap" and "Who takes to the sword will be undone by the sword", and this wouldn't make sense if one could easily escape it through suicide. It is regrettable that people have so much alienated the Christian belief, even though there may once have been reasons for it. The first Gnostic Christians appear to have believed in reincarnation, which was an important part of their belief, and it seems possible that even Jesus taught it [at least in the inner circle]. One finds enough evidence in the apocryphic texts and even in the Bible (especially when certain parts, which have been interpreted against such belief, are correctly translated). The people, who put the Bible together from a few of many texts, of such they at that time found suitable, apparently could themselves not fully cover this fact up. Emperor Constantine, popes greedy for power and the council of Nicaea have made us to what we are today: mislead Christians running after a falsified monetarian religious construction, established for purposes seen in historical times (power and wars)... This is exceedingly sad and has as a kind of side effect cost the lives of many millions of persons in the world, as a result of war and inquisition. The Cathars had this belief, the belief in reincarnation, and – above all – in love, and had to pay for it with their lives. They were eradicated in an atrocious way in a holocaust by order of the Church. Almost no one talks about that today. This should now finally finish, the medieval age should be over. Today is today, and people may possibly in that sense have become a bit better today. Herein I see a big chance for all Churches, because it is, after all, a fact that when people would again believe in reincarnation, and that hatred and evil deeds fall back upon yourself as karmic lessons, that is, that you hurt yourself with negative thoughts and actions, which, therefore, are senseless. If people would finally become conscious of the fact that the true sense and aim of life is to "learn to love" or better "to give love" there would as a consequence be much less suffering. Even the theodicy problem (God is almighty and good, why then so much suffering?) would then be solved, a problem that almost all Churches are facing because of misled doctrines and cannot find an acceptable solution for. But I find it hard to believe that a doctrine composed by man will one day be corrected, however outdated and partly controversial and however wrong it may be. Therefore the Church will, stuck in its opinion, rather loose more and more of its power in an educated population that can read and write and think for itself, and that is truly very sad. But on the other hand: do we really need it? The true power is after all for each of us in ourselves. The power of love.

What about hatred, then? One thing is clear for me: I will personally no more hate people who cause suffering and hurt me and others. No, I will certainly not hate. Maybe I feel a bit of compassion, because that person isn't yet more developed – compassion for what he probably will experience himself in the next life (or maybe already in this), so that he will understand what pain he has caused others. To have compassion is, again, love. Isn't it schizophrenic to love a perpetrator? No, everyone will have his punishment or "lesson", some time, somehow and somewhere. Either in our society (such as a condemnation) or (maybe also) through himself, when he after dying looks back upon his life. We will no doubt all have been perpetrators, or we would probably not be here, and there would otherwise not be so many victims. What suffering that happens to me today could be a lesson from an earlier bad deed, which makes me have something to learn today? I am not sure about that. But I meanwhile know that I only tie people to myself, or even character traits, if I hate them (probably so that I can learn from that, too). For that reason I no more will and want to be seduced to hate anyone or anything. I will rather feel a certain sadness for things which actually happen.

### ***A strange occurrence in the starry sky (October 12, 2009)***

Today something strange happened. After coming home from a barbecue evening with my sister (who lives in the same village), my wife with fascination looked out from the skylight window and said: "Look at all these stars there." The sky actually was sprinkled with many thousands of stars. It was a fully clear night and one could see the stars very well. She pointed at a not very apparent group of stars to the right at the horizon and said: "Look at these little stars there." I said, afterwards startled (and without thinking about it) "Yes, how do you know that, that's from where I come." Shortly afterwards I was thinking about how I got that idea. After all, I barely know the Great and Small Bear, and this not very apparent little group of stars I have never paid attention to before. But it was somehow familiar and I was very sure about it. My wife also asked herself, why she paid attention to that little group of all the stars, being far behind in the eastern sky. We then took out a looking glass and only then could we more clearly perceive the constellation (looking almost like a question mark). Actually I already knew it a little, compared with the marks on my leg, but comparing with the Internet it became really clear: they are the Pleiades. I somehow had a pleasant feeling about that. As we found out later, they can be seen only now in the autumn. Astonishing... Of all the stars, these came to the attention of my wife, even though they were not very apparent in the sky, compared to the many thousands of other and much brighter stars. Still more remarkable is for me that I immediately and without thinking knew: "That is from where I come."



(Actually the Pleiades are not very apparent in the Eastern sky – and this is only a very small section of the starry sky in the winter.)

### ***Blocked messages (October 25 and 26, 2009)***

My wife woke up at 2:22 a.m. on October 25. I felt and knew that one wanted to give me a message. It was only in fragments and I resisted it. A day later, October 26, my wife woke up twice at such strangely symbolical times, once at 2:22 a.m. and once at 5:55 a.m. I again blocked and resisted getting more information.

