

"OK." Rexx said. "So, now what?"

"Well, what are you up for? Should we go see how this upcoming catastrophic event plays out?"

"Don't you know? It is in our past. Weren't you there then?"

"That is true. We know about it. But, in that past, the four of us weren't sitting here discussing the ramifications of the Universe and watching this beautiful star unfold its lifetime."

"So, do you mean that this is a new event?" Rexx asked.

"Yes, a new event based on an old theme. Because, now there is the opportunity for you and us to touch the event. And, that touch could and probably will change some of the event's progression."

"How?" Matu asked.

"With your, or our, intent. Intent is a very powerful force. Remember, prayer is a request for some sort of assistance, either for yourself or someone else, and the intent is that it works toward miracles...something that is unlikely to happen without the help of a stronger hand."

"Huh..." Mused Sendi. "...a stronger, but light positive touch. Boy! That's a challenge!"

"Yes, it is. But, you've met that challenge over and over again as you've lived, wanting to help someone...sometimes with success and sometimes not."

"True." She sighed.

"Oh, man, yes." Added Matu. "Too often, not."

"How do we learn to touch lightly?" Rexx asked.

"The answer is difficult as it varies from instance to instance. I'm afraid it comes down to trial and error."

"And making mistakes?" Sendi asked.

"Yes. Mistakes happen...that's life."

"And, you're OK with that?"

"What else can you say...that's life."

"Isn't that kind of cold?"

"We have to come back to suggestion and non-interference. And, choice! Anyone you touch makes a decision whether to follow your suggestion or not. It's a two way street and will always continue to be that. None of us are perfect."

"But, you know more than us."

"We may know more stuff, but that doesn't mean we may know more of how stuff works."

"Blink?" Commented Rexx.

"Well, everything is constant flux. You introduce a variable and you can't predict the outcome."

"So, we have no idea of what the future is?"

"No. Some of the future is now past, because it was completed. But, we've reinvented the past, so now there's a new unexplored future. You did that with the Alcaad and created a new future from the one that you experienced on the time tour...or we should say 'believed' you experienced."

"Yeah, you're right." Rexx agreed. "Wait a minute...believed?"

"Well?"

"OK...I guess that's right. We believed that what we experienced was real. Is anything real?"

"Well, that sort of depends on what you think is real."

"OK, now I'll say, 'blink'?" Matu said. "'Real'? What do you mean by 'real'?"

"Well, this gets into a belief system issue."

"Huh?" Said Sendi.

"Well, where do your beliefs come from...your knowledge of what you think is right?"

"Um, I'm not sure."

"Think back to your early memories. Where did you learn stuff...your knowledge, your values, your ways of accepting information?"

"Well, I guess from my parents, and my teachers. And, I guess also from my friends."

"And, why did you accept this information?"

"Uh, I don't know. I guess because I trusted them. They cared for me, so why wouldn't I accept their knowledge as truthful."

"Yes, why wouldn't you?"

"What do you mean?"

"You could have been lead astray on purpose, or not...how would you know, when you were trusting your educator?"

"But, why?"

"Sendi! You were in special forces! You know about propaganda, psyops, mind control. Didn't you ever connect that?"

"Drat...you're right...I guess, sigh, better late than never."

Rexx and Matu just exchanged looks, then together said. "Huh!?"

"I learned how to lead people astray with information that sounded legitimate, but was actually false in order to facilitate a conclusion...confuse the masses to promote the military decision. I couldn't take it. It was one of the reasons I transferred to catering."

"Why? What do you mean?" Rexx asked.

"Lies, lies, and more lies to cover up the previous ones...it was just too much."

"That is just another repetition of what is currently going on in this time frame...the here, now, where we are. It seems that no matter where or when we are in human history, the plot seems to be more or less the same."

"Uh, Sendi, should you be talking about this?" Rexx asked. "I mean, considering protocol and all of that."

"Well, considering the circumstances, what are they going to do? Come and get me?"

