

allowed to incarnate again; otherwise, neither the Aspect nor TES will gain from the opportunity to incarnate again. The TES's who used the incarnate human vehicle the first time learnt a lot from allowing contamination to continue, as was explained in the text within *The History of God*, and the current rehabilitation work required of the Aspect "post" incarnation is a direct result of their findings.

ME: It all seems very human to me, all of it. Is this information described in a way that the readers would understand for a reason?

A: Yes. Although the information is correct, it does have a human slant on it. It needs to because the information is at a greater depth than that previously exposed, and, more importantly, incarnation and the processes surrounding it is a VERY popular subject. As such this will be a bridging book crossing many levels of reader understanding and expansiveness.

7.2

Suicide

Although it was part of the overall plan I hadn't expected to tackle the rather thorny subject of suicide in this book quite yet. I have personally known three people who committed suicide and knew of two others who had one of their children depart in the same fashion. However, because recently an increasing number of my readers were asking the question, I decided to wait no longer and ask Anne about the processes that surrounded the Aspect who had returned to the energetic via this route.

A: This is going to be a big subject to discuss.

ME: In what way, dialogue or impact?

7: After the Life Review

A: Impact. This is going to be relevant to areas that are not considered suicide, and as a result it will open a few people's eyes. Basically put, suicide is a huge spiritual crime. The use of the human vehicle must be maintained as long as possible. This is why you all have a strong instinct for survival, for self-preservation. You all buy into this upon being given the opportunity to incarnate.

ME: Why is it a crime?

A: Because it is terminating the use of the human vehicle and the possibility for evolutionary growth too early. Suicide is NEVER an acceptable way of returning to the energetic. In real terms, the number of human vehicles is minute in comparison to the number of Aspects/Shards that line up to become incarnate. To defile one in this way is to break a sacred contract, one that states that each and every Aspect or Shard will do their very best when granted the honor to evolve in this rare and accelerated way.

ME: Why is it never accepted? *[I knew of one possible exception and my publisher, Dolores Cannon, had also discovered one during one of her regressions. —GSN].*

A: There are not normally any exemptions from this. The examples you are thinking of were extremely special cases, and required a lot of planning to make it work, not to mention permission from the Aspect's guide and helper and the TES of the Aspect. We will discuss the detail behind gaining permission later but suffice to say the planning behind such an agreement is massive and horrendous.

ME: OK, can you list those areas and we can use them as a point of discussion as we proceed.

A: I would be delighted to. OK, here we go. These also include the areas that are considered the same as suicide from the energetic side of things.

- Personal suicide—self-termination of the human vehicle. Used in cases of depression.

The Anne Dialogues

- Assisted suicide—asking another to terminate your human vehicle when able bodied. Also used in cases of depression.
- Euthanasia—asking another to help you terminate your human vehicle. Used in cases of terminal illness or disability.
- Killing another—resulting from war, argument, crime, mental disorder, or judicially administered death sentence.
- Euthanasia of an animal—resulting from terminal illness, bodily damage, or aggressive action to a human.

ME: Hold on. You're saying that killing another, whether it is an animal or human, is also considered in the same light as suicide.

A: Yes. And what's more the killer has to answer for the crime of terminating the human or animal vehicle in the same way as if it were committing personal suicide.

ME: Why is this?

A: Because of the downstream activities. I wasn't going to go into this yet, but I think it is important to state the problems associated with the early demise of the human vehicle through any of the routes just stated.

As you are aware, there is a team of helpers managed by a main guide assigned to each incarnate. This team ensures that we are in the right place at the right time, experiencing the things that we identified in our life plan, and that these things include the right people. All of these things help us experience, learn, and evolve in as efficient a way as possible. The downstream function of this is that all of those people we interface with also experience, learn, and evolve as a result of working with us. This is a huge logistical effort, and as such it requires constant attention with all of the guides and helpers of all of the incarnates on this planet,

7: After the Life Review

including other locations within the physical universe who interact with each other, planning when and where we should meet, and what we will experience together. Our whole incarnate life is mapped out, and the effect we have on others, and those effecting us from the interface with others, is largely known and in place to a certain extent. This certain extent, of course, is governed by how well we are in tune with our guide and helpers and therefore make the right decisions when prompted. If one of us causes the demise of the human vehicle by personally terminating it early, then all of the downstream functions resulting from us being incarnate are lost, causing a massive logistical issue for those who are still incarnate.

