

THE STARLINES REPORT

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SKIP ATWATER

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ABSTRACT

In keeping with the continuing development of methods and techniques promoting the evolution of human consciousness, this qualitative study of STARLINES, a graduate residential program at The Monroe Institute, examined the subjective reports of one hundred and one volunteer participants from five seminar programs. STARLINES is a program designed for the exploration of the expansive physical universe and its connectedness with consciousness itself.

The research methodology applied an interpretive approach based on hermeneutics and phenomenology. Participant in-program questionnaires were analyzed with three different techniques: hermeneutics (word meaning), semiotics (symbol interpretation), and the narrative and metaphor (story analysis) method using computer-analysis software, QSR Nvivo[®] Version 1.2.142 for a Pentium[®]-class personal computer. Statistical comparisons were made with Simple Interactive Statistical Analysis (SISA) from Quantitative Skills, Consultancy for Research and Statistics.

Results of this study indicate that using Hemi-Sync[®] exercises in conjunction with outer-space telescopic research to provide a launch pad, STARLINES successfully uses inner space—consciousness itself—to explore outer space. STARLINES helps participants to reclaim, remember (re-member, assemble once again) and integrate parts of Self with *I-There, I-There Clusters*, and knowledge of **Total Self**. STARLINES delves into the inner realms of *Focus-34/35* and beyond establishing and strengthening the link between Earth and the Galactic Core, the central point of our Milky Way galaxy, a consciousness portal or *Stargate* and a means to enter the creative stream of the *Great Emitter*.

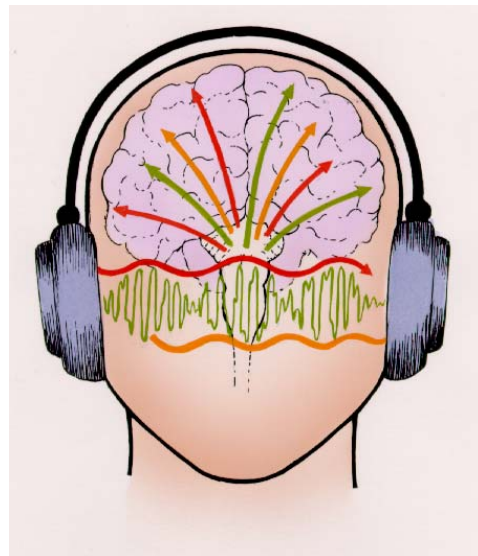
Background:

Since the fall of 2003, The Bob Monroe Research Lab has been studying the subjective descriptions and experiences of participants attending the resident graduate program at The Monroe Institute called STARLINES. The material being studied has been provided by participants completing questionnaires after experiencing Hemi-Sync® exercises within the program. STARLINES seminar participants access their experiences via expanded states of consciousness engendered through practice and immersion in the Hemi-Sync auditory-guidance process, a sound technology developed by The Monroe Institute.

The Hemi-Sync auditory-guidance process involves verbal instruction combined with carefully constructed blends and sequences of binaural-beat sound patterns designed to evoke beneficial brainwave states through neurological mechanisms.

Right and left auditory input is combined in the brainstem's superior olivary nucleus and routed to the reticular formation that, in turn, uses neurotransmitters to initiate changes in neurological activity in the thalamus and cerebral cortex.

The effectiveness of the Hemi-Sync process results in part from the unique combinations of binaural-beat sound frequencies embedded at very low volume within each audio program. Hemi-Sync sounds that support mental concentration differ from those that help one fall asleep and differ yet again from the embedded sound frequencies that promote intuitive or creative states of consciousness.



Hemi-Sync Neurological Effect

Considerations in the development of STARLINES included the concept that throughout history, humans have looked to the stars to know God, and likewise, know more about themselves. Human knowledge of the heavens and the physical universe has expanded rapidly in recent years. In 1923, the words “universe” and “galaxy” were synonymous. In the past few years, due to our amazing space telescopes, we have been able to “see” more galaxies than we can count. Our scientists now estimate that our universe contains hundreds of billions of galaxies, most with hundreds of billions of stars.

To reflect on the size, composition, energy, movement, and patterns of creation in our physical universe is naturally consciousness expanding. And yet, each new discovery raises more questions and arouses still more curiosity.

What are the relationships between awareness, being, and physical expression as we move into harmony with these cosmic patterns? What is the interplay between consciousness and manifest form, the physical world?

STARLINES is a program for graduates of EXPLORATION 27 seeking answers to these questions and more who possess a burning passion for exploration and Self-discovery, an unquenchable curiosity, and an enduring love and respect for the Life Force in all of its expressions (soul, inner self, chi, essence, etc.).

Within the structure of the Hemi-Sync auditory-guidance process, a specific level of consciousness known as *Focus-34/35* serves as a launch pad for exploring the mystery and majesty of energy systems throughout our Milky Way galaxy and beyond. Along the way, participants explore the energetic black hole/*Stargate* of the Galactic Core, discerning its potential to aid in “warp-speed” transformation.

Program participants move gradually into new states of awareness, being, and perception through *Focus-42* and *Focus-49* during the six-day adventure. Aided by hundreds of images from space telescopes, and sound translations of the radiations from various celestial bodies, participants collectively journey into inter-dimensional frontiers—seeking, asking, observing—awakening past and future memories associated with these distant energy systems, and thereby reclaiming **Total Self**.

As the program draws to an end, participants develop an even greater awareness of what are referred to as *I-There*¹, the *I-There Cluster*, and the bonded relationships with other *I-There Clusters*; experiencing the love, joy, and freedom of wholeness; the empowerment of purpose; and transcendent peace.

As participants explore, they forge and strengthen pathways for others to follow. They expand the connections linking our beloved planet Earth and the energetic sources which nurture her.

Unique to the STARLINES format is the recognition that as a representative delegation of earth-human-consciousness, participants traverse time and space as *Galactic Ambassadors*. From this “different overview,” participants bring back to Earth the patterns, perceptions, and visions, which allow humanity, and all Earth life, to more easily attune to life-affirming futures.

Hemi-Sync Focus Levels

Focus 10

Mind Awake/Body Asleep

Focus 12

Conscious awareness expanded beyond the physical body

Focus 15

The state of “No Time” for human self-exploration beyond temporal constraints

Focus 21

Other realities and energy systems

Focus 34/35

Outside of the realm of human consciousness

Focus 42

Expanses of the Time-Space Continuum and beyond

Focus 49

The seemingly infinite number of bonded *I-There* Clusters

¹ Bob Monroe wrote about the *I-There* as being an expression of self, containing all previous and present life personalities. *There* was described as, “The (M) Field energy spectrum in nonphysical form separate from time-space.”

Encouraged and assisted by inner guidance, Franceen King, Ph.D., developed this program for The Monroe Institute. She drew on her lifetime of consciousness exploration and contemporary research in the fields of Astronomy, Astrophysics, Archeology, and Ancient Mysteries. STARLINES examines the relationships between inner and outer space, using inner space as it were to explore outer space. Dr. King is a licensed psychotherapist and a long-time trainer of a number of programs at The Monroe Institute.

Investigative Methodology:

Previous research efforts at The Monroe Institute using quantitative approaches, laboratory experiments, and numerical methods such as statistical modeling, have been objective rather than subjective and have aimed at understanding, prediction and control of the neurological underpinnings of the Hemi-Sync effect—what Hemi-Sync does to your brain. This present investigation, on the other hand, quite differently seeks insight and knowledge of phenomena and the subjective experiences of STARLINES participants exploring inner states of consciousness.

The purpose of the STARLINES qualitative-research endeavor is congruent with the Bob Monroe Research Lab’s traditional intent—the continuing development of methods and techniques that will promote the evolution and growth of human consciousness. Ultimately, we hope that our findings will enable us to enhance the Institute’s educational curriculum and inspire a greater understanding and cultural acceptance of humankind’s true nature.

This qualitative investigation of the experiences of STARLINES participants uses an interpretive approach based on hermeneutics and phenomenology. Participant in-program questionnaires provide the bulk of the material, which is then analyzed with three different techniques: hermeneutics (word meaning), semiotics (symbol interpretation), and the narrative and metaphor (story analysis) method. Analysis software, QSR Nvivo[®] Version 1.2.142, provides a framework for qualitative data interpretation. Statistical comparisons were made with Simple Interactive Statistical Analysis (SISA) from Quantitative Skills, Consultancy for Research and Statistics.

To facilitate the collection and documentation of subjective information relevant to the STARLINES explorations, participants were asked to provide written descriptions of their experiences upon completion of sixteen specific Hemi-Sync exercises. To provide a degree of experimental control, participants were told not to look at the questions to be addressed prior to completing a specific exercise. Questionnaires were distributed just prior to each exercise. Some “questions” were multiple-choice interrogatives and others were phrased as directives to describe various experiences.

Participants were encouraged to describe their experiences as though they were making entries in a personal journal. Participation in the STARLINES survey effort was voluntary and not all participants completed the questionnaires (101 out of 120 did) and not all those who completed questionnaires did so for all sixteen exercises or answered all the questions.

Many of the multiple-choice interrogatives formatted as Yes—No—don’t know, for each of the Hemi-Sync exercises, questioned whether or not a participant had specific subjective experiences. Most “Yes” choices have been interpreted here as suggesting an experience beneficial to the overall STARLINES effort and are graphically displayed below as the percent of *yes* choices over *not-yes* choices. This graphic differentiation, in and of itself, does not however denote the relative significance of a particular “Yes” answer for a specific experience because, as stated above, not all those who completed questionnaires did so for all sixteen exercises or answered all the questions. So, for each “Yes” answer the statistical probability that *yes* over *not-yes* was chosen has been calculated taking into account the variability of answered questions. The null hypothesis would suppose that the questions were answered randomly, without introspection or regard for an accurate depiction of a participant’s experience. A “Yes” response was considered significant (the null hypothesis shown to be false) if its calculated p-value was less than 0.01.

Results:

The first Hemi-Sync exercise of interest, called *Intro to Voyager 8*, involves the use of a mental construct or “mind tool” called *Voyager 8*. The concept used here is similar to a thought experiment wherein a hypothetical spaceship (*Voyager 8*) explores the solar system collecting information. The greater investment one makes in the mental construct, the higher the probability of developing interesting information during the exploration, hence the use of Hemi-Sync to enhance focused states of consciousness and guided imagery to set the stage.

Mentally, *Voyager 8* becomes an inter-dimensional space vehicle that serves as home base for STARLINES explorers. It functions much like a mini-cruise ship for a tour of new energy systems. It has a shimmering golden dome and some participants may be able to perceive the large TMI logo emblazoned in several locations. Entering *Voyager 8*, passengers find a circular room, the *generator room*, furnished with large, comfortable padded chairs around the perimeter. Each passenger affixes a personal identification code (PIC) to his or her seat. Looking forward, beyond the railing, in the center lays a flat translucent surface. Suspended above this surface, a large six-sided crystal generates energy necessary for navigation. It also serves as a homing beacon.

Thought Experiments

In philosophy, physics, and other fields, a thought experiment is an experiment that may not be feasible in practice but by imagining which one can (hopefully) come to some interesting conclusions.

Thought experiments have been used to pose questions in philosophy at least since Greek antiquity, some pre-dating Socrates. In physics and other sciences many famous thought experiments date from the 19th and especially the 20th Century, but examples can be found at least as early as Galileo.

Einstein relied heavily on thought experiments both in his derivation of relativity and in his arguments with Bohr about quantum mechanics.

Nikola Tesla, famous inventor, physicist, mechanical engineer, and electrical engineer used mental constructs. Tesla related in his autobiography that he experienced detailed moments of inspiration. From an early age Tesla would visualize an invention in precise form before moving to the construction stage.

Rotating a chair to face the outer wall of the *Voyager 8* spacecraft orients a passenger directly in front of a personal viewing screen. A railing below the screen circles all the chairs. Touching this with both hands opens a hatch for a *personal pod*.

The *personal pod* is used at any time to leave the spaceship for personal exploration and interaction. To return to *Voyager 8* an explorer simply thinks of his or her personal identification code on the chair in the *generator room*.

There is also a *special place* on *Voyager 8* for every passenger. This personal area can be used for clearing, cleansing, healing, etc., or for communicating with new friends or personal guides.

To charge the *crystal generator*, passengers simply strengthen their own resonant energy balloons and then direct the energy into the *crystal*. As the energy in the crystal begins to build, the *crystal* seems to start spinning. Eventually it becomes less solid—appearing almost liquid—then eventually like a very light mist of energy that fills not only the *generator room*, but also the space outside of, beyond, and around *Voyager 8*.

The questionnaire completed by the participants after finishing the *Intro to Voyager 8* exercise asks for a narrative description of the experience and poses a series of multiple-choice questions:

- “Were you able to locate/visit/create *Voyager 8*?”
- “Were you able to locate/visit/create the *generator room*?”
- “Did you set your PIC code in the *generator room*?”
- “Were you able to notice your *traveling companions*?”
- “Were you able to notice or communicate with *other helpers*?”
- “Were you able to notice the large *generating crystal*?”
- “Were you able to spin the *crystal* and/or notice an effect?”
- “Were you able to locate your *personal area* on *Voyager 8*?”
- “Were you able to locate your *personal pod* for exploration?”

Two of the questions above require further explanation. Concerning *traveling companions*, program participants are alerted to the fact that on their journeys they may “encounter” fellow STARLINES attendees and might want to take note of that fact. In the same manner, they may find *other helpers*, helpful guides or non-physical beings on their journeys. In the chart below, Figure 1, the relative value of the “Yes” answers to all the above questions were statistically significant with the marginal exception of noticing or communicating with *other helpers*, having a p-value of 0.016986.

Intro to Voyager 8

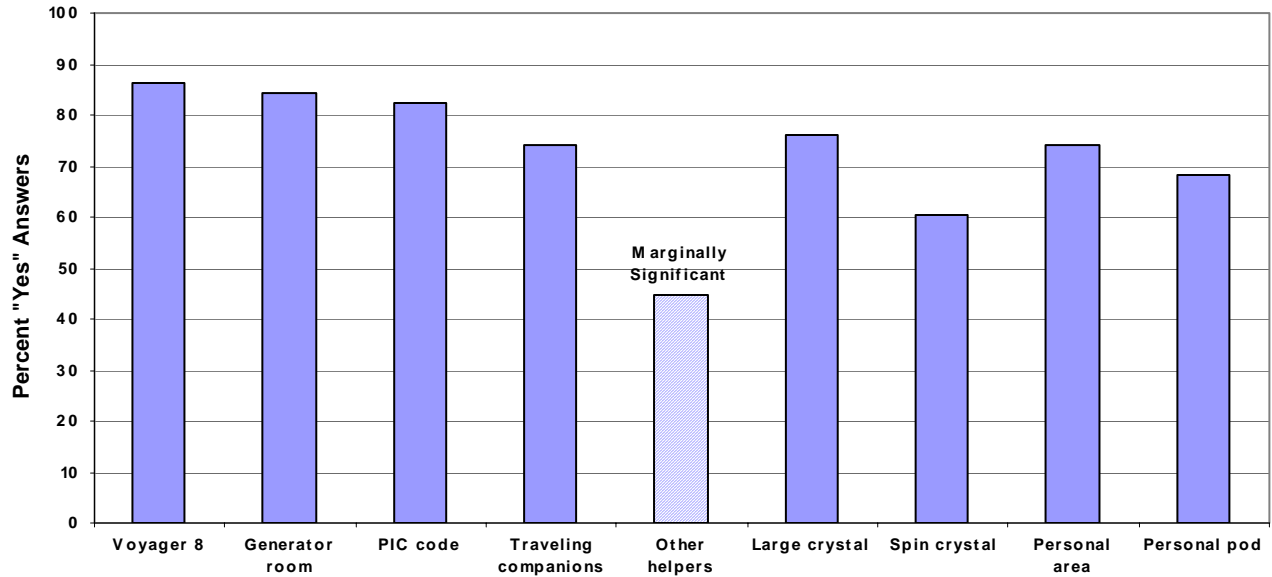


Figure 1

Two other multiple-choice questions for *Intro to Voyager 8* pertain to sensory perceptions and feelings experienced by the explorer. Of note in the following charts, Figure 2 and Figure 3, are the scored percentage similarities of “Multiple sensory perceptions” and “Multiple and various feelings”. Compound senses and feelings seem to occur together and, as will be shown later, increase in tandem coincident with the number of “Yes” choices made for exercises throughout the STARLINES program.

**Primary Perceptions
Intro to Voyager 8**

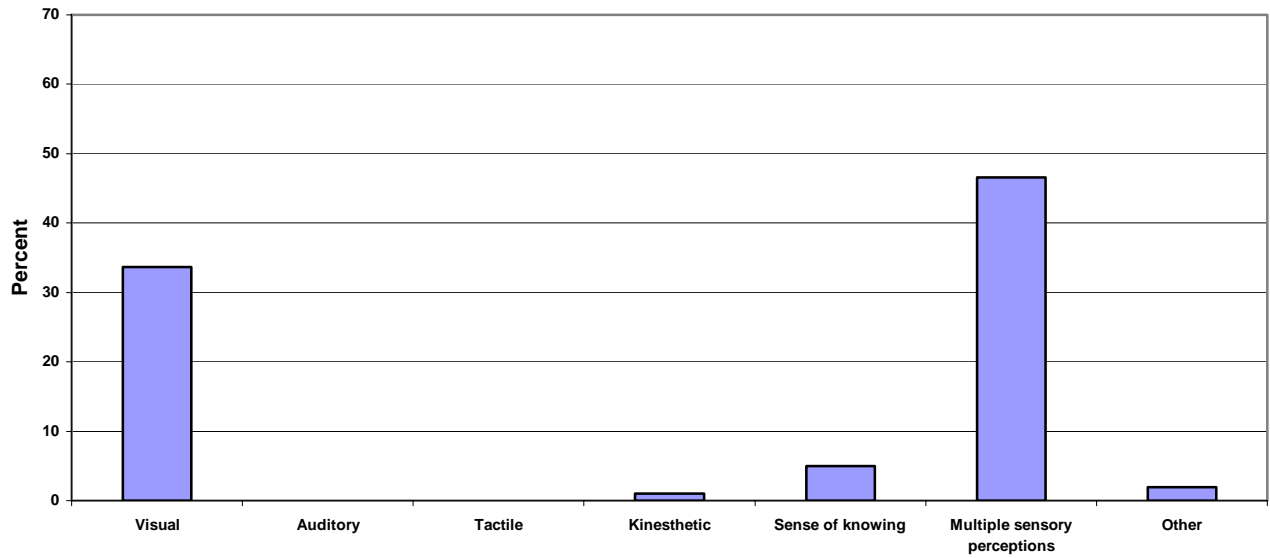


Figure 2

**Primary Feelings
Intro to Voyager 8**

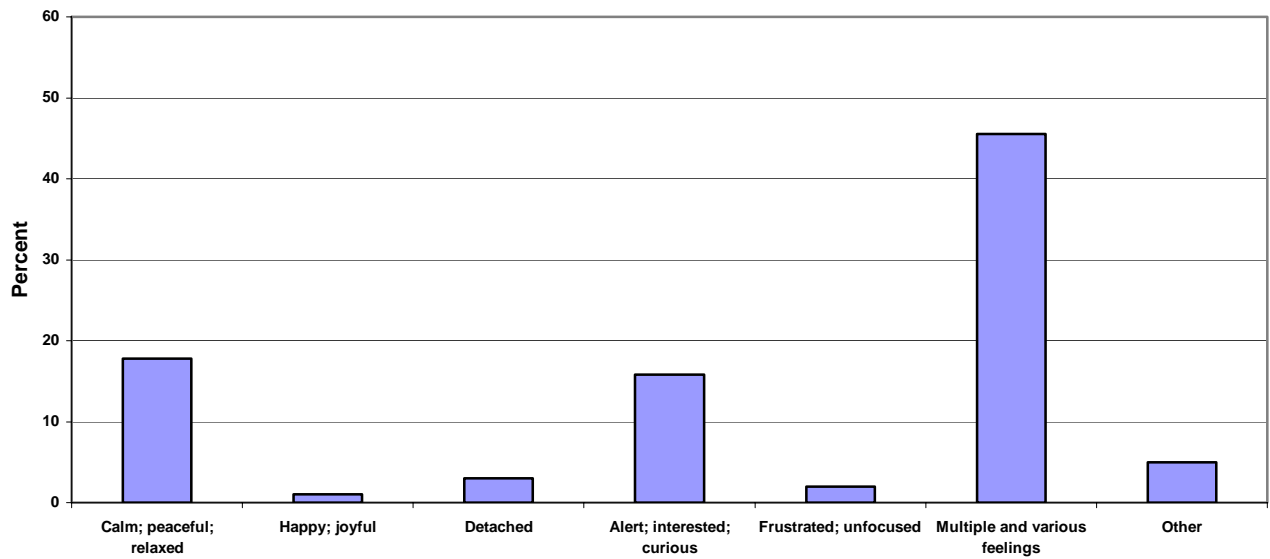


Figure 3

The narrative descriptions of the *Intro to Voyager 8* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. As would be expected, experiences were explained from individual perspectives yet the descriptions of *Voyager 8* were similar in many ways. Below are a few examples:

Starlines Exercise #1: Intro to Voyager 8

EASY TO GO TO FOCUS-34/35 DIRECTLY FROM FOCUS-27. GOT TO GENERATOR ROOM IN V-8 AND FOR ME, CHARGING CRYSTAL WAS "LETTING LOOSE" CORKSCREW-SHAPED LIGHT AT CRYSTAL, CORKSCREW IS BRIGHT WHITE WITH BLUES AT MY END OF CORKSCREW. SINCE I'M NOT "PHYSICAL" NOT MUCH DECORATING NEEDED IN PERSONAL SPACE. JUST SOME "TOYS" ESPECIALLY THINGS THAT SHAPE-SHIFT. FOUND PERSONAL POD AND SCUTTLED OFF. NOTHING MEMORABLE NOTICED. REENTRY UNEVENTFUL BUT WENT SLOWER THAN MY USUAL INSTANT REENTRY.

Starlines Exercise #1: Intro to Voyager 8

I WAS AMAZED AT THE HUGE CRYSTAL AND HOW IT TURNED INTO TEARDROPS OF FLUIDS, THEN I HAD THE FEELING OF MOVEMENT VERY RAPID. I WATCHED THRU THE PORTAL THE BEAUTY OF THE EARTH, WHICH SEEMED TO BE STILL. I ALSO WATCHED AS POD FLOATED AWAY FROM THE SHIP.

Starlines Exercise #1: Intro to Voyager 8

IT WAS GREAT TO SEE QUICKLY SOMETHING AT F34/35! THE SPACE CRAFT WAS VERY BIG AND THE POD WAS JUST INCREDIBLE BECAUSE WAS OPERATED JUST BY INTENTIONS (THE HELPERS TOLD ME WHEN I WAS IN MY PERSONAL PLACE). I COULD TOUCH THE AREAS AND SMELL DIFFERENT THINGS AT THE KITCHEN. THE EXPERIENCE WAS REALLY GREAT.

Starlines Exercise #1: Intro to Voyager 8

NOT FULLY INTEGRATED YET. FELT DAR AND THE GROUP PRESENCE, FOLLOWED INSTRUCTIONS, WAS OFTEN AHEAD, SAW VOYAGER 8 AND WAS TRAVELING JUST AFTER TAPE STARTED. FLIMSY, LESS FIRM IN CONSTRUCT THAN IN LOWER FOCUS LEVELS. EXPLORED SOME PARTS OF SHIP BUT CAN'T RECALL JUST WHERE, OTHERS ALL DOING THE SAME, NOT FULLY IN C1. TRAVELED IN POD. ALSO VISITED BATHROOM FOR SHOWER AND KITCHEN.

The second Hemi-Sync exercise of interest, called *Exploring the Sun, Mercury, Venus, Mars and Jupiter*, necessarily involves the use of *Voyager 8*. During this exercise participants are taken on a guided exploration of the inner solar system. The questionnaire completed by the participants after finishing the *Exploring the Sun, Mercury, Venus, Mars and Jupiter* exercise also asks for a narrative description of the experience and poses a series of multiple-choice questions:

“Were you able to perceive or get an impression of the Sun?”

“Mercury?”

“Venus?”

“Mars?”

“Jupiter?”

“Did you notice/communicate with your *traveling companions*?”

“Did you notice/communicate with *other helpers*?”

“Did you retrieve any memories, or receive any messages?”

Concerning the last question above, program participants are alerted to the fact that on their journeys they may recall thoughts, ideas, memories, etc., which may be relevant to their exploration. These impressions may also be experienced as messages of some kind from some, perhaps unknown, source. In the chart below, Figure 4, the relative value of the “Yes” answers to all the above questions were significant with the exception of noticing or communicating with *other helpers* which was distinctly non-significant at a p-value of 0.056674. What this means is that the null hypothesis cannot be rejected in the case of this particular question. The “Yes” answer pertaining to *other helpers* could have been selected by mere chance. The obvious conclusion, therefore, is that it is unlikely that participants noticed or communicated with *other helpers* during this exercise.

Exploring the Sun, Mercury, Venus, Mars and Jupiter

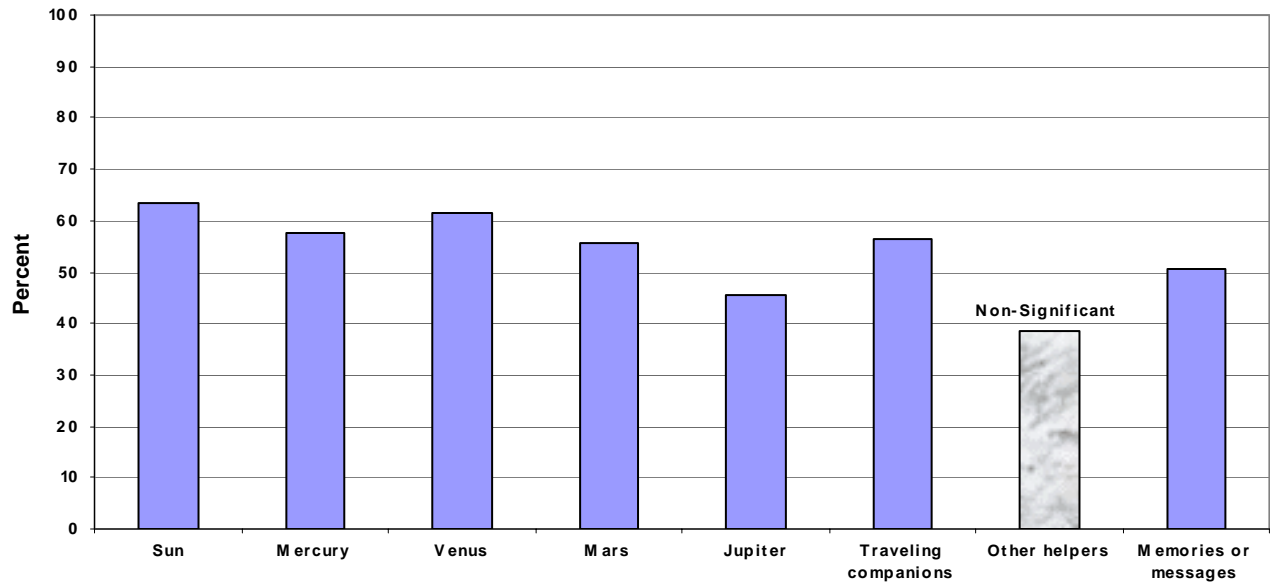


Figure 4

Two additional questions for the *Exploring the Sun, Mercury, Venus, Mars and Jupiter* exercise query whether or not the participants noticed intelligence associated with these celestial bodies and if the participants noticed any greater clarity or affinity with some celestial bodies more than others. Of note in Figure 5, below, is the non-significant score related to noticing intelligence associated with these celestial bodies at a p-value of 0.055059. The null hypothesis cannot be rejected for this question. The “Yes” answer pertaining to noticing intelligence could have been selected by chance alone. It is unlikely that the STARLINES explorers perceived any intelligence associated with these celestial bodies.

As to the second question, whether or not the participants noticed any greater clarity or affinity with some celestial bodies more than others, the “Yes” answer was clearly significant. However, there was no agreement among the participants as to which planet was more “attractive”—so to speak. Different explorers were attracted to different planets, perhaps based on personal preference or other factors.

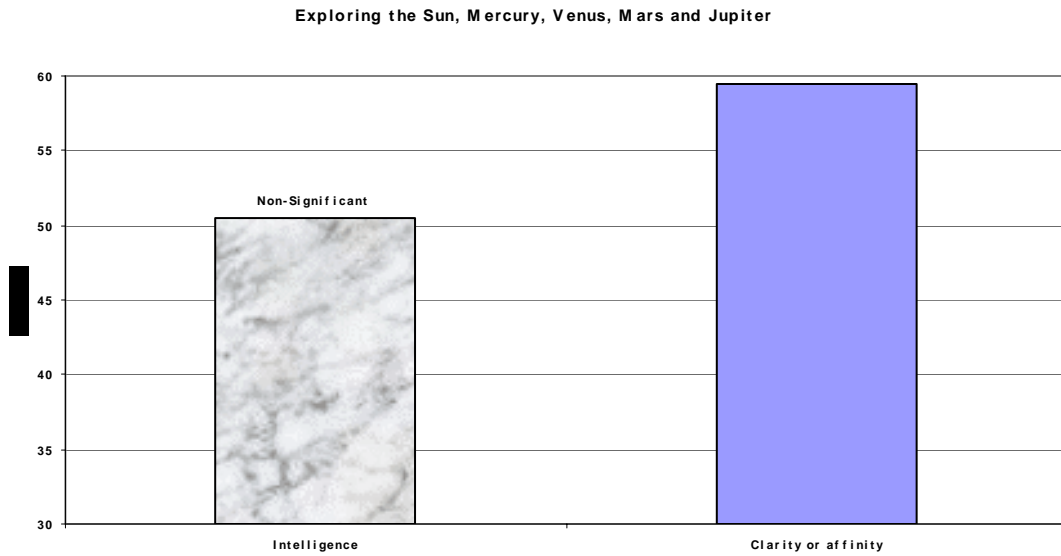


Figure 5

Two other multiple-choice questions for the *Exploring the Sun, Mercury, Venus, Mars and Jupiter* exercise pertain to sensory perceptions and feelings experienced by the explorers. Of note in the following charts, Figure 6 and Figure 7, are the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings”.

Primary Perceptions
Exploring the Sun, Mercury, Venus, Mars and Jupiter

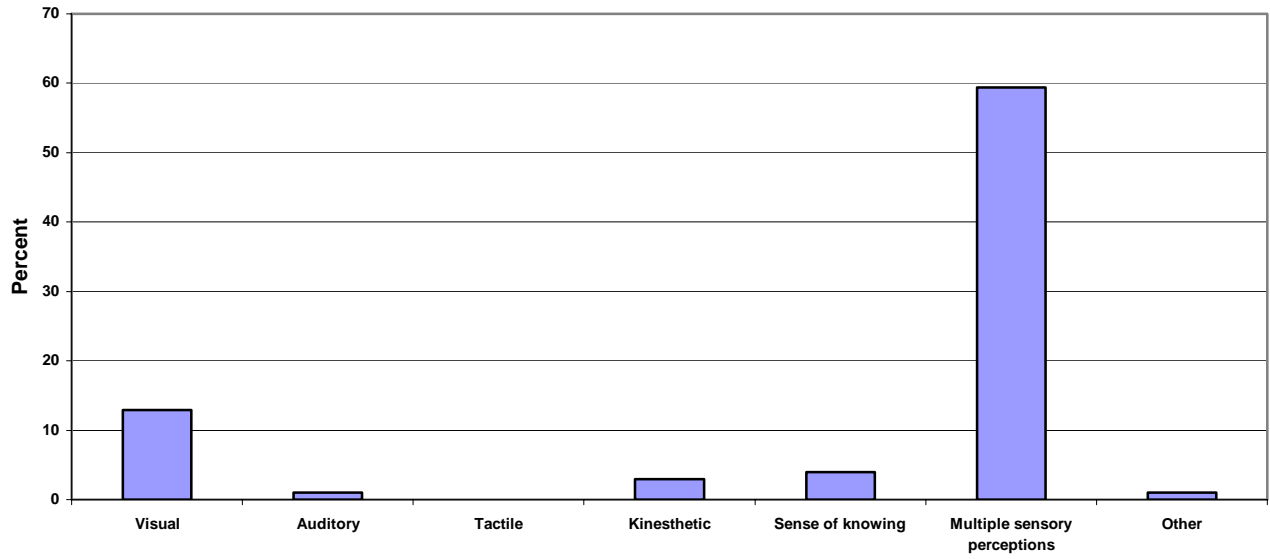


Figure 6

Primary Feelings
Exploring the Sun, Mercury, Venus, Mars and Jupiter

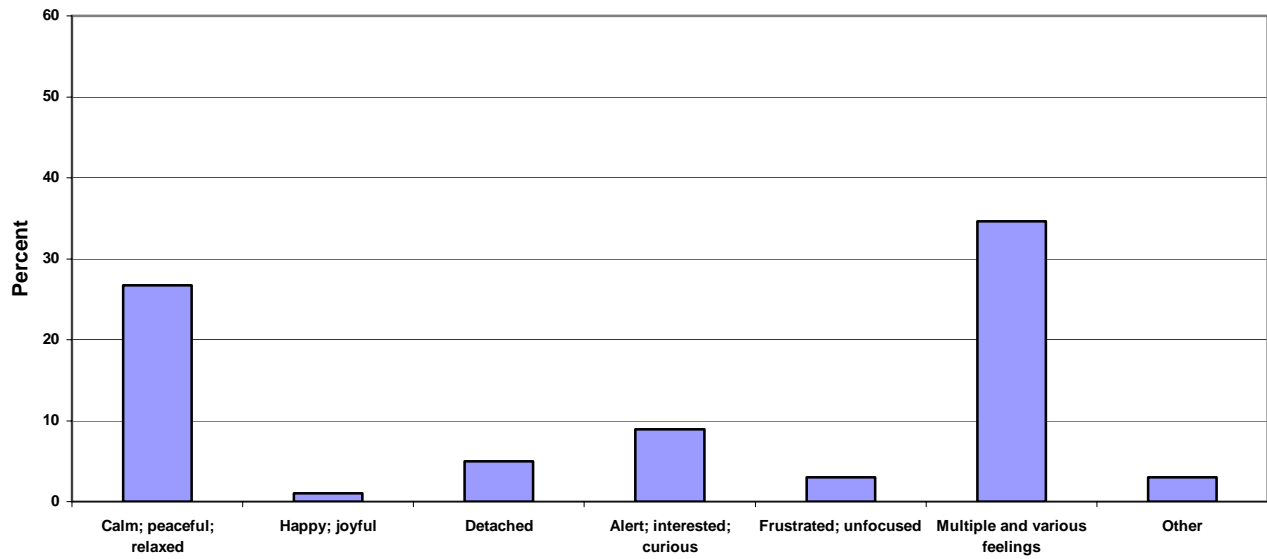


Figure 7

The narrative descriptions of the *Exploring the Sun, Mercury, Venus, Mars and Jupiter* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives. Below are a few examples:

Starlines Exercise #2: Exploring the Sun, Mercury, Venus, Mars and Jupiter

I TRIED A DIFFERENT POSITION TO STAY MORE ALERT, WHICH WORKED, SITTING UP AT THE DESK LOOKING OUT THE WINDOW INTO THE SUN (WITH EYES SHUT). THERE WERE THE SAME 3 OR 4 PEOPLE IN THE VOYAGER TRAVELING WITH ME, ALL FROM THIS GROUP. THE VISUAL WAS MORE LIKE LIGHT BLOBS WITH THE MOST COLOR BEING ASSOCIATED WITH MARS AND MORE OF A LIGHT SHOW. VENUS WAS DEFINITELY A FAVORITE WITH SOFTER BLUE, GREY, GREEN LIGHTING. GOT A MESSAGE FROM JUPITER FOR MY SISTER.

Starlines Exercise #2: Exploring the Sun, Mercury, Venus, Mars and Jupiter

THE TRIP TO THE SUN WAS MY ENTIRE TRIP. THIS WAS VERY DIFFERENT FOR ME AS I WAS THE SUN AND ITS ENERGY. I BATHED IN THE WARMTH AND VITALITY. I FEEL THAT I AM THE SUN AS THE SUN IS I; I DID NOT WANT TO GO ANYWHERE ELSE.

Starlines Exercise #2: Exploring the Sun, Mercury, Venus, Mars and Jupiter

GOT TO VOYAGER 8 EASILY, FELT THE ENERGY OF THE CRYSTAL ACTIVATING AND REALLY FELT THE POWER OF THE SUN IN MY SOLAR PLEXUS. MERCURY, I GOT THE VISUAL OF DEEP BLUE PURPLE AND A VISUAL OF LAVENDER (DRIED) BUDS. I DIDN'T RECEIVE ANY VISUALS OR INFO FROM THE OTHER PLANETS.

Starlines Exercise #2: Exploring the Sun, Mercury, Venus, Mars and Jupiter

I CLICKED OUT FOR MOST OF THIS TAPE. I HAD A SENSE OF THE SHIP AND MOVEMENT. FELT SOMEWHAT DISCONNECTED FROM THE SHIP AND CRYSTAL.

The third Hemi-Sync exercise of interest, called *Exploring Saturn, Uranus, Neptune and Pluto*, involves the use of *Voyager 8* as well. During this exercise participants are taken on a guided exploration of the outer solar system. The questionnaire completed by the participants after finishing the exercise also asks for a narrative description of the experience and poses a series of multiple-choice questions:

- “Were you able to perceive or get an impression of Saturn?”
- “Uranus?”
- “Neptune?”
- “Pluto?”
- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with *other helpers*?”
- “Did you retrieve any memories, or receive any messages?”

