

The Ozawkie

Book of the Dead

Part 3



*Alzheimer's
isn't what you think it is!*

Elmer Green, Ph.D.

Green Energy Dream

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17 NOVEMBER 1994 (THURSDAY). Dear P, D, S and J, Educational vision dreams took up quite a bit of the night. There were eight or nine scenarios on a single theme, the appearance on earth (or polarization on earth, or descent, or emergence, or stimulation) of living energies of an impersonal nature, not personal, but a-personal. These energies had substance, intention, and volition, but not intellect as we know it.

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FIRST SCENARIO: I was looking out across fields of grain, bushes, and small trees from a cottage window. A black-top road wound through the fields and up a little hill to the cottage. As I watched, I noticed that an out-of-control fire was advancing across the fields, all the way to the left and to the right, burning the grain and bushes. But there was no smoke and no real flame—the vegetation was just turning black, like charcoal, and crumbling in the wind.

But, I thought, it must be fire. What else could make everything turn black. Then someone standing behind my left shoulder, a man whom I could sense but couldn't see, and who seemed to be my instructor, said, "No, it isn't fire. It's something different. Look again."

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SECOND SCENARIO: When I looked again, closely studying the road up which the devastation was advancing, I saw that just ahead of the "line of shriveling," the tar on the road was changing color, beginning to melt and bubble as if from some intolerable radiant heat coming down. As I noticed this, I began to see a huge column of pale green mist, as wide as the whole road, above the bubbling area. It was moving toward the cottage where my companion and I stood and, as it advanced, the line of shriveling came along in its wake.

What was it? A tornado? No, it didn't spin, and it was a vertical column that went straight up, out of sight. Whatever it was, it didn't look safe. This was indeed startling—but before I could flee, the green mist became thicker and quickly came up over the house.

Was this the end of me, I wondered? And then I noticed that though I felt electric waves of energy pulsing through my body, I could still breath, and move, and think. The effect of the green energy was slightly paralytic at first, but then it seemed to be invigorating. What was it?

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THIRD SCENARIO: This episode consisted mostly of information from my companion. The green mist was a form of stimulation coming all over the planet, he said. It would have destructive effects in some places, such as burning the earth, but its main effects would be felt in the human psyche.

It was a boon from the cosmos. It was an energy that would intensify the life of all the sub-selves of which humans and Gaia are composed, the subconscious and superconscious deva beings and angels who make up our physical, emotional, mental, and causal natures. What we think of as our baser selves, as well as our higher selves, would all be stimulated, enlivened. The immediate effect would be a heightening of internal conflict in everyone, everywhere.

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FOURTH SCENARIO: I was shown a series of images in which the subconscious and superconscious parts of a person were in conflict. They had come to life, and like giant, almost-invisible, amoebas within the psyche they were fighting with each other to gain control. As they tussled, the person's psyche was a battleground. At the same time, the Conscious Self, unaware of what was causing these wild fluctuations of mood, thought, and aspiration, felt it was going crazy. The Conscious Self was like a puppet on a stage where two puppeteers were struggling to gain control.

There was a difference, though. A puppet isn't alive. In the case of the human, it felt like his or her very substance was being torn in two. And so it was. It was a dividing of the ways, and the substances of the two kinds of devas, subconscious and superconscious, were in conflict. And, these substances were, literally, the substances of the person's *soul* and body.

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FIFTH SCENARIO: In many people, the superconscious won. When that happened, the subconscious was gradually transformed toward the higher. Its control faded. The Will of the *High Self* became stronger and took control of the puppet, the Conscious Self. As that happened, the Conscious Self realized that it was recovering from its bout with "insanity," integrated its nature, and began to pursue new goals, feeling happy and free, though not knowing what had happened.

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SIXTH SCENARIO: For those individuals in whom the strength of the subconscious Self was too powerful for the superconscious, the subconscious won the battle and fear ruled. The person did not recover from his "insanity." Instead, not having a strong integrating principle, the personality disintegrated, became non-functional, and faded away like a deserted shell. It was as if

some people wouldn't be able to integrate their lives in the world of the green energy. That is, they wouldn't have sufficient spiritual adaptability, and would vanish.

