



Road Signs

Shifting Gears Between Two Worlds

Mystical Journaling by
Laughing Rain

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Dedicated to...

Michelle Doreen and Danielle (Holly) Dorice McAlister, identical twin daughters who chose to journey with me in this life. They have their own purposes, but without their love and support this book, and my heart may very well have remained a closed edition.

To the first born twin: The nurse frowned heavily as I reached half consciously to tickle your tiny foot as you came riding down the birth canal. As I touched you, you quickly withdrew your foot. I'd waited nine months to touch you with my hand. I'm not sorry. We have always played hide and seek; even when you were only a spirit. A special heart-throbbing thanks to the graphic artist within you daughter Holly, with your fine eye for detail, body, content & colorful graphics and the building of my website. Although you don't remember, you came along with me on many journeys Out There. You will remember soon.

And to the second born twin, the one who came riding down the birth canal head first like a bullet, so fast that somebody had to catch you from falling off the end of the table. You've always been like that. You were unexpected and Mike and I simply doubled our delight. We rushed both of you home and stood guard over your cribs, suspecting we had come in possession of the rarest of treasures this Earth could bequeath. Thanks for all the times you got behind me and pushed hard and for keeping our family together all these years, you've always known what to do, when to do it and where. After I'm gone, be assured I will be around the two of you; I could hardly want to escape my heart.

**We Are One. All my love forever, mom,
Aka Laughing Rain, now, remember to
laugh at the rain!**

Foreword

The Soul Architectural Committee (The Crew)

Mission: Incarnation and New Beginnings



The journey is what it is.

We have imagination and free will on the other side of a life same as being in a body here. Spirit is cloaked in allusion; we are wearing skin. You'll want to sail your own boat right from the start. The roadsigns that follow happened. I show how they happened as best I can based on my current belief systems which are subject to change at least once a day. I call them roadsigns because I followed them as if I were driving a car trying to arrive; it was never about arriving, it was about being on the road. If spirit which means you and I, wants a new experience, you have to forget who you were to be somebody else. Here's what I think happened just before I was born.

The spiritual planning committee was composed of 12 beings, possibly more, who knew what they were doing. I trusted them but couldn't tell you why. The idea of reincarnation is not what you think it is. It's more to my perspective dying to what you were in one life and springing up anew in another and becoming more than you were in the next, ideally speaking of course. Linear time notwithstanding, all those lived lived remained as separate individuals intrinsically woven into the fabric of an indefinable god and so it was true after all, that god had his eye even on the fallen sparrow.

These planners designed soul journeys. Countless units of consciousness, other than the 12, cut to patterns of their own uniqueness were pressed up against the door listening to the talk within as all were connected in agreement. We believed in the right to live and the right to slip into a dream of dying only to be reborn and remember it was but a dream that you had died. Perhaps we were all wispy, smokey *curls and wished to become, only this; to be or not to be, somebody said that was the question, and we all nodded, that it sounded good.

These eavesdroppers were more than curious. They represented

members of the group soul of which nobody was telling how many were in the soul group outside of this main room of the planners, probably infinitesimal, as it could be we all belonged to each other and could not become more without the others. This number business was incomprehensible due to the nature of infinity; the nature of a single life to not comprehend living many lives. There could not be relationship to one another unless we divided the parts of the group soul first. In other words, the numbers were an unknown, and they labeled this science. If a spirit was interested in numbers, they became incarnated as an accountant or other numbers related field, like our famous Einstein. Science was definitely not Laughing Rain's (LR) road. She would be focused on reduction of the numbers to One. Spirit or essence was all One, but now we needed to talk about how spirit produces soul fruit by becoming separate; having a life with an objective self defined, for it was the nature of consciousness to utter continually, "who the heck am I? They must have erased my memory!" True enough. Not to be redundant, but you must forget the past in order to create a future. If you carry the past with you, it's like eating leftovers every single night; you'd soon starve to death as you'd lose interest in eating what is bland and unseasoned with what is freshly grown.