ME:Based upon this then, the so-called crime committed by those who commit suicide is not just against defiling the honor we have in being allowed to incarnate, but is also against the commitments we have made to work with other incarnates and the downstream effects it has on the incarnates that interface with the ones we interface with.

A: Correct. It is a real problem.

ME:So what happens when we do commit suicide? What happens to the work all the downstream incarnates have committed to?

A: Simply put, it has to be replanned. What happens is this. Firstly, the Aspect that committed suicide is quarantined. That being, it is not allowed to go through the process associated with the life review.

ME:Why is this?

A: The guide, helpers, and TES of the Aspect need to understand the circumstances surrounding the suicide and establish what went wrong. Secondly, the guides and helpers of all those affected make an emergency meeting to ascertain the changes necessary to reduce the downstream impact of the experiential, learning, and evolutionary content that was lost as a result of the suicide.

The Anne Dialogues

ME: This sounds like a mammoth task!

A: It is, and there are Aspects whose service to others is based upon their ability to work with the “what if” scenario functionality of the Akashic records. They are specialized in understanding the important junctures that were lost and how to resolve the opportunities they created.

ME: How do they do that? It almost feels like they would create an Akashic overlay, one with suicide and one without, and compare and contrast them, overlaying with a third that shows the corrections made to resolve the issues created.

A: Very good. It sounds simple but it is a very large and complicated task to undertake. Not only that, it is a dynamic and constantly changing piece of work. Consider this: the Aspects who are specialized in working with the Akashic in this way are constantly employed.

ME: Of course they are. Thinking about it, there must be hundreds of suicides a year to cope with!

A: You had better believe it. The Aspects that specialize in working with “what if” scenario functionality of the Akashic are constantly reviewing, organizing, and manipulating the various scenarios that present themselves as incarnates succeed or fail in their actions. The guide and helpers of each incarnate constantly work with the Aspects who work with the Akashic to introduce or reintroduce experiential opportunities and the environments and incarnates that support it. This is normality; it’s just that the odd suicide puts a spanner in the works, so to speak.

ME: But if suicides are happening all the time, the guide and helpers of an Aspect that returns to the energetic via suicide must be able to see the signs, act, and guide their incarnate accordingly.

A: You would think so, but this is not always the case. This is why the Aspect is quarantined. The guide, helpers, and TES of the Aspect that commits suicide need to work out what went wrong, how they missed the possibility of suicide.

7: After the Life Review

ME: OK, if the guide and helpers are constantly using the Akashic to review the progress of their incarnate, how could they miss the possibility of suicide?

A: That is the whole point of the review, because experienced guides and helpers can see these things ahead of time by the use of Event Space within the use of the Akashic, so if they miss it it's a big deal. I told you a moment ago that the work behind the analysis is difficult, but the work behind the guidance of the incarnate is just as difficult. Let me give you an image of what the Akashic feels like when performing this analysis.

I then gained an image; call it a holographic image if you like, one where I was part of the image. I was surrounded by a whole universe of events, bubbles of activities that were relative to individual Aspects that were incarnate. This, I knew, was just the part of The Source Entity's energetic memory that was assigned to the incarnate vehicles we call the Human Body. No other incarnate vehicle was taken into account here. That part of The Source Entity's energetic memory that was assigned to other incarnate vehicle form factors that were available in the physical universe was something else, something different, something separate. Of course, I felt, they could all be overlaid together, and The Source Entity sees all of these as one energetic memory set ultimately; it's just that it would not be relevant or useful for me to experience this level of functionality. I don't doubt that it would be too much for me to cope with. This felt like it was stretching me, and it was. Anne of course had no problem in her energetic state, and I heard her chuckle as I tried to focus on what was being presented to me.

A: It's nice to see you struggle, Guy! I never saw that side of you too much while incarnate. I can see how it humbles you from here.

The Anne Dialogues

ME: Thank you for those words of concern. Actually I struggle a lot without you being incarnate, but that's a conversation we can have privately.

A: We can. Please continue with your narration.