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SEVENTH SCENARIO: I was shown a hill on which two gnarled pine trees stood, as in a Japanese painting. This was a sacred place of worship, or veneration, and the stimulative effects were much stronger here than in the land as a whole. Those who came here for religious reasons when their world began to disintegrate (rather than for spiritual reasons), would suffer intensified anguish because the polarized parts of their nature would be doubly strengthened, both by the green energy and by the place.

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But, because of the nature of their worship, their upward looking and longing, the superconscious parts of their psyches would be more strengthened than the lower parts, and those people would recover and integrate. Their anguish during the process would be greater than that of secular people who did not come here, but they would survive and live, while many secular people who suffered less anguish, died.

On the other hand, those people who came to this sacred hill purely for spiritual reasons would suffer very little, but would be blessed and strengthened by the visit.

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There were other scenarios, and other details, but those were the main ones. Oh yes, one more thing. The effect of the energy on some people was to make their shadow-side so strong, without any significant counteracting superconscious enhancement, that it appeared that they had gone berserk. Senseless violence and acts of cruelty were completely out of control.

The final scenario showed that in experiencing this travail, the Superconscious of Humanity would overcome the dark side. Transformation, a word that was strongly emphasized, would win over disintegration.

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4 APRIL 1995 (TUESDAY).... Wakened naturally after a night of dreamscape scenarios in which every episode was concerned with the responses of groups of people who, aware of the fact that members of the Fellowship of Light were planning to appear, were showing either confused or bizarre behavior.

On the other hand, some groups, not at all thinking of the Teachers, were nevertheless caught up in inappropriate attitudes and theories of “survival” during hard times. These psychosocial peculiarities seemed to be augmented by the influx of green energy. Part of our task in working at astral levels in a time of general confusion is to offer guidelines for survival-oriented behavior in which “survival” is defined as spiritual survival.

A group which I saw in a final dream scenario was a religious sect in which members threw themselves into useless zombie-like trances in order to be prepared for Christ. They lay in slack disorder, some with mouths open, totally unconscious of this world, obviously not in a spiritual mode, but in self-induced hysterical trance. Working with them would not be easy, for their rational minds were disconnected. Would they survive? Who knows?

* * [Note to the reader: On a related topic, during conversations with The Teacher, the effect of one person on another was often discussed. He said that my attitudes and thoughts surrounded me like a cloud, and that they had an effect on the subconscious of every person I met. In a similar way, He said, the attitudes and thoughts of a Teacher had a strong effect on the environment. Wherever a Teacher went, the psychic atmosphere (the bardo atmosphere) became more clear. And, He emphasized, this would have an impact on humanity toward the end of the century when some of the Teachers would again take an active role, in etheric form or in materialized physical form, in advising students.

Later, starting in '44, I came across similar ideas in The Tibetan's books. And more recently, especially since '90, channeled Teachers with whom I have spoken have said that the Fellowship of Light will make use of the green-energy influx to appear “in person” on occasion so as to more effectively clarify the astral environment—not so much by their words as by their presence.

These thoughts provide a context for the following Journal excerpts, and for images which I've seen many times since '40 in vision dreams (and have had reinforced by conversation with Teachers) suggesting that a world-wide economic reformation lies ahead, and that it is useful to prepare for it by getting out of debt, and putting aside enough backpack-type dried food to last through a few months of slowed-down food distribution. I'm not a gloomster doomster but, on the other hand, I always fasten my seat belt.]

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5 APRIL 1995 (WEDNESDAY).... Dreams continued the green-energy theme of yesterday, except that today's dreams had to do not so much with how groups would respond to the energy, but how lines of responsibility in each local community would have to be established. Each group, responsible for itself to a large extent, had to form a cooperative structure in which

individuals agreed to assume various functions. Much like a small town is organized, without much county, state, or federal help

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15 APRIL 1995 (SATURDAY).... Concerning the effects of possible future "materialization" of Teachers, if the seven chakras actually do have vibratory characteristics in the electromagnetic domain, then each Teacher Who eventually materializes, will be a walking talisman, a radiating "energy source." It is their "talisman effect," no doubt, that will stimulate the battle between the Dwellers on the Threshold and the Angels of the Presence.