One fragment, that found its way to me, was the information that they, i.e. the people from Krraon, have the capacity to recall information from their unconscious self. They can, for example, remember earlier incarnations also in a conscious state. That way, it is, of course, much easier for



them to learn and understand why the main goal of all being is unconditional love. We will also learn and understand that. The time we live in to day, and approaching constellations in cosmos, will anyway give us many positive conditions for a consciousness expansion, which will be of great value for us humans. Even though we would at present not be able to understand the reasons.

### ***Further incidents (until the end of 2009)***

At this time, I am not receiving any major messages, except that this “machine” is quite often shown to me (always in the morning around 4 a.m.), a.o. with small improvements. Even though I don’t really believe in it myself very much, I will (also to become free from these repeating images) soon begin to build it. But I have no idea about how, I am not a mechanic and I will have to try to build at least a functioning model with the means I have at my disposal. If it should work, professional persons could, of course, with better means out of it make a machine with a considerable better performance. (October 15, 2009)

I, therefore, plan:

- to build the machine (hoping that it will work),
- and I would like to sketch these Krraonian persons (paint them) out of my memory, as I remember them, and also the accident in the desert (if I can).

Saturday, October 31, 2009, I was celebrating with friends. We had a few drinks and I felt a bit tired, also because of having slept little in the day before, so that I fell asleep. When my friends woke me up, I again spoke (apparently still half asleep) in this completely unknown language. Several witnesses were present and they next day confirmed to me that, when they asked me to repeat it, I could actually more clearly repeat these strange words. When they had asked questions, I had answered in this unknown language. The language would be so strange that it could not be defined (as if “letters would have been haphazardly mixed”). That was, however, not the first time – see above (November 4, 2009).

### ***Incidents early 2010 (January 2010)***

January 6, 2010

Today three of them were here – after a longer period (my wife woke up at 2:22 a.m.). They only gave more details about the machine, no messages. I am now planning to make a more detailed plan during the ski holidays. This morning, I already established a list of parts needed for a prototype. I am quite helpless without a plan. It is all very extensive and it seems difficult to realize it out of my head. I hope that it will become more logical when being built. Because I am quite skeptical, even though I see no reason why it shouldn’t work... But I know I have to do it...

January 17, 2010

We returned late yesterday from the ski holidays. During these holidays I read the book *Es begann in Babylon* (“It began in Babylonia”). I was so fascinated that I read it all in one day. Though the Anunnaki will not have been the most amiable “humans”, and I do believe these considerations and investigations, another chapter mentions the Pleiadians. Among other things, it is there said that a central issue for them is love. This confirms what I have been told, without having previously read anything about the Pleiades and even less believing in inhabitants there, who even talk about love as “the key”. This is quite remarkable. While one side of me still struggles a bit and doesn’t believe that the machine can work at all, and even knows it cannot, another part of me says: “Build it!” In this week no morning passed in which I was not reminded of it. This meanwhile occurs with an increasing but loving pressure, and all doubts I have about the construction are presented to me at least “optically” as something that can be solved. Now they have shown me the construction of a more final version in a very different way. Maybe I first had to understand the first one to be able to understand the last (?) one. Yet I still don’t know how to realize it, but I will begin to get the parts needed for this very strange construction and then stepwise build it as I am guided. I also want to finally wake up in the morning without seeing that machine “running” during hours and being “re-minded” about it. I have with difficulty tried to draw this very different new construction with Corel, which was successful only in a very abstract manner. I would very much like to believe that

it works, but I still cannot really do it. Otherwise something of that kind would already long ago have been built and would work. I simply cannot imagine it, but to have certainty, I will do what I can. It could, however, be that if it doesn't work, I would also have to put many other things, which "I was told", in the file "imagination" (if I like to, or not). From my feelings, however, which I felt very intensely in the regressions and relived memories – the love for this people, the familiarity, even the big longing as a kind of homesickness – I know that there will be something true about it, especially about many things, which I couldn't have known before. I am tossed to and fro. I in the name of all love in the world hope that that – which couldn't really work and my consciousness still views as absurd – after all will work and in any case make me believe that there will at least be a globally needed reversal towards love.

[Comment by the translator: I still feel – see above – that they are not fully aware of our limitations as individuals on the Earth for building such a thing.]

January 25, 2010

Today he (S'seet) was here again and I for once sent him away and stood up at 4 a.m. Since these encounters lately happen very often (my wife then says in the morning: "They were here again today, weren't they? Because I woke up at 3:33 a.m.") I don't write it down any more. It is always about the same thing: the machine... Since I have so many other things to do and building it is delayed, it gives me a bad conscience.