The bubbles of activity, the events, duplicated and disseminated as the various possibilities of duality, triality, and quadrality became apparent, creating links with the bubbles of activity relative to the incarnates that they affected or were affected by. As I witnessed the dances of all these bubbles, some converged again and moved to another location. This, I thought, was when an Event Space became no longer relevant and therefore re-converged with the "main" Event Space of the incarnate and the activities that supported it. I was then exposed to additional imagery; I could see lines between the bubbles of activity. These lines showed where the bubbles were going and which other bubbles they were to interface with, that being, where incarnates work together for some common evolutionary cause, disseminate or reintegrate. They disappeared within and without each other, and reappeared within and without each other. It appeared as a huge living and undulating multispatial, multifrequential network of interactivity. It was alive and alight. Suddenly I saw a huge sector of the connectivity between the bubbles disappear. It was like someone had turned the lights out on the lines of connectivity that were between the bubbles. No, the lines had gone and the bubbles that were previously connected now hung unconnected, drifting free in whatever space they were in. Then I saw new lines being created and the whole dynamic of the network changed. Bubbles of activity changed direction, converged, or disseminated. The change in the "pattern" created by the network was either dramatic or unaffected with varying degrees in between.

A: I see that you have already guessed what was happening, but what you have just witnessed is the effect on the interconnectivity of the bubbles of activity and the various

7: After the Life Review

Event Spaces relative to those Aspects who are incarnate when an Aspect terminates the existence of the incarnate vehicle early. Whole sectors of downstream activity are lost as a result. The new lines and the changes in the way the bubbles of activity interface with each other or disseminate/re-converge are a result of the corrective work of the Aspects specialized in working with the Akashic and the guides and helpers of the incarnate Aspects affected.

ME:It looked like everything was rerouted.

A: That is in essence what happened.

ME:It's quick!

A: It appeared to be quick, but there was a significant amount of work done to achieve this level of change—specifically if it was going to be a robust change, and one that would operate within the tolerances, the certain levels of uncertainty expected when one is working “incarnate.” In essence, there was a long period of Event Space used to formulate a plan, test it, modify it, test it again, and then administer it. Everything was achieved “outside of time,” so to speak. Realizing of course that time doesn't exist, I would like to rephrase it as being “outside of Event Space,” that being the main volume of Event Space used by incarnate mankind.

ME:How often does this happen?

A: It is constantly happening. Remember, there are hundreds of people who commit suicide every year. In fact, it may well be a figure that is in its thousands.

ME:I guess this keeps you all very busy then?

A: VERY BUSY! As you can imagine, the work we are doing to put things on track as a result of one incarnate person committing suicide is immense, even with all of our enhanced functionality while in the energetic. So, when we have a number of multiple suicides either as a number of unrelated suicides or, in rare cases, a cult mass suicide and

even suicide bombers, we have a lot of downstream work to do.

It's at this point that we need to add some additional categories because we are about to embark upon the details surrounding the quarantining of those who commit suicide.

The additional categories would be:

Participation in a mass suicide is where the incarnate entity has, through the requirements of the life plan, allowed themselves to be coerced to the point where they are convinced that the early demise of the incarnate vehicle is desirable. The life plan, in these instances, though, is not designed to allow the incarnate entity to create an early demise of the incarnate vehicle, more to allow the entity to experience extreme coercion and steer themselves away from it. This is extreme work, as it involves a high level of synergy resulting from group coercion, and removing oneself from the synergetic effects of group coercion is difficult at best. Final participation in such an act requires the entity to be quarantined to remove the association with the group members and more importantly with the instigator, as this can accentuate karmic links and subsequent participation in future incarnations that end in the same way. Individual coercion that results in the demise of the incarnate vehicle at the orchestration of the instigator that is not part of the life plan needs to be analyzed for errors in the work of the guide, helpers, and incarnate entity. The incarnate entity therefore needs to be quarantined to allow the underlying reasons for the entity's decision process to be understood in isolation from the directional work guide and helpers. For example, what made the entity ignore the directions of the guide and helpers, and what made the directions of the instigator overrule the directions of the guide and helpers—why were they so compelling?

The instigator/s of a mass or small group suicide need/s to be quarantined because of a complex energetic condition that makes the ego of the incarnate fully believe that they are bringing all of the members of the group that it is responsible for back to The Source, on behalf of The Source. Clearly, they are being brought back to the energetic, which is ultimately The Source, but the reasons surrounding the desire to bring them back to The Source are not pure. Firstly, because many instigators do not commit suicide themselves, this is therefore called mass murder and is classified differently, and those that do, have a strong coercive link with the group members that can affect them even in the energetic. Secondly, those that are coerced are naturally attracted to the instigator, even in the energetic, and so will be drawn toward them during the life-planning phase of the next incarnation, which could result in the incarnate being easily coerced again. The instigator is also analyzed for misdirected leadership skills or deviation from a life plan where they are to be of significant spiritual influence.