The 12 planners sat around the spiritual table which was actually a thought form made out of thought stuff, as solid as desire and intention would permit which is actually more solid than one can imagine. It was solid enough certainly to see where the edges of the table began and where the edges of a curl's energy field began; you see, every <thing> in spirit land is pretty much just like it is here except they don't have gravity, and so you must imagine that gravity is indeed there also or your table might float away. You can have green hair on the other side if you want. The girls and I amused ourselves this way. We play more there too.

They were planners were planning LR's journey. Each talent or character trait in the soup pot had it's own possibility for multiplicity. Universal creative stuff was us, but when we incarnated we went to work in the factories becoming solidified with *I am* consciousness. The crew sniffed the aroma of the corn chowder chattering amongst themselves about balance and leavening and all that; this could be interesting. Frankly, the name Laughing Rain was befitting as LR's guide to be, **DP, had forgotten how to laugh being somewhat stodgy and stiff, one of those refined Englishman, of earnestness and good intentions gone awry, yet it was only experience gathering in the end. Apparently DP as guide was going to benefit from being guide as well as LR would ben-

enefit by the agreement to receive the old guy. Yet the mystery for LR would now not only be who the heck am I, but who is this old guy next to me who talks about religion?

DP/LR and the Crew considered the balance in the heart area, which had to do with the way the brain was divided left to the right, and also related to passive/dominant energies becoming balanced. It was a planet of sexual exploration as well as a remarkable way to devise death scenarios or how to keep life within the body. The conversation went something like this:

Crew: So, now Soul Melt, we have some suggestions we want you to consider, but we want you to know you will have back out points if the challenge begins to look too bleak; we have six exit points for you to consider so that you can get a sense of being in control by making decisions. LR blinked out briefly while thinking about her and DP being a grilled cheese sandwich. DP poked her in the ribs to listen up.

DP/LR: Yes, we understand. Do we have a tentative life span set up?

Crew: Of course. Do you have a mother figure chosen? There is appearing several to choose.

DP/LR: Oh yes. A she/he. A dynamo in a short stature. Eccentric but admirable within nontraditional way. I see her now on the ***monitor as she talks her way out of the court system charmingly. We have some concerns though.

Crew: Explain your concerns.

DP/LR: Bad manners abound here and there will be pain for our new consciousness, LR within these relationships of the family members. Note: to DP the family appear to be raw energy without the religious honing tool of theology which has marked his path, therefore he makes his singular observation to say; "they are untempered in graciousness and generosity development." After this remark from DP the cheese begins to melt again for this comment: The mother figure attracts our curiosity as she has great fortitude of spirit. But we will be on the outside looking in. There's a chance of failure to complete the mission due to the obstacles.

Just a moment LR has a word to say, we must confer:

LR: I can handle it I think. Have some faith in me DP!

DP: I just wanted you to be aware it's an experiment with a risk of failure.

LR: Well certainly, aren't all lives?

DP: Basically, but you're going to forget for awhile once we go in.

LR: Well ok. I'll take my chances then. I hope you will be there for me when I call?

DP: You bet darlin! We're in this together!

Crew: S'cuse us, if you two are finished we can wrap this up; keep in mind it looks easier from this side to do the job of waking up to who you really are within dense physical matter. Now, you are observing correctly that the mother is not a quitter. Now notice the sleepy ones who gather round the mother. (DP/LR look close into the monitor). Also as relating to DP's observation of these untempered one's, what do you think Earth is for?

DP/LR: Ok, point taken about the tempered business. Oh yes, now we see how the unskilled mother uses humor and anger simultaneously to instruct the sleepy ones to work harder. She does not ask for much though. Only that they show up. Why is the mother hitting that man over the head with his guitar, will death ensue?

Crew: Oh that. It's called love down on Earth. It's closely related to violence. Some call it passion and get a lighter sentence that way. Her second husband was philandering to her perception. He will survive. Focus on the mother; do you recognize her?