January 28, 2010

I have a feeling or an unconscious knowledge that Krraon wasn't the first home of this people, maybe because the planet is too young for that (?). But I don't know where their first home was... I ask myself: have they made the same mistakes as we are doing? Maybe their first planet was destroyed, so that they had to find a new home? Did they then achieve a new consciousness out of the recognition of the mistakes in their own past? If only one could communicate a bit better with them. On this spiritual level it is all so hard to understand and partially even repelling. It makes you sometimes doubt that your mind is all right. And anyway a lot of people doubt it, which I can understand. I would personally prefer to have a more conscious and realistic contact with them... Maybe it is too early for that? Until then, one is regarded by many as someone who is giving himself away to "fantasies". One degrades oneself to a dreamer. I do know myself that it isn't so, but would like to sleep through the morning without again and again being fed with certain constructions, which make me ponder for hours. I have also been thinking about something else. S'seet said in his first main message that their people, in the course of time, gradually lost ears and hearing, since they mainly communicate telepathically. I have been thinking that this could have something to do with my problems with the ears, which I have since childhood. In spite of three operations (tympanoplastic, radical cavity operation etc....) I now have a job that requires an absolute sense of hearing. I analyze, disassemble and reprogram music as software. Music is what has been missing in that civilization; maybe that is why it is so important to me? It is interesting that I always had this problem with hearing. The American reincarnation researcher Ian Stevenson has actually documented cases, in which people had a physical characteristic in the life today that often related to a past life (wounds, disability, etc....).

February 2, 2010

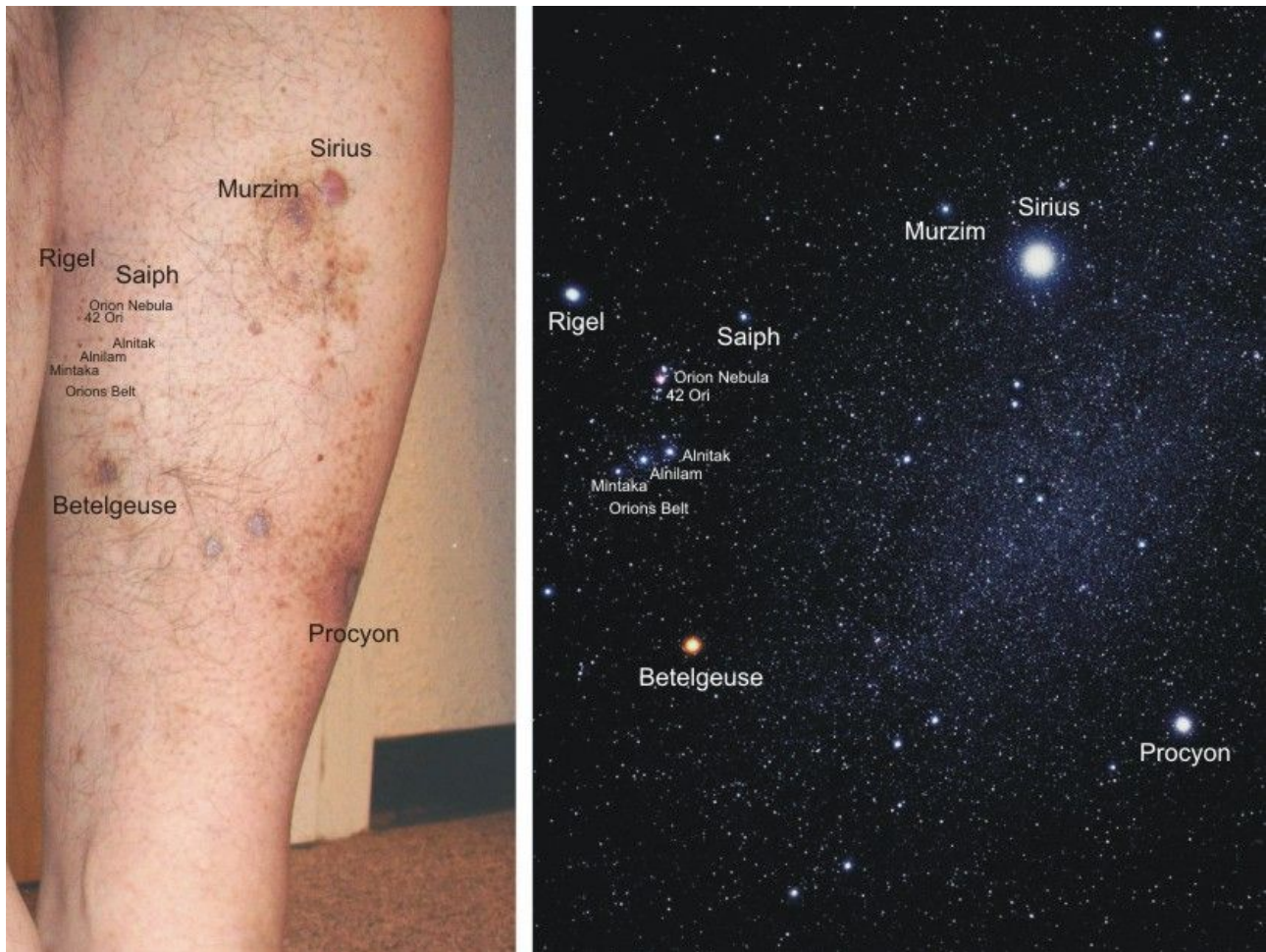
I today woke up exactly at 3:33 a.m. and then half asleep received intensive information concerning the machine. Always the same scenario... This continued until I again cautiously glanced at the clock. How could it be otherwise? It showed exactly 4:44 a.m. This made me feel quite weird and I stood up. All the technical stuff they had shown me seems to be only the basis. There was much I didn't understand. Soon I will begin, and I hope for further guidance from them if I cannot proceed.