Suicide for the use of terrorism and the death of others is when the incarnate entity is again coerced by an instigator to allow it to be used for the early demise of the incarnate vehicle and, more critically, the demise of those who have been targeted for politico-religious means. In this instance, the incarnate entity causes both the early demise of their incarnate vehicle and the early demise (murder) of other incarnate vehicles. Although this is very similar to the two categories just discussed, this has the added complication that the incarnate entity itself is actually responsible for the early demise of the incarnate vehicle of others through allowing itself to be coerced.

ME: And this would be the same for those who commit suicide for martyrdom?

A: Yes, it's exactly the same.

7.2.1

***The Function of Quarantining the
Aspect Who Commits Suicide***

I could see that this was going to get complicated. Not only that, it was a very sensitive subject both personally and religiously. I am lucky that I gain spiritual information without any religious contexts, at least none that I could allude to, which makes it universally acceptable. Note the fact that the dialogue above related to the individuals and instigators and not the underlying motives of a particular religion. An incarnate entity can be fanatical about anything, and as such it can be seen in all walks of life, so attributing the energies associated with fanaticism to a particular product would not be useful to the reader. Based upon this, it seems that the ability of the entity to coerce and/or be coerced to operate in this way is more important as a function of analysis than to focus on religion as a motivator.

A: I am glad you said that.

ME: Why?

A: Because it's true. Religion has no bearing on the analysis of an entity who commits suicide in any of the contexts discussed. It may add to the confusion, but it has no influence in how the entity is helped to recover from involvement in suicide, either as instigator, coerced participant, or individual.

ME: We have talked about quarantining an entity who has committed suicide for some time now. We have even discussed some of the methods of normal post-incarnation rehabilitation, so how is this different from the normal post-incarnation analysis/rehabilitation?

A: The energies surrounding an incarnate that has returned to the energetic or caused the return of other incarnates in this way are intoxicating.

ME: Why are they intoxicating?

A: Because of the intention surrounding the need to depart the incarnation. They are not intoxicating in the way you are thinking of, such as they are addictive, although they can be. They are low frequency, they are heavy, so to speak, and as such they pull everything and everyone (entity/Aspect) down around them through triangulation.

ME: So what you are saying is that these “intoxicating” energies need to be removed before any other work with the Aspect can be initiated?

A: Yes. The Aspect has to be put in a bubble of energy that is neutral to all effects of the energies associated with the suicide. The biggest intoxicating energy is the acceptability of returning to the energetic in this way. As we have discussed before, ending the life plan through the self-inflicted early demise of the human/incarnate vehicle before it is finalized, or at least is as close to being finalized as the Aspect can get to in the current incarnation, is not acceptable. If it were acceptable, every Aspect that experiences difficulty in their incarnation would be tempted to remove themselves from incarnation through it being “too hard.” If this were allowed to happen the whole point of using incarnation as an evolutionary accelerator would be negated because Aspects would “bail out” at the earliest opportunity. Incarnation is hard, and we all signed up in full knowledge, with our spiritual eyes wide open, so to speak, of its difficulty, and as such we need to fulfill our commitment. This energy is the sort of energy that makes the early demise of the incarnate vehicle acceptable, in the mind of the Aspect that is, and it is the energy surrounding the acceptability that needs to be placed into quarantine as it can act like a virus, spreading throughout the energies of the TES and the area of The Source Entity we know as the multiverse.

ME: So you are suggesting that the energies surrounding an Aspect that committed suicide are contagious?

The Anne Dialogues

A: In essence, yes. Do you remember the chapter in *The History of God* where incarnate mankind had its links removed between every incarnate Aspect so that they could only incarnate in a linear fashion and not in a multiple fashion? That they could not jump from one incarnate vehicle to another due to the ability to pass on disharmonious conditions from one vehicle to another, and by the newly incumbent Aspect picking up this disharmony and taking it with them to the next incarnate vehicle they inhabit?

ME: Yes, I do.

A: Well, this is the same thing, albeit from a different angle. Let me show you.

At this point I saw an image of a group of energies. They were all in order, interfacing with one another in a logical and repeatable way.

A: This is a representation of energies that are in harmony with each other because they are working in the way they are supposed to work while under the direction of the sentience of an Aspect that is using them in the way they should be used as well. Look again.