The Time Police chuckled. "Yes, it would be a bit difficult extraditing you from here."

"Wow." She exclaimed softly. "You don't know how good it feels to have been able to say that...I suddenly feel free from of all of that pressure for the first time."

"Good." Commented the Time Police. "You're learning to let go."

"Do we have something to let go of as well?" Rexx asked.

"Yes, of course, in every person there are injuries that have piled up and been buried sometimes only once and other times over multiple existences. Often, it's been compounded over and over again, as old mistakes are sometimes hard to learn from. Once you get to the first instance and can recognize it, you can begin to release the tension that's been built around it."

"Tension?"

"Yes. It's a tightness that weighs on your mind and settles in your emotions and over time becomes a block to your potential development. Think of it as an irritant, say a scratch or an insect bite, that keeps getting reopened, so it is slow to heal, and the scab

crust builds up to eventually become a permanent scar. So, now it needs to be surgically removed and even that leaves another potential scar. You eventually find the trigger that lets you release the cause of the wound. Hence, the release, the letting go of the emotions that kept the original incident buried."

"I wonder how much more there is to release?" Sendi mused.

"Oh, there's tons."

"That much!?"

"Oh, yes. In every life experience you have the chance to add and subtract from these painful instances. But, life is complicated. First, one thing happens, then another, and by the time you've had a chance to question what happened in the first thing, you're at least ten kilometers down the road piling up more and more. And, if you never get the chance to get back to it, well, then, it gets held over until you experience a similar instance in another time and place. And then, the memory of the pain of the original event is awakened. So, you get to relive it, and if you're quick enough, you might get a chance to act on it and make a decision on how to undo the pain and let it go."

"How are we supposed to be able to help people, if we have all of this emotional baggage to release?"

"How did you do it in your 'walking around life'? You just did what you had to at the time. There are no rules, only your best judgment."

"You seem to keep repeating the same theme." Rexx commented.

"We're afraid that's just the way it is. What other option is there when you don't know the outcome of any action?"

"And, you don't know?"

"No, we don't. There are too many factors. Every decision changes the outcome."

"What causes all of this disruption in humanity? Why does this theme keep repeating itself?" Sendi asked.

"That brings us back to the groups that want to control the masses."

"Oh, God! What do we do about them?"

"The question is what would you do about them? Well, what would you do?"

"Aagh! I don't know. What could we do?"

"Well, what do you want to do? Succumb to their dictate? Fight it? Run away from it? Something else?"

"So, there are all these choices?"

"Yes, and probably much more in subtle nuances."

"What do you mean?"

"For example, say you're a journalist working for an 'owned' media. You write a report about an incident that is biased. You know it's false, what do you do" Do you do what they tell you and lie, or rebel, or run, or possibly die, because they are on to you and will replace you with someone else who is willing to toe the line? There are some big choices out there. Do you see the subtleties involved?"

"Yes, I guess I do. We make our decisions based on what is best for our survival. And, sometimes, we forfeit our lives for our version of the truth."

"Don't be too firm in your belief, there are more aspects of reality out there than you can imagine. But, whatever your decision, it will cement your path. Or, at least, that fragment of your path."

"So how do we decide?"

"How do you not? At every moment there is a decision to be made."

"Why does it seem so complicated now?"

"Because, here, you are separated from the flow. You can step back and slowly look at the unfolding events objectively. When you are involved in the flow, you don't have

that opportunity. You have to make a decision, right now, in order to continue living. Do you race the oncoming car to get across the street, or pause for the next gap in traffic?"

"Your example...how do you know so much of the lives we live?"

"Well, as was said, we loosely live in you as guides."

"Loosely?"

"Yes. When we connect with you, we talk, but you do not always listen. Think back, how much of the turtle's life did you experience with that simple touch?"

"Gee, um, I don't know. Give me a moment...oh wow, a whole lot more than I originally thought. I guess I only related the basic information, but, really, I got a lot of her life."