### ***Comparison of the spots on my left leg with Sirius and Orion***

Today, February 1, 2010, I just for fun compared the spots on my left leg with the constellations of Sirius and Orion. Last year, I had compared the spots on my right leg with the Pleiades (see above). Quite some time before I had been told that I would find the answer on my legs, so that I wouldn't



forget from where I come (see above). And a comparison really showed some correspondences, which may, however, be pure coincidence. I also intuitively marked the approximate position of that “dimension gate”. In the first longer main message in August last year (see above), I was given the information that the second dimension gate would be at Sirius. When I set this up for comparison of the spots on my right leg, I assumed that the spots on my left leg may possible have to do with Sirius, since I about a year ago first felt a pain in my right leg (at the location corresponding to the dimension gate?) and later in the left leg. It was only an assumption, and I intended to one day also compare my left leg with Sirius. That is what I finally did today, somehow with a certain hope that it would turn out to be wrong. Maybe it was, after all, pure coincidence, but there really are some identical spots, which I want to show with this:



This could, of course, be mere coincidence, maybe all constellations fit when you turn them in a suitable manner. But yet it is astonishing that there is really a similarity to Sirius. Maybe there home once was there? I spontaneously remember my intuition that Krraaon may not have been the first home of these humans, and in that context I am once more thinking of what they said: “so that you will not forget from where you come” ... Sirius? And later the Pleiades? I ask myself, if there can really be earthlike planets near Sirius?

[Comment by the translator: In a few regression experiences, some persons have remembered a past life on a planet at Sirius. Our astronomy has also discovered an exoplanet there.]

### ***Contact of the Krraaonians with my wife and others***

Until now, I didn't write about it, since I in the “dreams” rather saw the possibility that they come when you concern yourself more intensively and consciously with the thematic. However, my wife's dreams did not necessarily come in relation to discussions we had before about these things (we anyway talk quite rarely about them) – but now my friend wrote that he had a similar experi-

ence when he was in Switzerland (see below). That gives me reason to again describe the experiences of my wife.

My wife not long ago had contacts twice with these loving humans in dreams, or maybe soul travels? She had told me before that she would gladly allow for such a contact, as they can occur in dreams or in the early morning at the magical time 4:00 a.m. The first contact occurred in February 2010. In a very clear dream, she saw a boy sit at the edge of the bed, who she described as: “The somewhat older boy wasn’t remarkably beautiful and not specifically human, rather very bright and slim with no hairs. But he had extremely loving eyes. I immediately felt a strong connection (love)... these eyes!!! I would immediately have accepted him as my child, if he would be alone.” The second contact occurred in the first week of March 2010. This time she again dreamt about these humans (described earlier), especially about a woman, who looked directly in her eyes. She told that this moment of seeing her eyes was very emotional. Looking into them, she felt an incredible warmth and goodness, an indescribable peace, a concentration of the purest love, as if she was looking into her soul. Even though she is rather distanced and reserved towards strangers (and certainly towards someone looking differently than the ones we know), she felt an enormous love and affection for this person and a hitherto unknown connection and trust. She also said that this experience wasn’t like a common dream that one soon forgets, but very intensive, emotionally felt, and it remained in her memory. Both dreams were without conversation, but rather a kind of touch of souls (?). Maybe first attempts for an approach?

Last year my brother-in-law had a similar experience. He works for the federal police and guards ammunition storage. He is “down to earth” and takes no interest at all in extraterrestrials, UFOs and things. Yet he knows about things described here and can confirm some of them. It must have been in the autumn 2009 that I told him about the messages for his wife, my sister. He said that he could hardly imagine such things. I suggested to him that I might ask “them” (these humans) to contact him. A few days later he came to me and was excited: “Man, what have you done with me? It cannot be true... they were there...” He dreamt being on guard and walking his round, and he suddenly saw an incredible light above the trees. It was a bright day and these humans (he called them so) above the trees came down and wanted to pass over the fence to the area. He also felt their love and immediately knew that they were no enemies. When then other guards came because of the light, he worried about these humans and warned them to quickly disappear... They then quickly returned over the trees and disappear into the light. My brother-in-law said that the dream had been incredibly realistic and emotional, and that he had never before in his life dreamt anything like this.

The described experiences left lasting impressions for both, somehow touched to the hearts in such a way that one can hardly talk about “dreams”. It is also interesting that the descriptions are identical concerning the experience of this incredible love, and the experience was felt emotionally.

### ***First contact with my friend***

My friend and regression workshop teacher has already had some inspirations and intuitions which helped him – like being guided by a foreign hand – when working on his last book. To that some information was given by the Higher Self in my regression (see above). As mentioned, there were in relation to this some hints that he also may not be from here, and that he should have himself regressed to the time before his first incarnation on this Earth (see above). However, he has quite strong blocks in regressions, but confirms that, when being in Norway, he was inspired for his book “from outside”, and also that he had the idea in his head of having come from another planet, maybe transferred for disciplinary reasons to be here. He also mentioned sometimes feeling a little like a stranger here and permits that the humans from Krraaon break his barriers (see above). S’seet told me that he had “some questions” and I am sure that, when a contact happens, he will get answers to them (and not through me). I, therefore, a few times asked S’seet to break his barriers.