DP/LR: Yes. we owe her one but do not necessarily have to pay the debt, except that we would like to reestablish the trust by balancing the ledger. The trust was betrayed when LR as loyal servant, cut short her life and endeavors. (the monitor displays images of a group of spirits attired in white dress coming just above the knees, a uniform of Rome or Greece. This group have children energy and are always in want like unto slaves who know not another way. LR perceived that they suffered and became their spokesperson, yet the group was not aware of what suffering was as they had no thoughts that life could be better. This womb we return to, she was in power to ease conditions for the slaves and did make one vain promise after another through the years to improve their life stations. LR's entreaties fall upon deaf ears and she has become spring loaded with tension of denial. She is feeling betrayed by false promises as if all her years of service were of no value to she whom she loved and served. LR has assassinated her. It is also part of the mother-to-be to accept that she may befall this fate. Both parties survived to face one another for ultimate closure of the relationship with it's karmic conditions.

Crew: We have a plan to balance the issues. The mother will develop cancer in this life and LR will be prompted to purchase a cancer cure book which will return the number of years which had been taken. DP as guide will impress the urge to purchase the book. You are aware of course, that the mother will recognize her former aide and regard your appearance suspiciously?

DP/LR: Yes, we are agreed we will deal with it. LR was wishing she could go undercover. What kind of path is this exactly called, wherein she will be recognized?

Crew: Yes she will know who you are. She has psychic abilities. She didn't take kindly to your loyalty shift to the people. However she will not gain full details until her life is nearly at an end. Her opportunity for her own soul growth lies in being able to forgive. In DP's terminology it could be called the sacrificial lamb journey; the commonality of the path of these energies goes hand in hand with the invitation of abuse, or the acceptance of guilt until the ledger is balanced within forgiveness. The alter for the lamb is the heart. Both ecstasy and grief lie there. No higher level than forgiveness is expected. (LR is snoring and DP pokes her awake, a little embarrassed at her behavior). You will go forth with your group wave and sound the call for love and those cohesive factors leavening the call for destruction. Many choose this path. When your will develops you will be required to consistently choose in the moment a thought of fear or a thought of love.

DP/LR: How many lives within the soul disc have been divided between male and female? we should like to be done with the division of spirit and return to the beginning point of genderless activity. We know nothing about nurturing from a mother's perspective and according to this mother composite before us, we won't receive training from her.

Crew: Well insofar as gifts to bring back here DP as guide leavens LR's receptive elements with action principle of will. Spirit is like a rose, a rose does not question what it shall be in the moment of it's season. You're only going to take the bare essentials of information into this life; that's the whole purpose: to produce more consciousness; it's a spirit contraction and expansion principle. Happens all the time. You will be responsible for yourself only; not to worry about saving souls this time around from DP's point of view.

DP/LR: How much previous incarnation information will be retained?

Crew: Everyone is in the act of self creation. You'll use each other to do it with. Previous incarnations as spirit should not interfere with your intentions for the present life, but you will be given what you need in remembrance.

DP: I understand about self creation and finding out who you are, and becoming empowered in this way, but is this new consciousness a product of myself? You say I am responsible for her as her messenger from spirit domain?

Crew: We're not going to be able to explain this fully until later. She is not

a product of you, nor are you a product of her. You are united as in a joint venture to give birth to something new. Just pretend for now that you are a grilled cheese sandwich and yes we noticed LR's thought form and it is as good an explanation as any. LR shall be viewing a new way of looking at things by your overshadowing aspect; you might try to get along with one another as a starter. You understand well and utilize the name of God to mean All that Is. God therefore, is wishing to know Himself within expansive principle. Spirit dons many roles and changes them for experience. Think of snowflakes. Each have a unique design. Yet you must look closely to see the uniqueness and enjoy that discovery of patterning and play.

Take a look at the monitor and notice the wave action over the city here in the corner with the reddish hue as it descends, undulating through civilization at different points? That cloud of hue contains multitudes of soul energies about to incarnate who formally persecuted women and now return to rectify their actions as women themselves; in this way, by being women, they come to appreciate this polarity in understanding. They seek balance through experience, yet these were men at one time. You are not in this group.