"And what did you give back?"

"I gave the feeling that I cared about her existence and was concerned about her well-being."

"Now, you have the opportunity to go back and see if you want to add anything to your gift."

"Oh, my, I guess I should. I need to look at her life more closely. Where are there places where I could help guide her away from danger and toward safety?"

"More so, guide her toward new ways of thinking."

"Oh. How do I do that?"

"Well, let's treat this as a training exercise and create a hypothetical situation."

"Is this creating a future?"

"Well, yes and no. We are not influencing the space-time-continuum, but we are affecting our own personal unfolding."

"Oh...OK. So, what do we do?"

"Well, we are discussing the well-being and furthering of your rock turtle. What is a typical situation that you might find her in?"

"Well, sunning on a warm rock comes to mind. Reptiles, being cold-blooded often sun to gain warmth which they convert to energy."

"Good. Now what kind of thoughts might she be entertaining while sunning?"

"Gosh, I don't know...comfort, maybe even drowsing toward sleep. If I were sunbathing on a beach, I'd probably find myself falling asleep."

"Yeah, I know I would." Commented Rexx.

"Huh...sunbathing...that's a new concept for a desert dweller. We get enough sun just walking around." Matu added.

"So, assume she's drowsing, or even, asleep. Sleep is a good time for suggestions. Dreams often replay troublesome past experiences. So, what do you do?"

"I don't know...I really don't know." She thought for a moment. "How closely am I connected to her thoughts?"

"You are pretty close to being one with her, yet, you are distinct from her. What would you say to yourself?"

"Wow...I don't know. Sorry, I guess I'm pretty clueless on how to interpret someone else's dreams."

"You're intimidated by the fear of failure. That's normal. We'll back up a bit and simplify the example. Instead of focusing on your rock turtle, we'll switch to you."

"Me!?"

"Calm yourself. We won't go into specifics, only generalities."

"OK." She sighed. "Sorry, I'm so defensive."

"It might have to do with your intelligence training." Rexx ventured. "Always having to make sure that you were safe...that kind of thing."

"Hmm, yes, you could be right. There was always a lot of stress with regard to personal safety, both physical and mental." She returned her attention to the Time Police. "So, OK, I'm ready, I think...lets continue."

"Very well. Let's say you're dreaming. What kind of a dream are you experiencing and how could this experience be helping you to advance? Is it a gentle drifting type of experience that you will be unlikely to remember upon awakening? Or, is it a stressful encounter with various types of danger that will remain with you after an abrupt awakening?"

"Wow! That's some choice!" She exclaimed. "OK...the gentle dream would probably provide restful healing sleep which would leave me refreshed and ready for the day's activities. The stressful dream would probably leave me less refreshed and would probably haunt me for some time with its implications...is it an old memory, a premonition of some future disaster, things like that."

"And, what will each of these have taught you?"

"Taught me? Gosh! I don't know."

"Think about it. Every experience is there for something. Don't waste the opportunity to find some value...something that you didn't know before."

"Well, I guess the restful sleep could have taught me that it provides some health benefits."

"And the stressful dream, what could you learn from that?"

"It seems that many things could be learned from that, alertness, for one...paying attention to keep from danger. If there was an unpleasant aftertaste, like, I don't know, a melancholy, a feeling of remorse, a sensation of urgency, any number of regretful emotions, then I should examine the feeling and see how it fit into the content of the dream."

"Good. Now, for something more specific...you don't need to share any details, we're talking about general reactions here. In your recent years, have you had a stressful dream that sticks in your memory? Often times such a dream may often have repeating occurrences, a repeating theme with slight variations. This is not a unique experience. It is actually extremely common. It is usually the emergence of the memory of an experience that wasn't completely reconciled in your daily life. The details of the dream may have absolutely nothing in common with the experience. The important factor is the lingering emotion associated with both the experience and the dream. Are we making sense to you?"

She nodded.