January 23 2010 I received the following mail from him:

*“However it may be with these blocks, I in any case sometimes have inspiration, but I would, of course, very much like to consciously experience the encounter with these humans, and maybe that*

*will happen one day... I had the inspiration that 1. an unnecessary feeling of guilt, from misunderstanding the accident, might have stopped you from going home, as if your soul didn't dare to, and 2. that this homesickness you have also has a positive effect, in that it helps you to believe in these things.*

*The question from where I come was one that I asked my wife in a regression with her about a week ago, in which we contacted her Higher Self. The answer was: Jupiter. But then it became clearer: I would have come from much further away, and my wife couldn't see from where, but made a stop-over on a Jupiter moon on the way. Yet it doesn't seem that I came from the Pleiades, but from somewhere else, where there is a related civilization.*

*Addition: I just found this out about the Jupiter moon Europa, where the possibility of terrestrial life is mentioned: [http://en.wikipedia.org/wiki/Europa\\_%28moon%29](http://en.wikipedia.org/wiki/Europa_%28moon%29)“*

January 28 2020 I received the following mail from him:

*“I ask myself, dear xxxx, what S'seet would say to the following:*

- 1. What is his view of the Anunnaki?*
- 2. Would this be something for me: <http://www.shaktitechnology.com/winshakti/index.htm>?*
- 3. Maybe a regression with my wife, SHE could have contact with S'seet? (If she agrees, I haven't asked her yet)*

I answered that I couldn't help with that since I had no answer to the question about the Anunnaki (and I think that they want to clarify this with him personally).

Four weeks later, march 5, 2010, I received the following interesting and important mail from him:

*“When I was in Basel, I had two remarkable dreams.*

*The first one February 23: I travelled (I think) to Peru and was among a group of people where I experienced a **very great love**. I hesitated to leave them. I think it was a soul journey and that these humans were not there on the material level. Maybe **Krraonians**? However, they looked like Earth humans.*

*Then February 25 in the early morning, half asleep:*

- *The time of the Anunnaki influence is coming to its end.*
- *Their planet Nibiru will come close to the Earth. The planets will not hit each other, but their gravitational fields will interact and cause mutual influence. On the Earth there will as a result be earthquakes and eruptions and the planet may tilt in respect to its rotational axis (but the axis will maintain its position in relation to the ecliptic). Nibiru's orbit will be deflected in such a way that the planet then falls into the sun and is destroyed.*
- *The Anunnaki will at least in part escape, but because of the cataclysmic situation on the Earth few will come here, since it will be dangerous to them, too, and they will not be welcome, anyway. It appears, though, that they have a few underground and underwater facilities here, but these will also be endangered.*
- *Several will escape to Mars, where they already have underground facilities.*
- *The rest will die.*
- *They still strive for keeping their existence as secret as possible.*
- *Why do they live so very long? In the thousands of years in which Nibiru is far away from the sun, outside our solar system, they survive because they hibernate, and while in that state, they don't grow older. Their 3-dimensional bodies are then asleep and they act in out-of-the-body states in (mainly) other dimensions.*
- *The Anunnaku Yahweh keeps himself alive very long through robbing life energies from humans who die violently – in which case they are full of life energy when they die, whereas people who die weak from old age or disease hardly have any life energy left. That is why he loves war, bloodshed and violence! He may actually be in another state of being beyond the 3-dimensional region that we can perceive.*
- *One of his tasks, so far, is also to supply the Anunnaki on Nibiru – in any case as long as they are in hibernation – with life energies robbed from Earth humans.*



- *This way, Yahweh has made himself an enormous amount of karma!*
- *Asherah, who was his consort, will either have left him or have been rejected by him, because she didn't agree with his doings.*
- *He has introduced repressive sexual rules through religions (also in his reappearance as Allah), since he that way can also rob sexual energies from people. The repression of women in religions may be seen as his revenge on Asherah.*

*In the night to March 1, I was in Bern and **woke up exactly at 3:33 a.m.**... I was in a room with a TV set that had a **digital clock**. Otherwise I have a traditional alarm clock with hands that doesn't show the time that exactly, so that one doesn't take notice of the actual minute, and that I cannot see it without first making light in the room. So, who knows, this may have happened before, and I didn't notice it..."*

I answered as follows:

*"Dear xxxxx, thank you for your mail. Your experiences in Switzerland confirm to me that 'they' at least try to contact you. It seems that they slowly have some success with it. And again it went to Peru... and again humans (I consider them as such) with an indescribable love were there... This love, which I have been allowed to experience in regressions and in early morning hours, gives me much hope and power. I like to remember it. This love that is so pure and simply honest also shows to me, however, how little developed most humans are here. I wish that humans here could experience it. I am glad that you did. It is, once more, interesting that you woke up at this 'magical' time. The chance is only 1:60. On the average, one could wake up at such a time maybe 6 times a year, theoretically. Therefore, one can hardly talk about coincidences.*