I did, and saw something rather insidious. The energies that were used correctly, that being, correctly in terms of their frequency, function, and interconnectivity, were being changed. Rather than being organized in a logical and regular interconnecting pattern, there were energies that were connecting with energies that they were not supposed to connect with. As a collection of energies they appeared to work correctly, but when asked to perform a specific task they never finished it, even though through interrogation, they gave all the messages to the interrogator to suggest that they had in fact completed their task, and within the expected level of functionality.

7: After the Life Review

ME: This is like a cancer. It fools the rest of the body (energies) into thinking that it is a fully functioning organ (group of energies), when in fact it isn't, causing the rest of the body (group of energies) to fail without warning that it is going to fail.

A: Yes. The simple process of going against our programming, our commitment to undertake a full and fruitful incarnation, irrespective of how long the planned existence is, creates a fundamentally critical disharmonious condition that rewires the connectivity of the energies that are used to create the Aspect. As this is essentially the same energies that are used to house the sentience of the True Energetic Self, the chances of this disharmony spreading to the TES are 100 percent. This would be catastrophic to the TES as it would have to essentially evacuate its sentience from the "body of energies" it is using, and these energies in totality would then need to be quarantined. Ultimately speaking, if this disharmony was allowed to spread from the Aspect to the TES and then from the TES to The Source, The Source could then also, in time, become contaminated in this way.

Now that we have the background information on why this is necessary, I will give you a high-level description of the quarantine process.

The energy of the Aspect is, as previously described, placed in a bubble of energy that neutralizes the effects of the disharmony. The energies are then disentangled and the new connections removed. They are then separated out into their singular formats and again quarantined. Once in their own isolated environment they cannot affect those other energies around them, because the energies that make up the quarantine are modified so that no other energies can connect to them. They are independent of any other energy. Once isolated in this way, any residual sentience is removed from them, specifically the sentience behind the intention to go against the commitment, which in this instance is to terminate the incarnation before the agreed end date. Additionally, the sentience itself is cleansed by eradicating

the processes behind the intention that created the thought processes. In essence, this is “resetting” the sentience that is assigned to the energies that became dysfunctional through incorrectly applied intention. The effect of resetting the sentience is created by deleting any “personality” that the sentience has accrued, leaving it as pure, unapplied sentience. This process resets the functionality of the energies as well, leaving them and the sentience in a new and “unused” state. Once this level of, shall I say, “sentient reprogramming” is achieved, the energies are reabsorbed back into the TES as part of its bulk energetic and sentient condition. They are not used with the intention to create an Aspect again, though, as those energies that are to be used to create Aspects will have already been assigned to an Aspect. The personality of the sentience needs to be deleted because it is this “personality” that created the desire to go against the commitment in the first place.

ME: So the Aspect loses some of its energies, its sentience, and its personality.

A: Yes.

ME: That’s a bit like a sentient lobotomy.

A: You could think of it in that way, but it is a necessary procedure to administer, to ensure the overall function of the Aspect and TES are unaffected by this level of disharmony.

There is a down side of this, though, and that is that the Aspect has a reduced level of ability to experience, learn, and evolve.

ME: How does the Aspect get over this?

A: It doesn’t. The TES accepts that this particular Aspect is reduced energetically and sentiently. As I just stated, the overall energies and sentience are not lost to the TES, who projects the energies and sentience that is the Aspect, it’s just that they are no longer associated with the Aspect of the TES that committed suicide.

ME: And I would guess that the reduction in the Aspect's energy and sentence is one of the major reasons why committing suicide is a problem?

A: Yes. But it is not the only problem an Aspect faces.

7.2.2

The Price We Pay for Committing Suicide

ME: You mean that there are more things to consider. I mean, we have gone over quite a lot of reasons why suicide is a problem in the identification of the need to quarantine the Aspect—the removal of the energies and the sentence associated with the thought process, and intention, to end the incarnation early, being one of them. Not to mention gaining a glimpse of the necessary downstream work that the guide and helpers need to perform to ensure that the experiential and evolutionary paths of those other Aspects the Aspect was destined (planned) to affect directly and indirectly are maintained in some way that is consistent with The Original plan. Oh, and I almost forgot the work the guide and helpers have to perform. They need to understand how and why they either missed the signs of an impending suicide, or if they were aware, why the work they did to stop the Aspect from going down the route of suicide failed. All of this being additional to the normal, shall I say, debriefing that an Aspect and its guide and helpers attend after incarnate existence.