"Usually, this memory is one that the individual is almost ready to deal with. He or she has matured enough to be able to put aside the trauma and face the monster within. The dream is testing the willingness of the individual to address the issue. If he is not, then the dream will keep prompting every now and then, until the time is right."

"How will I know when it's time?"

"Savor the unpleasant emotion...sooner or later you will find what it is attached to. Then, you have the chance to confront the memory and resolve the experience."

"What about shared experiences?" Matu asked. "When Sendi was journeying to learn more of the entity's thought processes, I seem to have somehow linked to its mind. I was living what it was experiencing. I wasn't asleep, but I'm not sure if I was fully awake either. Could a person, while dreaming, be experiencing someone else's unreconciled memory?"

"Yes, that is possible. However, as you three were actively immersed in Sendi's journeying to the entity, you each opened your consciousness to the process and any one of the four of you, you three plus the entity, could interact on each other's consciousness."

In a dream state, one would have to be consciously and emotionally connected to the other person to pick up on the content of their dream, especially if it was an unreconciled memory."

"Could you elaborate on how this connection could occur?" Rexx asked.

"Yes, surely. Let's take an example, say, a mother is tending a sick child. The fitful child's fever has finally broken and he is now somewhat peacefully slumbering. The relieved mother leans back in her chair to rest her eyes, and from weariness, dozes off. She is still very concerned about her child's health, and so, her consciousness is still intently directed to the child, anticipating his slightest stirring. In such a state, she could pick up on the child's dream. Since, the child is still sick, he could very well experience a disturbing dream. In this case, the dream could very well serve more than one purpose: to remind of an unresolved memory, as well as keeping the child from lapsing too deeply toward unconsciousness which might possibly further deteriorate his health."

"That's a pretty elaborate example." Rexx commented.

"Yes. Though not a very uncommon experience in the lives of most mothers and children. We're sure we could make any number of similar examples where any one person is stressed over the concern of a loved one and their attention is fully focused in that direction."

"Yes, I guess you're right." He conceded.

"So, backing up here." Sendi interjected. "You said sleep was a good time for suggestions. Other than unreconciled memories disturbing our sleep, what do you mean by suggestions?"

"We look at your path based on what has been written so far and we see where there are certain experiences, make that, opportunities that can lead to an advancement in your being. These are places of learning and we try to point them out as you progress. It's equivalent to a parent finding institutes of higher education that would best complement the talents and skills that their child has demonstrated so far and then guiding their child's development in those directions. Do you see?"

She nodded. "Can you give an example of giving such a suggestion during sleep?"

"Of course. We will hypothesize an average working person. He has his vacation time during the upcoming winter months. He could choose from various recreations. A vacation in the tropics, a warm and pleasant beach is a possibility, or he could choose the snow covered mountains for skiing. These are both things that appeal to him. In looking at his path, we see that there is a good chance of his meeting a person of influence if he chooses the beach vacation. This person could present an opportunity for his cultural and intellectual advancement. So, the question is how do we suggest his preference for the beach vacation? He is currently asleep, comfortable under warm blankets. We suggest a dream about his upcoming vacation time...how will he spend it? We choose settings that he is already familiar with, places that he has visited in the past and has fond memories of. We present the beach scenario first, as that is our preference. But, to be fair, we will also present the skiing trip option, as it will be his choice. Both are pleasant, welcoming, desirable dream experiences. But, for our suggestion, we will add a bit of intrigue, this person of mystery that he may chance to meet. It will appear during the dream as a brief encounter, both pleasant and somewhat alluring. When he awakes, there will be the faint memory of the encounter to add to the desire for that particular vacation choice. But, now we leave the choice up to him. He will peruse various advertisements for possible locations, check weather forecasts, flight schedules, funds availability, clothing needs, and whatever else is required toward his final choice. We may even play our card a bit further ahead if we feel that it is more urgent that he meets this person. We might even have that

mystery person appear in the background in one of the beach photo advertisements as a reminder. You might remember how we left many clues for you to find."