*I consider your intuitive information very important. It could possibly com from these humans. For myself, I get no substantial information in this direction (Anunnaki, Nibiru etc.). So much more do I believe that these inspirational messages were consciously given to you, since you anyway know about this thematic (cf. your book) – I don't believe in a coincidence here. I can only hope that they, as time goes on, will come much closer to you. And I do believe that the closer they come to us (at less distance), we will feel them more intensely.*

*They even appeared twice to my wife in dreams. But only in the last weeks. She could also feel this love. I think that the time is coming in which the contact will be more intense. I wish that they could also contact my little sister, or at least that she would allow them to, because she plays a key role. I just don't know which..."*

**I am now sure that with these experiences in Switzerland...**

**... on February 23 with a "soul journey" to these humans the contact to him is was announced and is beginning** (in a way establishing a tie),

**... on February 25 desired information about the Anunnaki was transferred** (answering to questions),

**... on March 1 the sender identified himself through the time 3:33** (their symbol, trinity, equal-sided triangle, the three equal numbers, see above),

**... and at last that he with these inspirations** (see above) **had first-hand answers to** [some of his] **his questions.**

### ***Incidents in the spring 2010***

Again these interesting times:

March 8 I woke up at exactly 2:22, went to the toilet and then couldn't go back to full sleep again (repeating images of the machine, no humans). When I looked at the clock again, it was 3:33. Strangely enough, this didn't impress me much, anymore. Half asleep, I rather dozed on and saw images of the machine interchanging with work I wanted to do next day. At 4:44 I looked at the clock again... I had to smile and actually wanted to wake my wife up. But I shook my head, turned around, and after some time finally fell asleep for a while ... March 9 I again woke up at 3:33 – like

at least five times before that week... March 10 I stayed asleep, but my wife woke up at exactly 4:44. I asked myself, if I should really care about these times anymore, or even mention them here.

At Easter time I was in early morning hours warned that some persons may have negative influences and even want to prevent building the machine. I should be very careful. I asked myself, if the Anunnaki already know about it? What influence could they have? I secretly again ask for a visible signal that tells me that I am not fantasizing it all.

### ***A strange thing found in Norway (August 12 2003 – Røldalfjell – shortened)***



During holidays in Norway I high up in the mountains found a stone that on one side has a perfect triangle with equal side lengths, looking a bit like a pyramid, which I brought home (see image). It is about 30 cm high. In 2010, it turned out that this stone has an unexpected importance.

#### ***The “contact stone” from Røldalfjell***

April 10, 2010, my wife used the opportunity of a nice and sunny spring day to arrange the terrace for the summer, and there place a small collection of stones, after cleaning them. I had other things to do in the meantime and, walking by, praised her for rearranging everything so nicely. Suddenly I was a bit shocked seeing the stone that we had brought home from our holidays in Norway some years earlier. Could that really be? In the meantime, I know that

the symbol of the Krraaonians is the equilateral triangle. This stone does have such a triangular side, which is very unusual for a stone found in nature. Unhesitatingly, I took out my yard-stick and measured the triangle sides, which made me goose-skinned: All three sides are exactly 30 cm long. While I had secretly asked for a visible sign, this sign of the Krraaonians had since seven years been in front of my door and my eyes.

The incident with the stone kept me a bit occupied, and I still next day kept thinking about where else I had seen equilateral triangles in my life, but I didn't remember any occasion. April 12 (as so many times before) I around 4:00 a.m. had the information about what meaning the stone has for me. S'weet clearly made me know that this is a “contact stone”. It would be a bit like an antenna, at least I should regard it like that, and has been up there in the mountains a few thousand years. It could be seen as a foundation stone for our contact and supports the telepathic communication. It would be much more effective if it would be placed above us, on the roof. This information astonished me so much that the contact was interrupted, and I stood up. I found the old digital photos of the place where we had found the stone and that the date when this happened was August 12, 2003. Actually, it was some time afterwards that the first telepathic contacts occurred. I earlier saw now connection with the stone and didn't regard it as very important. Now it found its place in the chronology of the events, and I began to see that simple stone with other eyes and asked myself, if the Krraaonians themselves had given it its shape? Should I really put it on the roof?