In the chart below, Figure 8, the relative value of the “Yes” answers to all the above questions were significant with the exception of noticing or communicating with *other helpers* which was distinctly non-significant at a p-value of 0.058110. What this means is that the null hypothesis cannot be rejected in the case of this particular question. The “Yes” answer pertaining to *other helpers* could have been selected by chance alone. It is unlikely that participants noticed or communicated with *other helpers* during this exercise.

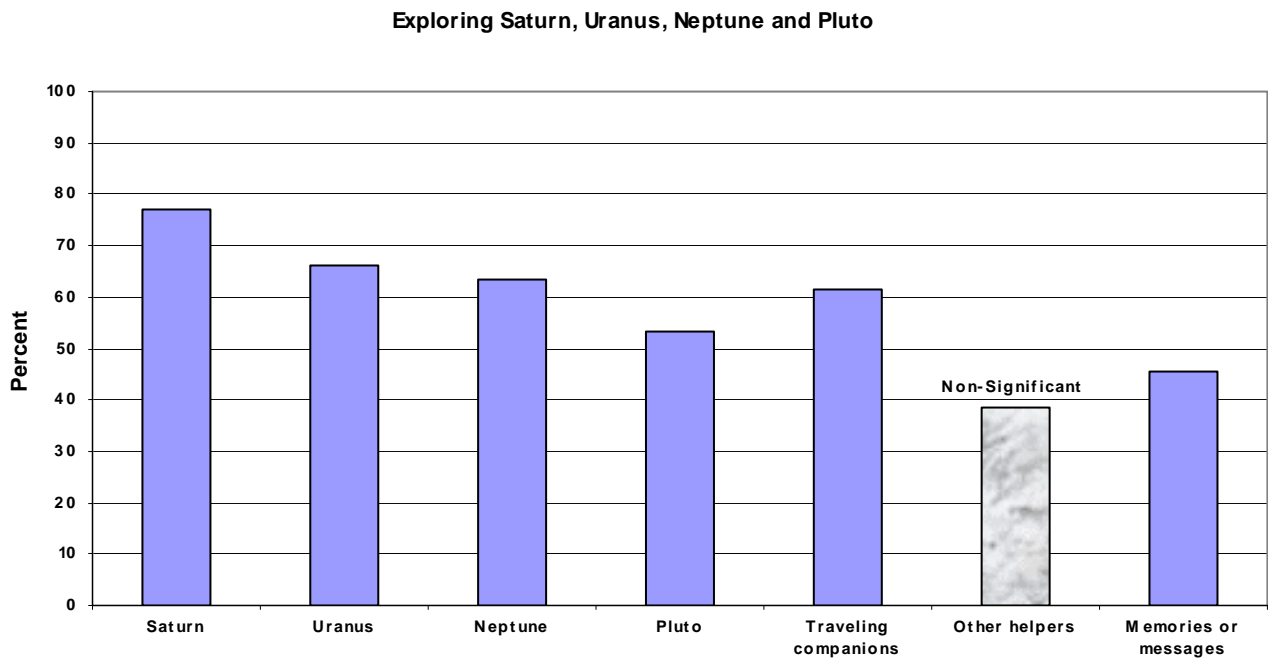


Figure 8

Two additional questions for the *Exploring Saturn, Uranus, Neptune and Pluto* exercise ask whether or not the participants noticed intelligence associated with these planets and if the participants noticed any greater clarity or affinity with some planets more than others. Figure 9, below, shows the non-significant scores related to these questions. The noticing intelligence question “Yes” answers had a p-value of 0.126714 and the clarity or affinity question “Yes” answers a p-value of 0.023891. The null hypothesis cannot be rejected for either of these questions. The “Yes” answers could have been selected by chance. It is unlikely that STARLINES explorers perceived any intelligence associated with these planets or noticed any greater clarity or affinity with some planets more than others.

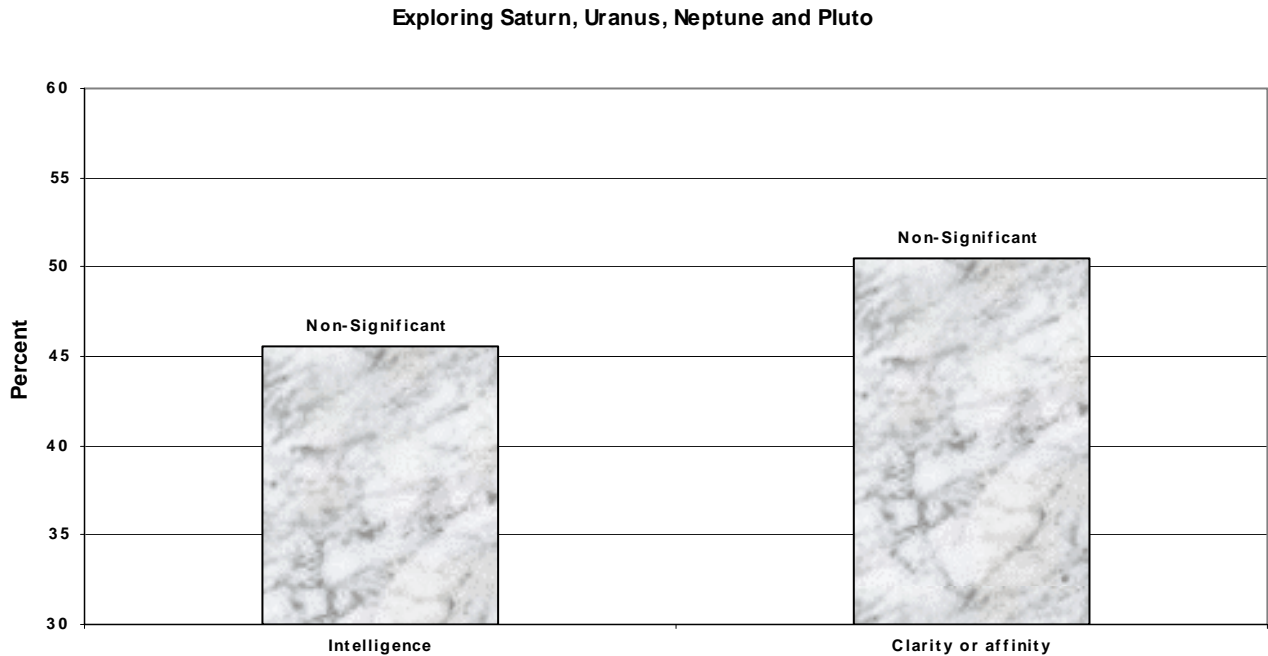


Figure 9

Two other multiple-choice questions for the *Exploring Saturn, Uranus, Neptune and Pluto* exercise pertain to sensory perceptions and feelings experienced by the explorers. Again, notice in the following charts, Figure 10 and Figure 11, the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings”.

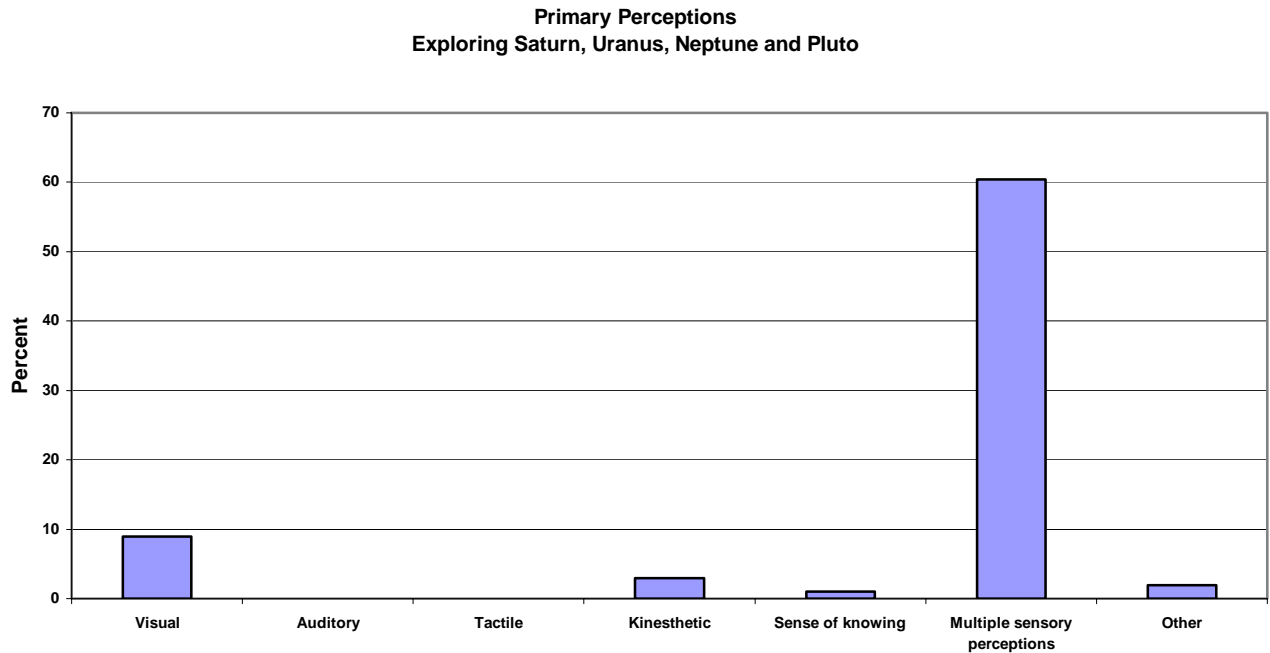


Figure 10

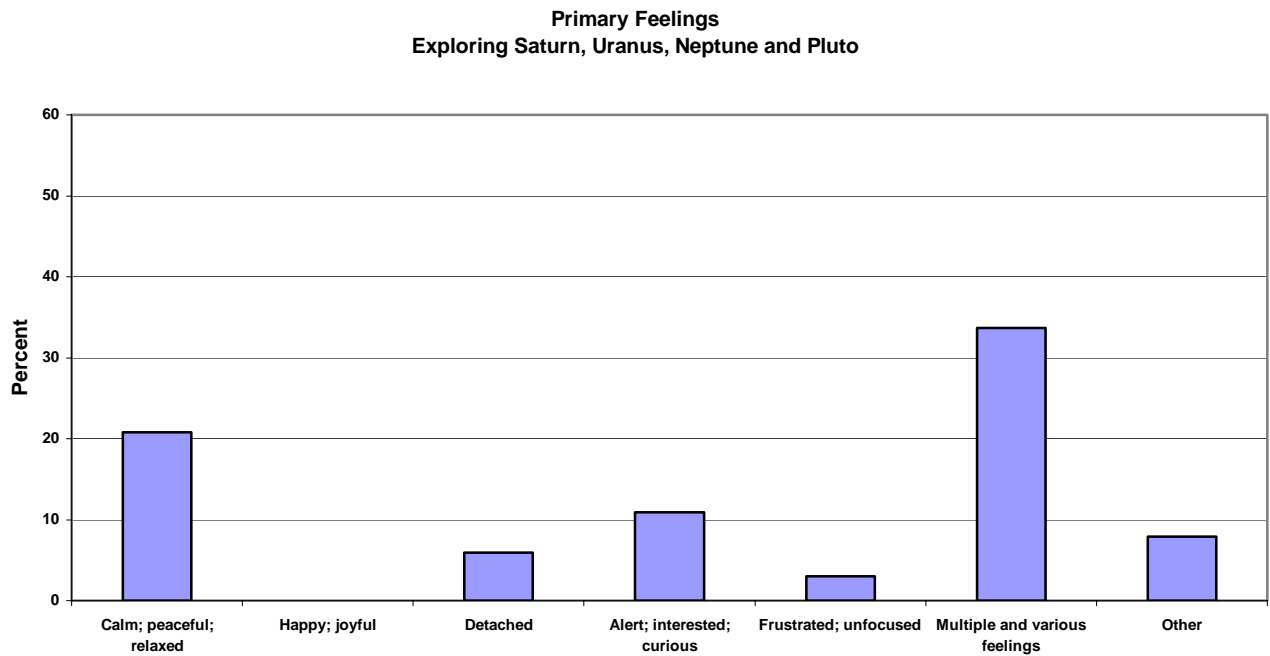


Figure 11

The narrative descriptions of the *Exploring Saturn, Uranus, Neptune and Pluto* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives. Below are a few examples:

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

DECIDED THIS TIME TO USE MY MEDITATION TECHNIQUES AND CREATE SILENT INNER STILLNESS. WAS ON BOARD SHIP. SAW A BEAUTIFUL SATURN WITH DISTINCT BANDS OF GOLD, VERMILLION, EMERALD, AND PURPLE.

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

CAN TRAVEL WITHOUT PROBLEMS. HAVE LEARNED TO NAVIGATE THE POD AS AN EXPERIENCED TRAVELER. I REMEMBERED THAT IN PREVIOUS MEDITATIONS LONG AGO, I HAD NAVIGATED MY OWN SPACESHIP. SAW THE PLANETS.

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

SATURN, A TORNADO FIELD WITH STILL STANDING TORNADOES. URANUS GAVE AN ALTERATION OF TIME SIDEWAYS. NEPTUNE HAD DEEP AQUA CAVES. PLUTO CAUSED ME TO SLIP AWAY. RETURN TO V8.

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

CLICKED OUT COMPLETELY.

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

I TRAVELED IN POD TO VISIT PLANETS. I ASKED FOR FUNCTION AND PURPOSE FOR EACH. I RECEIVED OODLES OF INFO IN CONCEPTUAL CAPSULES HOWEVER CAN'T REMEMBER ALL I RECEIVED. OVERALL-GREAT EXPERIENCE AND FULLY UNDERSTANDING MORE OF THE DYNAMIC PLAN FOR ALL UNIVERSE'S!

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

SATURN WAS SURPRISINGLY WARM WITH A SOLID SURFACE AND REASONABLE PRESSURE. SATURN WAS SOLIDLY FOGGY. IT TASTED OF AMMONIA, SALT AND CHALK. URANUS WAS COLD AND WINDY. THE SKY WAS COLORFUL WITH STREAKS OF GREEN. NEPTUNE HAD BLUE SEAS WITH SOLID AREAS OF

ICE. IT FELT COLD BUT SERENE AND TASTED CLEANER.
PLUTO WAS COLD AND DARK. THE SURFACE WAS ROUGH.

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

I FELT MORE EMOTIONALLY DETRACTED FROM THESE
PLANETS COMPARED TO PREVIOUS AREAS. HAD GOOD
VISUALS AND WAS AWARE OF GROUP ENERGY IN VOYAGER 8.
ONLY FELT ANY SORT OF CONNECTION WITH PLUTO,
PERCEIVED A GREAT INTELLIGENCE ASSOCIATED WITH THIS
PLANET AND I ASKED FOR A MESSAGE. ALL I RECEIVED WAS
“THERE ARE NO COINCIDENCES”, WHICH IS RELEVANT TO
WHAT I HAVE BEEN EXPERIENCING DURING THE PAST
COUPLE OF MONTHS, BUT DOESN’T ANSWER ANYTHING.

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

TIRED, I MET PEOPLE IN THE VOYAGER. WENT TO SATURN,
URANUS, NEPTUNE WITH NOTHING REALLY HAPPENING, BUT
I CLICKED OUT OF NEPTUNE. WHAT EVER WAS GOING ON
WAS TOO INTENSE.

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

WITH SATURN, URANUS AND NEPTUNE, I JUST WATCHED AS
WE PASSED THEM, THOUGH I GOT THAT BY MAKING THE TRIP
WE ARE TUNING IN TO THEIR ENERGIES IN WAYS THAT WILL
BE MADE CLEAR LATER. FOR PLUTO, I SAW SOME KIND OF
SPACE PROBE OR SATELLITE IN ITS FIELD. THAT SURPRISED
ME, AS I’M SURE IT WASN’T EARTH RELATED.

Starlines Exercise #3: Exploring Saturn, Uranus, Neptune and Pluto

SEEMS DIFFICULT TO GET THE ‘GROOVE’ OF 34/35, IT TAKES A
LONG TIME FOR ME TO BE ABLE TO PERCEIVE, MOSTLY
HAPPENS IN LAST QUARTER OF TAPE. I WOULD LIKE VERY,
VERY QUIET MUSIC AFTER THE TAPES. THE BAROQUE ETC,
PULLS ME OUT AND AWAY FROM MY EXPERIENCE TOO FAST.

The fourth Hemi-Sync exercise of interest in the STARLINES series is called *Solar System Free-Flow and Integration*. It too involves the use of *Voyager 8* yet involves less verbal guidance. Participants are asked to establish an objective based on their experiences in the previous exercises and then explore freely as they see fit. The questionnaire completed by the participants after finishing the exercise also asks for a narrative description of the experience and poses a series of multiple-choice questions:

“Did you have a particular objective during this exercise?”

“Was it helpful for you to have a goal or objective?”

“Did you ask for help or assistance?”

“Did you notice/communicate with your *traveling companions*?”

“Did you notice/communicate with *other helpers*?”

“Did you retrieve any memories or receive any messages?”

Regarding the question above about asking for help or assistance, this is the first time this concept is introduced in the STARLINES program. Long-time practitioners of the Hemi-Sync auditory-guidance system are well practiced in this procedure however. In the chart below, Figure 12, the relative values of the “Yes” answers to three of the above questions were significant. As to whether or not having a goal was helpful, these “Yes” answers were non-significant at a p-value of 0.058941. It is unlikely whether participants know or not if having a goal is helpful.

As to perceiving *other helpers*, in this exercise the “Yes” answers are a little better—reaching marginal significance at a p-value of 0.019065. Perhaps there is a connection here between this slightly elevated “Yes” score and the previous exercises given the addition of the “... ask for help or assistance” concept being introduced.

Yet, with the increased perceptions of *other helpers*, the idea of retrieving any memories or receiving any messages reached only marginal significance in this *Solar System Free-Flow and Integration* exercise with a p-value of 0.011271. What would happen as the explorations continued beyond the confines of our solar system?

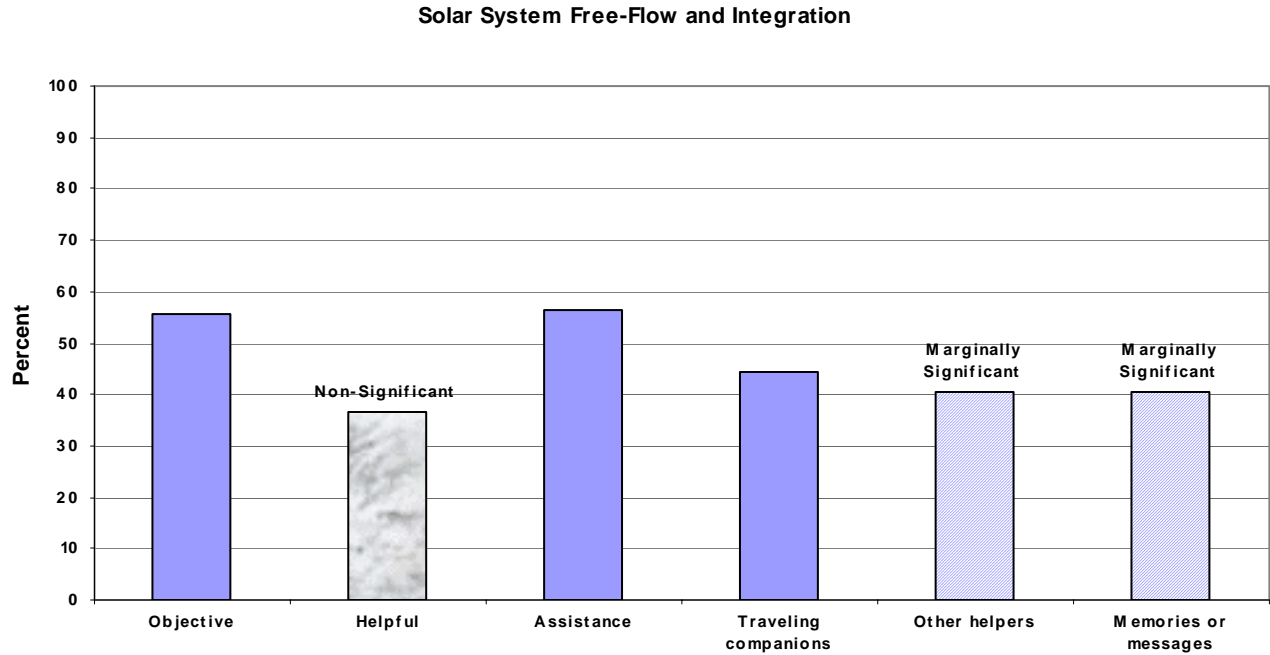


Figure 12

Two additional questions for the *Solar System Free-Flow and Integration* exercise ask whether or not the participants noticed intelligence associated with the celestial bodies of our solar system and if the participants noticed any greater clarity or affinity with some celestial bodies more than others. Figure 13, below, shows the non-significant scores related to these questions. The noticing intelligence question “Yes” answers had a p-value of 0.432384 and the clarity or affinity question “Yes” answers a p-value of 0.434722. The null hypothesis cannot be rejected for either of these questions. The “Yes” answers could have been selected by chance. It is unlikely that STARLINES explorers perceived any intelligence associated with the celestial bodies of our solar system or noticed any greater clarity or affinity with some more than others during the *Solar System Free-Flow and Integration* exercise.

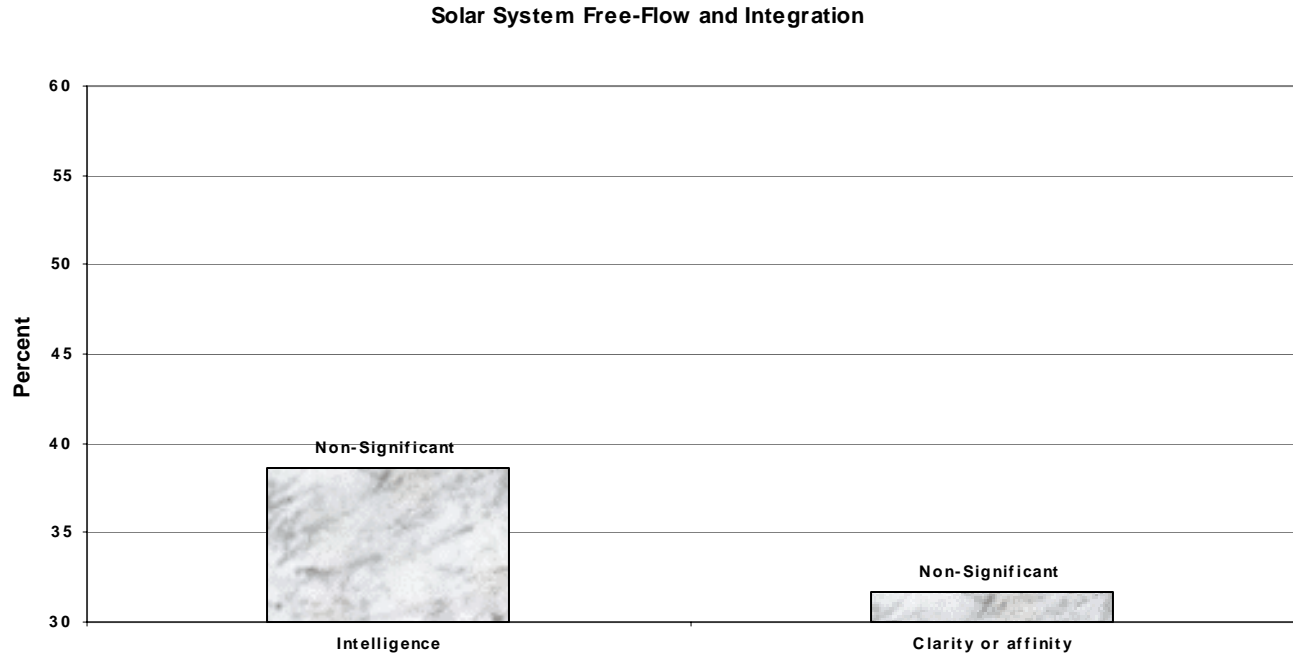


Figure 13

Two other multiple-choice questions for the *Solar System Free-Flow and Integration* exercise pertain to sensory perceptions and feelings experienced by the explorers. Again, notice in the following charts, Figure 14 and Figure 15, the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings”.

Primary Perceptions
Solar System Free-Flow and Integration

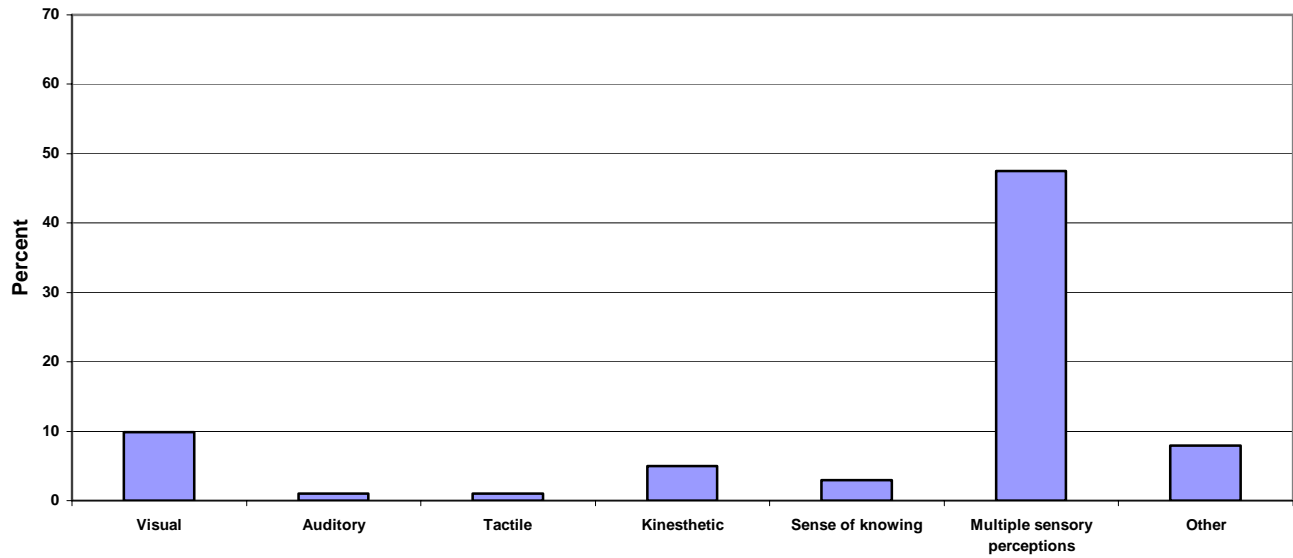


Figure 14

Primary Feelings
Solar System Free-Flow and Integration

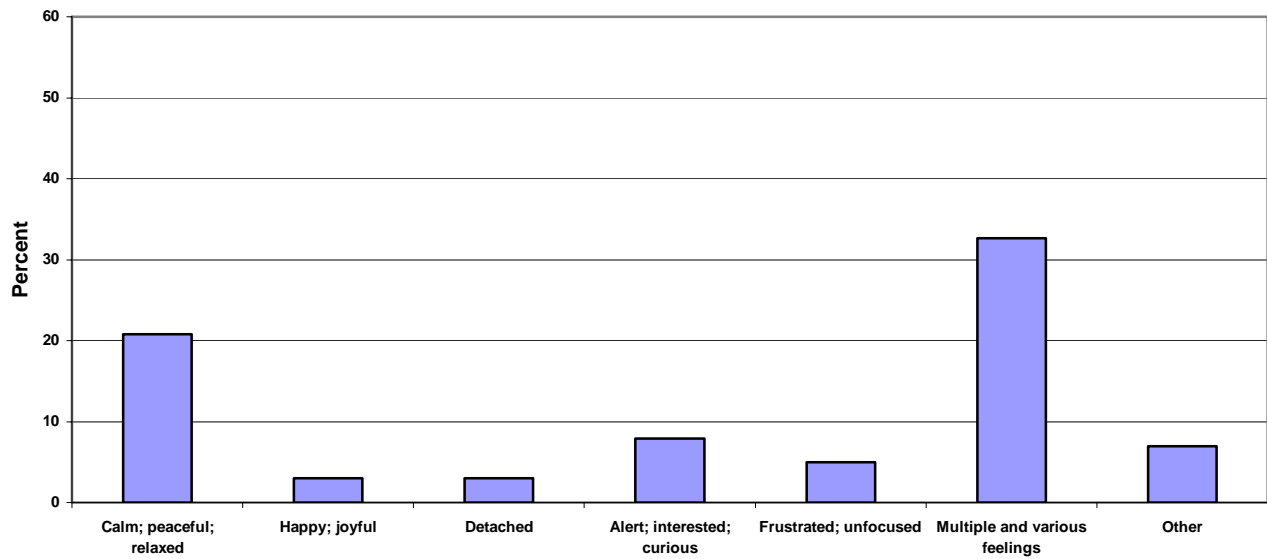


Figure 15

The narrative descriptions of the *Solar System Free-Flow and Integration* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives. Below are a few examples:

Starlines Exercise #4: Solar System Free-Flow and Integration

CLICKED OUT

Starlines Exercise #4: Solar System Free-Flow and Integration

NOT MUCH HAPPENED TO REPORT. MOST IN FEELINGS AND BEING. JUST FEELING THE ENERGIES. MOSTLY OF JUPITER. SEEMED DRAWN TO IT AUTOMATICALLY. COMMUNICATED WITH MY GUIDES. SEEMINGLY TO SORT OUT AND SETTLE ISSUES.

Starlines Exercise #4: Solar System Free-Flow and Integration

IT STARTED OUT WITH MANY IMAGES. BUT AS I NEARED MY DESTINATION (PLUTO) I CLICKED OUT. IT SEEMED TO ME THAT PERHAPS MY MANY IMAGES EITHER WERE OR ARE A COLLECTIVE ROTE.

Starlines Exercise #4: Solar System Free-Flow and Integration

CLICKED OUT EARLY ON, CAME BACK IN WITH THE VALUATION THAT I WAS ENJOYING A DEMONSTRATION OF THE EMITTER'S FIELD OF CONSCIOUSNESS. A PROOF THAT THE SOLAR SYSTEM IS A CONSCIOUS SYSTEM (THOUGH RATHER IT'S SELF AWARE. I COULDN'T TELL, MAYBE TO A DEGREE IT IS) WHAT I HEARD WAS A SET OF THEMES, VARIATIONS OF THE MUSIC OF THE SPHERES. CONSCIOUSNESS IS THE GROUND OF BEING, SO WHATEVER IS, IS WITHIN CONSCIOUSNESS.

Starlines Exercise #4: Solar System Free-Flow and Integration

WENT THROUGH ½ OR MORE OF THE EXERCISE WITH ABSOLUTELY NOTHING. FRUSTRATED, I SAID TO GUIDANCE 'YOU GOT TO GIVE ME SOMETHING TO GO BACK WITH!' THEN I WAS FLYING DOWN TOWARDS A CANYON WITH A LIGHT AND STONE SHAPE AT END. IT WAS VERY CLEAR. I GOT CLOSER AND CLOSER AND THEN BLACK. I THOUGHT THE

EXPERIENCE WAS OVER WHEN I REALIZED I WAS STILL MOVING BUT COULD SEE NOTHING. AFTER A LONG WHILE I CAME OUT THE OTHER END OF WHAT WAS THEN OBVIOUSLY A TUNNEL OR PORTAL. I DIDN'T KNOW WHERE I WAS. COULDN'T RECOGNIZE ANYTHING. THERE WERE STRANGE LIGHTS IN THE SKY THAT I HAD NEVER SEEN BEFORE. THEN WE WERE CALLED BACK.

Starlines Exercise #4: Solar System Free-Flow and Integration

AFTER LEAVING V-8, I FOUND A TUBE OR A TUNNEL IN FRONT OF ME. I WENT INSIDE. ENERGY IS FLOWING TOWARD THE OTHER END OF THE TUBE, SO I FOLLOWED THE FLOW. I WENT THROUGH THREE TUNNELS AND FOUND MYSELF IN THE DEEP SPACE. THEN THERE APPEARED ANOTHER TUNNEL, SO I WENT INSIDE. THIS TIME THE INSIDE WALL WAS NOT SMOOTH. IT LOOKED LIKE AN INTESTINE. I FELT LIKE I WAS INSIDE MY BODY. I WENT THROUGH THIS TUNNEL AND FOUND MYSELF IN DEEP SPACE AGAIN. I SAW MANY TINY BUBBLES LINED UP FROM MY CHEC UNIT.

Starlines Exercise #4: Solar System Free-Flow and Integration

DON'T REMEMBER, WASN'T CLICKED OUT, JUST WAS KIND OF PARALYZED.

Starlines Exercise #4: Solar System Free-Flow and Integration

ZZZZZZZZZZZZZZZZZZZZ [DREW PICTURE OF FACE, ASLEEP AND SNORING.]

Starlines Exercise #4: Solar System Free-Flow and Integration

CLICKED OUT, VERY PLEASANT

Starlines Exercise #4: Solar System Free-Flow and Integration

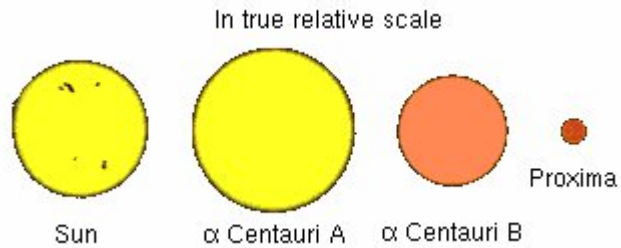
MY OBJECTIVE WAS TO BE OPEN TO WHATEVER IN THE SOLAR SYSTEM CALLED ME. AS WE/I STARTED TO EXPLORE, I THOUGHT ABOUT GOING TO SOME OF THE MOONS. STARTED WITH EARTH MOON, WAS JOINED BY CARTER. THEN CLICKED OUT UNTIL CALL TO REJOIN VOYAGER 8 FOR RETURN TO F27. I'M DISAPPOINTED TO HAVE MISSED OUT ON SEEING THE SOLAR SYSTEM FROM OUTSIDE IT. OH, YES, I SAW SOME PEOPLE COMING BACK DOWN. ONE WAS MITZIE RIDING WITH ME ON A SUBWAY.

The next Hemi-Sync exercise of interest in this STARLINES study, called *Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius*, extends beyond the use of *Voyager 8* within our solar system. *Focus-42* is a higher, finer, more expansive, and more collective state of consciousness than *Focus-34/35*. From *Focus-42* it becomes much easier to reclaim not only personality aspects, experience and soul projections of the *I-There*, but to reclaim and know more of the *I-There-Cluster* and to move into even greater awareness of **Total Self**, the I AM. In *Focus-42* it is also easier to shift through great expanses of the time-space continuum and beyond.

During the *Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius* exercise, STARLINES participants shift to *Focus-42* using the large group *crystal* in the *generator room* on *Voyager 8*. From this point, explorations of the “local bubble” (neighboring star systems and energetic phenomena of the Milky Way) begin, first on the itinerary, the Alpha Centauri system.

Alpha Centauri is a special star—not only because it is the closest stellar system to the sun but also because it is one of the relatively few places known at this time in the Milky Way Galaxy that may offer terrestrial life conditions.

Visible only from latitudes south of about 25°, the star called Alpha Centauri lays 4.35 light years from the Sun. But it is actually a triple star system. The two brightest components Alpha Centauri A and B form a binary. They orbit each other in 80 years with a mean separation of 23 astronomical units (1 astronomical unit = 1 AU = distance between the



Alpha Centauri

and Earth). The third member of the system Alpha Centauri C lays 13,000 AU from A and B, or 400 times the distance between the Sun and Neptune. This is so far that it is not known whether Alpha Centauri C is really bound to A and B, or if it will have left the system in some million years. Alpha Centauri C lays measurably closer to the Sun than the other two: It is only 4.22 light-years away, and it is the nearest individual. Because of this proximity, Alpha Centauri C is also called Proxima.

Alpha Centauri A is a yellow star with a spectral type of G2, exactly the same as the Sun’s. Therefore its temperature and color also match those of the Sun. Alpha Centauri B is an orange star with a spectral type of K1. Whereas Alpha Centauri A and B are stars like the Sun, Proxima is a dim red dwarf with a spectral type of M5—much fainter, cooler, and smaller than the Sun. Proxima is so faint that astronomers did not discover it until 1915.

Next on the itinerary is Sirius, which is approximately eight light years away. This is a very bright binary star system. Sirius has played an important role in the mythic

stories of many Earth cultures and philosophies and in the inner journeys of many humans throughout history.

Intrinsically, Sirius is over 20 times brighter than the Sun and over twice as massive. Sirius is called the Dog Star because of its prominence in the constellation of Canis Majoris (Big Dog). In 1862, Sirius was discovered to be a binary star system with a companion star, Sirius B, 10,000 times dimmer than the bright primary, Sirius A. Sirius B was the first white dwarf star discovered, a type of star first understood by Subrahmanyan Chandrasekhar in 1930. While studying Sirius in 1718, Edmond Halley discovered that stars move with respect to each other. The Sirius system is shown captured in X-ray light.



Sirius

The questionnaire completed by the participants after finishing the *Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius* exercise also asks for a narrative description of the experience and poses a series of multiple-choice questions:

- “Did you experience the shift to a new state of awareness?”
- “Were you able to perceive or get an impression of Alpha Centauri?”
- “Were you able to perceive or get an impression of Sirius?”
- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with *other helpers*?”
- “Did you retrieve any memories or receive any messages?”

Regarding the question above about the shift to a new state of awareness, this concerns the move to *Focus-42*, as it is the first time this focus level is introduced in the STARLINES program. In the chart below, Figure 16, the relative values of the “Yes” answers to the first three of the above questions were significant.

As to noticing or communicating with traveling companions, these “Yes” answers were non-significant at a p-value of 0.056674. It is unlikely that participants interfaced with their fellow STARLINES *traveling companions*.