"What happens if he doesn't choose the path that allows him to meet this person?"

"Well, then he will progress on a deviant, a side branch, of his path. Sooner or later he will return to the main trunk and resume where he left off. If the person, the opportunity, is important enough, it will be encountered at a later point along the path. This is not uncommon. Often a person has not taken advantage of what he has encountered along his path and needs a bit more time to adjust to or reconcile that learning experience. Paths are seldom completed in a short time. People often make decisions that are contrary to their path and it is interrupted, perhaps to be continued in another lifetime. In the end, all will be well."

"I see." She said, she added. "How do we see these paths? How do we know a person's possible path?"

"It will take practice and observation, and in time, you will learn to discern what is a path from what is aimless wandering. Though, to be fair some paths are aimless wanderings...there is a lot to be learned and many stones to overturn."

"Sounds hard."

"Speaking of paths." Rexx interjected. "You said that our paths are still unfolding...yours as well as ours."

"Yes. That's true."

"You also said that you were human, the same as we are."

"Yes. But, not just, or should we say, only human. We, as well as you, have had many other incarnations as various other life forms. Human just seems to be one of the more interesting ones. There is so much variety of experiences...so many nuances, challenges, the flavors are immense in their possibilities."

"Uh, yeah, but, how come you don't look human, like us?"

"Yes. We believe you described us as 'strange looking guys...like something out of a Sci-Fi movie'."

"You heard? And, you remembered?!" Rexx exclaimed. "Um, sorry...I guess it does sound kind of offensive."

"Oh, don't worry. We chose that look for just that reason. The Time Police had to be spooky looking. You wouldn't have been intimidated if we looked just like regular humans."

"We were supposed to be intimidated?"

"Of course! We are the Time Police! We control your past, your present, and your future! We are the authority, you have to respect us! At least, that's how the time tour narrative went down."

"So, it was just a gimmick, a set-up?"

"Of course."

"Then, why do you still look like that?"

"Well, it's how you first knew us. It would be disconcerting...you wouldn't recognize us if we suddenly appeared to you in a different form."

"Yeah, I guess that's true. I hadn't really thought about that. So what do you really look like?"

"I'm afraid that we, like you, in this place outside of the space-time-continuum would appear in our natural state as a blur of our multiple incarnations, constantly changing, constantly in flux. We have chosen to appear in a singular static form, similar to you, Sendi, Rexx, and Matu, who are still associated with your recent physical state, otherwise the whole thing would be too confusing."

"Speaking of...I'm still confused about how some future events are OK in our 'past' and some aren't. How is it that Matu is here in our future if you can't see into the future?" Rexx asked.

"Yes." Added Matu. "How is it that I am fixed in my future, Rexx and Sendi's past, which is beyond my own time?"

"We can see your paths as they are written, but not as they are played out. As for Matu, while you were off with Lovra and the Emperor we used your TimePod to go and fetch him. We brought him forward to when the time tour was readying the caravan for your tour. We merged with your pod at that instant and that established him in your future. Then we separated from that pod and came back to the Desert of Yon to wait for your return. Nifty, huh?"

"It's a good thing you found a wide spot in the tunnel." Matu commented.

"We waited until you had progressed to an appropriate location so as not to become part of the surrounding rock."

"What about the Alcaad?" Rexx continued. "Were they your charges as well?"

"Yes. We adopted both Matu and Lovra when you became associated with them."

"And now, are you still with the Alcaad?"

"No, we handed over their care-taking to another in our vast association when they left Earth as it would be too complex to be present with both you and them. Such might interfere with our guidance with you. Remember they are still in the corporate universe, while you are becoming inter-dimensional."

"What about the Alcaad being in the future...how were they able to travel forward?"

"Well, we created the TimePod in your home time, and they used the plans from the database you downloaded from that vehicle's computer and left for them. Their distant future was in your past, so since we all are fixed on the point where we, 'I', created a link with you, anything up to that point is, was fair game."