Crew: The two *curls we have scheduled to come into the scene are former playmates with their own host of experiences and balancing acts to do. (Monitor is switched to a different channel) Observe this scene; an image of a water ballet troupe performing is shown as three young ladies in long dresses lounge on extended grassy knolls, chattering recklessly with little challenge to engage. Laughter echoes down corridors of eternity, minstrels roaming at will proclaiming the value of living is in the freedom to choose and the sheer adventure of attaining a life within a long waiting list. They will be recognized. They teach what it is they want from LR. They will be easy to love. One of them has been mother to LR, the other defender publicly after the assassination mentioned. They have agreed to assist in the opening of the closed heart which must close before it can open within will and trust.

DP/LR: Sounds good so far. Who is this man of depravity that must receive redemption? Seems a bit much.

Crew: This will be a major roadsign as you, DP, study first hand the distortions of love and principle which occur on Earth, yet are hidden as closet items within society only now to come to the fore the magnanimity of the problem. To speak of this is to allow confession and negative energy transmutation which accelerates the shift in consciousness. Already exposure is happening. There is nothing to hide within the kingdom that will be termed a shift in consciousness in this age. This

man in question has not progressed in control of animal appetite and LR is in his life briefly as a signpost for him to notice that somebody has always believed in him as then he may be persuaded to believe in his strength. Did you not give study to him previously?

DP/LR: He does seem familiar. Was it LR's Indian incarnation?

Crew: Yes. The concept of forgiveness is not well known on the Earth at this time period, indeed it has never been known well. Without you playing your part he would not be able to overcome the hurdle of depravity. In your religious terms again, the name of the game is redemption although for the most part, LR will not understand when your energy reaches through her for that process, she will just be compliant to obey spirit coming as a still voice.

DP: As I see it, she will understand soul retrieval is the same as what I call redemption?

Crew: Yes, this is true enough in your context.

At that eternal moment a jarring knock sounds at the door. The door-keeper opens it a crack to explain a journey definition is being planned. An aspect of the total group composite with his own plans for development of an ego pushes through the door calling for DP/LR's attention knowing nothing of protocol or politeness, an excellent marksman however of unquestioned loyalty to principle. A warrior spirit and disc member as it were.

DP/LR: "MIKEL! MY COMRADE IN ARMS! For a split second LR and DP look at each other in wonder as to which of them has known Mikel and grown to love him. It doesn't seem to matter as some wondrous passion is recalled. A merge had occurred within a wave of intention. Love had been born among many who fought to survive. Wonderful to see you once more!" So say we all in jolly mood. A barrage of words spill from Mikel as if uncorked; "Ezel!" (A name that was worn) "Must you go? Continues Mikel, the Holocaust group have assembled for departure to provide resistance forces. There are some in the group who want to redo their lives...children wanting certain parents previously mowed down, the movie is ready to replay! Join us, won't you? We need your cunning! We will cast guilt by the wayside! We move forth on a wave and we shall triumph within the next dimension of alternate reality!" Ezel, a battle weary personality with stoic carriage bordering on grimness emerges from a sleep drawer of the disc and speaks in measured tones.

"You are going to shoot nazi's again Mikel? I know my friend they beg for their own death, however I have laid my gun aside. (Insert canned laughter from the Crew, Ezel has overdone piousness) I owe you a

debt which I shall never be able to repay, however I have need of rest” continues Ezel sentimentally.

DP/LR: “We have eternity” the grilled cheese chorus’s. Ask Dominique to join you continues Ezel as he returns to the nap drawer. (Dominique is like the pickle in the refrigerator served with the grilled cheese, but you have to pay extra for it) She is cunning and in the mood to explore courage within insurmountable odds. Over confidence runs rampant on life planning committees with exuberance a free commodity on the market. “Keep strong and we shall visit you during sleep states to support your efforts.” SHALOM MIKEL! Calls Ezel as peaceful snoring commences within dream. Mikel exits after the resistance salute is given. Mikel manages to choke his disappointment down replacing it with a love feeling for Ezel. DP apologizes for the interruption but there is no need. The Crew knew this interruption would occur and it was actually funny if not bizarre.

DP/LR: Ok, we will learn to trust, open the heart, forgive and all of that. We think we understand and we’re prepared to go ahead with the incarnation but it’s a bit much. Especially the identity crashes you’ve got planned here.