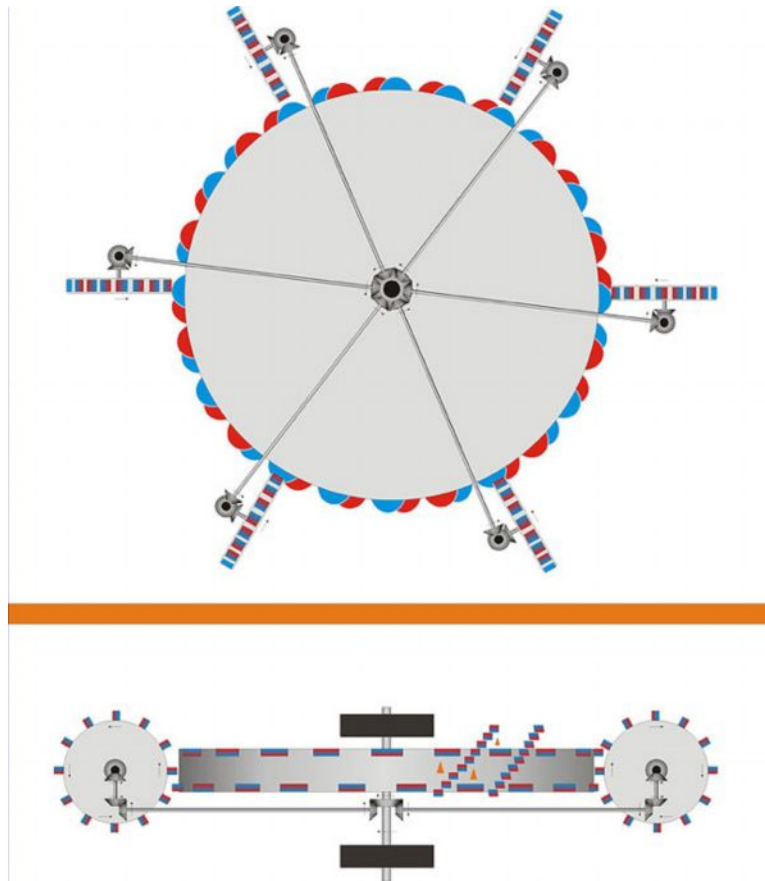
### ***Construction of the generator***

Short information...

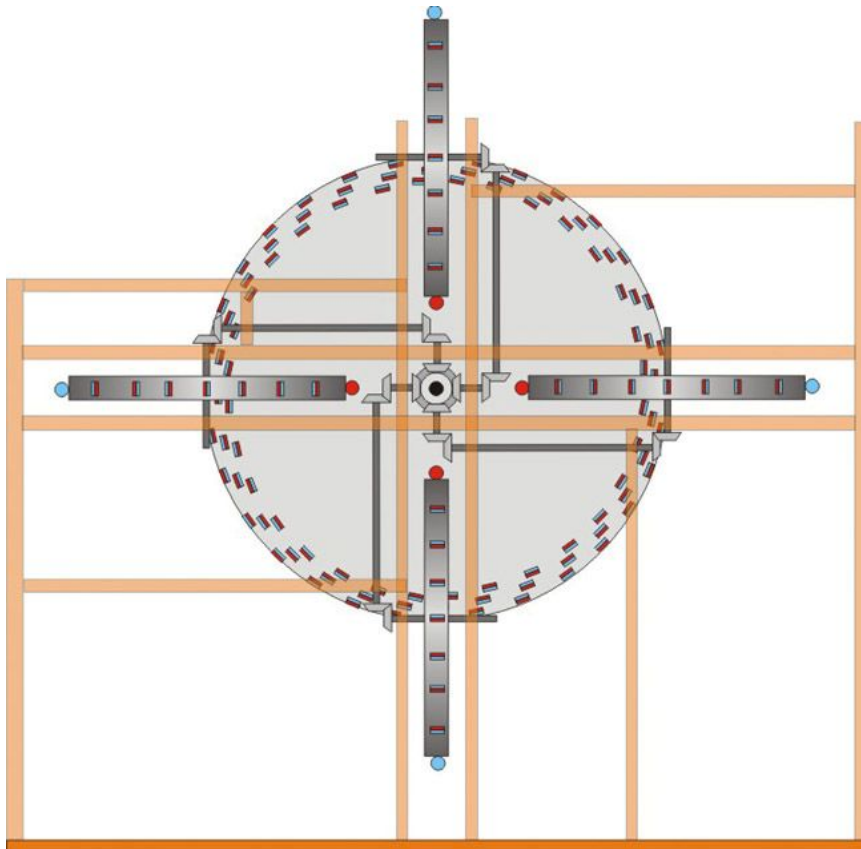
- I am at the time being arranging a workshop and acquiring the material for building version 3 (the actual version,
- I may have had to first understand the version that was shown to me first, in order to understand the third version and be able to build it (?).

# ***Drawings (which I prepared for myself)***

Version 1 (2009):