As to perceiving *other helpers*, in this exercise the “Yes” answers were non-significant at a p-value of 0.022080. It is unlikely that participants interfaced with their fellow STARLINES *other helpers*.

Concerning the idea of retrieving any memories or receiving any messages, the “Yes” answers were non-significant at a p-value of 0.027058. It is unlikely that participants retrieved any memories or received any messages.

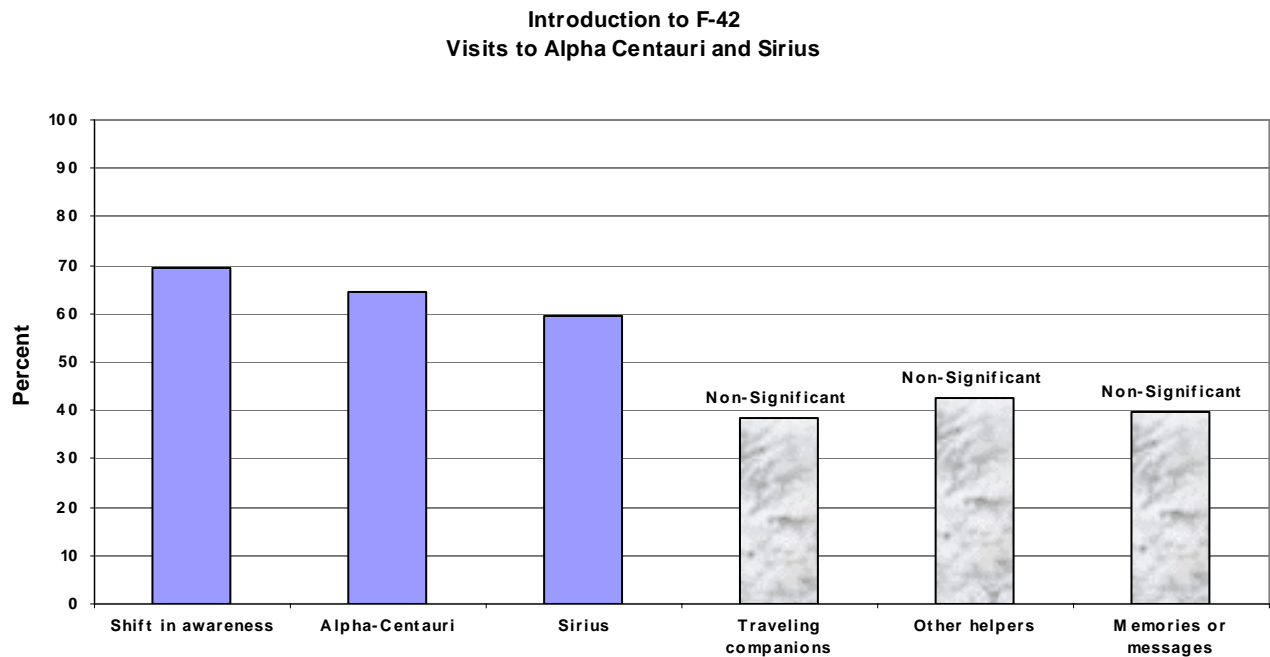


Figure 16

Again concerning the question above about the shift to a new state of awareness, participants were asked to comment regarding this shift. Here are a few selected examples:

Starlines Exercise #4: Comments regarding this shift

MY AWARENESS SEEMED GREATER ABLE TO REMEMBER MORE OF MY EXPERIENCE.

Starlines Exercise #4: Comments regarding this shift

IT SEEMED LIKE A MUCH LESS “DENSE” STATE, GENTLE, LIGHTER.

Starlines Exercise #4: Comments regarding this shift

AS WITH OTHER F-LEVELS, IT FELT UNIQUE, I SET A PIC.

Starlines Exercise #4: Comments regarding this shift

IT WAS VERY EASY.

Starlines Exercise #4: Comments regarding this shift

CALM ENERGY.

Starlines Exercise #4: Comments regarding this shift

CLEARLY A DIFFERENT STATE; SAW MANY MANDALLAS AT FIRST.

Starlines Exercise #4: Comments regarding this shift

DIFFICULT TO EXPLAIN

Starlines Exercise #4: Comments regarding this shift

AN AWARENESS OF DIFFERENT PERSPECTIVE IS MOVING IN/MOVING OUT OF CONSCIOUSNESS.

Starlines Exercise #4: Comments regarding this shift

FOCUS 42 SEEMS HEAVIER, DENSER TO ME. IT WAS HARD TO BREATHE.

Starlines Exercise #4: Comments regarding this shift

MUCH HIGHER IN ORBIT

Two other multiple-choice questions for the *Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius* exercise pertain again to the sensory perceptions and feelings experienced by the STARLINES explorers. Notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 17 and Figure 18.

Primary Perceptions
Introduction to Focus-42 Visits to Alpha Centauri and Sirius

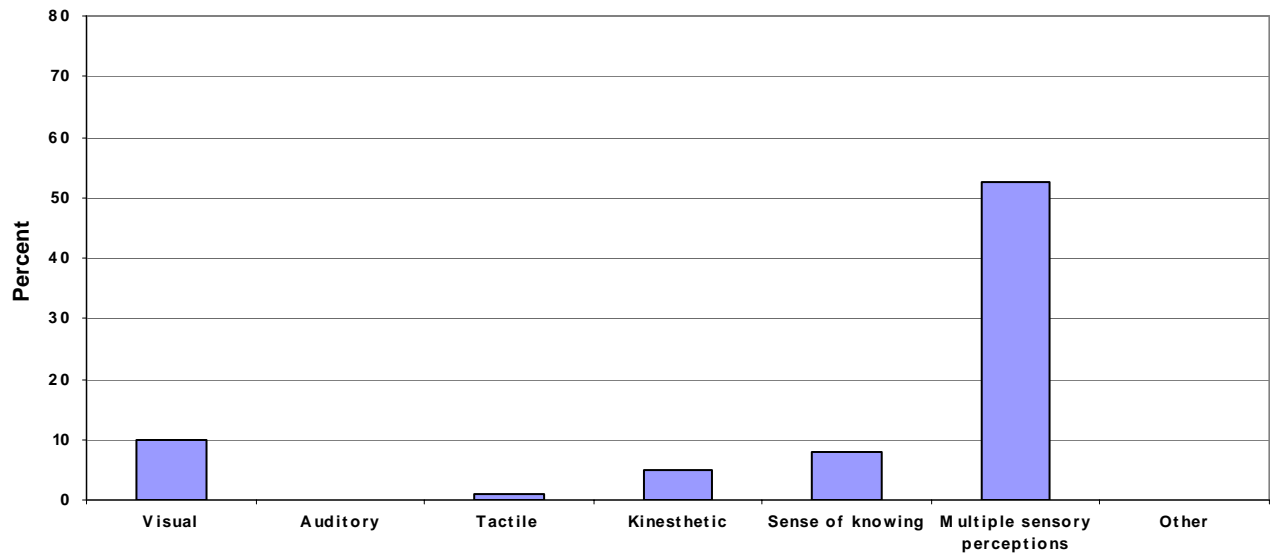


Figure 17

Primary Feelings
Introduction to Focus-42 Visits to Alpha Centauri and Sirius

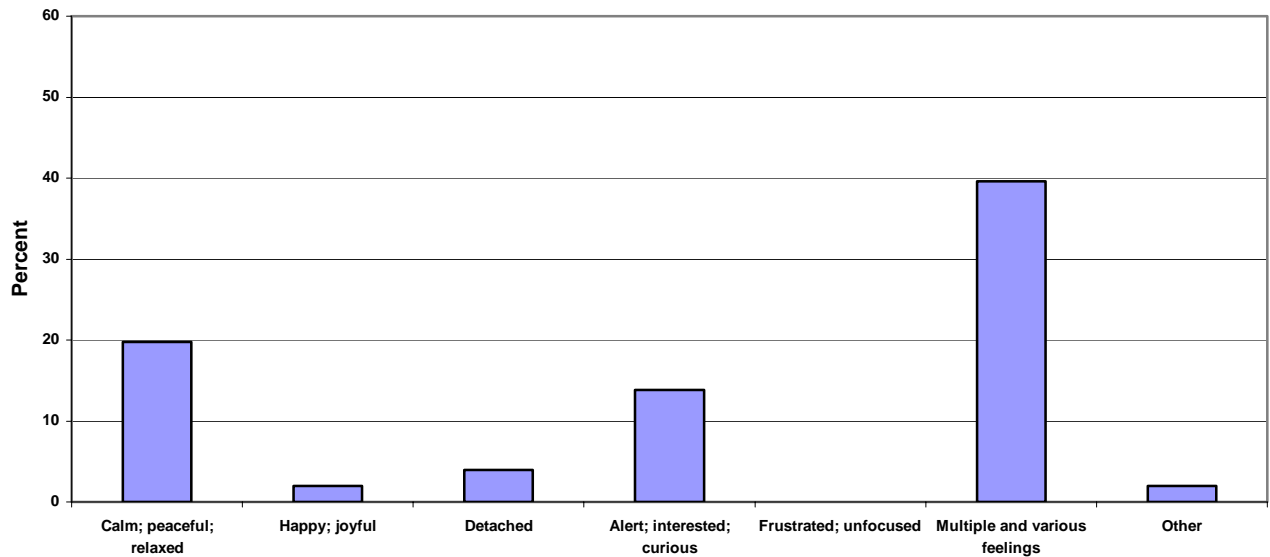


Figure 18

The narrative descriptions of the *Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives. Below are a few examples:

Starlines Exercise #5: Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius

AS SOON AS I ARRIVE IN 42, I LOSE ALL AWARENESS OF THE GROUP. IT'S THE MEETING PLACE. IMMEDIATELY AS I'VE BREACHED THE PERIMETER I HEAR (IN A METALLIC, ROBOT-LIKE VOICE) "QUESTIONS". THEN ANSWER A LONG Q & A SESSION. A SQUARE /CUBE, SHAPELY DEFINED HANGING IN SPACE.

Starlines Exercise #5: Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius

WONDERFUL HELP AND GUIDANCE IN MY LIFE HEALING 42—LIGHT—I COULD HARDLY KEEP MYSELF FROM FLOATING.

Starlines Exercise #5: Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius

NOTICED LOTS MORE PEOPLE AND STATIONS AROUND THE CRYSTAL. SAW THE CENTAURI SYSTEM VERY CLEAR. GOT 3 PLANETS AROUND THE BIG SUN-LIKE STAR (OR 3 PLANETS WITH LIFE LIKE CONDITIONS). FOUND MYSELF IN A VERY EARTHLIKE ENVIRONMENT—VEGETATION, SKY WITH CLOUDS AND SAW CARL THERE BUT FELT IT WAS NOT EARTH. TRAVELED TO SIRIUS BUT NOT MUCH CLEAR VISION.

Starlines Exercise #5: Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius

CLICK OUT!

Starlines Exercise #5: Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius

I FELT THE GROUP QUITE PRESENT IN THIS EXERCISE, ESPECIALLY MY ROOMMATE KAREN. I BECAME MUCH MORE KINESTHETIC AND AUDITORY IN 42 LESS VISUAL. IT BECAME DARK WITH DENSE STARS IN THE DARKNESS. I DIDN'T SEE ANOTHER ALPHA CENTAURI OR SIRIUS BUT RATHER CAME IN CONTACT WITH BEINGS OF BOTH PLACES. I DEFINITELY

RESONATED AND FELT TO BE ONE WITH THE BEINGS OF SIRIUS. THEY ACCEPTED ME INTO THE CENTER OF A GATHERING. THE CENTER WAS A TUNNEL OF LIGHT. INSIDE WAS PURE LOVE. THEY APPEARED AS ANGELS (VERY LARGE) (VERY BRIGHT) WHICH I BELIEVE TO BE JUST A FAÇADE, PROBABLY TO MAKE ME FEEL AT EASE. I WAS TOLD MY SOUL'S PURPOSE WAS TO HELP OTHER PEOPLE ON PLANET EARTH TO AWAKEN TO A NEW CONSCIOUSNESS. I WAS ALSO TOLD MY STRONG LOVE AND COMPASSION FOR ANIMALS WAS VERY IMPORTANT. I REALIZE WHY I WAS BORN INTO THE FAMILY THAT I CHOSE AND THAT IT WAS PART OF MY EVOLUTION.

Starlines Exercise #5: Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius

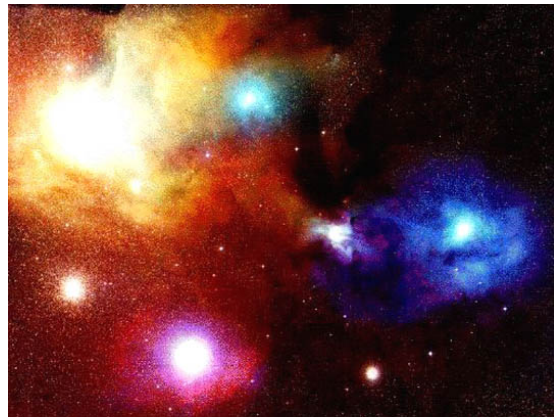
ONCE IN F42 WAS AWARE OF THE CHANGE IN ENERGY DURING SHIFT, BUT UNABLE TO PERCEIVE ALPHA-CENTAURI. JUST NOTHING. HOWEVER WITH SIRIUS I SENSED A PRESENCE, A DIFFERENT TYPE OF ENERGY WHICH FELT INVASIVE AND FILLED MY CHEC UNIT. IT WAS NOT UNPLEASANT, BUT JUST A VERY STRONG INTELLIGENT PRESENCE AND I AM STILL AWARE OF REMNANTS OF THE ENERGY AS I WRITE. I FELT VERY RELUCTANT TO LEAVE F42 AND RETURN TO C1. IT'S STRANGE BECAUSE I HAD NO VISUALS AND RECEIVED NO MESSAGE, YET SOMETHING VERY REAL HAPPENED.

Starlines Exercise #5: Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius

FIRST IMPRESSION SENSING THE FINE WAVES BECOMING A SENSE OF PLEASANT SELF-AWE. THEN WHEN I TRIED TO FOLLOW INSTRUCTION RE: ALPHA CENTAURI, GOT FRUSTRATED AND THOUGHT, "I DON'T GIVE A SHIT ABOUT THIS DENSE MATTER, COMPARED TO THE WAVES THIS IS YUCKY." THEN A SHIFT IN, I DON'T KNOW HOW TO WORD IT. "HOW DOES THIS EXERCISE RELATE OR WILL AID IN KNOWING MORE SELF AND USE REMEMBRANCE?" *THAT WHICH YOU ARE SEEKING IS WHAT IS DOING THE SEEKING.* RELAX, MUCH HAPPENED ALONG THE LINES OF: *MY BIG I IS EVERYWHERE AND IT IS HAVING FUN WITH THIS LITTLE I LOOKING FOR ITSELF.* RELAX, RELAX, SENSE OF: *THE BIG I IS EVERYONE'S ALL BIG I.* THEN I HUMBLY GAVE THANKS THAT ME, SMALL I, A PART OF THE HUGE I COULD PARTICIPATE AND ENJOY THE MACRO ENJOYMENT.

Next on the agenda, the *Visits to Arcturus and the Pleiades* exercise.

Arcturus, a Red Giant star, is approximately 36 light years from Earth. This is a very old star system, so large and bright that even from this distance it is the fourth brightest star visible to the human eye. The unusual orbit of Arcturus, crosswise through the galactic plane, suggests that its age may pre-date the formation of the galaxy itself. Like Sirius, Arcturus and the consciousness patterns associated with this star have played a significant role in the inner journeys of many cosmic travelers. The image shows the star Arcturus and its companions.



Arcturus

The Pleiades, sometimes called the Seven Sisters, are positioned approximately 380 light years away. This star cluster is located in the constellation Taurus and actually consists of over 500 faint stars and a few rather bright ones as observed from Earth. References to this star cluster appear quite frequently in the mythology of ancient cultures and three times in the western Bible. Given the size and diversity of this star cluster, it is likely that it holds a large variety of consciousness and life stream patterns. The image shows a map of the Pleiades star system.



Pleiades

The questionnaire completed by the participants after finishing the *Visits to Arcturus and the Pleiades* exercise also asks for a narrative description of the experience and poses a series of multiple-choice questions:

- “Were you able to perceive or get an impression of Arcturus?”
- “Were you able to perceive or get an impression of the Pleiades?”
- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with *other helpers*?”
- “Did you retrieve any memories or receive any messages?”
- “Were you taken anywhere else?”

In the chart below, Figure 19, the relative values of the “Yes” answers to five of the six questions above were significant. As to whether or not participants felt they were

“taken anywhere else” other than Arcturus and the Pleiades, there were actually a great number of “No” answers.

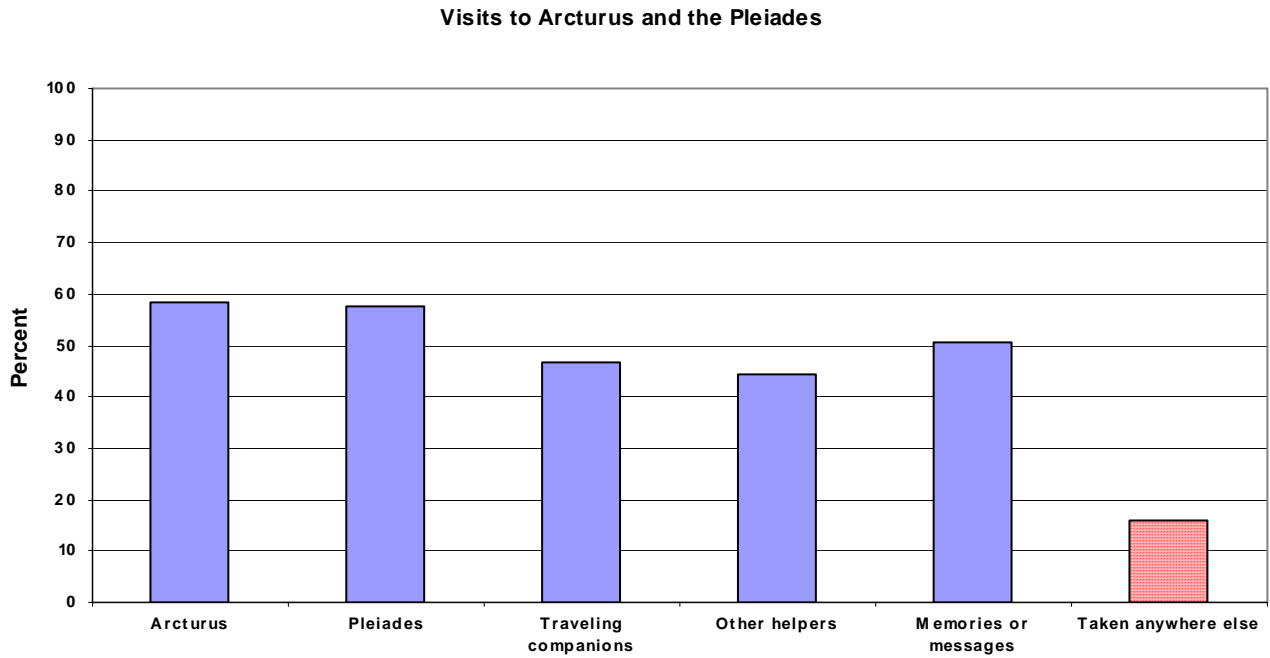


Figure 19

Two other multiple-choice questions for the *Visits to Arcturus and the Pleiades* exercise again address the issue of sensory perceptions and feelings experienced by the STARLINES explorers. I am illustrating the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 20 and Figure 21, and in similar charts for the different exercises, because later in this report I will show a composite graph revealing interesting changes as the STARLINES participants progressed through the seminar.

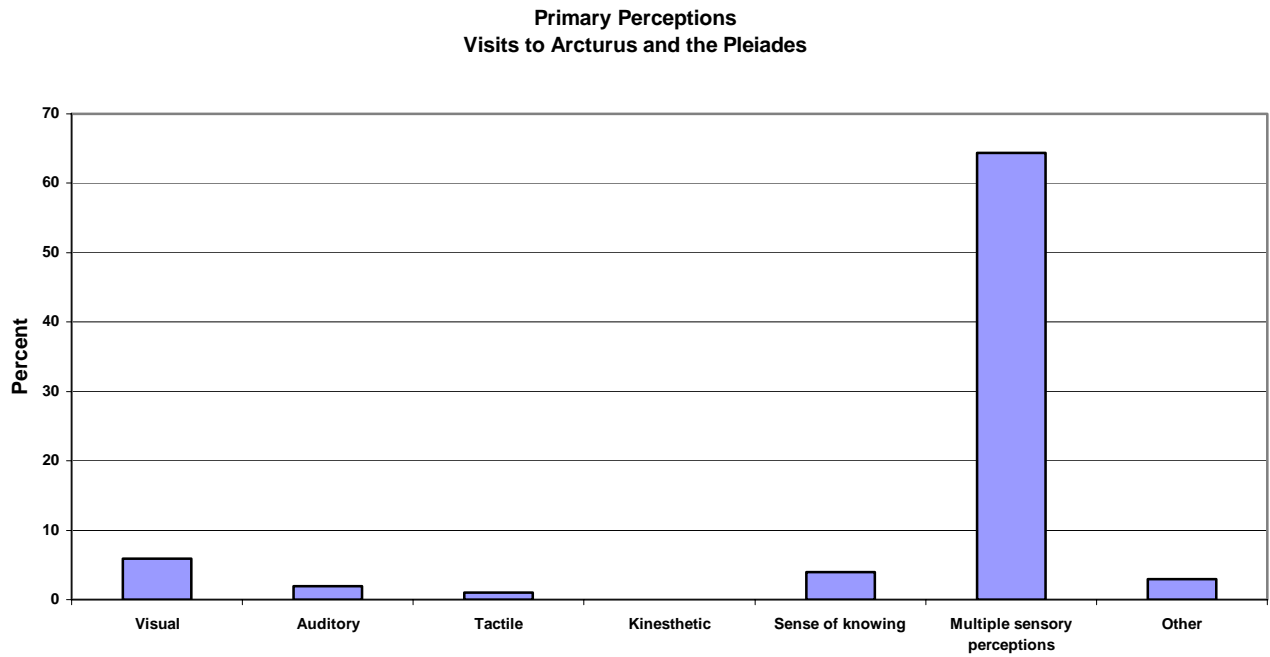


Figure 20

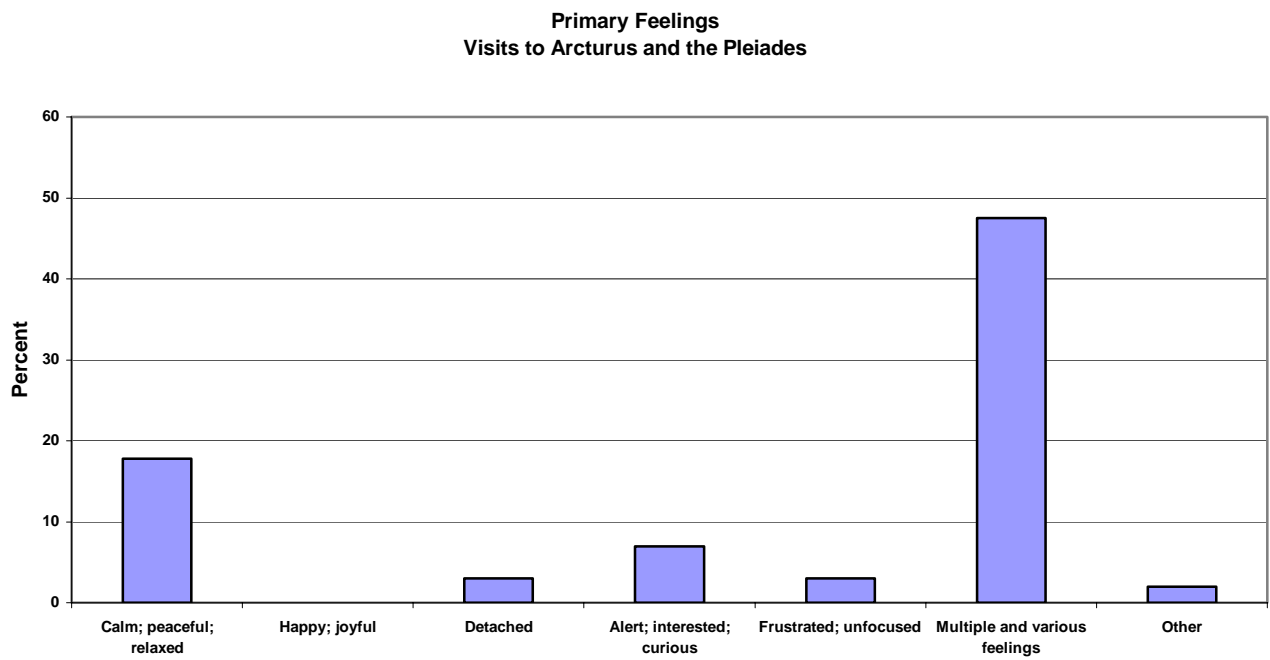


Figure 21

The narrative descriptions of the *Visits to Arcturus and the Pleiades* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives. Below are a few examples:

Starlines Exercise #6: Visits to Arcturus and the Pleiades

WAS AWARE OF OTHERS IN THE GROUP CLEARLY. THIS SEEMED TO BE TMI THERE. THEN AT SOME SORT OF SPACEPORT, A LOT OF ACTIVITY. WAS WATCHING AS A VERY LARGE SHIP WAS PREPARING FOR TAKE OFF. IT ROSE UP SLOWLY...BEGAN TO HAVE A DISTINCT FEEL AROUND THE UNDER STRUCTURE. THIS FIELD HAD A RED COLOR THAT INTENSIFIED AS THE POWER RAMPED UP. EXCITEMENT AROUND WATCHING THIS.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

LOVELY TO 42 THEN FELL ASLEEP.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

RATHER BLURRY. DIDN'T STAY ALERT, SAW ARCTURUS AS BLUE/WHITE WITH FLARES. SAW PLEIADES AS A PAIR OF STARS. THEN MY CONSCIOUSNESS WANDERED.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

VERY AWARE OF ENERGY CHANGE BETWEEN FOCUS-34/35 AND FOCUS-42. I FEEL FOCUS-42 AS A FINE, BUT HEAVY ENERGY AND I FEEL I'D LIKE TO EXPLORE THE ENERGY MORE WITHOUT HAVING TO VISIT SPECIAL PLACES. I RECEIVED VISUAL IMPRESSIONS OF A WORLD IN ARCTURUS, WALL LIKE CAVERNS. PLEIADES, A VISUAL OF A WORLD WITH BARREN LANDSCAPE, BOULDERS AND PINNACLE, BUT OVERALL I WAS MORE AWARE OF THE ENERGY. AGAIN I DIDN'T WANT TO LEAVE F42. NOT ENOUGH TIME THERE.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

I FIND MYSELF IN A VERY DEEP PLACE. I HAVE NO AWARENESS. I'M SHOCKED BACK INTO MY BODY BY DAR'S VOICE CALLING US BACK TO V8. PLEIADES: I SEE THE CONSTRUCT OF MANY BODIES CLUSTERED TOGETHER BUT FALL BACK INTO NOTHINGNESS. IT ALL SEEMS OVER IN A

FRACTION OF A SECOND. WE ARE CALLED BACK TO V8 WHEN I WANT TO LINGER.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

TRAVELING TO ARCTURUS WAS EASY AND VERY COMFORTABLE. THE GROUP ENERGY WAS REALLY GREAT. THEN I LEFT FROM V-8 ON MY MAGIC BUS TO ARCTURUS, FOLLOWED ALONG BEAM OF LIGHT. WAS THEN SHOWN A BLUEPRINT OF SEMANTIC DRAWING. I WAS TOLD TO PAY CLOSE ATTENTION TO EVERY DETAIL BEFORE GOING TO THE PLEIADES. I GUESS IN TRYING TO DIGEST THE PRINT I NEVER GOT CHANCE TO GO TO THE PLEIADES.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

CLICKED OUT ON BOTH OF THESE, PROBABLY DUE TO EXCESSIVE TIREDNESS CAUSED BY THE DEPTH OF THE EXPERIENCE #5. I REALLY WANTED TO GO THERE BUT JUST COULDN'T DO IT.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

SAW SPACE STATION AS WE APPROACHED F34/35. CLICKED OUT FOR PORTION AFTER ARRIVING AT ARCTURUS AND JUST BEFORE MOVING TO PLEIADES. FEEL VERY PEACEFUL AND COMFORTABLE IN F42.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

INSTEAD OF APPROACHING THESE LOCALES FROM A GEOLOGIC/GEOGRAPHIC PERSPECTIVE I TRIED TO PERCEIVE MY "I-THERE" OR PORTIONS OF IT AS AN ENTRY PERSPECTIVE. IT WORKS EXCEEDINGLY WELL! ARCTURUS ENTERING THIN STRANDS OF GOLD FIBROUS MATERIAL SWAYING IN A WIND IN LONG SWEEPING ARCS. THE FEELING WAS A PROFOUND SENSE OF HARMONY AND WISDOM. LARGE CIPHER SYMBOLS WERE PULSATING AND FLOATING TO AND FROM ME, LANDING ON A CLIPBOARD I WAS HOLDING, THEN LEAVING. AFTER ATTEMPTS AT PINPOINTING PARTS OF THE CLIPBOARD SURFACE, AS IF THERE WAS A GIANT CROSSWORD PUZZLE BEING TESTED. THE SYMBOLS WERE NOT RECOGNIZABLE TO ME. BUT AS I WAS LEAVING, PLINY THE ELDER APPEARED TO ME. I DON'T KNOW WHO HE IS/WAS; PART OF MY I-THERE? THE SENSE I WAS LEFT WITH WAS ONE OF PATIENCE; MY TIME WILL COME. PLEIADES INSTANTLY IN THE BEGINNING

BLACK VOID A SMALL SILVER TRIANGLE APPEARED. IT ACTUALLY SEEMED TO COME RIGHT INTO MY CHEC UNIT. THE FIRST VISUAL WAS OF A PLATE OF FOOD, THEN A TABLE FILLED WITH FOOD AND A STRONG ROTE THAT THIS REPRESENTS HARVEST, BOUNTY, AND HOSPITALITY. I SLID DOWN A VORTEX OF EXTREMELY FINE SILVER/MOLYBDENUM THREADS, SPIRALING DOWN A HELIX FORM. NEAR THE OUTPOURING OF THE VORTEX PLEIADES APPEARED AS A LIVE ESSENCE, ITS STARS GLOWING, IMMENSE IN SIZE AND EMANATING A GLOW WHICH I CAN ONLY DESCRIBE AS WELCOMING. MY SENSE IS THAT ITS MISSION IS ONE AS THAT OF AN AMBASSADOR. TRAVELING BETWEEN GALAXIES EXTENDING HOSPITALITY FROM THE MILKY WAY GALAXY.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

CLICKED OUT.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

COMMUNICATED WITH HELPERS ON BOTH ARCTURUS AND PLEIADES. SAW PLEIADES AS VISUAL IN SLIDE. PERSONAL SPACE HAD A DEVICE ON WALL TO REJUVENATE BODY BY LEANING INTO IT.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

CLICKED OUT ALL THE WAY.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

FOLLOWED THE DIRECTIONS THOUGH DAR'S VOICE IS SO COMFORTING IT PUTS ME TO SLEEP. COULD SEE THE STARS AND STAR GROUPS AND THEN SLEEP.

Starlines Exercise #6: Visits to Arcturus and the Pleiades

I ASKED HELPERS TO TAKE ME TO WHERE INTELLIGENT SPECIES ARE. SOMEWHERE NEAR ARCTURUS: SAW A SPHERE THAT IS MADE OF MANY FISHLIKE CREATURES, NO COMMUNICATION POSSIBLE. NEAR PLEIADES SAW A CREATURE, NO COMMUNICATION.

The next exploration in the Milky Way galaxy is the *Visits to Orion, the Orion Nebula and Free-Flow in the Local Bubble* exercise.

Orion, the so-called master of the winter skies, ranges from 500 to 1500 light years from the Earth. The stars in Orion include the bright Red Giant Betelgeuse, the even brighter Rigel, the belt stars: Mintaka, Alnilam and Alnitak, and many other stars and features easily visible from Earth, including the Orion Nebula.



Orion Nebula

Orion has been very important in Earth history and culture. Our solar system is in the Orion arm of the Milky Way galaxy, which has inspired some writers to conclude that our “way home” is through Orion. It is likely that our own sun star, Helios, was born in the Orion Nebula, the nearest star-birthing region to our solar system. The pyramids of ancient Egypt, both at Giza and along the Nile, are aligned according to the star positions of Orion. The picture shown is a Hubble Space Telescope image of the Orion Nebula.

Our local bubble (neighboring star systems and energetic phenomena of the Milky Way) includes an area relatively free of interstellar dust and gases. Within this region there are approximately 200,000 stars, some of which surely have planets like our sun star. Almost all of the brightest stars visible from Earth are in a regional or local cluster of stars, including Procyon, Cygni, Vega, Aldebaran, Antares, Deneb, Regulus and Altair. There are also several significant star clusters in addition to the Pleiades, including Ptolemy’s Cluster, the Beehive Cluster, the Hyades Cluster and others.

During the *Visits to Orion, the Orion Nebula and Free-Flow in the Local Bubble* exercise, STARLINES participants are invited to explore Orion, including the Orion Nebula and then continue throughout the local bubble. The questionnaire completed by the participants after finishing the exercise asks for a narrative description of the experience and poses a series of multiple-choice questions:

- “Were you able to perceive or get an impression of Orion?”
- “Were you able to perceive or get an impression of the Orion Nebula?”
- “Did you explore our local bubble?”
- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with *other helpers*?”
- “Did you retrieve any memories or receive any messages?”
- “Were you taken anywhere else?”

In the chart below, Figure 22, the relative values of the “Yes” answers to four of the seven questions above were significant and two were marginally significant

($p=0.015319$ for both). As to whether or not participants felt they were “taken anywhere else” other than Orion, the Orion Nebula or our local bubble, there were actually a great number of “No” answers. This might be expected given the fact that Earth is within the local bubble.

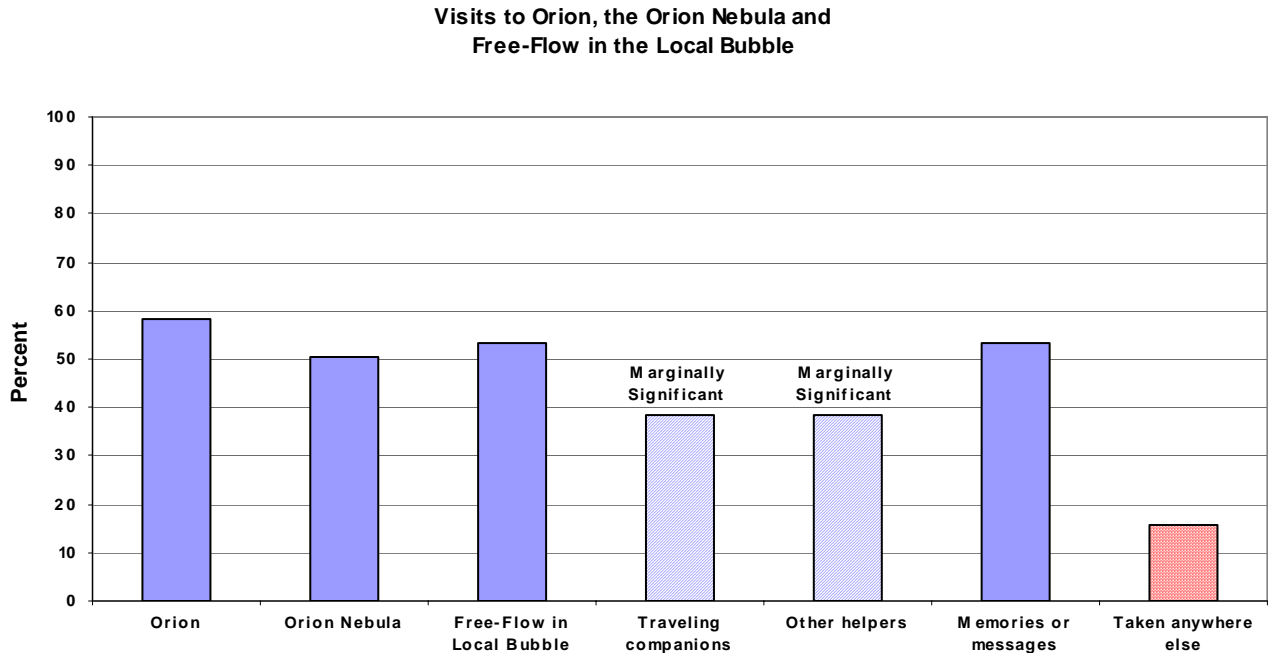


Figure 22

Concerning explorations in the local bubble, participants were asked to describe where they chose to explore. Orion was the most popular, perhaps because they were already there. Following are some examples of the brief statements made by participants:

Starlines Exercise #7: Where in our local bubble did you choose to explore?

FREE-FLOW, NOT AWARE OF ANYONE, BUT LOTS OF VISUALS OF DIFFERENT WORLDS.

Starlines Exercise #7: Where in our local bubble did you choose to explore?

I DON'T KNOW WHERE I POSSIBLY COULD BE!

Starlines Exercise #7: Where in our local bubble did you choose to explore?

I'M NOT EXACTLY SURE, I'D HAVE TO LOOK AT A STAR MAP.

Starlines Exercise #7: Where in our local bubble did you choose to explore?

I WANTED TO FIND HOME, DIDN'T FEEL LIKE I BELONGED.

Starlines Exercise #7: Where in our local bubble did you choose to explore?