In this regard, all of us are walking talismans, to a degree. This is a useful metaphor or analogy (or fact) for explaining the "darshan" effect (radiatory resonance) that gurus have on disciples. This "talisman effect" would also explain what The Teacher meant when he said that the weekly meetings charged each participant with sufficient "spiritual energy" to last a week.

When students become self generating, of course, the most important part of a Teacher's work is done, for a permanent connection between that particular *soul* and his or her own *High Self* has been made. Each man or woman can then move on alone, with appropriate inner-source "spiritual" guidance.

And, if that is the way it is, every thoughtform and prayer is also a weak or strong structure made of astral, mental, causal, and spiritual substance having specific "vibratory characteristics." Such characteristics might explain how it is that UFOs can appear and disappear. And it would explain why The Teacher said, "You can think of it that way," when I asked Him where all these "astral beings" actually were, and asked if they were in another dimension.

In other words, as I have thought many times since that conversation, those "beings" aren't in some other dimension, as much as in a different "frequency band" (whatever that may mean from an engineering point of view). There aren't any "dimensions" out there, in the normal physics sense of the word. That idea is a mathematical abstraction. There is only the Universal Kosmos with its different densities and frequencies, the whole of which in India is called Brahma, and which Patanjali and The Teacher call Mind.

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27 JULY 1995 (THURSDAY).... Dreams were like watching a play in which the actors talked to me, their only audience. They laughingly and with loving ambiance were, in this play, changing everything in society. Insecticides, herbicides, and chemical fertilizers were eliminated from farming, not by opposing anyone, but by promoting methods that, in retrospect, seemed a lot like what was done at Findhorn, in Scotland. Imagine the whole planet treated that way!

The health-care system also went down the drain. Again, not through opposition, but by demonstrating something better. The chemical manipulation of humans by the pharmaceutical industry, like the chemical manipulation of Gaia, went out of style. In fact, every excess of modern society was done away with, including \$100 dinners, blatant demonstrations of opulence of any kind, etc. It was as if Shumacher's dream of SMALL IS BEAUTIFUL was coming true (Shumacher, 1975).

As the actors and actresses showed these scenes, with a little one-act play to demonstrate each point, they were in the best of good moods. I had a feeling that they were extraterrestrials. In some indefinable way, they didn't really seem like human actors and actresses, though they wore our clothes and looked like us. They were much-too-much naturally ebullient and cheerful, and loving, coming from a High-Self level, or above.

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26 DECEMBER 1995 (TUESDAY).... A vision dream from which I was awakened at 4am, seemed to be a contact with The Teacher. I haven't been consciously aware of Him since 1991, when, before Alyce and I talked with Genesis, He showed that we were making the final smoothings of our individual ice rinks, our causal bodies, after which we would continue our voyage on the Daphne (our spiritual voyage), sliding downhill through snow-banked ravines toward the ocean.

In the present contact, I was in an OB-state flying west at about 20,000-foot elevation. Looking out over the earth, I saw that all was not well with humanity, and thought, "Time is running out. If economic turbulence, or some such condition, doesn't soon show up to awaken Humanity, and counteract the trend toward selfishness, humans may create another World War."

Then The Teacher was by my side, and He showed me, or called my attention to, a line of stratus clouds that was approaching from far away across the desert. He said a dangerous wind was coming and told me to watch a certain section of the cloud bank. Soon a roiling and boiling formation emerged from the strata, extending very high, and The Teacher said, with a feeling of regret that I felt too, that its appearance was inevitable, and necessary, that it wasn't far in the future, and that it would be very destructive. Then I was made to wake up, with the images and words very clear in my mind.

The Teacher seldom contacts me except at moments of significant change, and I got the impression that this storm represented a major shift, or danger, or reorientation in human life.

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The way I'd summarize it: "The cortex of planet Earth (Humanity) has neglected the limbic brain of Earth (Gaia), and will soon find that an unhappy limbic system has a powerful effect on the hypothalamus and pituitary of Earth (the Deva Kingdom). As a result, the personality of Earth (the Planetary Being) will suffer a pronounced 'psychosomatic' disturbance, and that trouble won't end until Humanity asks for guidance and help from the Earth's *High Self* (the Fellowship of Light), and learns to communicate with the Earth's "lower brain centers" with humility, love, and appreciation." Hope I live to see the Day.