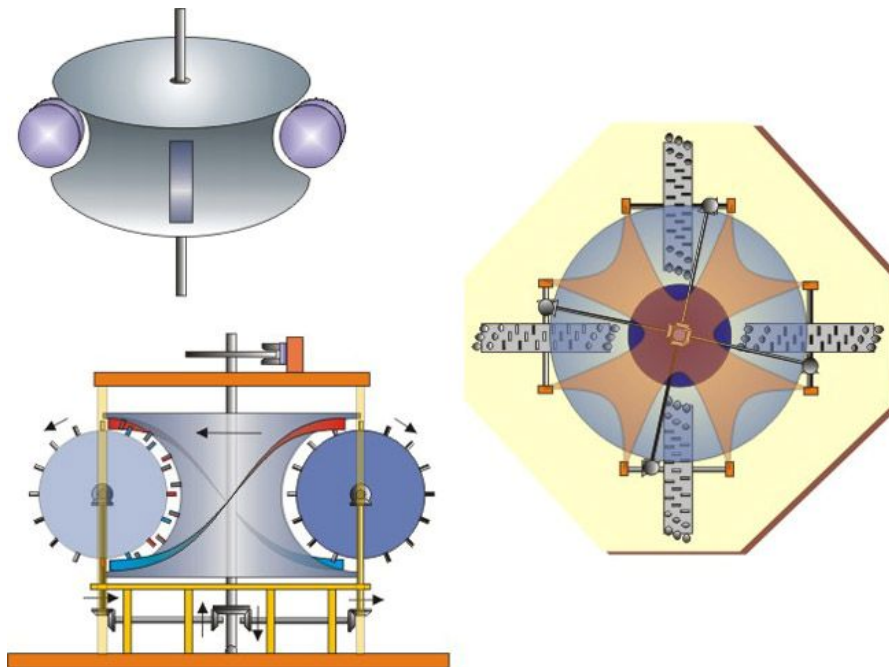
Version 2 (2009/2010)





Version 3 (2010, the actual version):

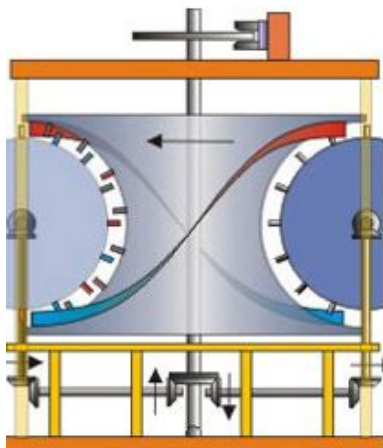
It isn't complete, since it is very difficult to draw it (but I have it in my head):



### ***Remarkable parallels in a drawing of the Mayas***

A reader recently informed me in an e-mail that the basic structure of the actual version 3 reminds of a symbol in an ancient Maya image. Several Maya researchers have already tried to interpret the two crossing diagonals in the image. These pictorial descriptions (especially in the Troano manuscript of the Mayas) are always connected with something reminding of an obvious technical process. Thus the Maya character is interpreted as, in modern terms, “giver of energy”, “propelling force” or “engine”. When I contemplate that, these interpretations really hit “the head of the nail”.

Here is a comparison:



To this, my friend mailed me the following links:

<http://members.aon.at/spezial/mayasite.htm>

<http://www.wahrexakten.at/geheimsache-archaeologie-palaeo-seti/878-der-maya-motor.html>

[Comment by the translator: The links to the pictures in the second of the above links have in the meantime become “dead-ended” and now lead to nothing. One may wonder, why... The first link mentions that certain multinational companies and lobbies have intervened to stop the development by the two scientists Egger and Keplinger. One probably bought the patents, promising to make something out of them, and then locked them away... of course with a non-disclosure clause in the contract. The same dirty trick that was once played with Schauburger (mentioned above). Here is a PDF-file in German that discusses their findings:

[http://www.google.com/url?sa=t&source=web&ct=res&cd=12&ved=0CEAQFjAL&url=http%3A%2F%2Fwww.borderlands.de%2Fnet\\_pdf%2FNET0109S32-34.pdf&rct=j&q=maya+motor&ei=v-LwS6f4KYmLONPoxZoI&usg=AFQjCNEdTF8G0QJUE8poDZ3beayCtUdkw](http://www.google.com/url?sa=t&source=web&ct=res&cd=12&ved=0CEAQFjAL&url=http%3A%2F%2Fwww.borderlands.de%2Fnet_pdf%2FNET0109S32-34.pdf&rct=j&q=maya+motor&ei=v-LwS6f4KYmLONPoxZoI&usg=AFQjCNEdTF8G0QJUE8poDZ3beayCtUdkw).

This video may be of some interest in this respect: <http://www.youtube.com/watch?v=CbwafgU3DJg>.

Again it seems to me that the Krraonians don't fully understand the situation on this planet as it is now, where not only the individual has very limited resources for advanced technological constructions (as mentioned above), but also greedy powers in mighty business organizations, lobbies and secret societies play the games of the Anunnaki. We can only hope that this will change in the period that has already started and will culminate in December 2007, if the predictions are correct. And I certainly hope that they are! The change is badly needed...

Regrettably, lots of people will have to “die” in this transitional period, but we should not forget that *there is no real death*! The soul is immortal and “just” leaves the body, to later come back in a new one. Hopefully in a world that is much better than it is to day. It may well be that more positive souls will come back on this planet, and that those who still don't want to learn and understand may have to incarnate somewhere else in the Universe. That would mean that this period also has to do with separating “the chaff from the wheat”...]

**[Conclusion by the translator:**

**This concludes the information received until May 2010. It is likely that further messages will come, which will in that case (and only if they are especially important) be reported separately.]**