ORION NEBULA AND RIGEL.

Starlines Exercise #7: Where in our local bubble did you choose to explore?

SIRIUS. NOT MY CHOICE, IT WAS DONE INSTANTLY AND WAS INCREDIBLE.

Starlines Exercise #7: Where in our local bubble did you choose to explore?

WENT ALL OVER, DIDN'T CONNECT WITH ANYTHING.

Starlines Exercise #7: Where in our local bubble did you choose to explore?

I STAYED IN THE NEBULA OF ORION ENERGY.

Starlines Exercise #7: Where in our local bubble did you choose to explore?

THREE BELT STARS OF ORION.

Starlines Exercise #7: Where in our local bubble did you choose to explore?

ORION ENERGY.

Two other multiple-choice questions for the *Visits to Orion, the Orion Nebula and Free-Flow in the Local Bubble* exercise again address the issue of sensory perceptions and feelings. Notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 23 and Figure 24.

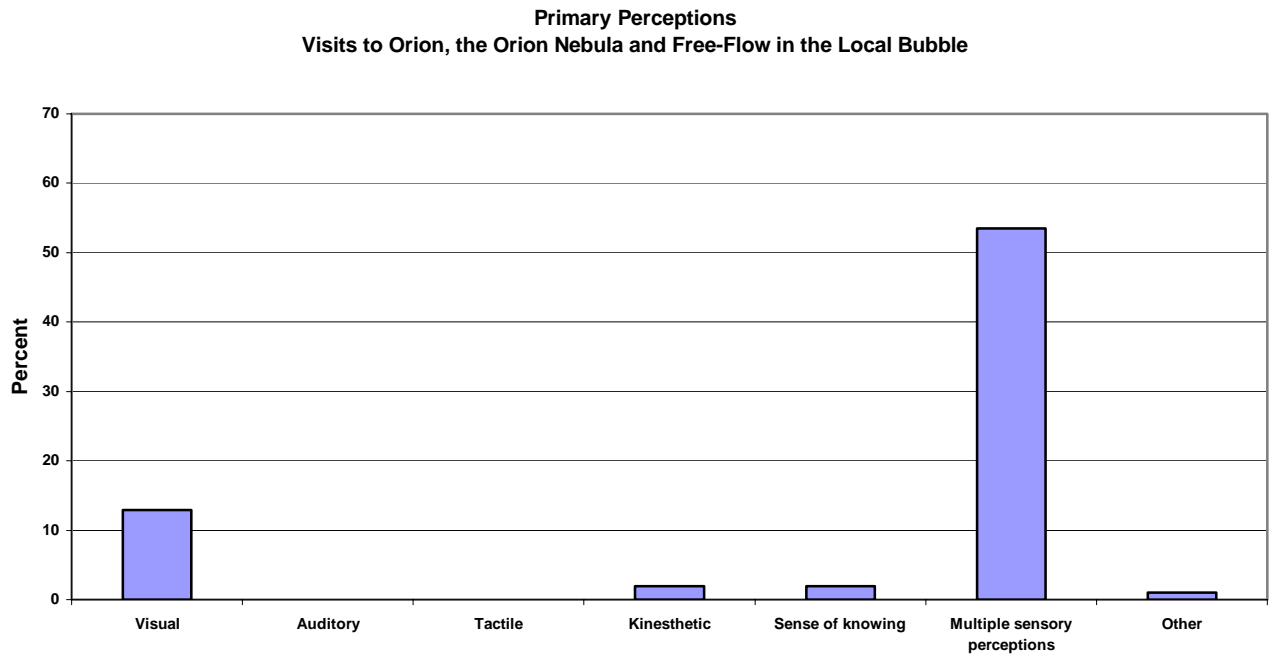


Figure 23

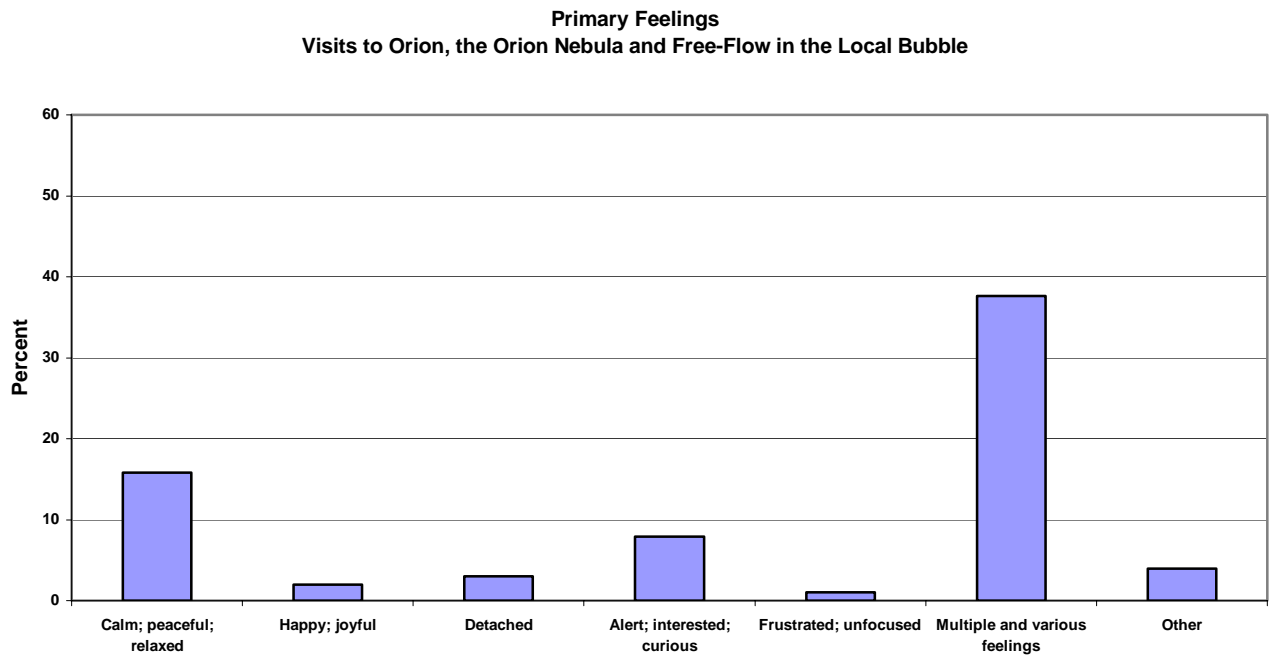


Figure 24

Throughout this exploration of our local bubble in the last three exercises, participants have been asked, via the usual multiple-choice questioning technique (Yes, No, or Don't Know), if they encountered any intelligence associated with these celestial bodies. The number of "Yes" answers to this question in the *Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius* exercise was non-significant at a p-value of 0.071260. The number of "Yes" answers to this question in the *Visits to Arcturus and the Pleiades* exercise was non-significant at a p-value of 0.033229. However, when it came to the *Visits to Orion, the Orion Nebula and Free-Flow in the Local Bubble* exercise, the number of "Yes" answers was decisively significant at a p-value of 0.008060. See Figure 25, below. Even though the bar representing *Visits to Orion, the Orion Nebula and Free-Flow in the Local Bubble* exercise represents a lower percentage of "Yes" answers, they become statistically significant as fewer participants (only 62) answered this particular question.

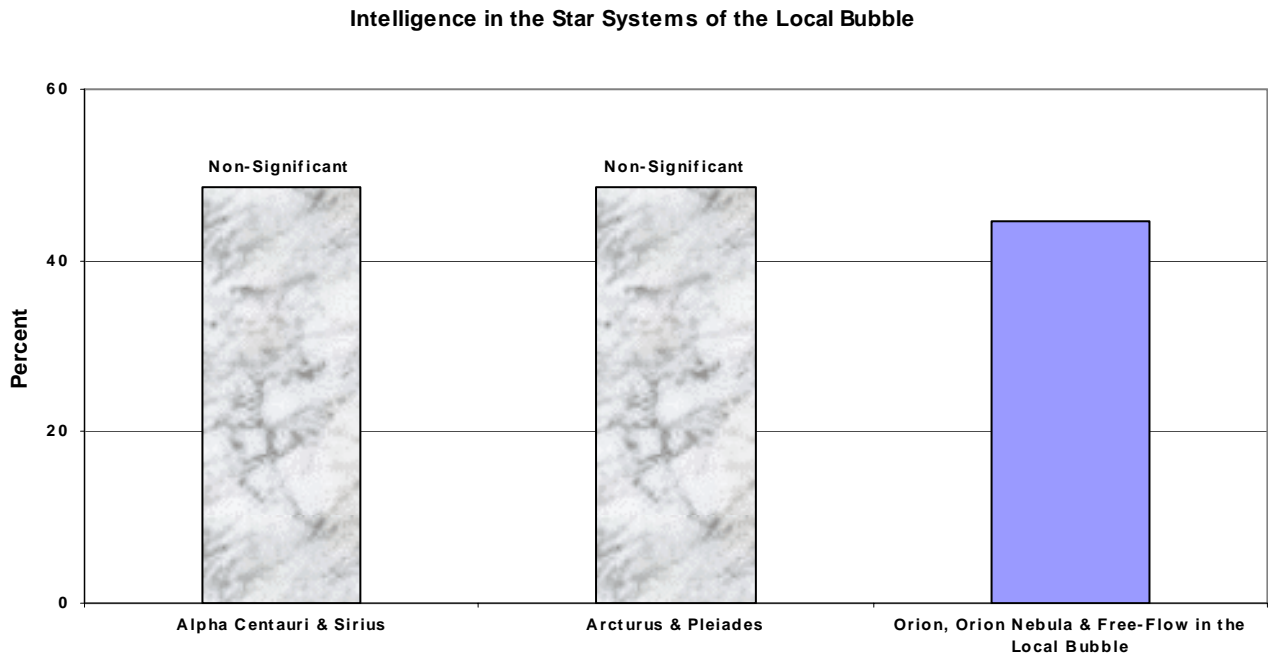


Figure 25

Just because the STARLINES participants as a subject group did not appear to encounter any intelligence in two of the exercises based solely on an unrefined statistical premise, it does not necessarily mean some form of *intelligence*, so to speak, is/was not present. There are numerous psychological reasons why individual participants may not have been consciously aware of alien forms of intelligence. So, even though the number of "Yes" answers did not reach statistical significance some STARLINES explorers who did answer "Yes" may have provided interesting information.

When the participants are asked if they noticed intelligence associated with these celestial bodies during their sojourn, writing space is provided on the questionnaire for the participants to describe what they encountered, should they answer “Yes” to the multiple-choice question.

The statements pertaining to noticing intelligence journaled after the *Introduction to FOCUS-42, Visits to Alpha Centauri and Sirius* (exercise #5) by a few of the participants were of particular interest to me personally. I attended a STARLINES program but did not complete the questionnaires so as not to confound the results of this study. Like many participants, I was very experiential and was intrigued by what I read that others had experienced when they answered “Yes” they had noticed some sort of *intelligence* during this exercise.

Starlines Exercise #5: Did you notice intelligence associated with these celestial bodies? If so, please describe:

YES, LARGE BLACK ANTS.

Starlines Exercise #5: Did you notice intelligence associated with these celestial bodies? If so, please describe:

SAW SOMETHING LIKE INSECT, COULD BE VEHICLE OR LIVING.

Starlines Exercise #5: Did you notice intelligence associated with these celestial bodies? If so, please describe:

STARTED OFF, BUSINESS AS USUAL. NOT MUCH EXCITEMENT AT ALPHA CENTAURI, JUST ORGANIZATION THAT LOOKED LIKE BUGS JOINED TOGETHER INTO SPINE SHAPED GROUPS. SIRIUS WAS MUCH MORE INTERESTING. WANTED TO STAY. JUST BEGAN TO CONTACT INTERLOCKED BEINGS. BEAUTIFUL PLACE WITH LOTS OF POSSIBILITIES FOR CONTACT. FELT WELCOME.

Starlines Exercise #5: Did you notice intelligence associated with these celestial bodies? If so, please describe:

ALPHA CENTAURI, BLACK ANTS WERE RUNNING THE PLACE. ONE GUY (LARGE ANT) SAT DOWN BESIDE ME AND TRIED TO HOLD MY HAND AND PUT HIS ANTENNAE AROUND MY SHOULDERS. LATER I DISCOVERED THEY HAD IMPRISONED A GIANT BLACK SPIDER IN A WHITE STYROFOAM PRISON. I HELPED HIM RETURN TO HIS HOME, ANOTHER STAR (SIRIUS?).

What struck me personally as being so interesting was that during my own STARLINES exploration of Alpha Centauri, I too perceived something similar to what was being described by others. In my case my memory kicked in to say, “They’re just like Cooties.” Cootie is young-children’s game in which the object is to actually build a cootie. Each cootie consists of 2 to 3 body parts, a head, 6 legs, eyes and a tongue-thingy. In the game of Cootie, a 6-sided die is thrown with the outcome determining what, if any, part of the Cootie is drawn. The first player to assemble a cootie wins.



Cootie Bug

As to the question of encountering intelligence in the *Visits to Arcturus and the Pleiades* exercise, there were very few narratives. And although the number of “Yes” answers to the question of encountering intelligence in the *Visits to Orion, the Orion Nebula and Free-Flow in the Local Bubble* exercise were statistically significant, there were very few narrative comments here either. None of the comments provided for either of these exercises appeared to match each other or provide any data of consequence.

The general narrative descriptions of the *Visits to Orion, the Orion Nebula and Free-Flow in the Local Bubble* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives. Below are a few examples:

Starlines Exercise #7: Visits to Orion, the Orion Nebula and Free-Flow in the Local Bubble

ORION ENERGY WAS NOTHING LIKE I THOUGHT OF “THEM” THE ENERGY OR THE BEINGS. GOT A WHOLE LESSON FROM A SOUL WHOM IDENTIFIED HIMSELF AS ONE OF MY COUNCIL OF SPOKESPERSON FROM ORION. ALL ABOUT SOUL MATES AND UNDERSTANDING MY OWN LIFE CYCLE BETTER. THE WHOLE PICTURE; THE EXPANDED VERSION. A WONDERFUL EXPERIENCE.

Starlines Exercise #7: Visits to Orion, the Orion Nebula, and Free-flow in the Local Bubble

PRETTY CLEAR. WASN’T SURE WHICH STARS IN ORION TO VISIT. WENT TO THE NEBULA. IN THE LOCAL BUBBLE WAS SOME ENTITIES BETWEEN STARS. I THINK THEY GROW UP IN CLOUDS AND TRAVERSE TO OTHER CLOUDS WHEN MATURE. VERY LONG LIVED.

Starlines Exercise #7: Visits to Orion, the Orion Nebula, and Free-flow in the Local Bubble

LOTS OF DIFFERENT VISUALS EXPLORING ORION AT THE NEBULA. RANDOM IMAGES OF DIFFERENT LANDSCAPES AND AWARENESS OF DIFFERENT INTELLIGENCES. SOME SENSE OF FAMILIARITY WITH ONE OR TWO ENVIRONMENTS AND ENERGIES. DURING FREE FLOW IN LOCAL BUBBLE, AGAIN LOTS OF VISUAL FLASHES WITH NO REAL COHERENCE. ASKED TO RECEIVE A MESSAGE, BUT ALL I WAS AWARE OF WAS SOME BEING LAYING THEIR HANDS ON MINE AND THOUGHTS OF HEALING, ME TO DO TO OTHERS. NOT ENOUGH TIME AGAIN. RELUCTANT TO COME BACK TO C1.

Starlines Exercise #7: Visits to Orion, the Orion Nebula, and Free-flow in the Local Bubble

VERY NONDESCRIPT TRIP. HALF ASLEEP MOST OF THE TIME. KEPT DRIFTING OFF. LOSING FOCUS. PROBABLY STILL "HUNG OVER" FROM TAPE 5.

Starlines Exercise #7: Visits to Orion, the Orion Nebula, and Free-flow in the Local Bubble

I CLICKED OUT. NOTICING LOTS OF PRESSURE IN MY NOSE.

Starlines Exercise #7: Visits to Orion, the Orion Nebula, and Free-flow in the Local Bubble

ORION: THIS ENTRY WAS NOT AS STRONG AS THE ENTRY TO ARCTURUS OR PLEIADES. AGAIN, USING THE *I-THERE* AS MY SEARCH CRITERIA I ENTERED, PASSING 3 LARGE SHIELDS WITH A LEATHERY/COPPER TEXTURE. MY GUIDE CAME IN THE FORM OF A UFO IN MY NORMAL AMETHYST VIBRATION PRESENTATION AND WE APPROACHED 3 GIGANTIC GOLD/PLATINUM BARS AND DOVE INTO THE SPACE BETWEEN. THERE WAS AN IMMEDIATE RESISTANCE OFFERED TO PREVENT US FROM GOING ANY FURTHER AND FOR EMPHASIS, A GUARD, DRESSED IN A PUNJAB-LIKE COSTUME, COMPLETE WITH LARGE SWORD, EMPHASIZED THAT RESISTANCE. WHEN WE LEFT, THE STAR EYE OF ORION WINKED DELIBERATELY.

ORION NEBULA: BLURRY. NO CONTACT.

BUBBLE: THIS WAS AN AMAZING VOYAGE. MY NORMAL GUIDES SURPRISED ME AND GAVE ME A NEW GUIDE IN THE FORM OF A LONG TRAILING VINE LIKE ROPE OF PULSATING GREEN. I HUNG ON TO THE TAIL AND WAS IMMEDIATELY WHIPPED TO THE SPHINX, BATHED IN GOLD, MAJESTIC, REGAL. NORMALLY PRESENTED MYTHOLOGY IS THAT OF HALF MAN HALF LION. FOR ME IT IS HALF MAN HALF DOG, A TRIBUTE TO SIRIUS. I BELIEVE THIS AFTER MY JOURNEY HERE.

I ASKED QUESTIONS CONSTANTLY AND THEY WERE ANSWERED CONSTANTLY. NEXT, I WAS BATHED IN LIGHT, WALKING A TIGHTROPE. I FELL OFF, DIRECTLY INTO MY HEART, THEN ALL 7 VEINS INTERTWINED AND I WENT INSIDE THEM AND EXITED THE VEIN THROUGH MY LEGS AND NECK. I ASKED FOR MORE INFORMATION AND WHITE/CREAM LIGHTS APPEARED; BODIES OF WATER. WHEN I ASKED FOR A SPECIFIC SIGN, A PAIR OF VERY ORDINARY RUBBER GUM BOOTS FILLED WITH WATER WERE GIVEN TO ME AND I WAS TOLD TO PUT THEM ON AND WALK IN WATER. (NOT ON) NORMALLY ONE WEARS BOOTS TO KEEP THIS WATER OUT. NOT THESE BOOTS. THEN ROWS OF FACES BEGAN TO APPEAR IN A CONSTANT STREAM AS IN A NEW YORK TIMES TICKER TAPE. THIS WAS SUCH A STRONG CONFIRMATION OF A CONNECTION TO SIRIUS THAT HAD BEEN TOLD TO ME BY TWO CHANNELERS IN THE LAST 2 YEARS. PART OF *MY I-THERE?* I KNOW SO NOW.

Starlines Exercise #7: Visits to Orion, the Orion Nebula, and Free-flow in the Local Bubble

MY HELPERS SAID I WAS FROM ORION. A PLANET OF BETELGEUSE, AND THEY WERE MY FRIENDS. HOWEVER, I DOUBT IF IT IS TRUE.

Starlines Exercise #7: Visits to Orion, the Orion Nebula, and Free-flow in the Local Bubble

CLICK OUT.

Starlines Exercise #7: Visits to Orion, the Orion Nebula, and Free-flow in the Local Bubble

IN ORION SAW SYMBOL OF A SHIPS STEERING WHEEL EMERGE FROM CLOUDS, VERY SHINY BEAUTIFUL SIGHT, COLORS OF CLOUDS TOO. VERY EPHEMERAL. SENSE OF WITH

STARGATE HERE. COMING BACK, MY PHYSICAL HANDS OUT AT SIDE, RECEIVED GOLDEN LIGHT IN RIGHT HAND.

The next Hemi-Sync exercise, *Introduction to Space Station Alpha Squared and the Memory Room*, is somewhat different from the previous exploration of the solar system and the intriguing expedition into the star systems of the local bubble.

In the consciousness state of *Focus-42*, another “mind tool” is introduced that could be described as a space station. Similar to *Voyager 8*, *Space Station Alpha Squared* is an inter-dimensional construct that can project into a variety of environs, locales that seem more or less solid from the perspective of the observer. *Space Station Alpha Squared* is not just one thing or one place but an array of perceptual venues. It provides a welcome opportunity for rest as well as further integration of the discoveries made during STARLINES explorations.

Voyager 8 is a mental construct of the STARLINES participants for collective use by the same. *Space Station Alpha Squared*, however, is thought to exist independently—created by beings representing many aspects of the time-space continuum, as well as those beyond time-space. As such, it is available for all voyagers who endeavor to become aware of its existence.

Visitors may perceive a *docking bay* at *Space Station Alpha Squared* and perhaps a large *lobby area*. The *lobby area* might resemble an elaborate, yet comfortably furnished and familiar hotel lobby, or perhaps a modern airport or cruise-ship terminal. The explorer’s own frame of reference will serve as a blueprint for what is perceived.

Within *Space Station Alpha Squared* various *helpers and staff members* escort visitors to *private suites* and serve as attendants and guides. “Behind” a locked doorway adjacent to the main living area in the *private suites* is a *memory room* for use in processing information in *Focus-42* and beyond. In this space, an accelerated process for reclaiming/remembering **Total Self** is made possible with a *memory chair*. The *memory chair* provides images, impressions, emotions, experiences, purposes, intentions, and connections of the *I-There Cluster* and allows them to flow freely into awareness.

The questionnaire completed by the participants after finishing the *Introduction to Space Station Alpha Squared and the Memory Room* exercise again asks for a narrative description of the experience and poses a series of multiple-choice questions:

- “Were you able to perceive or get an impression of *SSA*²?”
- “Were you able to perceive or get an impression of your *private suite*?”
- “Were you able to perceive or get an impression of the *Memory Room*?”
- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with *other helpers*?”
- “Did you retrieve any memories or receive any messages?”
- “Did you explore any other areas of *SSA*²?”
- “Were you taken anywhere else?”

In the chart below, Figure 26, the relative values of the “Yes” answers to six of the eight questions above were significant. Regarding the question about exploring other areas of SSA², the number of “Yes” answers was non-significant at a p-value of 0.035848. As to whether or not participants felt they were “taken anywhere else” other than SSA², there were actually a great number of “No” answers.

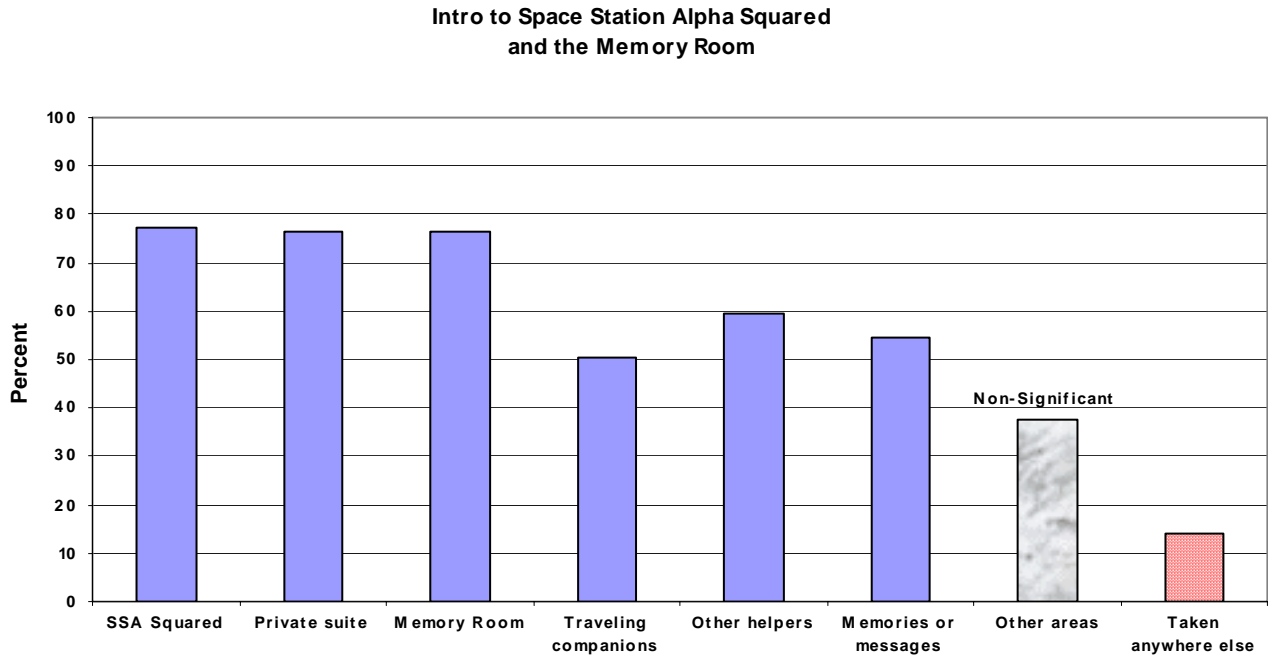


Figure 26

Concerning the question of perceiving or getting an impression of the *Memory Room*, participants were asked to comment if they answered, “Yes”. Following are some examples of the brief statements made by participants:

Starlines Exercise #8: Were you able to perceive or get an impression of the Memory Room?

GOOD IMPRESSION OF RECLINING CHAIR IN FRONT OF LARGE SCREEN ON WHICH MEMORIES WERE PROJECTED.

Starlines Exercise #8: Were you able to perceive or get an impression of the Memory Room?

WHEN I CAME BACK IN, I SAW THE “BEINGS”.

Starlines Exercise #8: Were you able to perceive or get an impression of the Memory Room?

WARM AND COZY, LARGE MULTI-DIMENSIONAL.

Starlines Exercise #8: Were you able to perceive or get an impression of the Memory Room?

MY ROOM HAD 6 SMALL POOLS TO STAY IN.

Starlines Exercise #8: Were you able to perceive or get an impression of the Memory Room?

IN MEMORY ROOM I SAW 3 OR 4 LEVELS.

Starlines Exercise #8: Were you able to perceive or get an impression of the Memory Room?

I PERCEIVED A RAY OF LIGHT COMING ON ME, THEN I CLICKED OUT.

Two other multiple-choice questions for the *Introduction to Space Station Alpha Squared and the Memory Room* exercise again address the issue of sensory perceptions and feelings. Notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 27 and Figure 28.

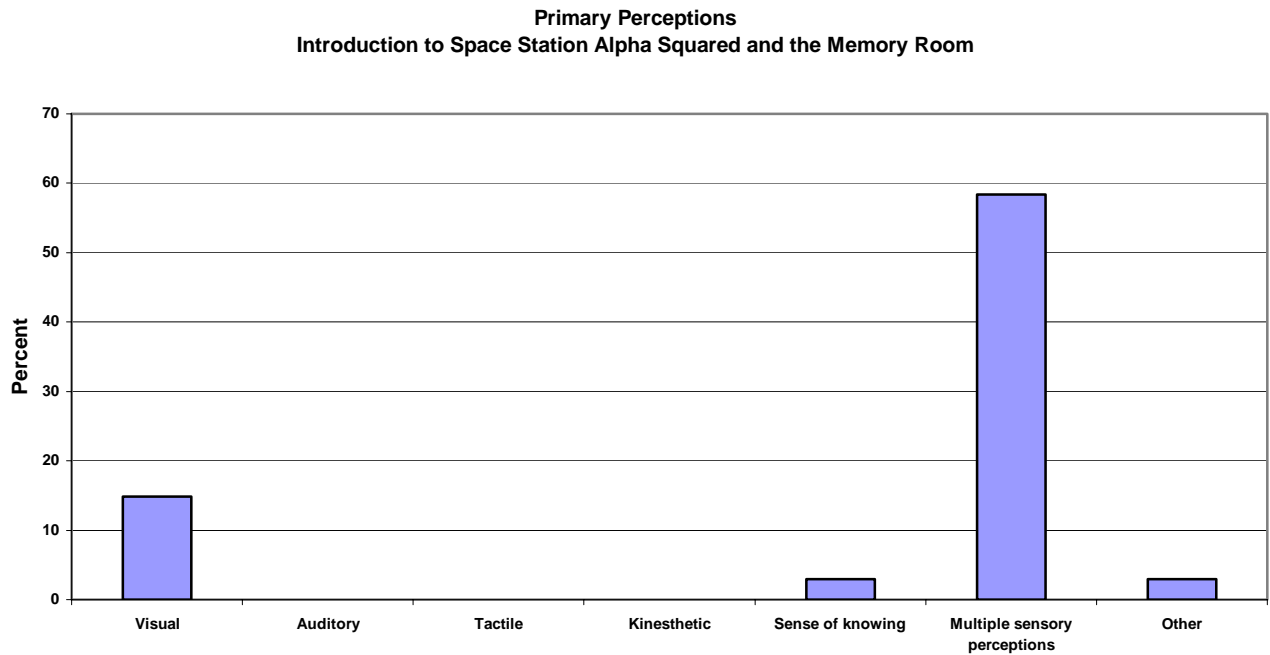


Figure 27

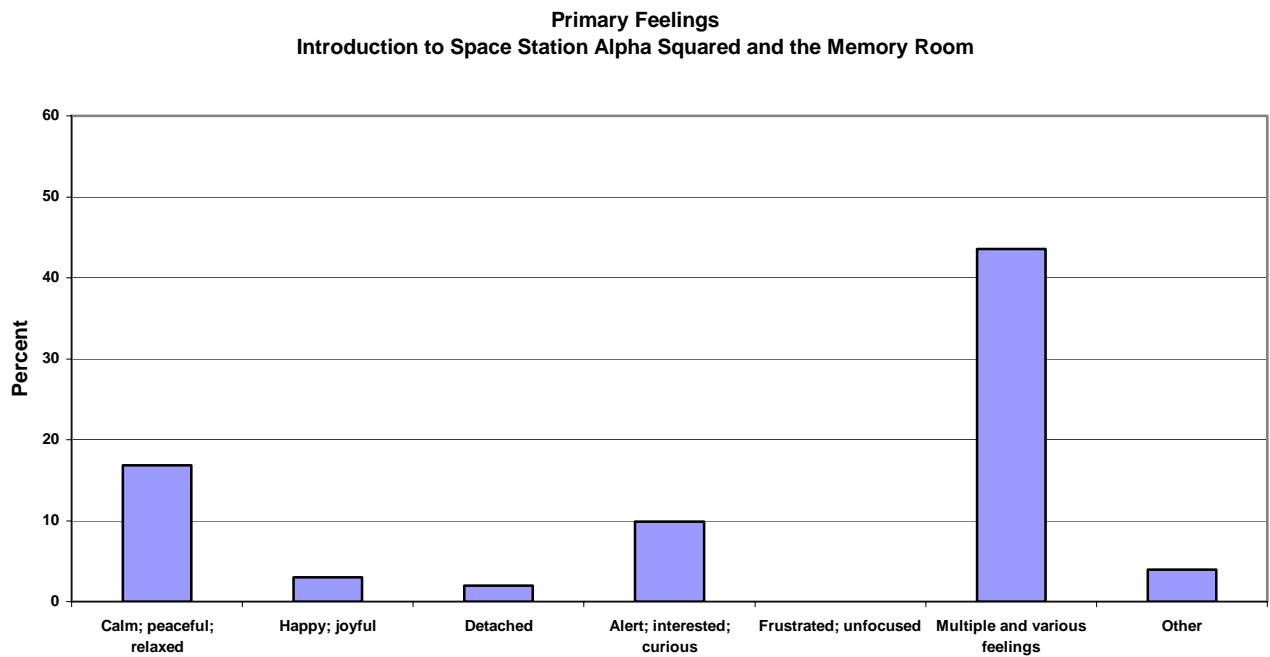


Figure 28

The customary narrative descriptions of the *Introduction to Space Station Alpha Squared and the Memory Room* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives. Below are a few examples:

Starlines Exercise #8: Introduction to Space Station Alpha Squared, and the Memory Room

EXTREMELY VISUAL VIEWS OF A WORKING SPACE STATION, PARTICULARLY AS I LOOKED OUT A VIEW PANEL. AS SOON AS I ENTERED THE MEMORY ROOM I WAS TAKEN ELSEWHERE. AT THE TIME I KNEW WHERE BUT DON'T NOW. AS WE RETURNED I HAD A CHAMPAGNE BOTTLE WITH ME.

Starlines Exercise #8: Introduction to Space Station Alpha Squared, and the Memory Room

TRAVELED TO SPACE STATION ALPHA SQUARED WHICH WAS A STRUCTURE THAT TOWERED UP AND EXPANDED BEYOND SIGHT. ENTERED ROOM, WHICH HAD A BIG FLOOR TO CEILING VIEW SCREEN THAT WAS LIKE A DIMENSIONAL ALICE-THRU-THE-LOOKING GLASS PORTAL. I COULD VIEW OR ENTER. WAS SHOWN POSITIVE AFFIRMATIONS REGARDING MY CURRENT LIFE.

Starlines Exercise #8: Introduction to Space Station Alpha Squared, and the Memory Room

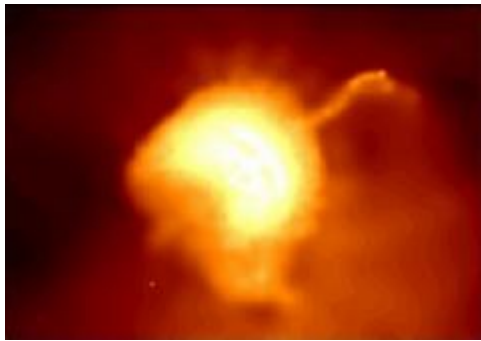
DIDN'T SEE OUTSIDE, BUT SAW LOBBY, LARGE BLUE CARPET, GLASS AND GOLD ASCENTS. MY SUITE HAD PINK AND MAUVES (LEAST FAVORITE OF COLORS FOR DECORATING, BUT I WOULDN'T CHANGE SO I FIGURED IT WAS A COLOR I NEEDED TO HAVE AROUND ME.). IN THE MEMORY ROOM, I SAW A MAN IN SPORTS COAT (BLUE) AND TAN SLACKS (A I-THERE) AND WHEN HE SALUTED, I GOT THAT HE WAS A NAVY MAN IN THE 50'S, ALSO SAW A WOMAN FROM ANOTHER PLANET, SHE HAD MULTI COLORED SKIN, SWIRLING COLORS OF BROWNS AND TANS, SHE WAS STANDING AT A BALCONY LOOKING OVER HORIZON. CAME BACK PULSING THROUGHOUT BODY.

Starlines Exercise #8: Introduction to Space Station Alpha Squared, and the Memory Room

STILL CLICKING IN AND OUT. STILL ADJUSTING TO 42, BEING WORKED ON; PREPPED.

The next exercise, *Exploring the Crab, Vela, and Millisecond Pulsars*, appears to have been designed as a galactic orientation. Much like modern man is aware that Earth is the third planet from the Sun in our solar system, this exercise asks that we become similarly aware of the Milky Way galaxy. As points of reference, three distinct pulsars are observed—noting their galactic locales. Their electronic signatures, in the form of radio-wave sounds, are also identified.

The Crab, Vela, and Millisecond Pulsars are several of the dominant pulsars in our sector of the Galaxy. First discovered in 1967, astronomers believe that pulsars are rapidly spinning neutron stars, the remnants of supernova explosions, which beam light (and other frequencies of radiation), much like a lighthouse. While their usefulness for navigational purposes is obvious, some think that their pulses and positions contain additional messages.

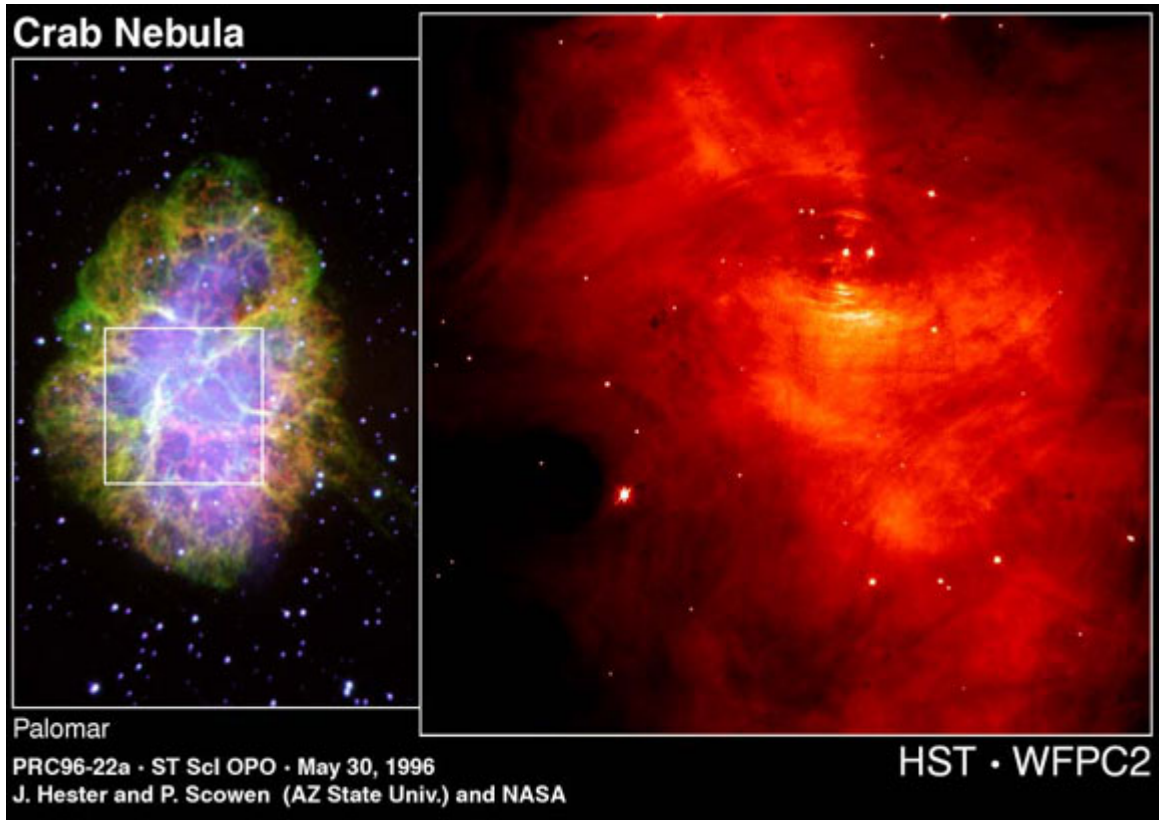


Vela Pulsar

The Vela Pulsar is relatively nearby, approximately 800 light years away in the constellation Vela. Since the ancient Sumarians wrote about a large bright star in this location, it is likely that this supernova explosion occurred during that time period; approximately 12,000 years ago. This pulsar is a strong source of electromagnetic radiation across the spectrum, from very low-frequency radio wave through high-frequency x-rays and gamma rays. The picture is a Chandra X-ray image of the outer jets of the Vela pulsar.