Crew: We’ll be there with you, you won’t be alone, just call out. We’ll respond. Do you think we just sit on a cloud all day oblivious to your concerns? We are a part of you and you a part of us. We also have some supporting players planned for you later.

DP/LR: I suppose you’re going to wipe out the memory of LR’s disc member being an important preacher man? I depend on the bible you know, so says DP, while LR wonders who’s using her lips. Sniggering occurs that DP would say he thought he was important. An attempt is made to conceal the sniggering but soon the room bursts into fits of laughter of irony of the ego’s holdings. After the room calms down the Crew continues; Crew: Well, that’s the whole point. You, as DP, and now LR’s guide, forced salvation’s plan on ignorant natives who couldn’t escape your ravings enhanced by charisma and erroneous suppositions that you were doing them a service. They would teach you of humility and love; they were in service to you, but you did them no service. LR will be introduced to the memory of DP sometime before her 20th year and it will remain seed knowledge, not sprouting for 30 some years. DP will follow her and making sure she remembers the right bible phrase at the right time. The cheese will melt, find the kingdom and draw it outward, but you know all about that; it’s one of the bible’s admonitions and you used to preach it DP.

DP/LR: I know. So you think this time around we can find out what

undistorted love is?

Crew: There's a very good chance you will with the road signs to help.

DP/LR: How many biblical verses can I keep and deliver to LR? This question is made by DP while LR nods off again and is jarred to wakefulness by an unladylike snort. As peculiar as it may seem, breathing is a hard habit to break even though inbetween lives it is totally unnecessary to breath, snort or nap. Girls just wanna fun plays in her mind which will be a big hit during her era.

Crew: Yes. The bible verses you will drop into her head will be several of the roadsigns which awaken LR that they actually work. However, LR is going to be one of those new agers as perceived by DP's former colleagues. There will be some minor confusion. LR becomes the new ager which is at odds with DP's current Christian theology. A bit of a scuffle in the energy field will ensue but not enough to disrupt the new consciousness to emerge.

DP/LR: It's almost as if this whole plan is divine deceit in action! Yea! shouts LR as if she just realized she was a part of all this.

Crew: Well, perhaps. In the sense that your past identities are hiding within you, basically unexpressed, seeming to conflict with a new ego formation. But there's another way to look at it. Recall the old gospel song lyric "I once was lost but now am found" as an analogy to the awakening process. That's why your memory must be wiped out upon reentrance. You won't find the heart path balance with your former religious training path. Now you want to be in the thick of it and view life from a less constricted point of view. Now you want to go into the prisons and find yourself there. You want the chance to discover if love is all there is. It's the people DP that are important. Not the bible thumping. Remember what *J said?

DP/LR: Certainly! He said to forgive your enemies and love one another as he has loved us, and that the greatest gift is love, that we have for one another. LR turns to DP with big eyes. She was wondering if J was an alien with a big heart.

Crew: It's one movie among many we've got rolling. You'll be back before you know it.

DP/LR: I know it's just a movie but I'm gonna think it's real! This comment comes from LR while DP consoles her quietly. What about suffering, what about pain and grief? Can't we just make a video game, punch buttons to get the prize?

Crew: Very funny. Some have the art of suffering down pretty good, as a matter of fact, try and heal them, you'll know what we're talking about by the time you return. Suffering creates identity. We're not going to let

you in on the whole picture at once. You'd simply commit suicide if you knew the truth, and you'd miss out on the gainful aspect. The soul must regard the movie as real in order to gain the fullness of the experience. When you return, you will return to say "wow! I really got into it this time! I thought I was really there but I was in a movie!" You must be one pointed here. Remember fear cannot exist in the presence of undistorted love energy (Ule).

DP/LR: Ok, well, thanks for that. Otherwise I don't think this donut would dip itself into that coffee, said LR, Ah, say, ah, what about this new ego or personality I am to develop. When I meet you guys back here, will I be changed? What fruit or gift to the group do I deliver with-in expectation? Or do I myself determine that?