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14 JULY 1996 (SUNDAY).... After the workshop at the Philosophical Research Society [in Los Angeles] it was interesting that many people who have been working for Teachers are suddenly revealing their connections in an unabashed way. Many people in the group felt that they had received bona fide guidance from a High Self who, in turn, may or may not have been an external intelligence. In any event, as The Tibetan said, the main requirements for evaluating material from any inner contact are mental discrimination and emotional absence of glamour. Everyone seemed to understand that.

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ECONOMIC TURMOIL

4 SEPTEMBER 1995 (MONDAY)... It was a night of unusual dreams about subtle energy, politics, and a search for alternative sources for energy. A federal Energy Committee was formed, comprised of about ten people, including me. We were brought together with urgency in a time of chaos and told that even if it changed the way in which ALL government jobs were oriented, it was necessary to make progress in this area.

The turmoil and confusion during the crisis, the nature of which wasn't explicitly indicated in the dream scenarios, except that it wasn't war, made it seem that nothing in ordinary American life was predictable. Arranging transportation was extremely difficult because there was very little fuel. One entire scenario, for instance, had to do with difficulties in getting the Committee together at a place where they could brainstorm in private.

Oddly enough, a high ranking army officer who seemed to be the chairperson, had been in contact with a psychic channel who spoke of alternative energies. That had led to an investigation in Europe, then to Rudolf Steiner's ideas, and eventually to the Theosophical Society. Interestingly, part of my task was to explain the idea of the four etheric energies, and how they might be related to electricity in the usual scientific sense. Two members of the committee were high level physicists, willing to transcend old ideas and look in new directions.



Photo by Alyce Elmer

Elmer Green received a Ph.D. in Biopsychology from the University of Chicago. He began his career as a physicist at the Naval Weapons Center at China Lake, California where he worked in optics, electronics, and computing. He is perhaps best known today as the father of clinical Biofeedback and as the founder of the Voluntary Controls Program at the Menninger Clinic. He and his wife and colleague, Alyce, co-authored "Beyond Biofeedback" and for twenty years they lectured and conducted workshops on the theory and practice of Biofeedback Training in the U.S., Australia, Canada, India, Great Britain, Holland, the then Soviet Union, and the Philippines. They co-founded the Council Grove Conference for the study of the Voluntary Control of States of Consciousness, the Association for Applied Psychophysiology and Biofeedback (AAPB) and the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM).

In the last seven years of her life Alyce had Alzheimer's. During these years, Elmer and Alyce explored the realms of consciousness beyond Alzheimer's and death, and in the process discovered how we, too, can experience these mysterious and transformative realms.

Part 1 — What this book is about.

"Every human on the planet has two souls, an immortal *SOUL* and a mortal *soul*...if the *soul* (at the death of the body) approaches and blends with the Light of the *SOUL* in full consciousness, that event signifies transfiguration, Unity with the Divine." And that is what this book is about.

An Alzheimer's patient is a person who approaches death so slowly that family members can help that person find the Light of the *SOUL*, and merge with it consciously, and thus be transfigured for entry into the Kingdom of Heaven.

Part 2 — A description of what Alyce and Elmer experienced.

Alyce, as she progressed through Alzheimer's, began living in two worlds at the same time — the "normal" physical world and the "afterlife" world which, in Tibet, is called the bardo.

Alyce was a meditator but not a dreamer, and this development of double consciousness was a psychological shock to her. Elmer, however, was a "dreamer" who was familiar with out-of-body travel. And he was able to meet Alyce in the bardo and assist her in achieving fully-conscious transfiguration before her body died. Her *SOUL* and her *soul* became one.

Part 3 — Learning to enter the Yogic state of deep stillness.

Alyce, radiating the Light of her *SOUL*, even before her body died, becomes an "Angel of the Light" and begins working as a spiritual Teacher. She conducts orientation classes in the bardo for meditators, dreamers, and newly-arrived *souls*.

The effect on Elmer of these pre-death adventures in the bardo is to stimulate "vision dreams" in which it is seen that spiritually-oriented people around the world serve as a "group channel" through which the Light and Love of Divinity is focused by the Fellowship of Light, the spiritual Teachers of all times and lands.