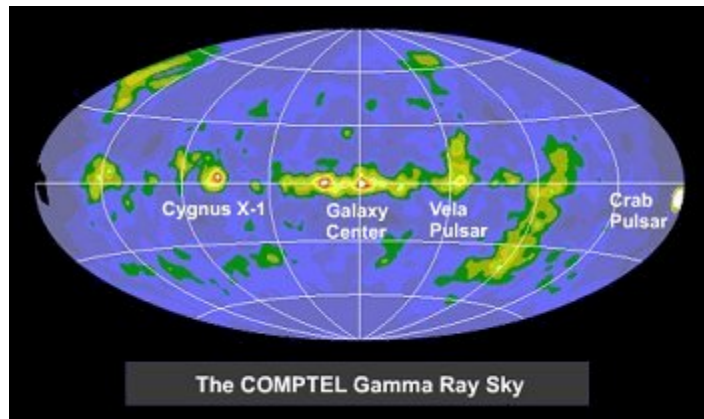
The Crab Pulsar is also a strong source of gamma-ray radiation. Perhaps the most famous of all pulsars because of its easy visibility, the Crab Pulsar, is located in the Crab Nebula, about 7000 light years away in the constellation Taurus. It is further away from the galactic center than our own solar system, directly opposite the direction of the Galactic Core.

The Crab Pulsar is young, only about 950 years old. On July 4th, 1054, Chinese spotted a new star in the sky. It was a supernova. When later astronomers discovered the nebula left behind by this supernova, they thought it resembled a crab. Thus, it was called the Crab Nebula. In 1963, it was discovered that radio waves were coming from the Crab Nebula. In 1968, it was discovered that there was a pulsar at the heart of the Crab Nebula. It has become known as the Crab Pulsar. An image of the Crab Nebula and Crab Pulsar from the Hubble Space Telescope is shown below.



The Crab Nebula and Crab Pulsar

Extending a line from the Crab Pulsar through the Vela Pulsar takes us directly to the center of the Milky Way galaxy where there are several pulsars, the fastest and brightest of which is the Millisecond Pulsar. This is a journey; an extended line over 30,000 light-years from the Crab Pulsar. Of the hundreds of pulsars discovered so far, these three are relatively unique in that they exhibit optical flashing and therefore are observable as visible light pulses with conventional optical telescopes.



The Milky Way Galaxy

The picture above is an all-sky map in galactic coordinates of gamma-ray intensity in the 1-3 million electron-volt range, as obtained by the COMPTEL instrument on the orbiting Compton Gamma Ray Observatory. Several strong gamma-ray sources in the galactic plane are marked, including the Crab and Vela pulsars, the Galactic Center, and the black hole binary system Cygnus X-1. Sources above and below the plane of the galaxy are mostly extragalactic gamma sources like quasars. Notice the relatively straight line from the Crab Pulsar through the Vela Pulsar to the Galactic Center. This is the blueprint, the navigational concept and orientation of the Milky Way galaxy meant to be the central theme of this exercise.

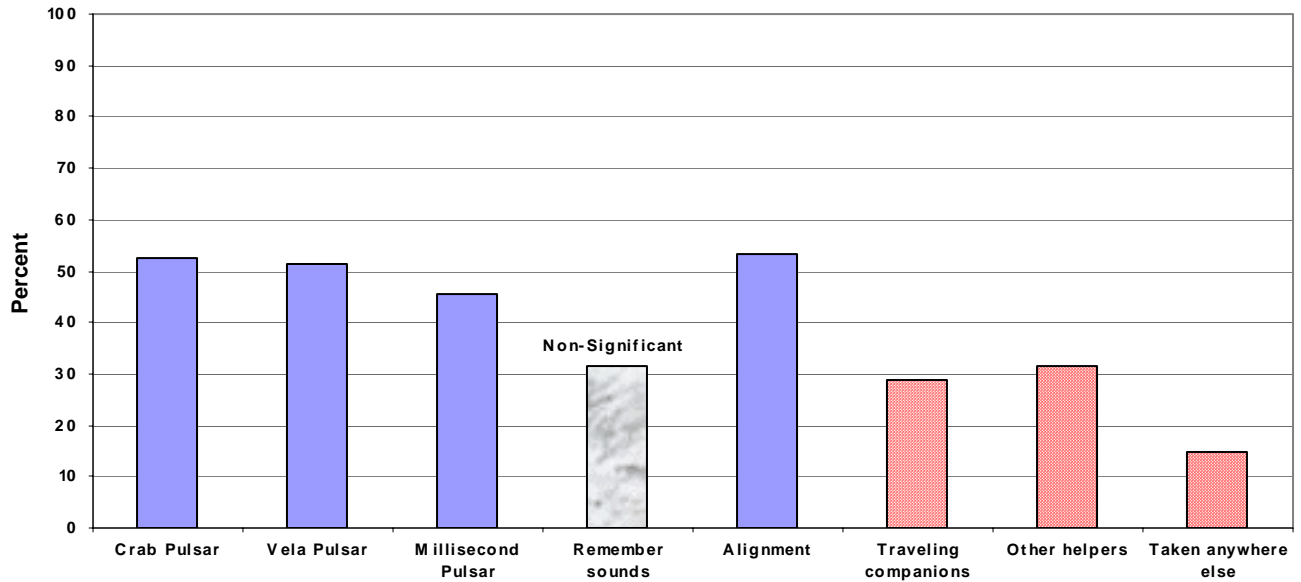
As mentioned earlier in this report, unique to STARLINES is the recognition that participants traverse time and space as *Galactic Ambassadors*, as representatives of earth-human-consciousness. As diplomatic envoys, knowing a little bit about where we are in the scheme of things seems appropriate. Consciously imprinting this information makes it available for non-verbal communication and demonstrates our willingness to recognize a greater community of celestial beings.

The questionnaire completed by the participants after finishing the *Exploring the Crab, Vela, and Millisecond Pulsars* exercise again asks for a narrative description of the experience and poses a series of multiple-choice questions:

- “Were you able to perceive or get an impression of the Crab Pulsar?”
- “Were you able to perceive or get an impression of the Vela Pulsar?”
- “Were you able to perceive or get an impression of the Millisecond Pulsar?”
- “Do you think you will be able to remember these sounds?”
- “Do you understand their relative positional alignment?”
- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with *other helpers*?”
- “Were you taken anywhere else?”

In the chart below, Figure 29, the relative values of the “Yes” answers to four of the eight questions above were significant. Regarding the question about remembering individual radio-wave sounds associated with the pulsars, the number of “Yes” answers was non-significant at a p-value of 0.276717. For the three remaining multiple-choice questions, there were actually a great number of “No” answers.

Figure 29 Exploring the Crab, Vela, and Millisecond Pulsars



Two other multiple-choice questions for the *Exploring the Crab, Vela, and Millisecond Pulsars* exercise address the issue of sensory perceptions and feelings. Once again, notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 30 and Figure 31.

Primary Perceptions
Exploring the Crab, Vela, and Millisecond Pulsars

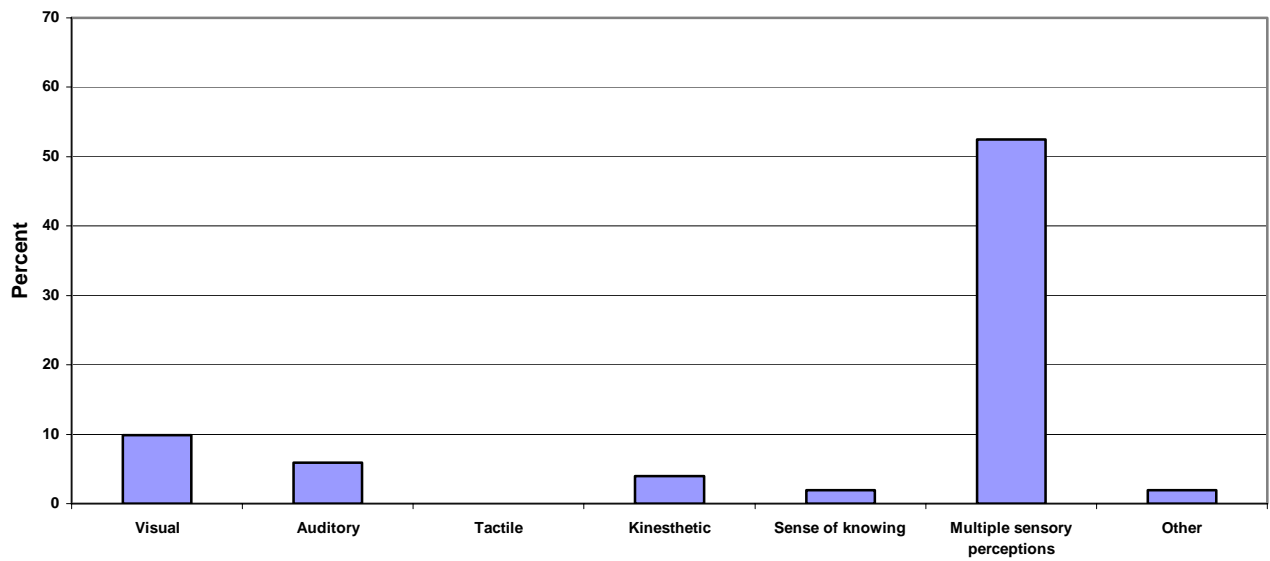


Figure 30

Primary Feelings
Exploring the Crab, Vela, and Millisecond Pulsars

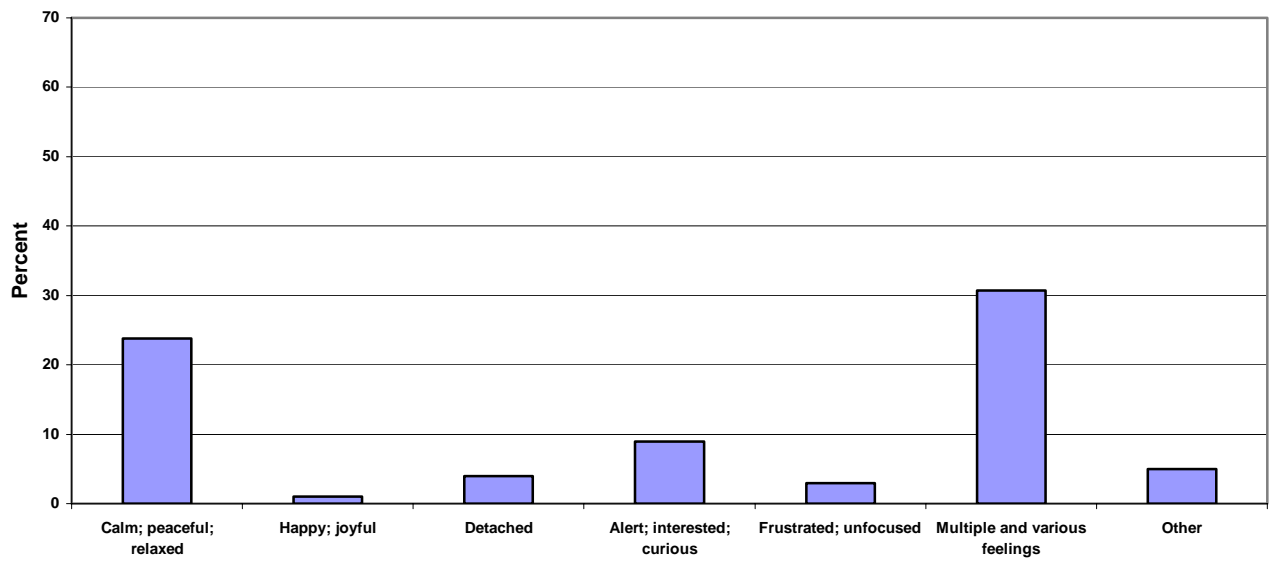


Figure 31

The customary narratives for the *Exploring the Crab, Vela, and Millisecond Pulsars* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives and below are a few examples:

Starlines Exercise #9: Exploring the Crab, Vela, and Millisecond Pulsars

CLICKED OUT, I JUST HAD A MESSAGE FOR THE HOUR BEFORE THIS TAPE AND PRE-TALK.

Starlines Exercise #9: Exploring the Crab, Vela, and Millisecond Pulsars

IT WAS A TOTAL EXPERIENTIAL COMMUNICATION, BOTH SUBLIME AND HIGHLY ENERGETIC. THERE IS HOWEVER, NO WAY TO VERBALIZE IT. ON THE WAY BACK TO V8, HAD A SENSE OF "SEEING" A GROUP OF AUSTRALIAN INDIGENOUS PEOPLE TRAVELING TO AND FROM THE PULSARS WITHIN A COLUMN OF "LIGHT UNITS."

Starlines Exercise #9: Exploring the Crab, Vela, and Millisecond Pulsars

SORRY, I CLICKED OUT, OR WENT TO SLEEP. WOKE INTERMITTENTLY, AWARE OF CONVERSATIONS AND TRAVELING, BUT I CANNOT CALL THEM BACK. OVERWHELMING CONCEPTS AND IMAGES I COULDN'T ALL TAKE IN.

Starlines Exercise #9: Exploring the Crab, Vela, and Millisecond Pulsars

GOT TO FIRST PULSAR BEACON, DISCOVERED INFO IN THE BEACON, THEN CLICKED OUT. NOTE FOR #5 ALPHA CENTAURI AND SIRIUS 2000: DURING MY GATEWAY VOYAGE 4 YEARS AGO I MET JOE MCMONEAGLE OBE ABOVE THE NPC. "HEY, KEV, YOU WANT TO GO TO ALPHA CENTAURI?" OFF WE WENT...FUN. 2001: LAYING THE STONE BED INSIDE THE KINGS CHAMBER OF THE GREAT PYRAMID, I WENT TO SIRIUS OBE, ENJOYED A WELCOME HOME, DOWNLOADED ROTES, AND RETURNED.

Starlines Exercise #9: Exploring the Crab, Vela, and Millisecond Pulsars

I CLICKED OUT JUST AFTER I ARRIVED IN THE CRAB.

Starlines Exercise #9: Exploring the Crab, Vela, and Millisecond Pulsars

MAJOR CLICK OUT

Having established some galactic orientation, the next exercise, *Free-Flow in the Milky Way with Memory Room Option*, gives participants the opportunity to experiment with their new pulsar-navigation-tools from the previous exercise. Reminded that their *Memory Room* in *SSA*² is always available to them, the STARLINES voyagers are also given the option of taking part in the accelerated processes available there.

The questionnaire completed by the participants after finishing the *Free-Flow in the Milky Way with Memory Room Option* exercise again asks for a narrative description of the experience and poses a few multiple-choice questions:

- “Did you have a purpose for this exercise?”
- “Did you accomplish your purpose?”
- “Did you visit or use your *Memory Room*?”
- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with other helpers?”
- “Did you retrieve any memories or receive any messages?”

In the chart below, Figure 32, the relative values of the “Yes” answers to all six of the above questions were significant.

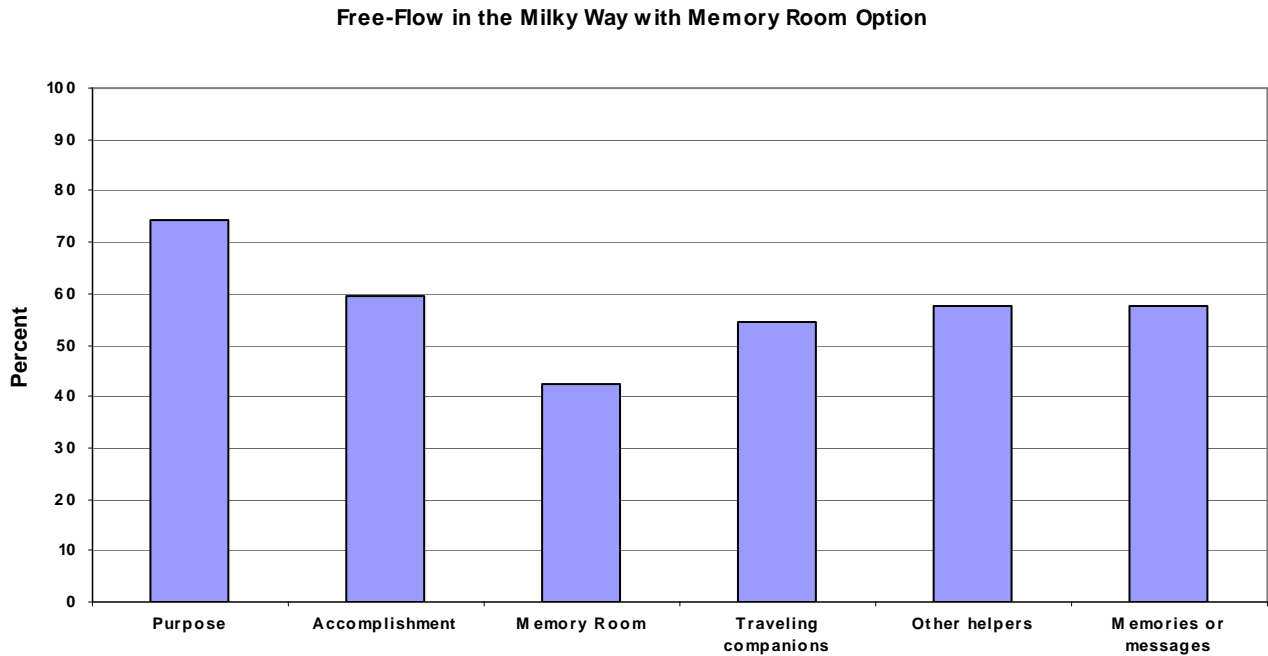


Figure 32

Two other multiple-choice questions for the *Free-Flow in the Milky Way with Memory Room Option* exercise address the issue of sensory perceptions and feelings. Once again, notice the scored percentage similarities over other categories of “Multiple

sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 33 and Figure 34.

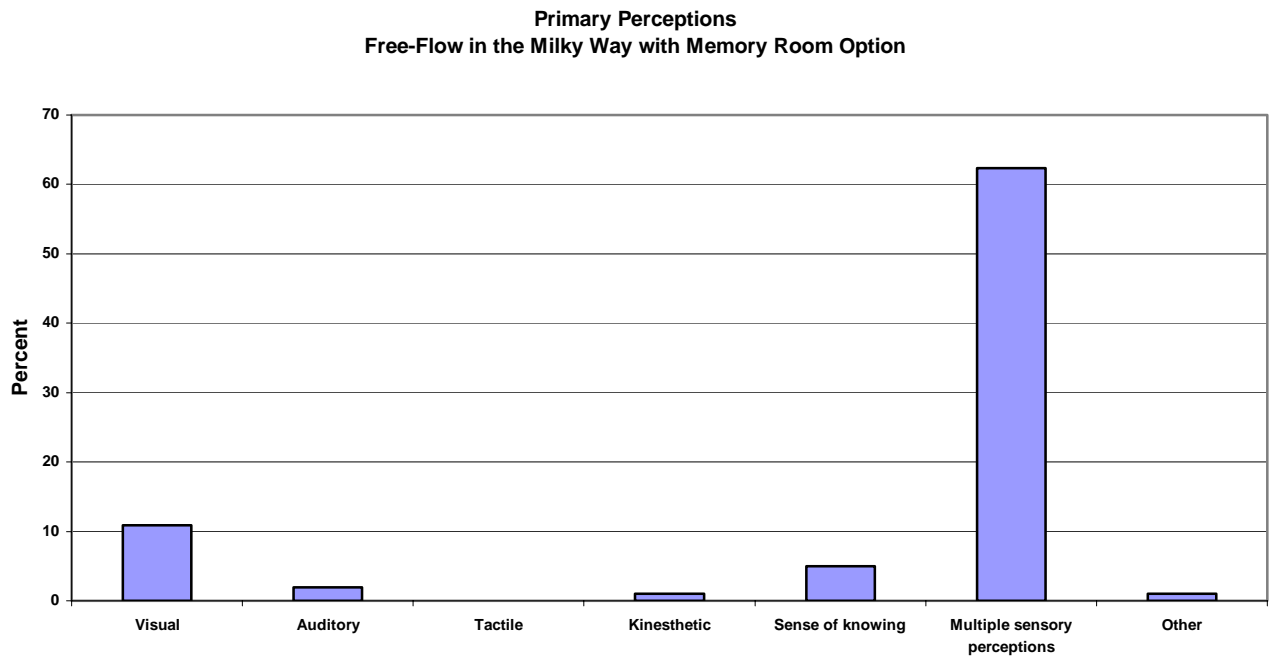


Figure 33

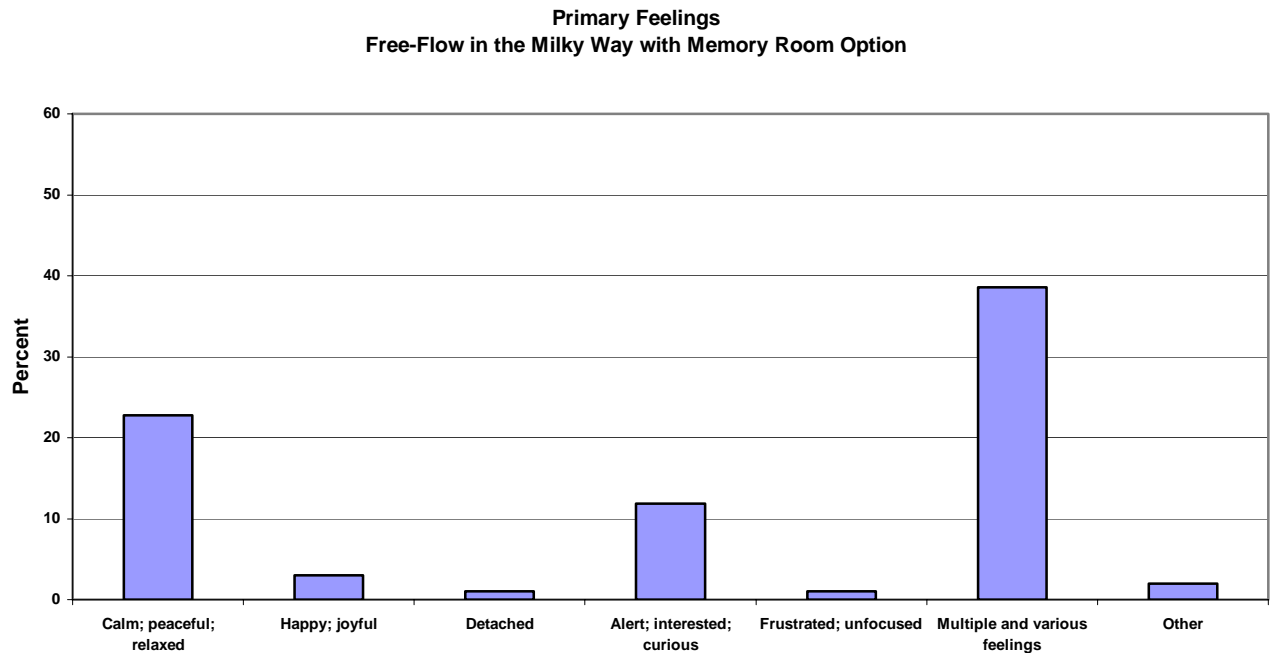


Figure 34

The customary narratives for the *Free-Flow in the Milky Way with Memory Room Option* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives and below are a few examples:

Starlines Exercise #10: Free-Flow in the Milky Way with Memory Room Option

SPENT MOST OF THIS TIME IN MY PLACE AND MEMORY ROOM. BRIEFLY WENT TO THE MILLISECOND PULSAR, BUT TIME RAN OUT FOR MUCH COMMUNICATION. I FELT LESS SCATTERED AND SEEMED TO HAVE MORE CLARITY THIS ROUND IN THE MEMORY ROOM. I HAD SET UP SOME QUESTIONS BEFORE THE TAPE STARTED.

Starlines Exercise #10: Free-Flow in the Milky Way with Memory Room Option

CLICKED OUT ALL OF 42

Starlines Exercise #10: Free-Flow in the Milky Way with Memory Room Option

ANOTHER ENERGETIC PHYSICAL REACTION. SPENT ALL THE TIME AT THE GALACTIC CORE LISTENING TO COMBINED ADVICE.

Starlines Exercise #10: Free-Flow in the Milky Way with Memory Room Option

I FELT LIGHT FLYING AND WELL BEING FOR A FEW MOMENTS THEN I CLICKED OUT.

Starlines Exercise #10: Free-Flow in the Milky Way with Memory Room Option

I FLOATED THRU THE MILKY WAY THROUGHOUT THE ENTIRE TAPE. IT WAS INCREDIBLY BEAUTIFUL ESPECIALLY THE NEBULA. THEY WERE SO CLEAR AND BRIGHT AND HUGE. THE MILKY WAY SEEMED SO FULL OF LIGHT AND COLOR AND AMAZINGLY HUGE FORMATIONS OF STARS AND GASES. LOVED THIS TAPE. TRIED TO MAKE ET CONTACT, BUT NOTHING MUCH HAPPENED.

ET APPEARANCE, DIDN'T FEEL MUCH EMOTION FROM THEM. I WAS SUCKED INTO SOME SORT OF VERY LARGE POD WITH VERY SOFT BILLOWY INSIDE. ET'S EVERYWHERE, SMALL AND GREY. BECAME VERY NAUSEATED AT THAT POINT FELT AS IF MY BODY WAS BEING STRETCHED? I FELT SOME ANXIETY, (NO PANIC) BUT WAS ANXIOUS TO LEAVE. FOUND IT DIFFICULT TO GET BACK TO VOYAGER 8. THE CREW WAS VERY HELPFUL. THEY WORKED ON ME ON MY HEALING TABLE IN MY PERSONAL SPACE. THEY TALKED TO ME TO CALM ME DOWN AND PASSED LIGHT WANDS OVER ME AND TOOK THE NAUSEA AWAY. ONCE BACK AT C1 I FELT OK.

Starlines Exercise #10: Free-Flow in the Milky Way with Memory Room Option

VERY PERSONAL REVELATIONS, A CONTINUITY, EXPERIENCES IN TAPES. EXPERIENCES INTERACTING WITH ATTENDEES. ALL WOVEN TOGETHER, BROAD, BEAUTIFUL WITH MULTIPLE DIMENSIONS AND ALL THE INTERACTIONS. FLASHES OF "PULSAR" INSIGHTS.

The next exercise, *Intro Focus-49 Exploring the Local Group Including the Andromeda Galaxy*, expands the voyages of the STARLINES participants beyond the boundaries of the Milky Way. *Focus-49* is the state from which it becomes easy to

perceive the seemingly infinite sea of bonded *I-There Clusters* and continue to know and re-member (assemble again) **Total Self**.

In *Focus-49*, another “mind tool” called *Space Station Alpha^X* is introduced. From this locale, still within the dimensional energies of the Milky Way, yet closer to the *Stargate* of the Galactic Core (described later in this report), participants are able to comfortably and clearly launch explorations of our surrounding galaxies. *Space Station Alpha^X* is an ethereal milieu and may not appear solid to the observer, as did some of the areas on *Space Station Alpha²*.

Like *Space Station Alpha²*, *Space Station Alpha^X* is thought to exist independently—created by beings representing many aspects of the time-space continuum, as well as those beyond time-space. From here, STARLINES explorers begin their voyages into the local group of galaxies close to the Milky Way.

The “Local Group” is a mini-cluster of approximately 45 galaxies. The closest of these is the Sagittarius Dwarf Elliptical galaxy, approximately 89,000 light years from Earth. The most magnificent is the beautiful spiral Andromeda galaxy (pictured below) approximately 2.9-million light years from Earth. Almost twice as large as our Milky Way, the Andromeda galaxy binds us in a gravitational mating dance, moving toward each other at a speed of 200,000 miles per hour. In billions of years, astronomers predict that our union will be consummated as the galaxies come together. Other galactic members of our local group include the two Magellanic Cloud galaxies, the Draco, Leo, Ursa Minor, and Carina galaxies, and many others known only by their numeric names spanning a distance of about 6-million light years.



The Andromeda Galaxy

The questionnaire completed by the participants after finishing the *Intro Focus-49 Exploring the Local Group Including the Andromeda Galaxy* exercise again asks for a narrative description of the experience and poses a few multiple-choice questions:

- “Did you experience the shift to a new energy/state of awareness?”
- “Did you experience differences between SSA² and SSA^X?”
- “Were you able to get an impression of the Andromeda Galaxy?”
- “Did you explore other galaxies in our Local Group?”
- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with *other helpers*?”
- “Did you retrieve any memories or receive any messages?”

In the chart below, Figure 35, the relative values of the “Yes” answers to five of seven of the above questions were significant. As to the concept of exploring other galaxies in our local group, the answers were decidedly “No.” The number of “Yes” answers about noticing or communicating with other helpers was non-significant at a p-value of 0.125553 with just slightly more “No” answers than “Yes” answers.

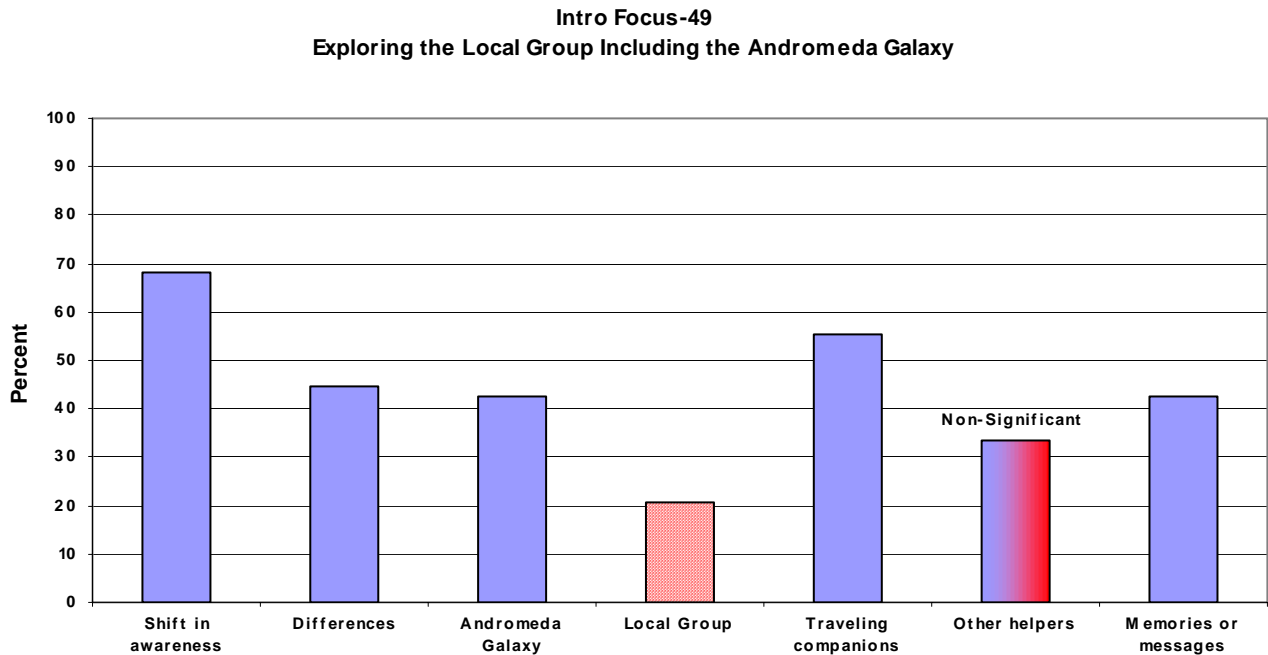


Figure 35

Two other multiple-choice questions for the *Intro Focus-49 Exploring the Local Group Including the Andromeda Galaxy* exercise address the issue of sensory perceptions and feelings. Once again, notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 36 and Figure 37.

Primary Perceptions
Intro Focus-49 Exploring the Local Group Including the Andromeda Galaxy

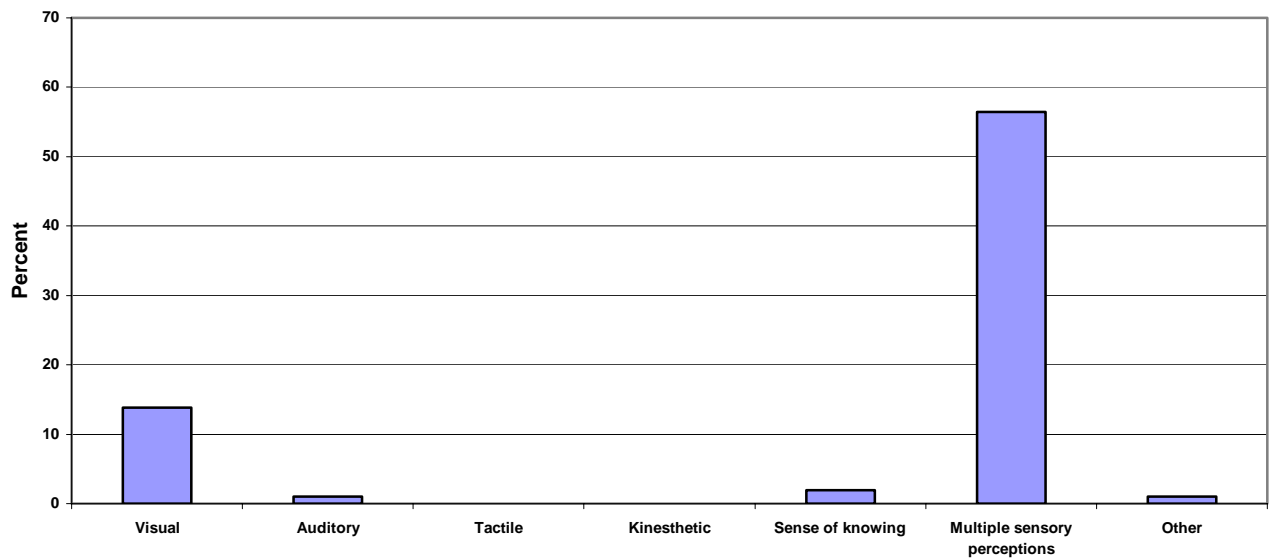


Figure 36

Primary Feelings
Intro Focus-49 Exploring the Local Group Including the Andromeda Galaxy

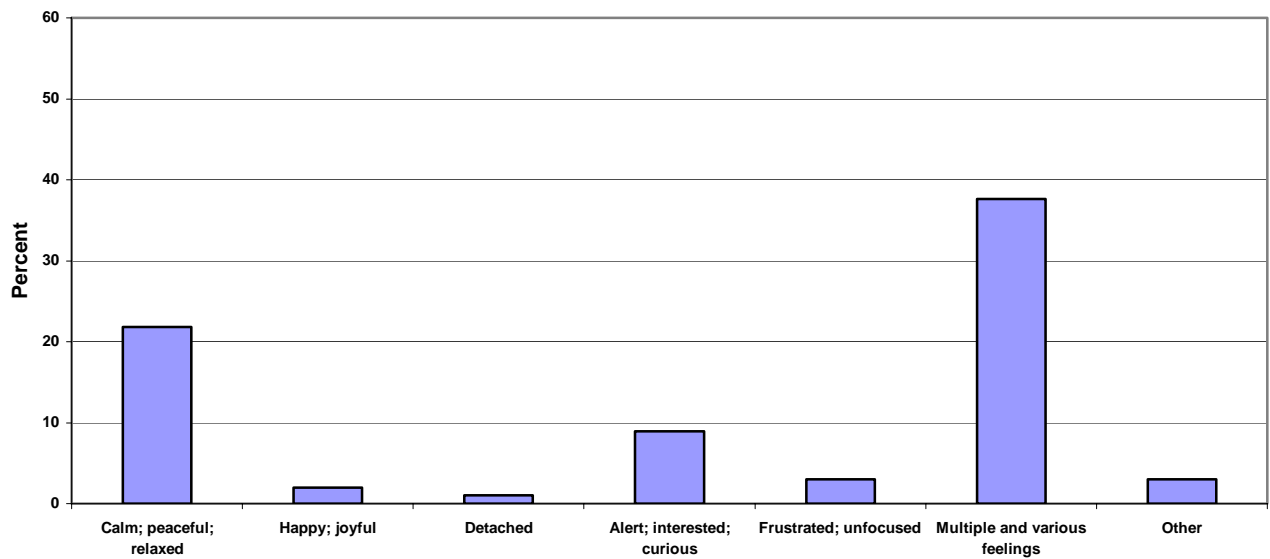


Figure 37

The narrative reports concerning the *Intro Focus-49 Exploring the Local Group Including the Andromeda Galaxy* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives and below are a few examples:

Starlines Exercise #11: Intro Focus-49 Exploring the Local Group
Including the Andromeda Galaxy

I WAS ABLE TO KEEP AWARE CONSCIOUSNESS. I AFFIRMED THAT I WAS CALM AND MY MIND WAS CRYSTAL CLEAR. THIS WAS HELPFUL. SOME IMAGES ON THE BACK SIDE.