Crew: If your mission is successful and you do not abort prematurely to enter your exit points where you could, or DP is able to prevent that, it will show courage which is the fruit in a sense. The job of the religious energy of DP is to thwart the new consciousness from giving up too easily to come home. Sufficient will developed will be as a fruit or gift of the soul. Nothing dies, no energy is lost, it merely contracts or expands. As energy, dying is to contract, to live a life is energy expanding. Conscious gain within experience is expansion principle.

The possibilities are endless and most incarnations are successful in some measure within the overview. Man's journey is a love story, a circular trek. Holographically speaking DP/LR, you will need to understand something about science this time around. LR gets up to leave and DP runs after her. The crew continues; as energy beings who take on form, physical dimension will give the opportunity to define form and manifest those objectives which simply are not manifested on this side of reality. It's the adventure of the challenge in a sense.

All probability dimensions are expanding simultaneously within wave form. The group composite extends it's members into matter as fingers of intelligence, or consider this analogy: the torn corner of a picture will hold the entire pattern of the original image if a negative is made from just the corner of the original. Mind energy is holographic and has the ability to connect to all other mind energy fields, people, as it were. LR turns to DP and asks what is science? DP says it may have something to do with numbers.

All stand up for a group hug. Undistorted energy, a type of bright light permeates around. Jesus walks by grabbing some of the light particles to make himself visible and calls out jovial greetings "Hey there crew! I see you have several probes about to probe the material. This is going to work out fine, my prediction! I will be there within my word! Looking

like a hologram He says with brevity “Your faith has made you whole, go and error if you must, but have some fun with it this time, ok?” Then he does his thing; zonking DP/LR and the entire crew with a surge of love so powerful it propels LR instantly into the womb as she opens her eyes wondering what happened. Nine lbs. of baby born in a broom closet by mistake, but there are no mistakes. Ah, so many lives and all of eternity to create them in. Hmm..thought LR, this is going to be interesting I hope.

***Curl:** A term coined by Robert Monroe; unit of consciousness, a spirit individuated, a group of particles which may look as a wisp of smoke, possessed of “I am that I am” awareness. On Earth incarnated it forms a body of physical particles temporarily, therefore individuating itself further, gathering fruit, gathering experiences. Getting love in all it’s getting.

****DP:** Dead Preacher, an English missionary, a guiding spirit for LR. He was explained as a past life. In these present times LR has discovered the existence of simultaneous lives within a group soul division and considers DP as more than just what she had been.

***** Monitor screens:** Within regions of spirit realm, these monitors can be viewed as TV sets which convey images and sound without having to be on a stage participating in action. In a sense, the monitors can offer a life review, or display memories within images, the monitors can allude to a holographic concept as well, much like higher self beings puppeteering their fingers onto a life stage.

***J=Jesus**

Road Sign

I'm With You Now

1



V

isions of a mentally deranged stork flitted through my mind. I remember being very small watching mother, the same as if I were a pet dog being ignored. It was a bonding instinct that didn't get done. I was called a peculiar name; Rosie. It was the last name besides Gladys or Mabel I would have picked; no offense towards those called that intended. Earth is the only place where we need to use names. In the spirit world we use energy signatures to find one another. Throughout childhood when I heard my name I reminded myself I'd better answer as it was me they called. I didn't change the name until I was close to 30 not realizing I had that freedom. My spirit was not grounded fully into the body early. Too few memories. I was just a lump of multiplying cells and I knew if I bided my time I would get taller, bigger, and walk out the door and begin my real life. My family seemed strange. Spiritual areas can be retarded without love, not to speak of nonspiritual areas which there are no such areas once you realized both worlds are one. I call this Roadsign one because it's the first time I felt unconditional love. I remember brother, 4 years my senior, learning how to punch. I'm sure he learned by watching the TV fights with his father who was not my father. Boys will be boys were the words I heard while gasping for air. I was grounded through pain then. In my spirit I would forgive him once I learned what forgiveness was, but I would never trust him. He would not remember he had done anything harmful. On this day in 1950 I remember coming alive in that love thing. Brother and I sat in the car. I'd chance a conversation as we had silence to fill. Instead of a blow a spiritual punch came. I would understand the rose had thorns but everything would be ok for a few minutes. Mother's remorse for an adulterous affair got projected on me. There were deeper dramas between us I'd discover. There was one

good thing about childhood; and that was I'd slipped in and was no longer standing in line on the other side waiting for a womb. I vaguely remember I was the impatient kind. I'd develop an attitude as if you don't, you may not survive what you've set yourself up for. Romance and sexuality is a big part of life here, intrinsic to the drama. Mother enjoyed herself. I was a spirit drawn to her unusual character and had a debt of love to pay her.