"More 'parallel' paths, huh?"

"Unique, distinct, yes, but not necessarily parallel. That would suggest a convergence point and that is not a given conclusion...maybe, maybe not...but, knowing the endpoint of a particular path, or for that matter, any point along that path gives you the, shall we say 'coordinates' for locating some point on that path. When you have distanced more from your recent physical forms and become more inter-dimensional, it will be quite simple to visit them. We, after all, do have complete knowledge of the TimePod's workings and limitations."

"Are they still using that technology?" Matu asked. "I thought they only used it to modify their fighters to gain the advantage during the war."

"Why waste a good thing? Yes, of course, they modified the drive in their ship to gain temporal distance from their tormentors as well as physical distance."

"Do you know where they went?" He continued. "I guess I should add 'and when'?"

"Yes. But that location will have little meaning given the extents of your knowledge of the Universe. Another time, we may address it."

"OK, another change of topic." Sendi interjected. "How come we don't know about you, other than as the Time Police within the reference of the time tour company? I mean, with this 'work' that you do of 'taking care of humans', I guess is how best to phrase it. Why don't we know about you?"

"Well, you do know about us. Have you never heard of your Guardian Angel, who looks after you? Your Higher Self that you turn to for guidance. The Tooth Fairy who soothes the young child's pain of the loss of a tooth with a small reward...even Grandfather Frost who shows kindness to children that in turn have shown kindness toward others...you know of them, and countless others in cultures throughout humankind."



"Oh. That's all you? I hadn't thought of that."

"I sort of thought that those were just nursery stories to distract young children."

Rexx added.

"Distract? Distract from what...from pain, sorrow, fear? Isn't that what we do...try to give comfort?"

"I stand corrected." Rexx admitted. "I guess you are all of those mythical beings."

"Mythical or not, we are here. We are as real as their images of us. And we have no need to contradict those images. Whatever satisfies the individual is best, for it serves their needs."

"That makes sense." Sendi nodded. "People are most comfortable when living within their belief systems. Though your examples seem to me to be more directed toward children."

"Children and thinking adults."

"Huh? What do you mean?"

"Well, maybe, at first, a story or a legend may seem just a fanciful ditty to be learned and lived by until you are 'old enough to know better' and then discarded. But, is it? It survived years, centuries, faithfully handed down from generation to generation. As such, might there not be some more merit to it, perhaps, a valuable lesson to be learned from? Why, for example, should you stop believing in Grandfather Frost? When winter days are short and the nights are long and cold, wouldn't you want your family and friends to surround and comfort you with their love and support? If you are kind and support them with your love, then the odds are they will be there for you. But, if you have treated them poorly, then you will likely be shunned. Isn't that what Grandfather Frost taught you by adopting the gentle and humble Snow Maiden who was left to die in the cold?"

"But, he's not a real person."

"He's as real as 'I' am."

"But..." She paused. "Yes...I see. Just because he's not flesh and blood doesn't mean he's not real. We're not physical, either, but, we're still real."

"Exactly!"

"Where do these stories come from? Were they real life people that got documented?"

"Sometimes, sometimes they were stories caught by the imagination. But eventually they all came from us."

"Us, you? Or, us, us?"

"All of us." He laughed. "Even the very first thinker existed both in the physical and the non-physical at the same time. One is the thinker, the originator, and one is the doer, the maker. But, each are just parts of the whole being. We make the suggestion with an unbidden thought. An idea presents itself, its source is unknown, you, the doer are to prove or disprove its application in your given circumstance. All of this is awakening the thinking process through suggestion."

"Back on the 'suggestions along the path'?"

"Yes."

"Wow." She sighed. "That's a lot of stuff to think about."

"I'll say." Echoed Rexx.

"I never thought about how interconnected all of this stuff is." Matu added.

"Yes. 'Interconnected' is the key, remember 'common ground' connects 'all'.