Starlines Exercise #11: Intro Focus-49 Exploring the Local Group
Including the Andromeda Galaxy

DOLPHINS ARE GUIDES AND ASSISTANTS FOR WHALES. "ANT" CRAWLING ACROSS MY VISION. VERY 3D. NO MESSAGE. STAR "DUST" CLOUD SPREADING TOWARDS ME. NO ANSWER TO "WHERE" DID I COME FROM BEFORE. I JUST CAME TO EARTH, UNTIL VERY END. THEN VISUAL OF WHALES AND DOLPHINS FLYING THRU SPACE. LIGHT ENERGIES PLAYING FROM ANDROMEDA LIKE AURORA.

Starlines Exercise #11: Intro Focus-49 Exploring the Local Group
Including the Andromeda Galaxy

FOLLOWED TO F-49, DIDN'T RECEIVE A LOT OF INFO. WHEN TIME TO RETURN, IMMEDIATELY FELL ASLEEP AND AWOKE AT C1.

Starlines Exercise #11: Intro Focus-49 Exploring the Local Group
Including the Andromeda Galaxy

VERY QUIET AND PEACEFUL AND POWERFUL AT THE SAME TIME. ONCE IN F49 HAD NO INCLINATION TO TRAVEL OR EXPLORE. ONLY TO HOLD THAT FOCUS LEVEL, A MOSTLY WHITE SPACE, SILENT OR ALMOST SO, FEELING OF UNION WITH ALL THAT IS, AS IF THE UNIVERSE WAS BREATHING IN SYNCHRONY WITH MY OWN BREATHING. DID GLIMPSE THE ANDROMEDA GALAXY BUT THAT WAS ALL. SOME SIMILARITY WITH FIRST CONTACT WITH F21, BUT DEEPER, FULLER, MORE? ALL?

The next STARLINES exercise is called *Exploring Our Local Supercluster* and it too requires *Focus-49* and *Space Station Alpha^X*. Beyond our local group of galaxies lay hundreds, maybe thousands, of galaxy constellations, many containing thousands of galaxies rather than the 45 galaxies of our local group. These are classified into larger collections called super clusters. Our local group of galaxies lies on the outskirts of the Virgo Supercluster, which spans approximately 150-million light years and consists of tens of thousands of galaxies.

The center of our Local Supercluster is within the Virgo Supercluster itself with approximately 2500 galaxies, each containing 100-billion or so stars. Other large clusters in our Local Supercluster include the Hydra cluster, the Ursa Major cluster, the Centaurus cluster, the Virgo-Libra cluster and the Virgo-X cluster. A myriad of small groups of galaxies, strung together in an elongated pattern, complete our Local Supercluster.

The gravitational center of our Local Supercluster is a very large, bright elliptical galaxy called Virgo-A, or M87, consisting of over a trillion stars and up to 15,000 globular clusters of stars. There are only 150 globular clusters in our Milky Way.



Virgo-A Elliptical Galaxy (M87)

Our entire local group of galaxies is moving toward the center of the Virgo Cluster at a rate of one million miles per hour. And similarly, our entire supercluster of galaxies is moving rapidly toward a distant point in space, which astronomers refer to as the Great Attractor. The Great Attractor, so dubbed, is a position in the sky toward which a bulk flow of galaxies appears to be moving. In effect, the Attractor represents the center of a large mass concentration of galaxies and galaxy clusters, of which our own Local Group is included, known as the Local Supercluster.

The questionnaire completed by the participants after finishing the *Exploring Our Local Supercluster* exercise again asks for a narrative description of the experience and poses a few multiple-choice questions:

- “Were you able to get an impression of the Virgo cluster?”
- “Were you able to get an impression of the Virgo-A galaxy?”
- “Did you explore other galaxies, groups, or clusters?”

- “Did you notice/communicate with your *traveling companions*?”
- “Did you notice/communicate with *other helpers*?”
- “Did you retrieve any memories or receive any messages?”

In the chart below, Figure 38, the relative values of the “Yes” answers to only two of six of the questions above were significant. As a group, the STARLINES participants were not able to get impressions of the Local Supercluster or explore other galaxies, groups, or clusters. They did, however, report connections with *traveling companions* and *other helpers*—issues that have not received a great deal of significant scores in the past. The number of “Yes” answers about retrieving any memories or receiving any messages was non-significant at a p-value of 0.028697.

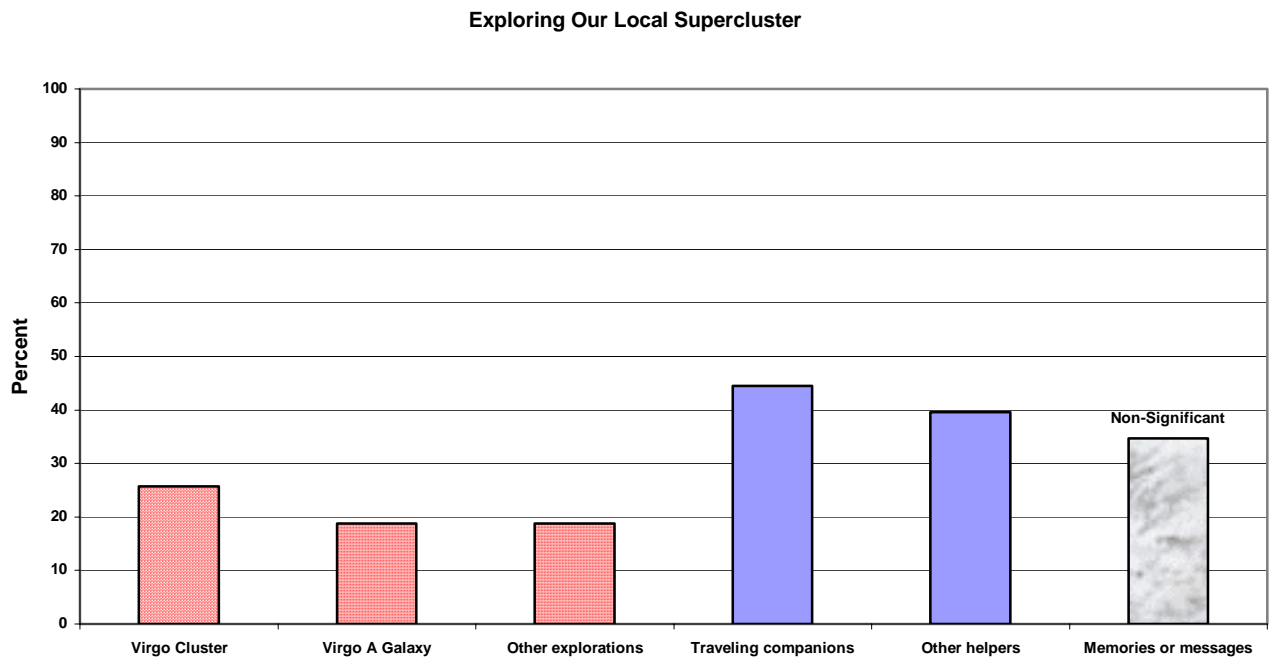


Figure 38

Noting the trouble participants seemed to have had with this exercise, what was it that gave them so much difficulty? Perhaps it was the “bigness” of the concept—the idea of billions of star systems beyond the Milky Way, once thought to be the whole universe. And yet, as will be shown in a class-by-class comparison later in this report, not all STARLINES groups had the same problem with this exercise. Those that did though pulled down the average scores of the others.

As children, when we leave the neighborhoods where we grew up, we notice and adapt to all the new-to-us things in our surroundings. Different sights, sounds, smells and tastes, people of different sizes, colors, dress, language and mannerisms, different

buildings, vehicles, etc., all are fascinating. If we travel further to other regions of the world, we find strange cultures, religions, whole societies based on different moral principles and rules of law. Adapting becomes a bit more challenging. We even have a word to describe the people that live in these foreign places. We call them aliens. We are aliens in their land and they in ours. And it has been “human nature” to use the word alien as a pejorative expression.

The arrival of the space age in the 20th Century opened the possibility of leaving Earth. And to do so, we would need to adapt. We would be leaving behind all that humankind has known for tens of thousands of years. It would require a shift in thinking, a different overview. This shift in consciousness would have to be inclusive rather than exclusive. No more aliens.

The global communications of the 21st Century play a role too. People are no longer disconnected. With the Internet and cellular phones, we are in touch with each other outside of time/space in a world apart—a cyber world of information. In cyberspace the differentiation between our *traveling companions* (friends, loved ones, coworkers, etc.) from our “neighborhood” and *other helpers*, those outside our cliques, becomes less distinct. In cyberspace there is a strange equality or unity to be found. No more aliens.



Earth from Apollo 17

As the STARLINES itinerary took explorers aboard *Voyager 8* and out into the solar system, it was still “our neighborhood” per se. The image of Earth from space has become second nature since the days of Apollo moon missions.

The names and locations of the planets are familiar. Robotic probes have explored some planets and there are outstanding telescopic photos of them all. There are even planetary maps with named terrain features so that astronomers and NASA planners can coordinate their efforts. Planetary lore extends back over numerous generations of humankind. Many millions know the planets of the solar system from books, television shows, science-fiction movies, astrology, popular brand names, etc. Our children learn about the planets in elementary school rooms. The solar system is well known—part of our neighborhood, so to speak.

Beyond the solar system as we know it, lie the nearby star systems of Alpha Centauri, Sirius, Arcturus, the Pleiades, Orion, and the Orion Nebula. Although these celestial bodies are relatively nearby, STARLINES explorers found these regions so different as to be ineffable for the most part. They were able to perceive these star systems but were generally unable to agree on just what they had sensed, felt, or experienced during their expeditions.

All that had been explored to this point was a minuscule section of the Milky Way galaxy. Expanding the horizon, the agenda necessarily became learning about our galaxy much like you might study a map of the country where you live. Although your house is in a neighborhood in a town or city, it's interesting to see on a map where your home is in relation to the rest of the country, even though you may never visit all the places on the map. Is your home north of one place and west of another place and closer to somewhere else than you ever knew?

The Milky Way "map" had three orientation points, the Crab, Vela, and Millisecond pulsars. Charting a course from the outer edge of the galaxy and the Crab pulsar through the Vela pulsar to the Millisecond pulsar brought the STARLINES explorers to the galactic center of the Milky Way. From here they were able to "escape" the celestial confines of our galaxy and investigate the neighboring Andromeda galaxy, one of several in a close by or "local group" of galaxies.

Beyond this local group lie many large clusters or "super-clusters" of galaxies. We, in the Milky Way are part of the Virgo cluster. This is where we are at this point in this report, looking at the data produced by the STARLINES participants having to do with the exploration of the Virgo Supercluster of galaxies.

In Figure 38, it's obvious that (as a group) participants had trouble perceiving, or should I say consciously perceiving and reporting that they even got an impression of the Virgo Supercluster. Had what was ineffable in the local star systems in the Milky Way become unfathomable to the conscious mind, at least for some? Remember, not all STARLINES program groups had this same difficulty. See class-by-class comparisons presented later in this report.

At the same time, for the *Exploring Our Local Supercluster* exercise, favorable reports of noticing or communicating with *traveling companions* and *other helpers* were significant at p-values of 0.000426 and 0.005569 respectively. In a realm beyond some participant's ability to relate, there remained a sense of kinship, an awareness of community, this sense of *traveling companions* and *other helpers* endured. Did these *traveling companions* and *other helpers* provide the participants with guidance, a comforting sense of direction in this seemingly inconceivable domain of a galactic supercluster?

For this exercise and for the next three, an additional multiple-choice question has been added to the questionnaire completed by the participants. This additional question goes directly to the point of the participants having a sense of direction, a comforting concept rather than a feeling of being aimlessly lost in the vast reaches of outer space. The multiple-choice question queries whether or not the STARLINES voyagers felt as though they were "being taken" on this journey by some *external force or being* or "self-directed" by their own volition or guided by "both" some *external force or being* and by their own volition. A fourth alternative answer to this multiple-choice question would be to state that they had no sense of direction whatsoever.

Figure 39 below shows the distribution of the three primary answers. A statistical examination of the sense-of-direction concept from a binary perspective, i.e., did participants as a group have a sense of direction or not, showed a favorable response at $p < 0.000001$. Or, stated another way, they absolutely reported having had a sense of direction.

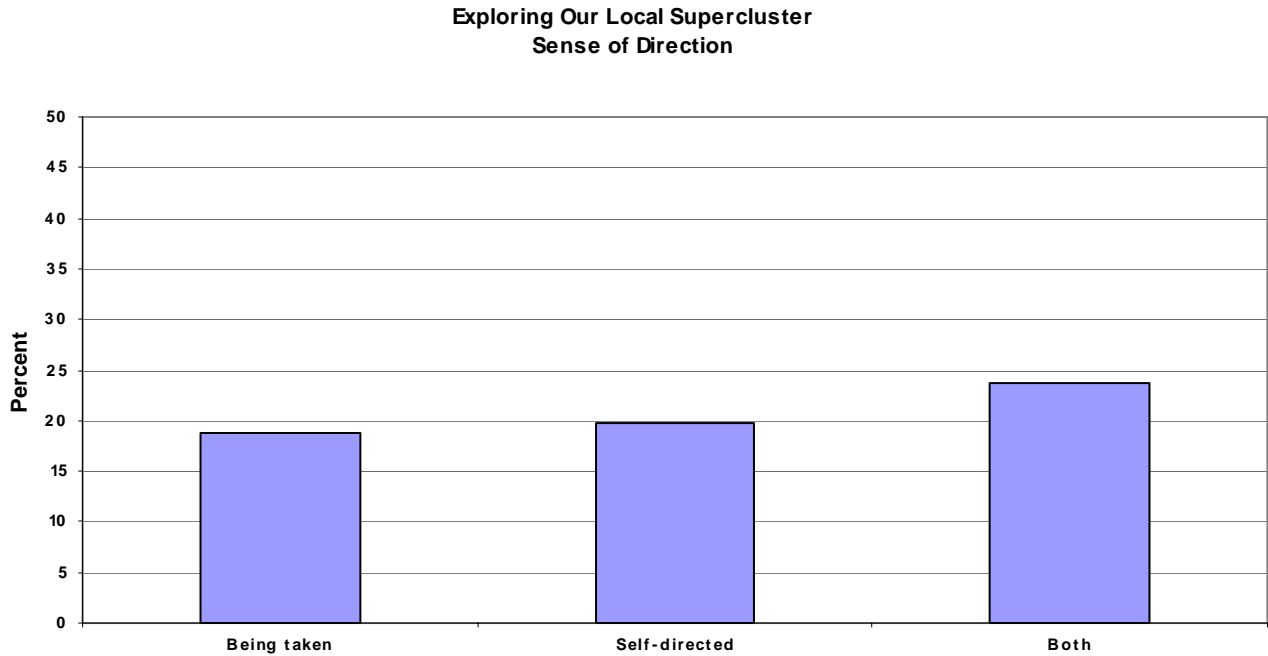


Figure 39

Two other multiple-choice questions for the *Exploring Our Local Supercluster* exercise address the issue of sensory perceptions and feelings. I am illustrating the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 40 and Figure 41, and in similar charts for the different exercises, because later in this report I will show a composite graph revealing interesting changes as the STARLINES participants progressed through the seminar.

Primary Perceptions
Exploring Our Local Supercluster

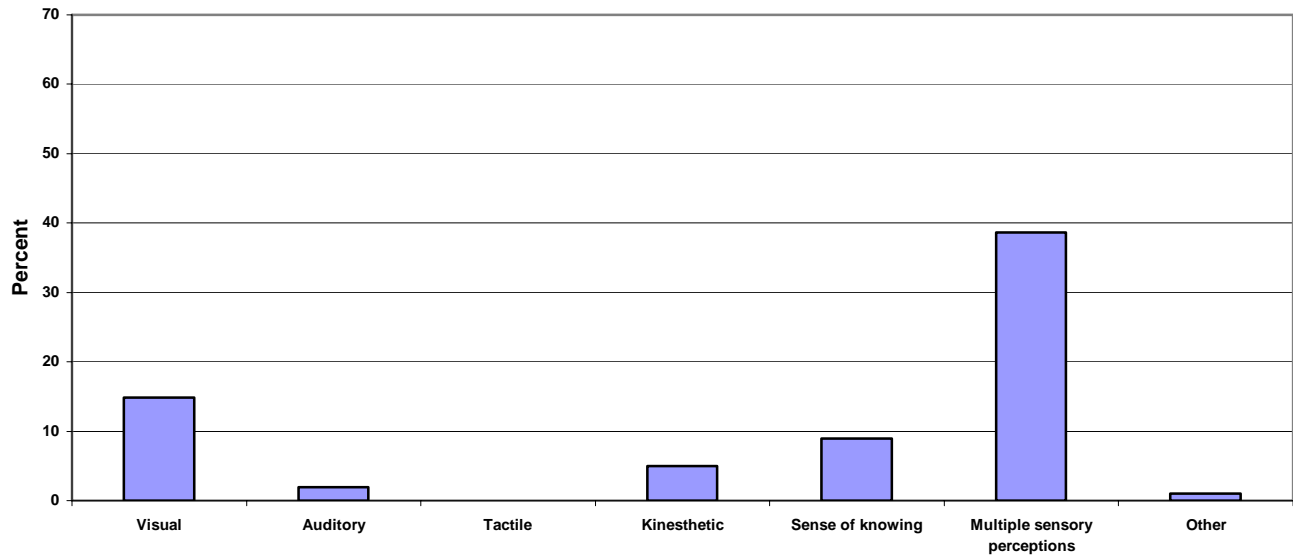


Figure 40

Primary Feelings
Exploring Our Local Supercluster

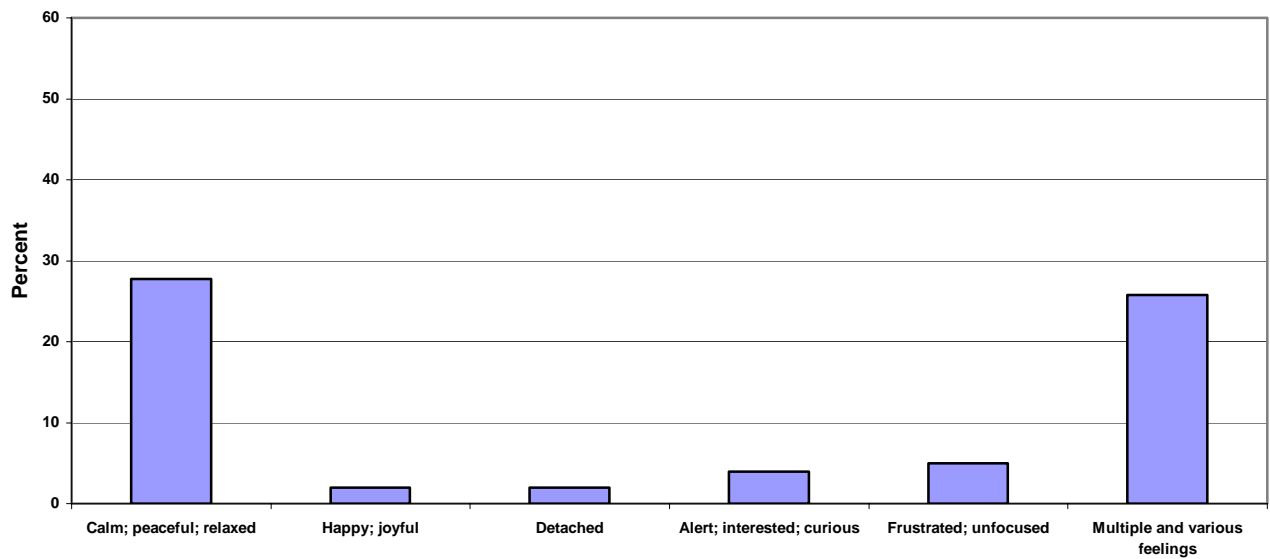


Figure 41

The narrative reports concerning the *Exploring Our Local Supercluster* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives and below are a few examples:

Starlines Exercise #12: Exploring Our Local Supercluster

CLICKED OUT

Starlines Exercise #12: Exploring Our Local Supercluster

FELT I WAS TAKEN FOR A RIDE. I WOULD GET DIFFERENT ENERGY SENSATIONS FROM TIME TO TIME. THE PULSING WOULD HAVE VARIATIONS. NOTHING IN PARTICULAR OCCURRED. LOTS OF STARS AND SPACE.

Starlines Exercise #12: Exploring Our Local Supercluster

GUIDANCE WAS TAKING ME THROUGH “I-THERE” CLUSTERS TO ONE I WOULD KNOW, BUT WE NEVER GOT THERE. INTERESTING FORMS ALONG THE WAY. I RELEASED TO GUIDANCE TO LEAD THE WAY. ON THE NEXT TAPE I SHALL BE SPECIFIC.

Starlines Exercise #12: Exploring Our Local Supercluster

TRAVELED, BUT KEPT FADING IN AND OUT OF F-49. AWARE OF GUIDANCE, BUT IN A DIFFERENT FORM THAN I USUALLY EXPERIENCE.

Starlines Exercise #12: Exploring Our Local Supercluster

SAW VISTAS OF STAR FIELDS. ASKED FOR MY PATH, ENDED UP IN A TUNNEL WITH THE LIGHT BEINGS. ALSO WORKED IN A REPAIR DEPOT OF LIGHT ROBOTS REPLACING LIGHT BULBS. VISITED THE RIVER OF GRATITUDE WHICH EMPTIED INTO THE SEA OF LOVE. AN OCEAN OF STARS AND CLOUDS PROVIDING ENLIGHTENMENT AND HEALING TO ALL WHO PASSED THROUGH THE OPPORTUNITY FOR ENLIGHTENMENT AND HEALING.

Starlines Exercise #12: Exploring Our Local Supercluster

CLICKED OUT

Like previous free-flow experiences, the next STARLINES exercise, *Free-Flow in Our Local Supercluster in Focus-49*, also included the idea of participants establishing a purpose or goal before beginning the Hemi-Sync exercise. The questionnaire completed by the participants after finishing again asks for a narrative description of the experience and poses a few multiple-choice questions:

- “Did you have a purpose for this exercise?”
- “Did you accomplish your purpose?”
- “Did you perceive names for other galaxies, groups or clusters?”
- “Did you notice/communicate with your traveling companions?”
- “Did you notice/communicate with other helpers?”
- “Did you retrieve any memories or receive any messages?”

In the chart below, Figure 42, the relative values of the “Yes” answers to five of six of the above questions were significant. As to the concept of perceiving names for other galaxies, groups or clusters, the answers were decidedly “No.”

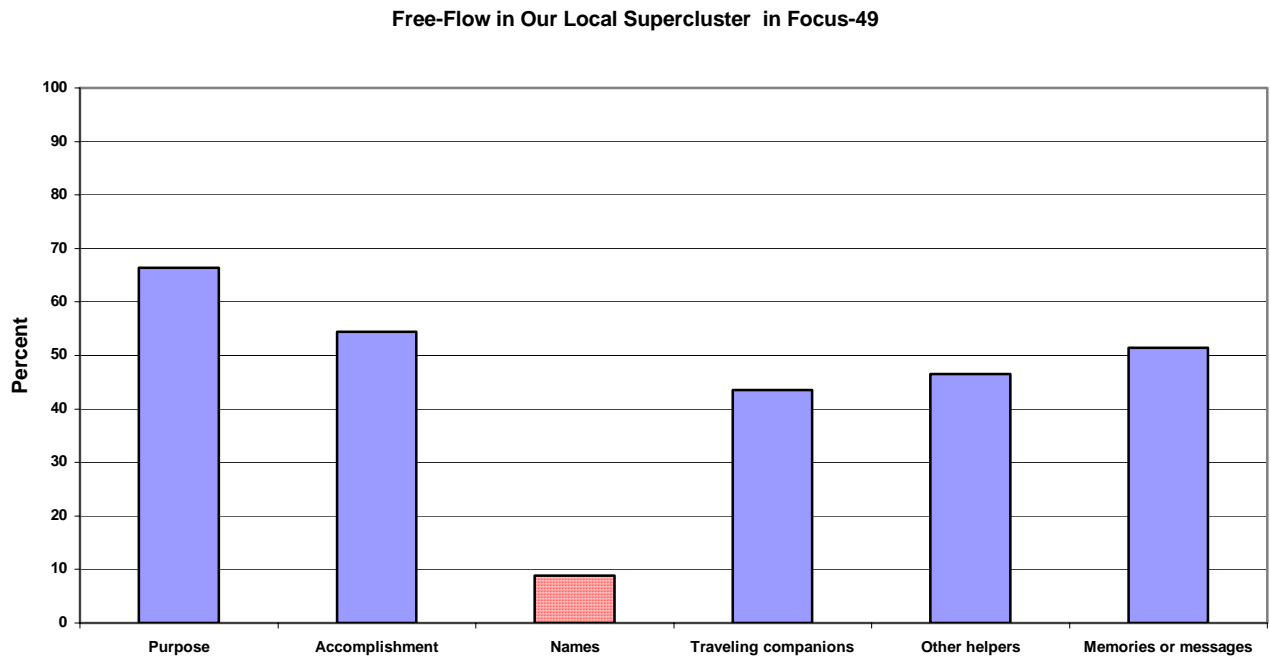


Figure 42

Favorable reports of noticing or communicating with *traveling companions* and *other helpers* were significant at p-values of 0.003010 and 0.000588 respectively. Notice too the increase in memories or messages at a p-value of 0.000008. There seems to be a distinct change in character to the experience of *Free-Flow in Our Local Supercluster in Focus-49*.

As to the participants having a sense of direction, Figure 43 below shows the distribution of the three primary answers. A statistical examination of the sense-of-direction concept from a binary perspective, i.e., did participants have a sense of direction or not, again showed a favorable response at $p < 0.000001$.

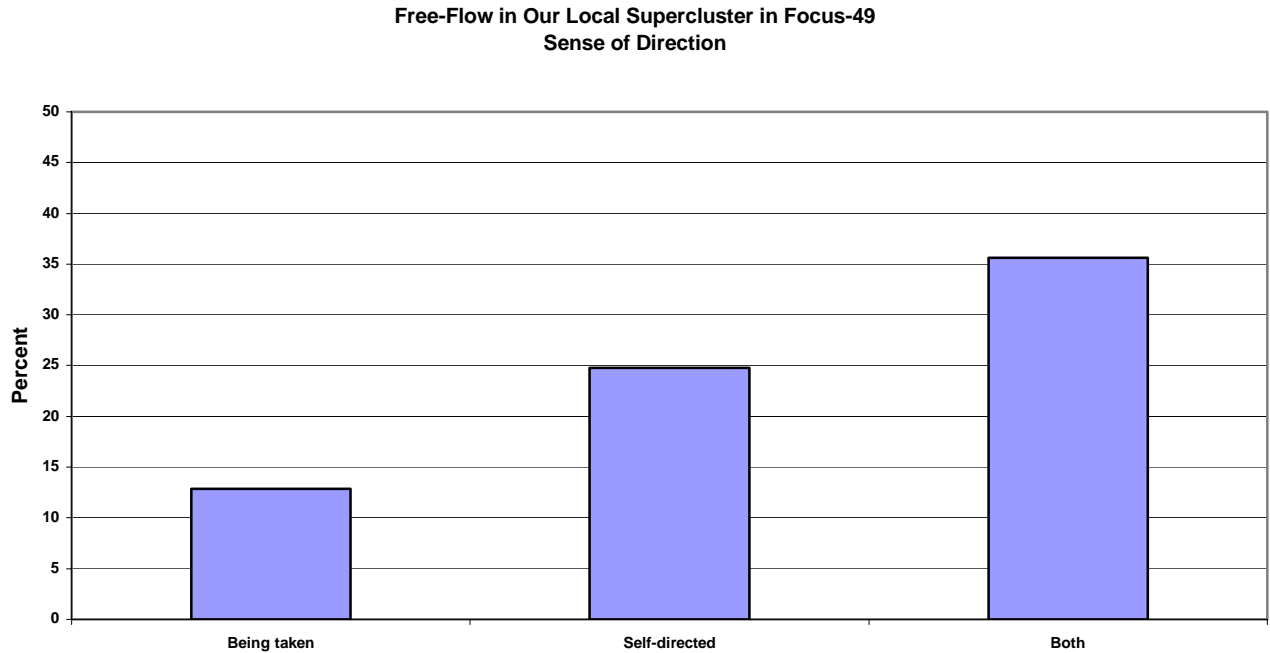


Figure 43

Again, two other multiple-choice questions for the *Free-Flow in Our Local Supercluster in Focus-49* exercise address the issue of sensory perceptions and feelings. Notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 44 and Figure 45.

Primary Perceptions
Free-Flow in Our Local Supercluster in Focus-49

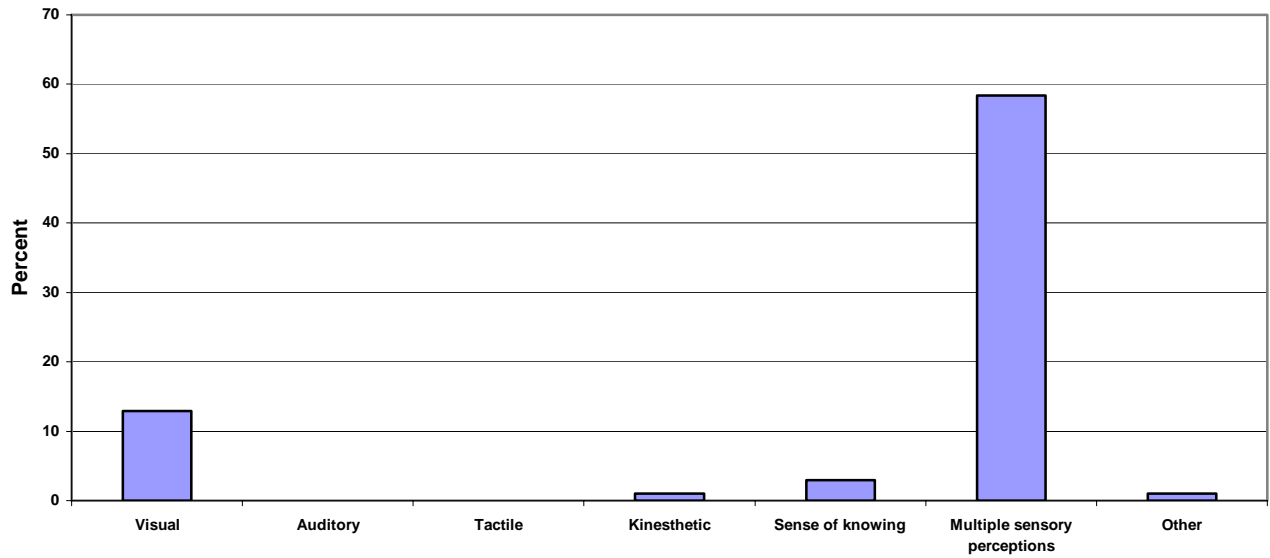


Figure 44

Primary Feelings
Free-Flow in Our Local Supercluster in Focus-49

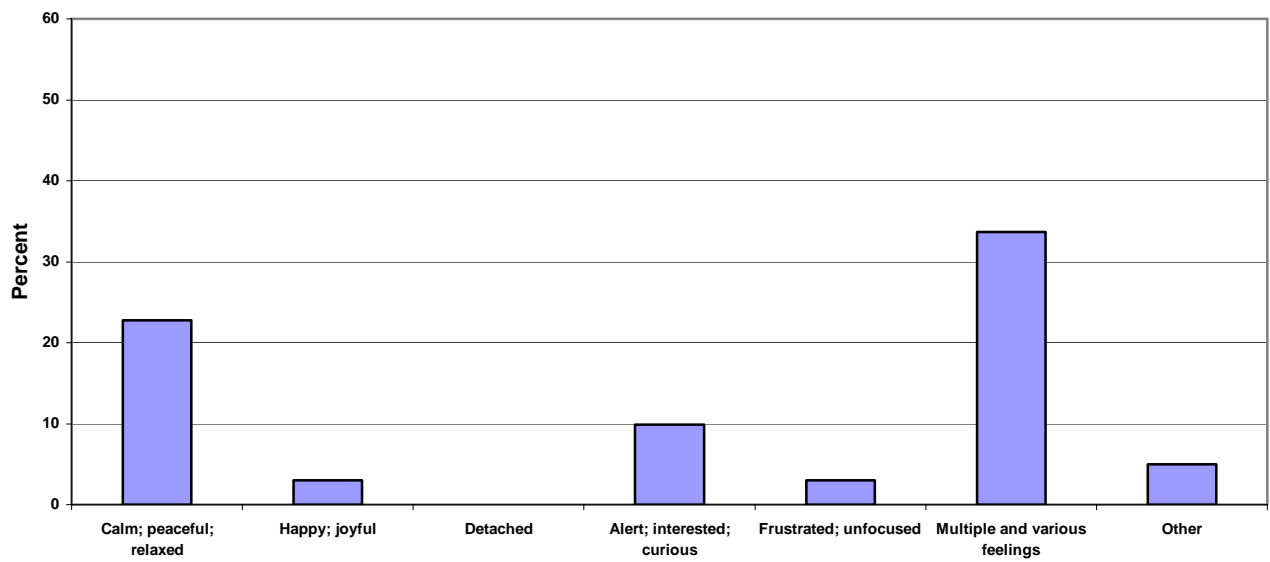


Figure 45

The narrative reports concerning the *Free-Flow in Our Local Supercluster in Focus-49* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives and below are a few examples:

Starlines Exercise #13: Free-Flow in Our Local Supercluster in Focus-49

OFF TO A LATE START, DIDN'T HEAR ANY OF THE EARLY INSTRUCTIONS. WHEN I FINALLY JOINED THE GANG WE WERE WHIZZING OUTWARD, EVER OUTWARD. I HOPED TO GET A MESSAGE FOR US BUT A SENSE OF ALL THAT IS. WE ENCOURAGE YOUR (HUMANITY'S) EFFORTS TO EXPLORE THE UNIVERSE PEACEFULLY. MANY DISTRACTIONS AND DIFFICULTY FOCUSING. HAD TO GO OUTSIDE AND LOOK AT THE STARS AT ONE POINT. FEELING OF TOTALLY UNGROUNDEDNESS.

Starlines Exercise #13: Free-Flow in Our Local Supercluster in Focus-49

I CAN'T REMEMBER MUCH AT ALL. I DEFINITELY STAYED FOCUSED THROUGHOUT AND DID NOT CLICK OUT. I KNOW I TOOK A TOUR OF THE SUPER CLUSTER AND WAS AWARE OF DIFFERENT GALAXIES, MARVELING AT THEIR BEAUTY, BUT CAN'T REMEMBER ANY MORE THAN THAT.

Starlines Exercise #13: Free-Flow in Our Local Supercluster in Focus-49

NOT MUCH TO REPORT. IN AND OUT OF AWARENESS.

Starlines Exercise #13: Free-Flow in Our Local Super Cluster in Focus-49

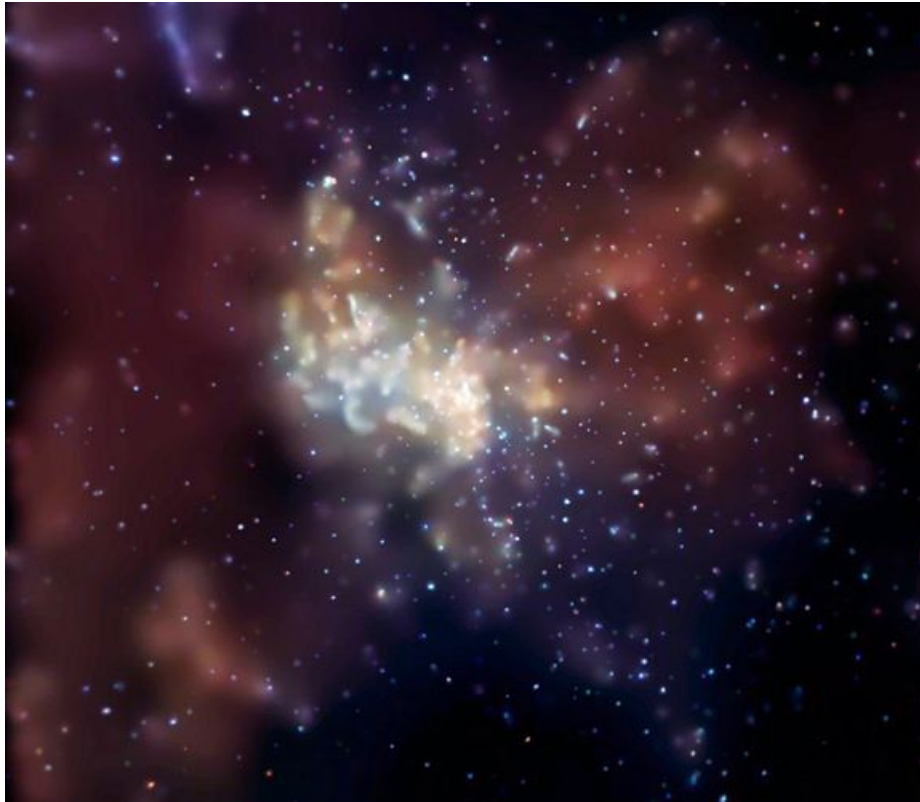
TRAVELED WITH SOME DEAR FRIENDS TO A PLANET, WHICH RESEMBLED THE ONE IN THE MOVIE, CONTACT. HELPER WHO APPEARED THERE SAID SOMETHING ABOUT STAR LANGUAGE, THEN SYMBOL APPEARED BETWEEN US. I ASKED WHERE I WAS AND HEARD (IN A ROBOTIC TYPE VOICE) M-23. LATER CHECKED IT OUT ON THE MESSIER LIST AND IT WAS: AN OPEN CLUSTER IN SAGITTARIUS.