One day comes and you find out you wanted it just the way it was dished up because you thought you could change things or you hoped there was something good there. Then another day comes and you say I'm done. If you survived you had to wonder why as you had done the testing of the water with both feet and you couldn't remember being handed an instruction manual how to swim or flow with the changes. When you found out something that was true, you cracked up because you were right all along, that none of this was real, least of all that lousy childhood you stuffed. DP says "the sins of the parents are visited upon the children." DP (Dead Preacher) is like an annoying commercial and Laughing Rain (LR) is the movie star and she gets the last word without fail.

As I began to find Rosie's perceptions through self retrievals; ie: buried memories, I remembered I could feel what mother felt. I must have been a sponge even then. DP suggested mother must be mistaken I had foisted myself through the womb without invitation. Self retrievals would recreate and transform the self created by default, a sponge like action of absorbing undesirable experience. For one thing, you can't believe what they say about you; you have to set them straight, even if it takes your whole life. Higher purpose was sheer discovery of the ability to make yourself over on the inside, not different than DP's burning bushes. I would be making a jail break in this life through astral journeys, self and soul retrievals, flights of fancy, out of body experiences, other lives perceived, dual consciousness, precognitions and empathic abilities.

I was doing now the life-review early. Didn't this happen after death? I checked to see if I was dead and didn't know it. Retrievers reminded folks they were dead but who would remind retrievers that they too were dead? I wasn't dead, I just didn't think I'd had a life to review of any consequence. All my life was on the inside and my lip had a zipper. I discovered the seeker and the finder playing tag in my brain. A third, the observer, would birth from the seeker/finder getting married. Self discovery is feel good time, even if you've made mistakes, knowing about them means you don't have to repeat them.

This is a very early self retrieval example. I was glad I found out how to do self retrievals as then I didn't need to get analyzed and take another's word for what ailed me and pay good money for bad advice. I don't teach self retrievals but they're simple; if a memory pops up, you milk it as if your life depends on it because it does. It helps to figure out what it is you believe about yourself. Never fool with someone else's head, just your own, that way they can't sue you if you're wrong. I retrieved so many childhood spin-offs I'd be going through a 2nd childhood for years. They were actual entities with bodies who needed to be raised up as any child would. The children made me spunky as I integrated; they were fun, so I saw what I'd missed in childhood. I gained actual physical energy. That seemed weird that you could change something you'd been thinking and feeling and suddenly you wanted to give away this good feeling. You wanted them to make a jailbreak too.

Here's the first self retrieval.

Nothing about this incident seems abnormal and probably happens all the time insofar as children dying. At age three I floated face down in the shallow end of a pool. It started as a game with siblings to see who could hold their breath longer. I decided to stay under as I wanted to win the game. As Rosie's eyes fastened onto the pool's bottom I knew the power of decision. Kids have their beginnings somewhere else than their date of birth. It can be the spirit's plan to check out early while it looks on the surface to be an accident or that the kid is retarded. Lack of love is like a spiritual retardation. Crib death is an example of early departure. DP would be asking LR to pay attention to the body's instinct to survive.

This is the inner dialogue:

LR: It's not working. I'm out of here.

DP: Get out of the water!

LR: No. Let's see if mom notices. Ha! This is fun! To liberate oneself from something is a powerful conception. It's what spirit comes here for and doing death is no different than doing life. DP differed.

DP: She might not notice until it's too late! Get out of the water!

LR: I don't have to stay. I've changed my mind. Look, nobody notices me.

DP: Oh, for heaven's sake! Now I'll have to get their attention to save your life!

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