A: Correct. You see, contrary to popular belief, an Aspect that commits suicide does not return into incarnation immediately after it has terminated the incarnation so that it can finish off what it had in the previous life plan. Once the Aspect and the guide and helpers have finished all of the quarantine-based analysis, cleansing, and corrective

downstream interactions, the Aspect needs to be educated and the opportunities for future incarnations renegotiated.

ME: Educated? Renegotiated? In what way?

A: The Aspect needs to experience the whole incarnate existence that led up to the point of the suicide from the perspective of the passive observer. This is achieved “real time,” so to speak, so that the Aspect can be truly absorbed in the incarnation it terminated, but, without experiencing the emotions and other incarnate sensory experiences that created the desire and intention to go down the road of an incarnation that leads to suicide in this instance. It also needs to see, in full experience, how the termination of the incarnation affected those Aspects downstream of its own incarnation from both the direct and indirect interactive functions.

ME: This sounds like a lot of work, especially as it is on top of the existing work.

A: It is, and it is very painful for the Aspect. Not emotionally painful as you would expect from a human perspective, but from the fact that the Aspect, in its desire to relinquish its evolutionary responsibilities through “evasion,” created by the suicide, causes so much downstream chaos that it requires the help of thousands of Aspects, guides, and helpers to put right. The Aspect has not only let itself down but it has let down those other Aspects that it agreed to work with when planning its incarnate existence and when using the Akashic simulations (“what if” scenarios), to help them experience, learn, and evolve.

Being allowed to incarnate is a rare honor, by the way, and maintaining the incarnate vehicle to the best of its abilities while incarnate is a sacred commitment. Additionally, when an Aspect is allowed to, or chosen to, use a certain incarnate vehicle (human body) many others are denied the use in preference to the successful Aspect.

7: After the Life Review

Demising it early is therefore a serious break of this commitment because when an Aspect subsequently decides to finish the incarnation through the use of suicide, the Aspect has denied those other Aspects who failed to justify their use of the human body concerned the opportunity to have a whole and complete incarnation, and therefore maximize the human body's existence. So, the Aspect who commits suicide has also created a sin. A sin is described as the following: it is when an Aspect has denied the evolution of another's in preference of itself when in fact they have not met or completed their own agreed commitments.

ME: So the Aspect who commits suicide also commits a sin in relation to those other Aspects, who were, in essence, in negotiation for the use of the human body, as an incarnate evolutionary vehicle.

A: You've got it.

ME: They must feel terrible then when they return and remember enough to see the results of their actions while incarnate.

A: Correct. And this is a huge weight for an Aspect to bear. In actuality it is almost too big a weight to bear.

ME: And realization of how we have affected the evolutionary progression of other Aspects is the price we have to pay for committing suicide?

A: It is, and it is a very heavy weight to bear.

ME: So what can an Aspect do to alleviate this weight, this, what I will call "evolutionary debt," a debt to all those Aspects affected by its decision to terminate its incarnation early?

A: Firstly, and bearing in mind that the Aspect has had many desires that could create the intention to commit suicide in future incarnations removed, it has to commit to helping those that its suicide affected in a direct and indirect downstream interactive way to recover their missing evolutionary content. Secondly, it has to agree to undertake significant levels of energetic interrogation, so to speak, to ensure that it is capable of being able to complete the level

of commitment required to enter into the incarnation process—again.

ME:Because?

A: Because it has broken the confidence bestowed upon it. As I loosely stated a moment ago, there are a limited, a finite number of, incarnate vehicles available to allow the accelerated evolutionary conditions that are available “only” in the physical universe to be taken advantage of. And those that are assigned to the Earth are even more finite (rare). So, being allowed to incarnate into the Earth environment, a unique environment that supports fully individualized free will, instead of individualized but collective free will, is a rare opportunity. Because they, the incarnate vehicle, are only generally made available to those who can illustrate a life plan that shows significant evolutionary progression, progression which maximizes the use of the incarnate vehicle, the human form or body, for its maximum operational period, an Aspect must be fully capable of not only committing to agree to the tasks it set itself as part of its life plan, but to the downstream function of its incarnate existence as well. These commitments are expected to last the agreed duration of the incarnate vehicle as well. As a result, any Aspect that illustrates the potential to deviate from this plan is placed back in quarantine and worked on again. Any signs of deviation therefore result in the Aspect needing to undertake the whole post-incarnate process again and again until the correct response is noted.

ME:So they have to prove that they have the ability to incarnate all over again then?