Starlines Exercise #13: Free-Flow in Our Local Supercluster in Focus-49

SAW A LOT OF HUMANOID FACES.

Orienting closer to home—back into the Milky Way for the next exercise, *Introduction to the Galactic Core and Cluster Council in Focus-49*, the Galactic Core is located at approximately 27 degrees Sagittarius in an area designated Sagittarius A*. Here, space is filled with a thick cloud of cosmic gases and swirling interstellar dust. Although optical vision is restricted, this area is quite luminous in radio-wave frequencies, as well as x-rays and gamma-ray frequencies. The gravitational pull in this region is enormous. There is at least one large black hole here, drawing everything toward it and into it.

Using the orbiting Chandra X-ray Observatory, astronomers have taken a long look, shown below, at the core of our Milky Way galaxy, some 26,000 light-years away. This spectacular false-color view spans about 130 light-years. It reveals an energetic region rich in x-ray sources and high-lighted by the central source, Sagittarius A*, known to be a super-massive black hole with three million times the mass of the Sun. Given its tremendous mass, Sagittarius A* is amazingly faint in x-rays in comparison to central black holes observed in distant galaxies, even during its frequent x-ray flares. This suggests that this super-massive black hole has been starved by a lack of in-falling material. In fact, the sharp Chandra image shows clouds of multi-million degree gas dozens of light-years across flanking the central region—evidence that violent events have cleared much material from the vicinity of the black hole.



Milky Way Galactic Core

For the purposes of this exercise, the Galactic Core delimits a *Stargate* to another dimensional and spatial point in the flow to what is termed the *Great Emitter*² (the subject of a later exercise). Movement along this flow is said to be highly dependent on the assistance of a *Cluster Council*—a representative of bonded *I-There Clusters*.

Like previous STARLINES exercises, the questionnaire completed by the participants after finishing the *Introduction to the Galactic Core and Cluster Council in Focus-49* exercise asks for a narrative description of the experience and poses a few multiple-choice questions:

“Were you able to get an impression of the Galactic Core?”

“Were you able to access your *Memory Room* in Focus-49?”

“Were you able to get an impression of your *Cluster Council*?”

“Were you able to establish communication with your *Cluster Council*?”

“Did you notice/communicate with your *traveling companions*?”

“Did you retrieve any memories or receive any messages?”

In the chart below, Figure 46, the relative values of the “Yes” answers to all six of the above questions were significant. The character of these questions is markedly different from previous exercises. No longer are the STARLINES explorers being asked about their perceptions of celestial bodies; the subject has now turned to extra-dimensional features, perhaps spiritual or unity aspects.

² Bob Monroe wrote of his visit to the *Emitter* in his book *Ultimate Journey*.

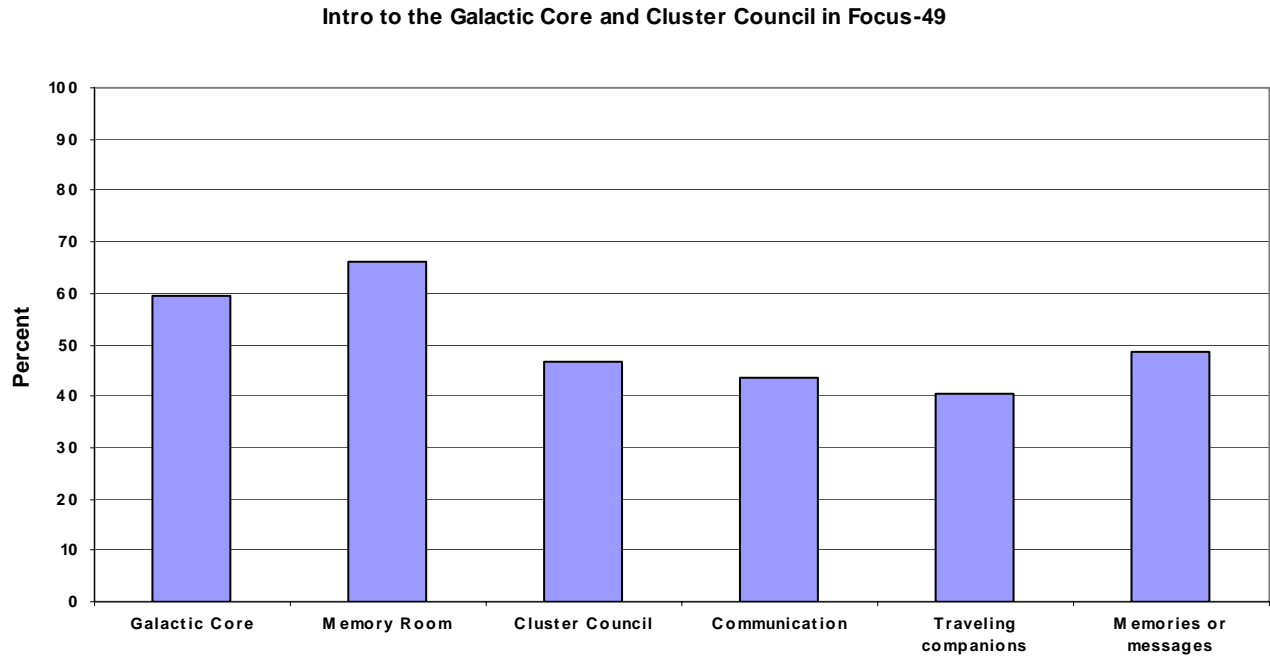


Figure 46

As to the participants having a sense of direction in the *Introduction to the Galactic Core and Cluster Council in Focus-49* exercise, Figure 47 below shows the distribution of the three primary answers. A statistical examination of the sense-of-direction concept from a binary perspective, i.e., did participants have a sense of direction or not, showed a favorable response at $p < 0.000001$ again.

**Intro to the Galactic Core and Cluster Council in Focus-49
Sense of Direction**

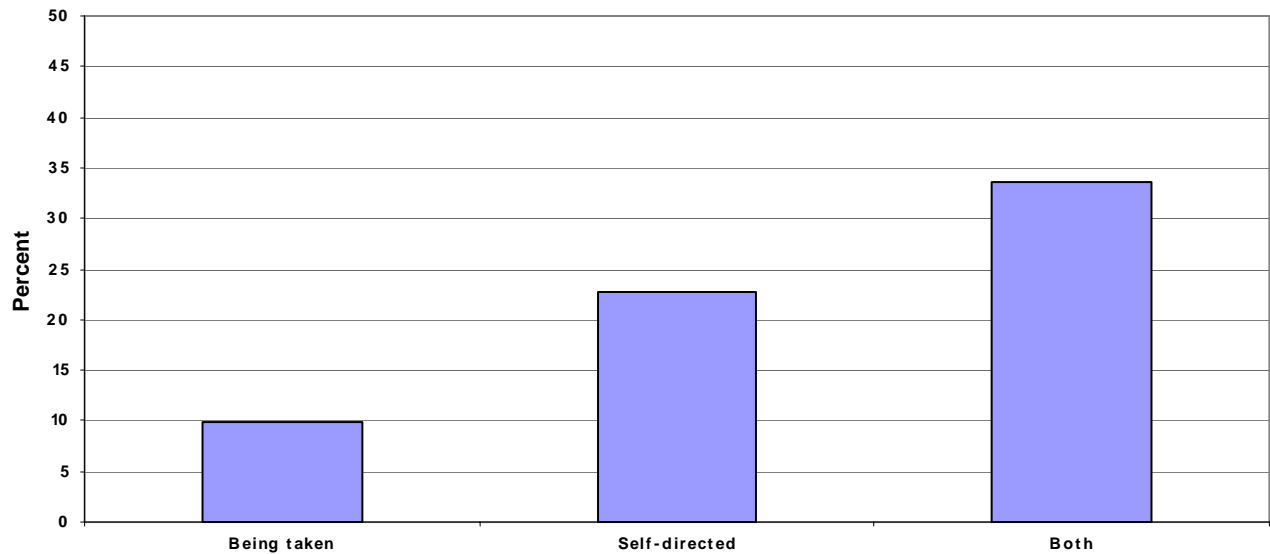


Figure 47

Again, two other multiple-choice questions for the *Introduction to the Galactic Core and Cluster Council in Focus-49* exercise address the issue of sensory perceptions and feelings. Notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 48 and Figure 49.

Primary Perceptions
Intro to the Galactic Core and Cluster Council in Focus-49

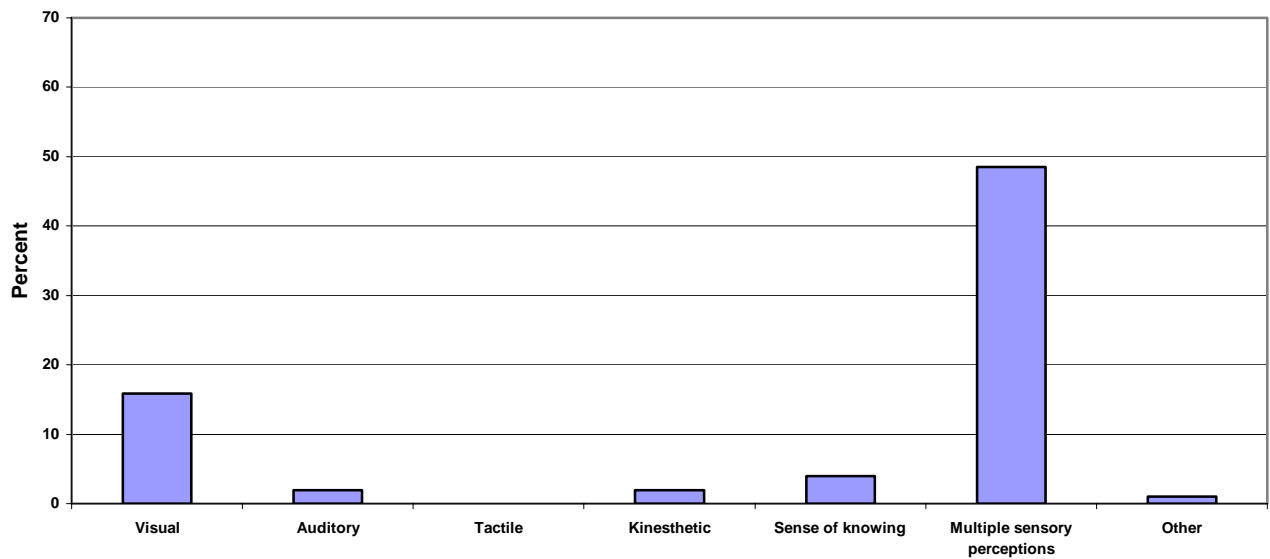


Figure 48

Primary Feelings
Intro to the Galactic Core and Cluster Council in Focus-49

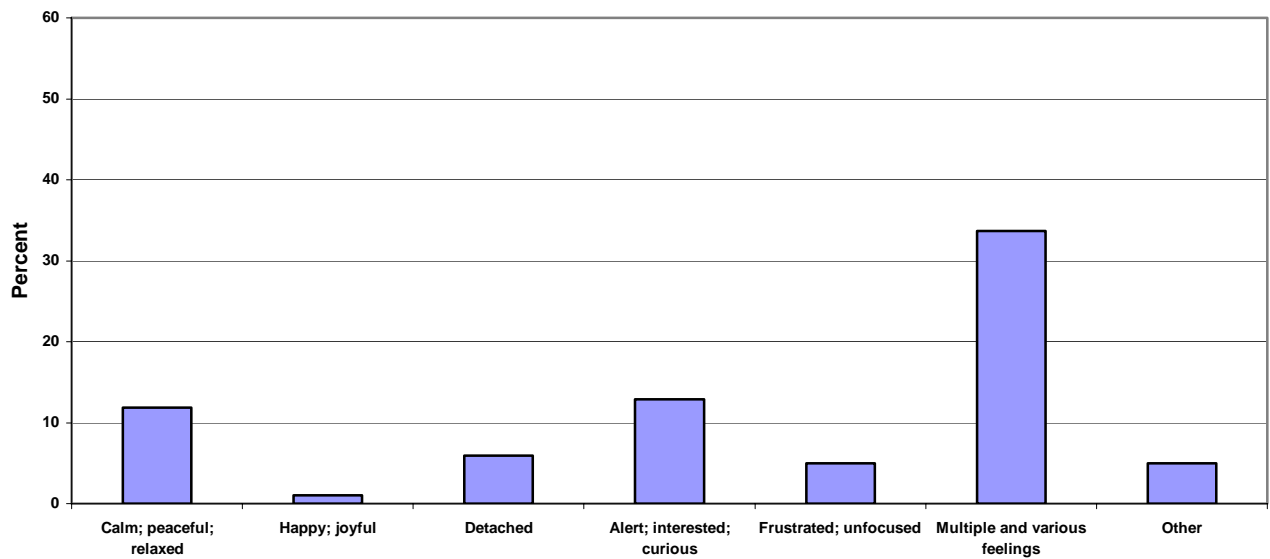


Figure 49

The narrative reports concerning the *Introduction to the Galactic Core and Cluster Council in Focus-49* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives and below are a few examples:

Starlines Exercise #14: Intro to the Galactic Core and Cluster Council in Focus-49

I WAS FASCINATED BY THIS EXERCISE AND WAS QUITE COMFORTABLE. MY FIRST IMPRESSION WAS A BOWL OF "PEA SOUP". I DID NOT TAKE THIS AS TYPICAL OF THE FOOD IMAGERY, BUT RATHER AS SOMETHING THE GALACTIC? THEN I SAW A MAN (ORIENTAL) COMING TO ME, AS I WAS FOCUSED ON A MAP OF THE MILKY WAY AND THE GALACTIC CORE, AGITATED WITH A SENSE OF "WHAT ARE YOU DOING", OR IT COULD HAVE MEANT "BE CAREFUL" OR "WATCH OUT". LAST OF ALL, I GOT AN IMAGE FROM THE COUNCIL OF THE CORPS WITH THE EYE SYMBOL. I WOULD NEED TO DO THIS EXERCISE AGAIN.

Starlines Exercise #14: Intro to the Galactic Core and Cluster Council in Focus-49

GOT ROTE ON THE NATURE OF SELF-REALIZATION. GOT A ROTE ON HOW I CAN HAVE A LUCID DREAM THAT NIGHT (IT WORKED). ROTE: YOU CAN EXPERIENCE GALACTIC CENTERS ON ANY FOCUS LEVEL.

Starlines Exercise #14: Intro to the Galactic Core and Cluster Council in Focus-49

ANOTHER CLICK OUT. NOT CONSCIOUS OF ANYTHING.

Starlines Exercise #14: Intro to the Galactic Core and Cluster Council in Focus-49

I WAS CALM AND MY MIND WAS CRYSTAL CLEAR. MY IMPRESSION OF THE GALACTIC CORE WAS JUST A SPECTRUM OF LIGHT BLUE, NOTHING ELSE. WHEN I SAW MY CLUSTER COUNCIL, I PROJECTED THE FOLLOWING QUESTION: IS THERE ANY EVENT THAT HAS HAPPENED IN THE GALACTIC CORE IN THE PAST 30 YEARS, WHICH WILL AFFECT THE FUTURE OF THE EARTH? I RECEIVED MY PIC CODE FOR THE EARTH CORE, UNDERGROUND CIVILIZATIONS SURFACED IN MY AWARENESS.

Having established some orientation with the Galactic Core and the *Cluster Council*, the next exercise, *Free-Flow in Focus-49*, gives participants the opportunity to revisit SSA^X experienced previously. Like previous free-flow experiences, this exercise included the idea of participants establishing a purpose or goal before beginning. The questionnaire completed by the participants after finishing the exercise again asks for a narrative description of the experience and poses a few multiple-choice questions:

- “Did you have a purpose for this exercise?”
- “Did you accomplish this purpose?”
- “Did you consult with your *Cluster Council*?”
- “Were you able to identify where you went?”
- “Did you retrieve any memories or receive any messages?”

In the chart below, Figure 50, the relative values of the “Yes” answers to all six of the above questions were significant. Again, as with the last few exercises, in this experience of inner-space and links with the *I-There* rather than celestial outer-space exploration, the experiences of some form of “communication” remained high.

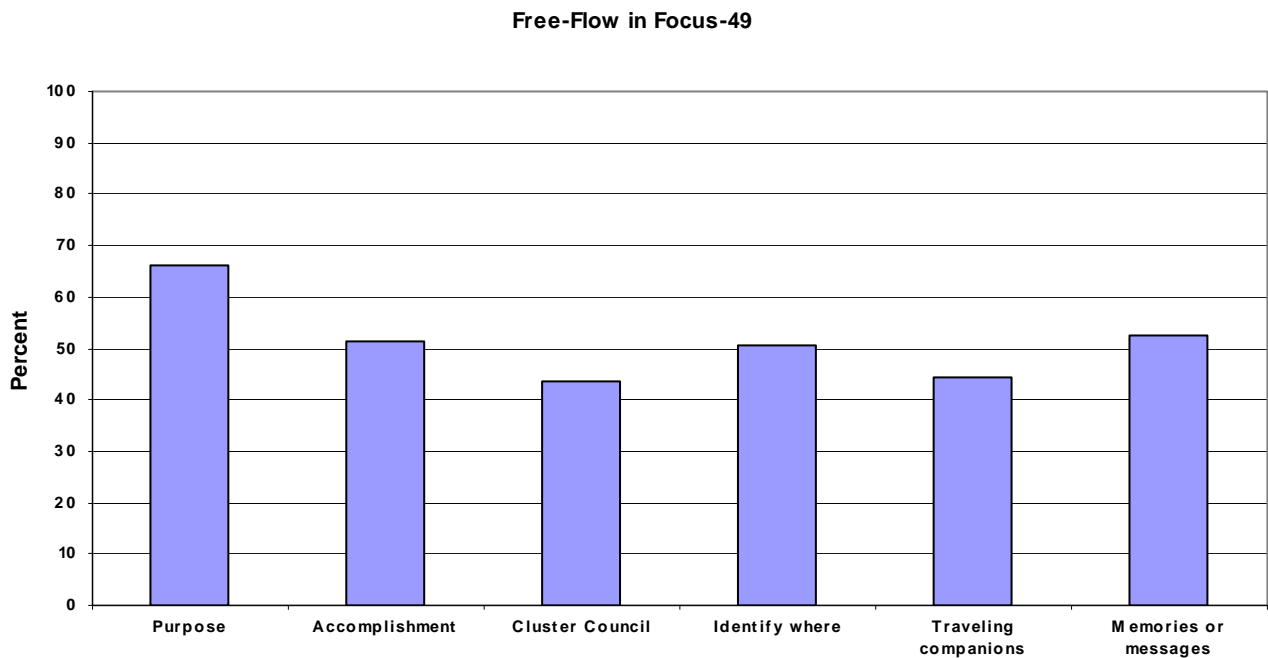


Figure 50

As to the participants having a sense of direction in the *Free-Flow in Focus-49* exercise, Figure 51 below shows the distribution of the three primary answers. A statistical examination of the sense-of-direction concept from a binary perspective, i.e., did participants have a sense of direction or not, again showed a favorable response at $p < 0.000001$.

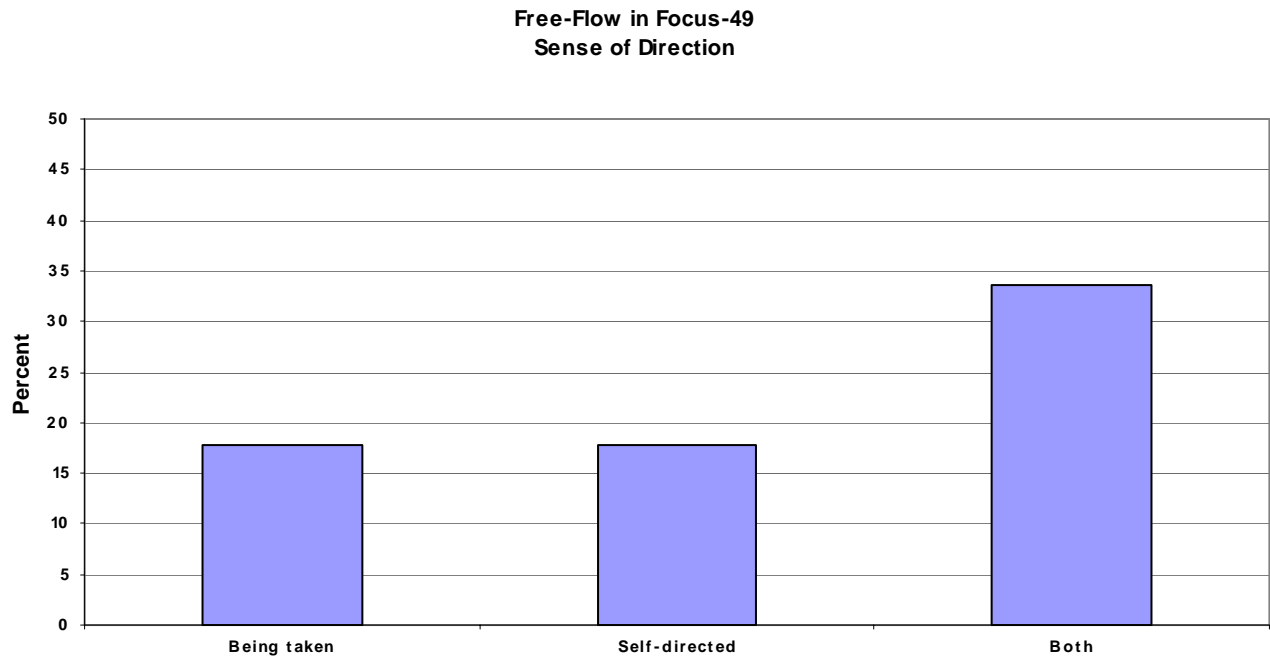


Figure 51

Two other multiple-choice questions for the *Free-Flow in Focus-49* exercise address the issue of sensory perceptions and feelings once again. Notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings”. Notice too the increasing values of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 52 and Figure 53.

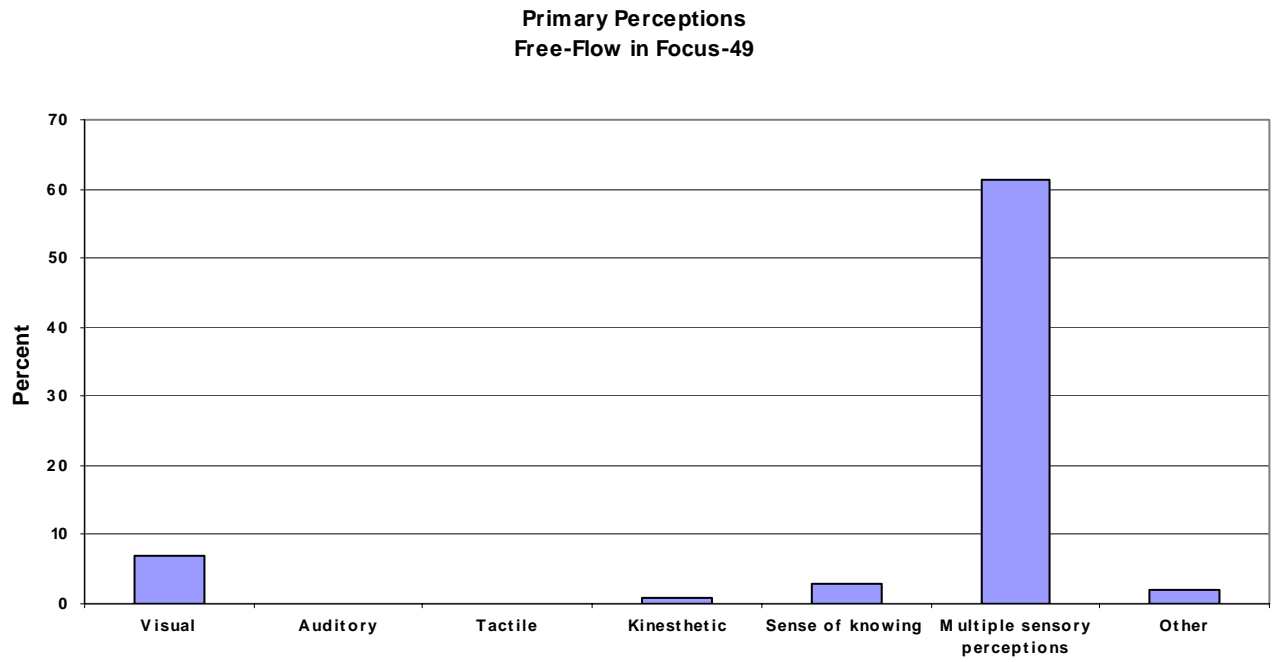


Figure 52

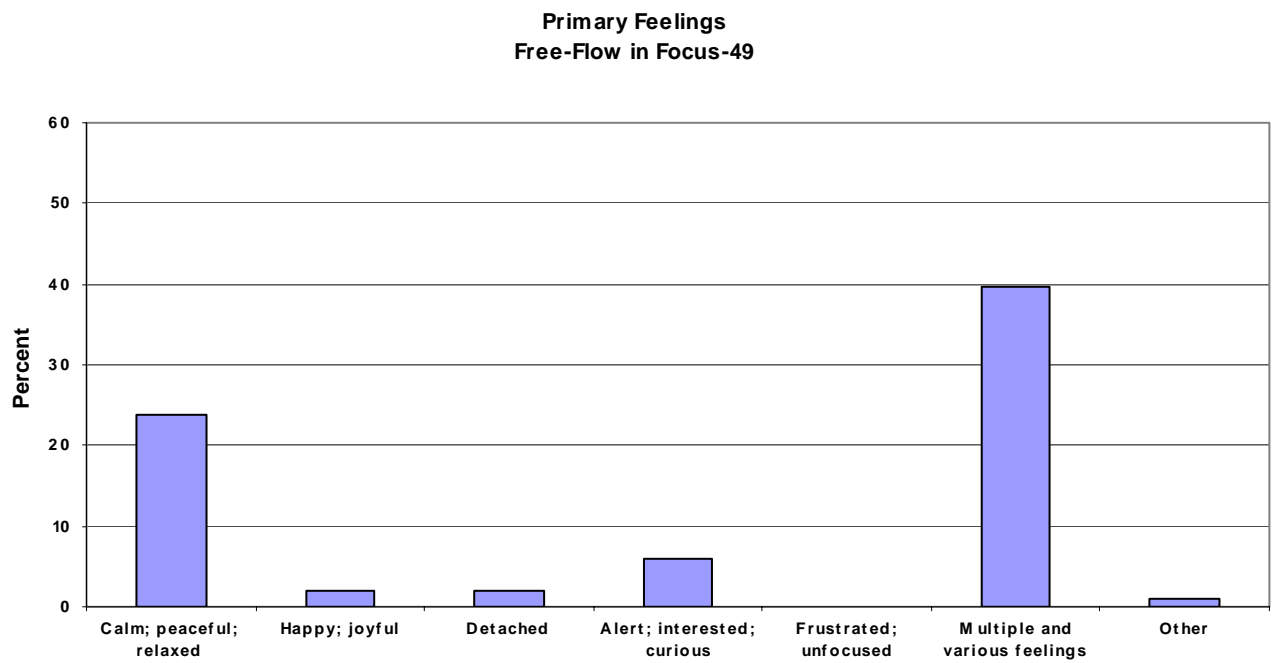


Figure 53

The narrative reports concerning the *Free-Flow in Focus-49* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives and below are a few examples:

Starlines Exercise #15: Free-Flow in Focus-49

VERY STRONG VISUALS AS BRIGHT IMAGES AS I HAVE EVER GOT. I WAS ABLE TO CONSULT WITH THE CLUSTER COUNCIL AND GET PERMISSION TO GO TO THE STARGATE AND BEGIN STUDY AND PREPARATIONS NEEDED TO TRANSIT AND EXPLORE STARGATE AND ITS REGIONS ON BOTH SIDES. THE STARGATE SEEMS TO HAVE TO APPEARANCES/LOCATIONS ONE IN A DARK DEEP VALLEY AND THE OTHER IN SPACE. I HAD MORE ACCESS TO THE VALLEY STARGATE.

Starlines Exercise #15: Free-Flow in Focus-49

TRANSCENDENCE OF EGO...DISCERNMENT

Starlines Exercise #15: Free-Flow in Focus-49

A BRILLIANT EXPERIENCE. HARD TO REMEMBER EVERYTHING, BUT LOTS OF BEAUTIFUL VISUALS. LANDSCAPES INSPIRING ME TO PAINT WHEN I RETURN TO UK. FELT AN INNER SENSE OF INTER-CONNECTEDNESS WITH ALL THAT IS. VERY MOVING.

Starlines Exercise #15: Free-Flow in Focus-49

AFTER THE LAST TAPE I DECIDED NOT TO USE THE *I-THERE*, ETC., MENTAL CONSTRUCT. DECIDED NOT TO USE CONTEMPLATING MEDITATION, TO USE MORE PERSONAL EXPERIENCED CONSTRUCTS. EXPERIENCE WAS, CAN'T THINK OF APPROPRIATE EXPRESSIONS, MORE THAN POSITIVE MINIMINOUS, OKAY, ETC, NOT FORCED AT ALL, NICE EXPERIENCE.

Starlines Exercise #15: Free-Flow in Focus-49

ARRIVED WITH THE GROUP AND CLICKED OUT.

Starlines Exercise #15: Free-Flow in Focus-49

FOR THE FIRST TIME I HAD GROUPS OF FRIENDS (FROM STARLINES) WITH ME! THE FIRST GROUP RECEIVED TALKING, HEALING, SOME SPECIAL KIND OF OVERTURE. WE WERE THEN SHOWN A LOT OF CYLINDERS FROM MEMORY ROOM, TO HAVE IT IN OUR MINDS, IN TOTALITY. AFTER THAT WE WERE CONDUCTED TO GALACTIC CORE WITH BEAUTIFUL MEANINGS OF CONNECTING OUR CORES (HEARTS) TO THE ONE WE WERE EXPERIENCING NOW. I HEARD BREATHING, AND A BIG TONGUE SHOWED EXPLAINING REALLY WE WERE AMBASSADORS. ON THE WAY BACK, WE MET OTHER MINI-GROUPS FROM OUR CLASS "WAVING HANDS".

Starlines Exercise #15: Free-Flow in Focus-49

MUCH PERSONAL INFORMATION WITH GUIDANCE/FUTURE SELF-HEALING FOR PHYSICAL/EMOTIONAL BODIES WITH 3 TALL TRANSLUCENT GREEN BEINGS. ALL AROUND INFORMATIONAL, EDUCATIONAL, AND EXPANDING.

Starlines Exercise #15: Free-Flow in Focus-49

SAT WITH THE GROUP OUTSIDE THE CORE AND HAD A PICNIC WHILE WATCHING THE GALACTIC FIREWORKS OF CREATION. GOT SOME IDEAS ABOUT WORKING WITH CHILDREN/YOUNG ADULTS.

Starlines Exercise #15: Free-Flow in Focus-49

TO MAKE UP FOR MISSED OPPORTUNITY OF LAST EXERCISE WENT BACK TO GALACTIC CORE AND OBSERVED IMAGE. EYE CAME UP BRIEFLY, MAINLY WHITE, BRIGHTLY SHINING SPHERE. NO BLACK HOLES AT FIRST. SHIFTING AWARENESS SLIGHTLY REVEALED A FUNNEL SHAPED OPENING WITH RADIATING LIVES LIKE AN OPTICAL SHUTTER ALMOST, ONLY 3-D GOING IN. THEN MEMORY ROOM AND ESTABLISHED CONTACT WITH GALACTIC CORE, SOME INTERACTION, EXAMINING CURRENT LIFE ISSUES AND PAST CHOICES FOR THIS PERSPECTIVE. GOT THE CLEAR IMPRESSION OF SUPPORT IN ALL AREAS, APPROVAL, ENCOURAGEMENT.

Starlines Exercise #15: Free-Flow in Focus-49

CLICKED OUT

Having returned to the Galactic Core and the *Cluster Council* in the last exercise, in the final exercise, *Galactic Core Transmutational Link-Up*, gives participants the opportunity to revisit SSA^X and venture through the *Stargate* in a quest for the *Great Emitter*. The questionnaire completed by the participants after finishing the exercise again asks for a narrative description of the experience and poses multiple-choice questions:

“Were you able to re-connect with your *Cluster Council*?”

“Did you experience movement through the *Stargate*?”

“Did you experience a dimensional shift?”

“Were you able to identify where you went?”

“Were you able to perceive the flow to the *Great Emitter*?”

“Did you retrieve any memories or receive any messages?”

“Were you able to reconnect with *Earth Core*?”

In the chart below, Figure 54, the relative values of the “Yes” answers to five of seven of the above questions were significant. As to STARLINES explorers being able to identify where they went during the *Galactic Core Transmutational Link-Up* exercise, the number of “Yes” answers was marginally significant at a p-value of 0.017386. As to whether or not they were able to perceive the *Great Emitter*, the number of “Yes” answers was non-significant at a p-value of 0.038473. What this means is that the null hypothesis cannot be rejected in the case of this particular question. The “Yes” answer pertaining to perceiving the *Great Emitter* could have been selected by mere chance. The obvious conclusion, therefore, is that it is unlikely that as a group participants noticed or perceived the flow from the *Great Emitter* during this exercise.

Just because the STARLINES participants as a subject group did not appear to perceive the flow from the *Great Emitter* during this exercise based solely on a statistical premise, it does not necessarily mean that none of the participants did so. Even though the number of “Yes” answers did not reach statistical significance some STARLINES explorers who did answer “Yes” may have provided interesting information. The narrative comments made by the participants will have to be examined.

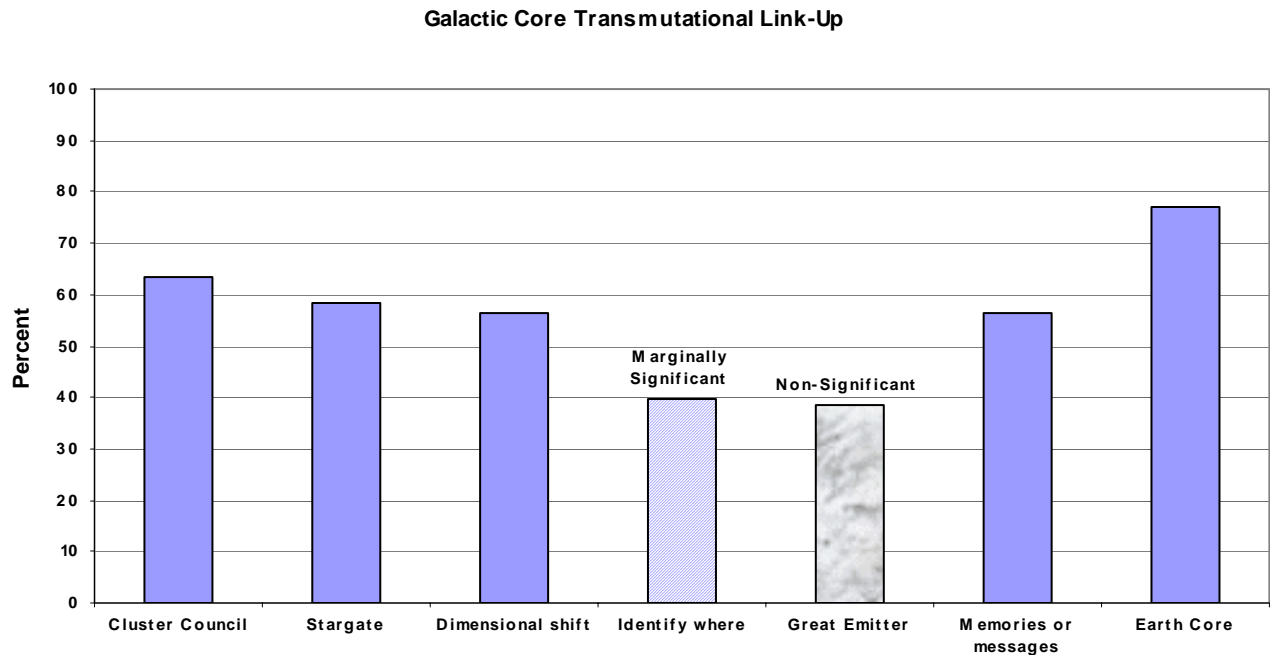


Figure 54

Two other multiple-choice questions for the *Galactic Core Transmutational Link-Up* exercise address the issue of sensory perceptions and feelings once again. Notice the scored percentage similarities over other categories of “Multiple sensory perceptions” and “Multiple and various feelings”. Notice too the increased values of “Multiple sensory perceptions” and “Multiple and various feelings” in the following charts, Figure 55 and Figure 56.