A: Yes.

ME:So, based upon this, stories of Aspects that commit suicide coming back to Earth almost immediately after the forced demise of the human form are not true then?

7: After the Life Review

A: Not in the sense of a “back-to-back” incarnation where the Aspect can jump straight into another incarnate vehicle either as a newborn or a Walk-In, no.

ME: Why would we have these stories then if they are not true?

A: Because from the limited perception of the Aspect while being incarnate it can seem to be this way.

ME: Oh, I get it, it is a function of Event Space. The incarnation has the appearance of incarnating straight away but in actual fact a lot of work has been done over a long period of time, so to speak, and the Aspect is “cleared” for incarnate existence again.

A: Correct. The Aspect who commits suicide needs to go back into a similar or same environment, an Event Space, which created the initial desire to end the incarnation early and continue with the life plan that was in place at that time rather than demise it.

ME: And does this help with the downstream interactions and evolutionary content that was lost?

A: It helps but it does not solve the problem in totality.

ME: Why?

A: Because any evolutionary opportunity that is lost, especially one that was planned for and agreed to be worked on by the TES, Aspect, or Shard, needs to be recovered. This includes all of the downstream evolutionary content that was lost or that did not meet the expected level of evolution due to the sudden loss of the initiating Aspect at a specific evolutionary juncture and the attempts to recover it by rerouting the downstream interactions through the use of other incarnate Aspects.

7.2.3

The Multiversal Law of Evolutionary Recovery

ME: So evolution, or should I say, certain levels of evolutionary progression, is planned for, is expected, so to speak.

A: Yes. This is the whole point of our existence—to accrue evolutionary content, so what is lost **MUST** be recovered.

ME: Hold on, you said “**MUST**” be recovered, with an emphasis on the “**MUST**.” Does that mean the Aspect has to recover what is lost and continue to evolve in the normal way?

A: If you mean, is this a sort of “evolutionary overtime” the Aspect has to put in, the answer is yes. This is another of the prices that an Aspect that commits suicide has to pay. It’s called being responsible for the results of your actions and repaying the evolutionary debt created. This is a multiversal law and one that cannot be circumnavigated.

Every Aspect that incurs evolutionary debt through unplanned and self-imposed demise, of any classification, has a care of duty to recover the evolutionary potential it announced as part of its justification for being allowed to incarnate, which includes that which was lost by other incarnates in the subsequent lack of downstream interaction.

The multiversal law of evolutionary recovery is one that is taken most seriously because neither an Aspect, nor its TES, can move forward until that debt is repaid. This incentive, major as it is, is the only incentive an Aspect has to repay the debt. But it is significant because if it is not repaid then the whole point of the Aspect (that part of the TES that owes the debt) being in existence is negated. In some instances, an Aspect that has found itself in significant debt, and unable to recover that debt, has been reintegrated to the TES early and a more capable, and sometimes hybrid, Aspect is projected in its stead. That being, to work with the incarnations, experiences, lessons, direct interactions and downstream

7: After the Life Review

interactions, and evolutionary opportunities required to clear the debt by the TES whose Aspect accrued it.

ME: So what you are ultimately saying is that it is the responsibility of the TES who projected the Aspect in the first instance to clear the evolutionary debt of its Aspect?

A: Yes, but in all cases the default is to allow the Aspect the opportunity to clear it itself, because in this way it also accrues evolutionary content by going through this process.

ME: An Aspect can actually create evolutionary content by going through this process? I find that quite a bizarre twist!

A: Ah, it gets more interesting as well.

ME: Tell me why.

7.2.4

The Only Exception/s to the Rule

A: So yes, there is a slight twist to this requirement because the very experience of being in this position creates evolutionary content in its own right, and so an Aspect, if it is experienced, can recover the lost evolution while surpassing the expectations of the evolutionary debt within a minimum number of incarnations.

ME: I have just had a rather interesting thought come into my head, one that is rather radical.

A: And that is that some advanced Aspects would enter into evolutionary debt via the suicide route merely as a way of accruing more evolution than would be normally accrued via incarnation, accelerated though it is.

ME: You took the words right out of my brain.

A: Of course, dear one. Who do you think put them there in the first place?

The Anne Dialogues

I then saw an image of Anne smiling. She was enjoying this dialogue and was clearly having some fun with me at the same time.

ME: So they actually do this; some Aspects actually commit suicide while incarnate to experience all of the cleansing processes and pressures of evolutionary debt as a method of accelerating their evolutionary level.