Primary Perceptions
Galactic Core Transmutational Link-Up

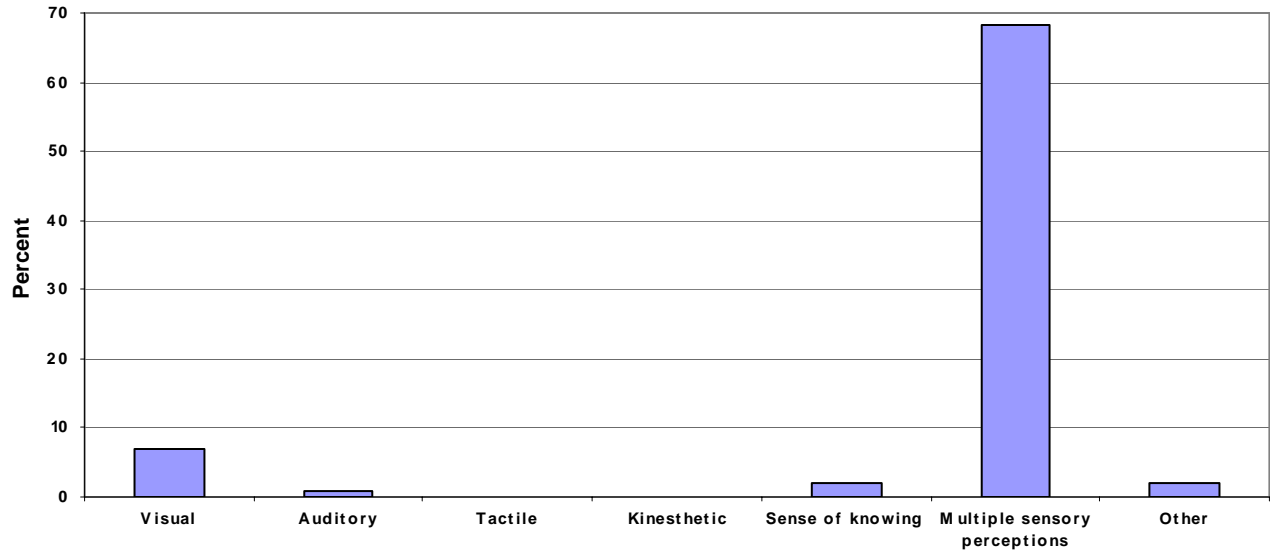


Figure 55

Primary Feelings
Galactic Core Transmutational Link-Up

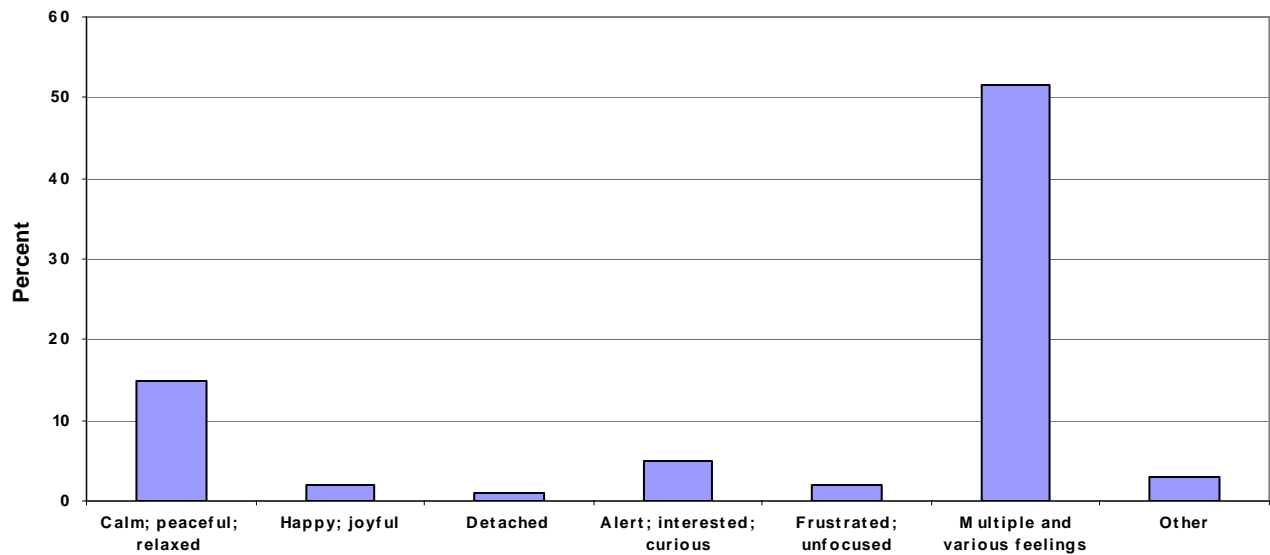


Figure 56

The narrative reports concerning the *Galactic Core Transmutational Link-Up* experience provided by participants were examined for word meaning, symbol interpretation, and story analysis. Again, experiences were explained from individual perspectives and below are a few examples:

Starlines Exercise Tape # 16: Galactic Core Transmutational Link-Up

THE CLUSTER COUNCIL DEBATED LETTING ME GO THROUGH THE STARGATE. SOMETHING BLUE FLEW OVER MY HEAD AND I FOLLOWED AND BECAME THE BLUE STONE THAT I'D BEEN TOLD WOULD ALLOW PASSAGE INTER-DIMENSIONAL. SAW PARENTS AND FRED WHO EXPLAINED NOW YOU KNOW. FOLLOWED BY A NEW PERCEPTION WHEN TAKEN THRU THE TOUR OF GALACTIC CLUSTERS, "WALKING THE MILKY WAY" AND A NEW VIEW OF SIRIUS SEEN IN CONCENTRIC LEVELS OF LIFE, ONE LIVING ON TOP OF ANOTHER, BACK TO ANIMAL FRIENDS AT 27 WHO WATCHED ME BECOME THE BLUE STONE WHICH I THEN TOLD MY FELLOW TRAVELERS AT TMI 27 THEY TOO COULD SHAPE SHIFT, IF THEY CHOSE AND I SHOW THEM HOW.

Starlines Exercise Tape # 16: Galactic Core Transmutational Link-Up

CLICKED OUT PART OF THE TIME

Starlines Exercise Tape # 16: Galactic Core Transmutational Link-Up

I CAN'T! WOW. TO MAKE IT TO THE CORE THE GREAT EMITTER AGAIN WITH EVEN MORE CLARITY! IT'S HUMBLING AND EMPOWERING. A HUGE CULMINATION THAT WORDS CANNOT EXPLAIN. MUCH NEEDS TO SETTLE IN ME AND "THEY" ASSURE ME I WILL FIND THE WORDS, IT IS IMPORTANT TO DO SO.

Starlines Exercise Tape # 16: Galactic Core Transmutational Link-Up

THE BEST YET TOUR. THE RIDE WENT THROUGH THE CORE TO NON- TIME/SPACE (SOMEWHAT PERPLEXING). GOT A REALLY FUNNY JOKE.

Starlines Exercise Tape # 16: Galactic Core Transmutational Link-Up

THIS WAS HEALING OF SELF, THE INTERNAL UNIVERSE. EVERYTHING IS VIBRATING, THE RUG, THE WALL, AND MYSELF. I BELIEVE I UNDERSTAND THE CONCEPTS. I WILL

WORK TO IMPLEMENT THEM. THANK YOU. THIS WAS EXCELLENT.

Starlines Exercise Tape # 16: Galactic Core Transmutational Link-Up

FOR FIRST TIME MET A REPRESENTATIVE FROM MY *I-THERE*. A QUEEN LIKE WOMAN IN BLACK KIND OF MANNEQUIN-LIKE. I NICKNAMED "MARIE ANTOINETTE". REAFFIRMED MESSAGE FROM GUIDELINES. I WAS CHOSEN VIA LOTTERY TO REPRESENT CLUSTER IN EARTH LIFE EXPERIENCE. THEY WANT EXPERIENCE TO BE PURE AND UNINFLUENCED, BUT THEY ALSO DON'T WANT ME TO BECOME REPEATER HENCE ENCOURAGEMENT TO REMAIN DETACHED.

Starlines Exercise Tape # 16: Galactic Core Transmutational Link-Up

MERGED INSTANTLY WITH THE GROUP AT 27. THERE IT FELT WARM AND LOVING. ALWAYS ENJOY THE ENERGY OF EARTH CORE AS WELL. MET WITH MY CC AND ASKED ABOUT THE GALACTIC CORE. AFTER MUCH DISCUSSION THEY SAID OK, ESPECIALLY SINCE I MADE THE JUMP THE NIGHT BEFORE. THIS TIME I ACTUALLY MADE A TURBULENT TRIP THRU A LONG TWISTING, VOLATILE TUNNEL. AGAIN ARRIVING IN AN ALL WHITE SPACE. NO AIR, NO COLOR. JUST A MAN SITTING ON A WHITE STOOL DRESSED IN ALL WHITE CLOTHES, WEARING A WHITE BERET WITH A PROJECTOR SHOWING A MOVIE OF THE UNIVERSE, BACK INTO THE BLACK HOLE OF THE GALACTIC CORE. HE DIDN'T SEEM AT ALL SURPRISED TO SEE ME. SO I ASKED HIM WHAT WAS I TO DO NOW. HE SAID CREATE WHAT YOU LIKE. SUDDENLY WHITE EASELS WITH WHITE CANVAS APPEARED BEHIND HIM. I STARTED TO DRAW SCENES OF EARTH LANDSCAPES, BUT THAT DIDN'T SEEM RIGHT TO ME. THEN SUDDENLY ON THEIR OWN, STRANDS OF DNA, $E=MC^2$ (EXAMPLES OF SYMBOLS BEGAN TO SHOW UP ON THE CANVAS). AGAIN IT WAS TIME TO GO BACK. I REALIZED AT THAT MOMENT THAT I AM GOD. WE ARE ALL GOD, WE CREATE OUR OWN REALITY AND ALL IS POSSIBLE.

Starlines Exercise Tape # 16: Galactic Core Transmutational Link-Up

BRILLIANT, BUT CAN'T REMEMBER EVERYTHING. SO MANY VISUALS, BEAUTIFUL COLORS AND LANDSCAPES. STRONG ENERGY CHARGES AND SENSATIONS OF MOVEMENT. EMOTIONALLY MOVING, JUST TOO MUCH TO REMEMBER. WOW!

Throughout this report, illustrations of primary sensory perceptions and primary feelings experienced by participants in their STARLINES exercises have been provided because there seems to be a link between the number of “Yes” answers to questions along with positive narrative statements, to the degree of “Multiple sensory perceptions” and “Multiple and various feelings”. This is most apparent in the case of sensory perceptions.

Assuming that favorable experiences, supporting the underlying purpose of the STARLINES program, are represented by “Yes” answers and constructive narrative statements, and that the occurrence of multiple sensory perceptions during exercises gives a general indication of such, tracking these primary sensory perceptions over the six-day program may provide some insight as to the general experiential current of the program.

In Figure 57, below, “Multiple sensory perceptions” dominate the participant’s sensory experiences. There is a strong variability too, which may be indicative of how well participants were doing throughout the exercises. “Visual” perceptions are the second highest rated and fall off dramatically toward the end of the exercises when experiences of inner-space and establishing links with the *I-There, I-There Clusters*, and the *Cluster Council*, were emphasized over celestial outer-space exploration.

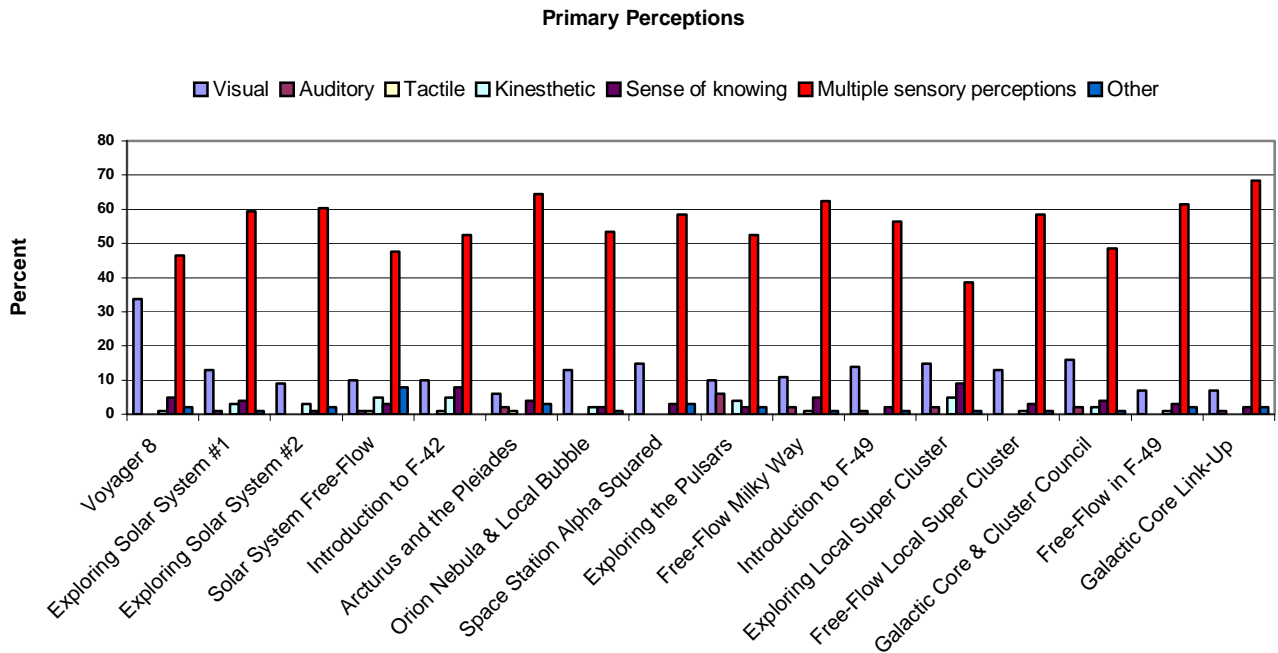


Figure 57

In the following chart, Figure 58, the “Multiple sensory perceptions” scores are shown for each of the STARLINES exercises. A polynomial trendline shows a flow-of-experience across the program. Notice the dramatic swing upward towards the end of the program. And why are there distinctively lower valuations for some of the exercises? Remember that this graphic represents all participants in five different classes. Later in this report, examination of the flow-of-experience for each individual class is revealing.

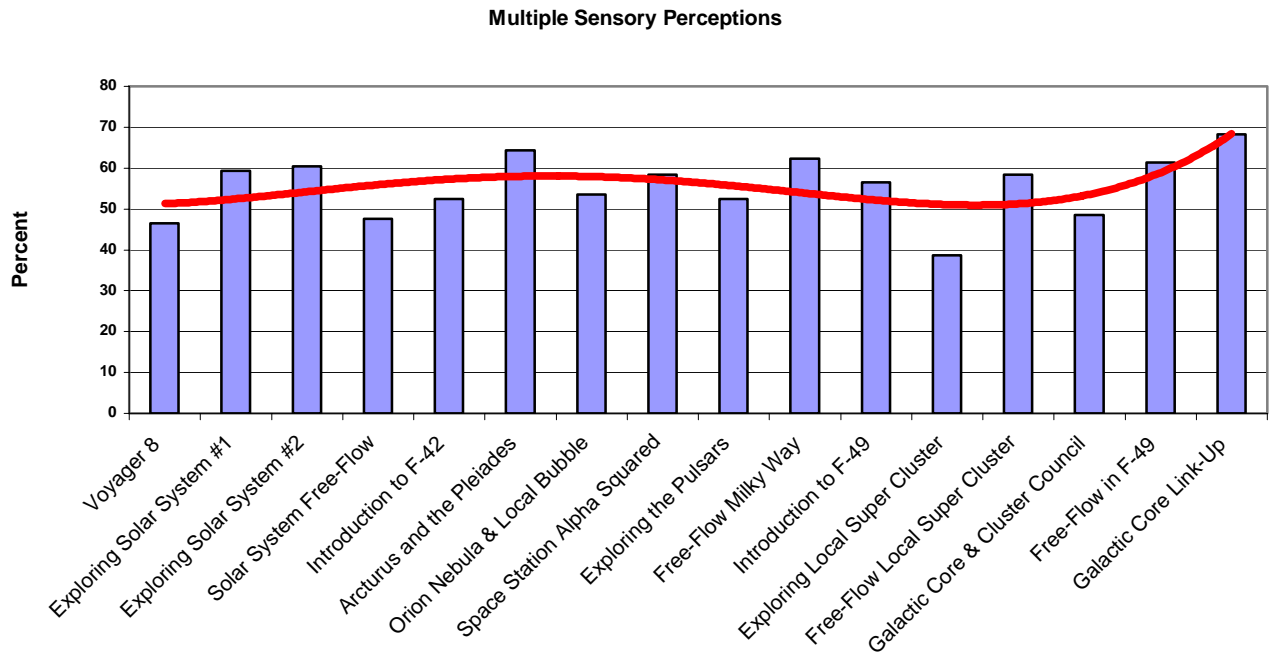


Figure 58

In an attempt to determine why some of the exercises received lower values over others, several explanations were considered. The most revealing was looking at the time of day the exercises were conducted. The chart below, Figure 59, shows that the lower scores for *Solar System Free-Flow and Integration*, *Exploring the Crab, Vela, and Millisecond Pulsars*, and *Exploring Our Local Supercluster* may be due to the fact that they were the first Hemi-Sync experiences following lunch, a sort of sluggish bio-rhythm period for most.

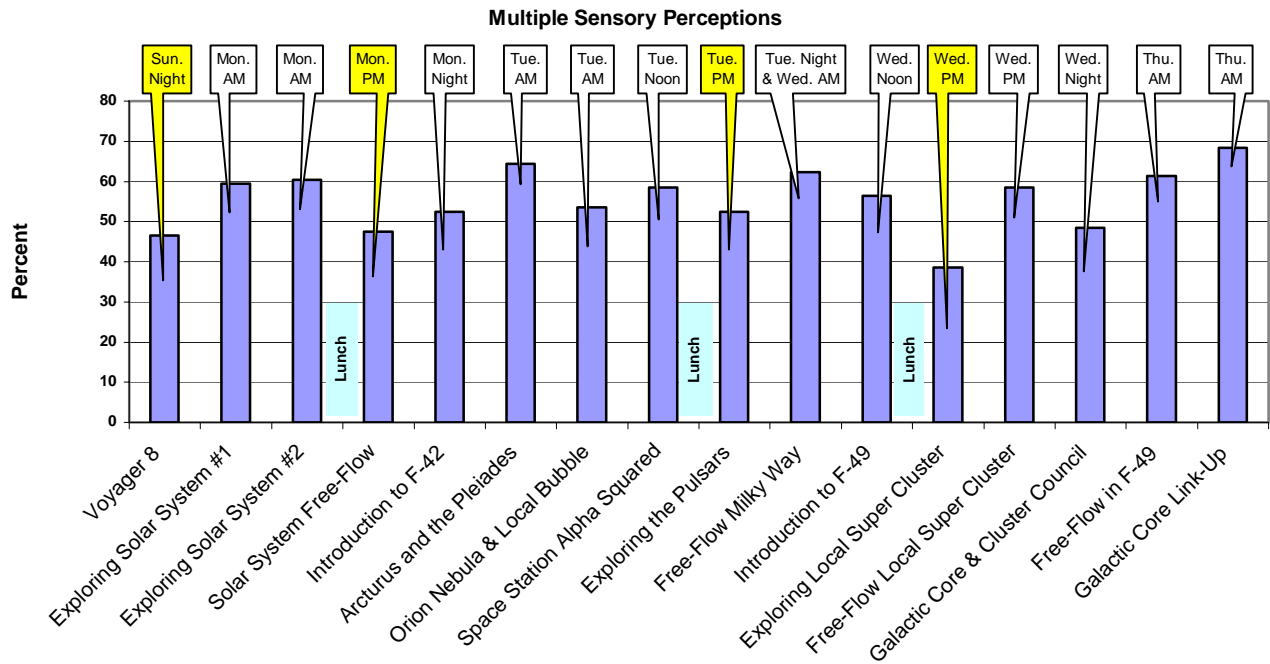


Figure 59

Turning now to a class-by-class examination of this flow-of-experience concept, Figure 60, below, shows that the October 2003 STARLINES class followed closely the average polynomial trendline curve of all classes as shown above in Figure 58. The October 2003 flow-of-experience appears to show greater variability however and the score for *Introduction to the Galactic Core and Cluster Council in Focus-49*, a Wednesday evening exercise, is exceedingly low.

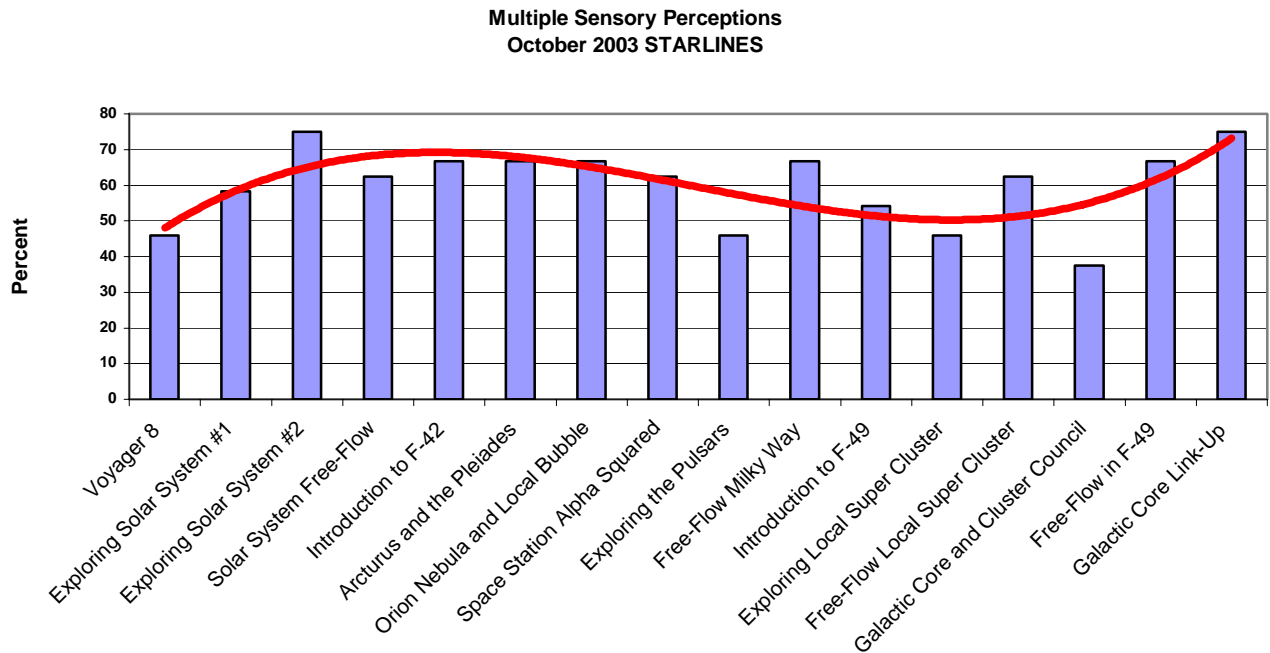


Figure 60

Figure 61, below, shows that the December 2003 STARLINES class was very different than the average of all classes as shown above in Figure 58. The December 2003 flow-of-experience appears to show a steadily increasing level throughout the week. The score for *Exploring Our Local Supercluster*, however, the first Hemi-Sync exercise after lunch on Wednesday, is below the average for all classes. On the brighter side, the December 2003 STARLINES class had the highest average scores of all five classes examined.

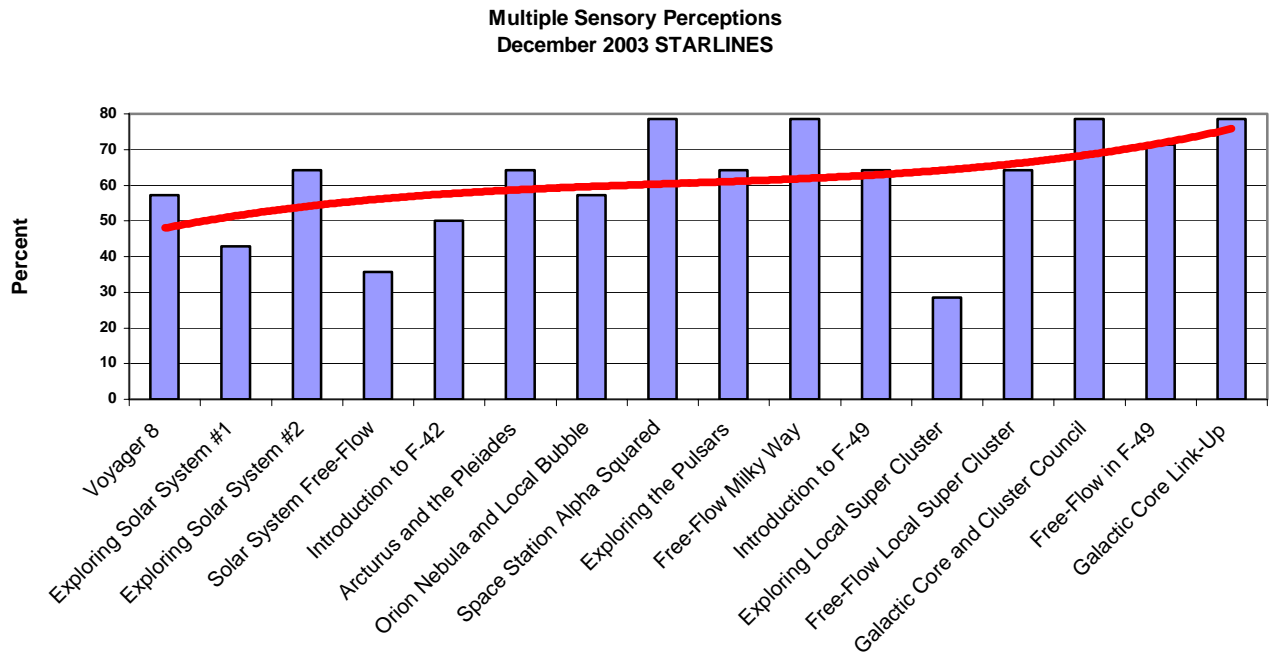


Figure 61

Figure 62, below, shows that the March 2004 STARLINES class was very similar to the average of all classes as shown above in Figure 58. The score for *Exploring Our Local Supercluster*, however, the first Hemi-Sync exercise after lunch on Wednesday, is below the average.

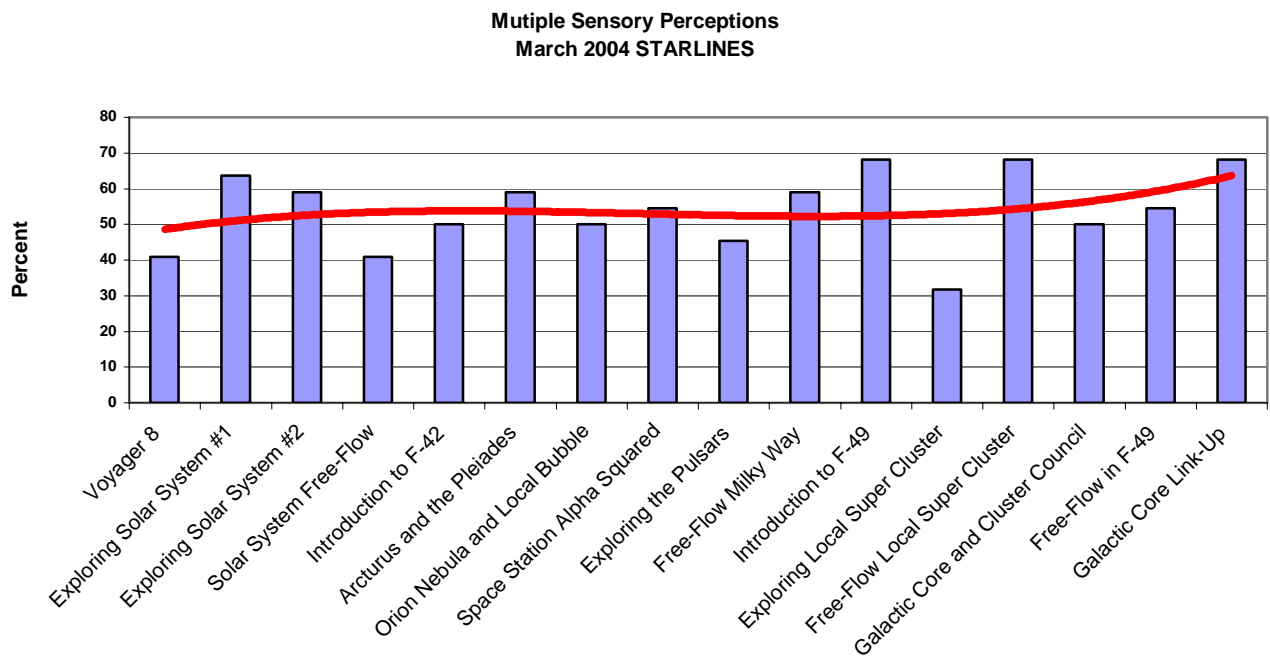


Figure 62

Figure 63, below, shows that the June 2004 STARLINES class was very different than the average of all classes as shown above in Figure 58. The June 2004 flow-of-experience peaks early and remains high. Additionally, this class didn't seem to have trouble with Hemi-Sync exercises after lunch.

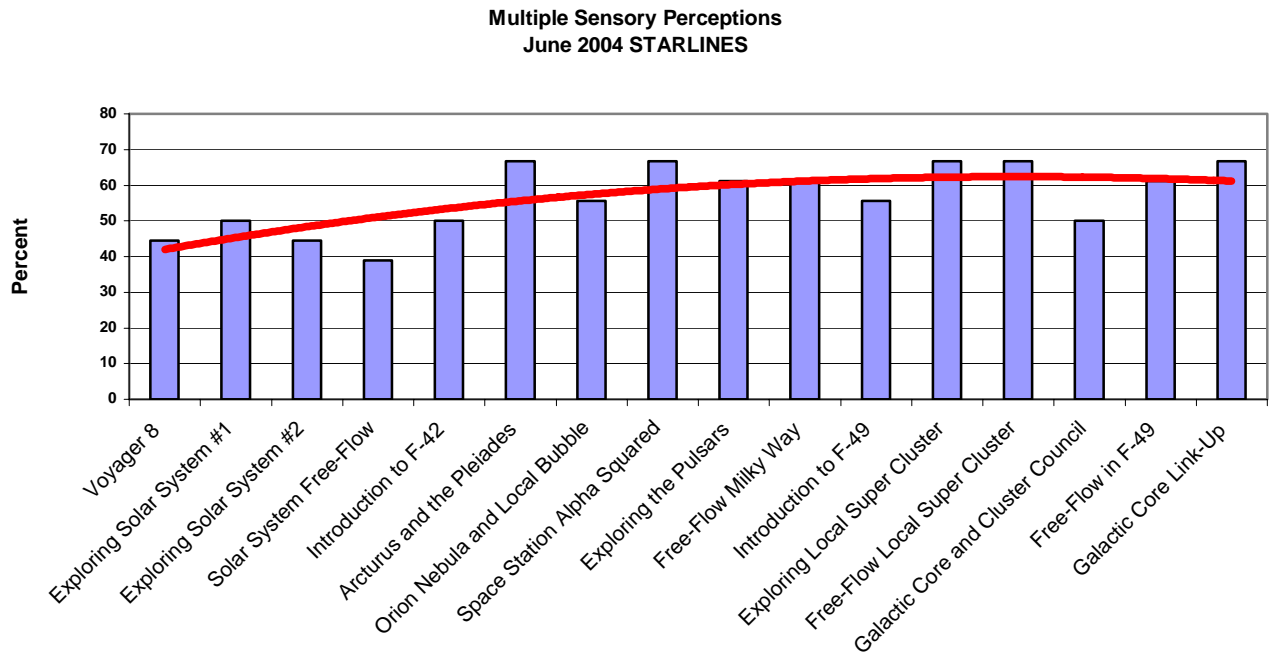


Figure 63

Figure 64, below, shows that the October 2004 STARLINES class had a polynomial trendline (a flow-of-experience curve) similar in shape to the average of all classes as shown above in Figure 58. However, the values are considerably lower at the end of the week. The score for *Exploring Our Local Supercluster*, the first Hemi-Sync exercise after lunch on Wednesday, is extremely low. The October 2004 STARLINES class had the lowest average scores of all five classes examined.

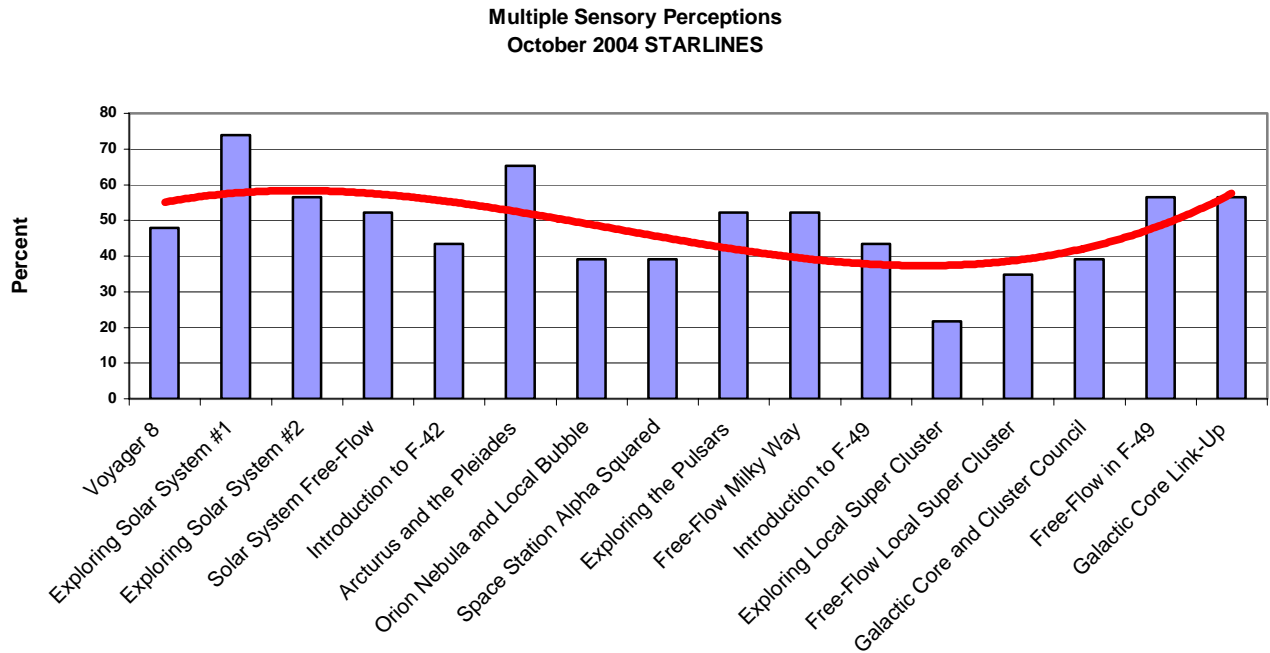


Figure 64

Discussion:

Hubble, Edwin Powell (1889-1953), was an American astronomer whose work revolutionized our understanding of the size and structure of the physical universe. In the early 1900's, many astronomers believed that all stars and other celestial objects were part of the Milky Way. But in the 1920's, Hubble studied a hazy patch of the sky called the Andromeda Nebula and he noticed that it contained stars resembling the stars in the Milky Way but much, much fainter. He concluded that the stars in the nebula must be much farther from Earth than stars in the Milky Way. Hubble's work proved that the Andromeda Nebula is actually a distant galaxy separate from our own. Today astronomers estimate that there are at least 200 billion separate galaxies.

Since this discovery, knowledge of our vast expanding universe has become common knowledge through worldwide broadcast media and many have felt a calling to become "Galactic Ambassadors" or have awakened within themselves memories of extra-terrestrial experiences. Some have even had contact with extra-terrestrial beings or intelligences. STARLINES provides a "grounded" common-knowledge base for these experiences. Yet, The Monroe Institute could not have done this program ten years ago. The materials did not exist nor did the knowledge or our expanded understanding of the universe. Space telescopes, especially the Hubble Space Telescope, have enabled the development of much of our present-day knowledge base.

Throughout history, humanity has looked to the heavens to know Self, and to know God. Even the word "heaven" is used synonymously with sky. The Bible says that the ancients built the Tower of Babel into the sky to reach God. It was destroyed and following that destruction humanity lost its ability for universal communication. It was said that man was cast asunder to speak many tongues and languages. An interesting ROTE³ came to STARLINES developer, Dr. Franceen King, from the writings of William Henry, "The Hubble Space Telescope is like the Tower of Babel for our age. Only this time it has been allowed to continue on." Franceen continues Henry's prose with, "And as we follow its trail, perhaps we will also be reclaiming our natural ability to communicate with each other and intelligence beyond our little planet." Through the Hubble Space Telescope is humankind once again looking to the heavens to know Self? Is the journey to the stars truly a journey within?

Using the results of outer-space telescopic research to provide a launch pad, STARLINES successfully uses inner space—consciousness itself—to explore outer space. STARLINES delves into the vast realms of *Focus-34/35* and beyond to reclaim, remember (re-member, assemble once again) and integrate parts of Self with *I-There*. In doing so, STARLINES establishes and strengthens the link between Earth Core and the Galactic Core, the central point of our Milky Way galaxy. The Galactic Core itself may be a consciousness portal or *Stargate*, a means to enter the creative stream I AM of the *Great Emitter*.

³ The expression ROTE, in Bob Monroe's *Ultimate Journey*, means a "thought ball" or information package. Receiving a ROTE is like receiving a full length movie in a fraction of a second. Sometimes it takes weeks to process, to cognitively integrate a single ROTE.

Acknowledgements:

First and foremost the STARLINES participants deserve applause for their contributions to this study, for without them there would be no study. The null hypothesis proposed that the questions would be answered randomly, that the participants would simply check off answers to the multiple-choice questions without consideration. Clearly, this did not happen. For the most part, participants deliberately selected specific answers to particular questions. This is evidenced in the trends-in-common to a number of key interrogatives. These trends would not have emerged if the questions were answered randomly. But the STARLINES participant's diligence is most obvious in the narrative reports provided in support of the answers to the multiple-choice questions. Thank you all for your conscientious and full participation in the STARLINES program.

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