A: And the evolutionary level of those involved in the downstream functions, yes.

ME: But what you are saying here is that suicide is acceptable.

A: No, I am not saying that. What I am saying is that some advanced Aspects are allowed to go down this route. In this instance, the suicide is agreed up front and in an understood method. Its effect is calculated, and the work involved by the Aspects, guide, and helpers affected in the downstream function of its suicide are agreeable to the subsequent dilemma. This of course also involves the resulting evolutionary effects when the Aspect who committed suicide is allowed to incarnate again and recovers the lost evolutionary content, and in the process succeeds, creating the additional evolutionary content accrued as a result of using this method.

ME: This seems very dangerous to me. I mean, the Aspect could fail again and again, resulting in serious evolutionary debt.

A: Correct. That is why it is only the VERY advanced Aspects that are allowed to use this method, and even then it has to be justified and authorized at TES level first.

Let me tell you this. Ever since the work that the Aspect you call Lucifer resulted in the drop in frequencies of the Earth and its incarnate vehicles, this extreme route to evolutionary acceleration is tested in the Akashic in all possible angles in all possible Event Spaces, with all TES and Aspects involved in the analysis. As a result, its acceptance is a rare occurrence

7: After the Life Review

indeed. Indeed, if I had a hand I could count the number of times it has been authorized on two fingers.

ME:Only twice?

A: Yes, only twice before. So difficult is such an undertaking that it is generally refused.

ME:And I would guess the risk is far too high as well.

A: The risk being the level of evolutionary debt that an Aspect can find itself in as well. Not to mention the level of downstream work that the guides and helpers have to commit to in order to correct the situation. Note this. Not even Aspects that you could classify as ascended masters have seriously contemplated such action other than in joke, so to speak, for they fully recognize the level of work required and the Event Space it would take to complete.

ME:OK, just how long would it take to complete such an undertaking?

A: Hold on, I will need to ask our TES how best to answer this question. Mmmm, let's just say that those two Aspects that entered into this type of commitment are still working on recovering the lost evolutionary content.

ME:And how long have they been working on recovering it?

A: Relatively speaking they have only just started.

ME:Only just started? What does that mean?

A: Well, to put it into your human terms, over three hundred thousand million years.

ME:WHAT! But, from my limited knowledge the human form has not been in existence that long!

A: Who said the human form was the only incarnate form where an Aspect could end the incarnation via suicide?

ME:Oh! Of course! But, that means that other Aspects that incarnate in other incarnate vehicles in the physical universe choose to end their incarnation via suicide as well?

The Anne Dialogues

A: Yes, they do. Note, though, that they usually existed in the same or similar frequential space/s within the physical universe—that being the third and fourth frequency levels.

ME: Hold on again. You just said, usually existed!

A: Yes, I did.

ME: That means that the incarnate vehicle they were using no longer exists in the physical universe.

A: Correct.

ME: And, I also have a bit of a problem here, because if human kind is the only one where incarnate Aspects have individualized free will, how could another form allow individualized suicide?

A: Because the level of collective authority assigned to the forms that were allowed to work in this way are also working on recovering the lost evolutionary content.

ME: So it wasn't one individual incarnate Aspect that was allowed to work in this rare and difficult way prior to incarnation, it was a whole group?

A: No, it was the singular Aspect/s that were allowed to work in this way. It's just that the responsibility for the recovery of the evolutionary content was shared between component Aspects of the collective. Let me explain. The groups concerned are contained within a single TES, actually two TES's.

ME: Now you are confusing me.

A: OK, in order for the individualization to work within a collective condition the collective needs to be under the creative authority of a single TES. This means that a single Aspect can work in an individualized way while still working within the functionality of a collective. This can only work when the TES is in full projection of its primary Aspects, all twelve and without Shards, and they are in the same frequencies in the same Event Space in the same

7: After the Life Review

incarnate vehicles concurrently when the act of the pre-agreed suicide is actioned.

ME: And this is how the two Aspects were allowed to work in this way?

A: Yes, because at the time of suicide the use of individualized free will was not being used. It was still being investigated.

ME: I have another question. I sort of know in human terms how long ago the suicides started, but I get the impression that they were actually close to each other temporally.

A: Relatively speaking they were because the same incarnate form was used.

ME: The same one? Why was it the same one?

A: Because at the time of agreement this form was the only one that could achieve the desired outcome without being capable of fully individualized free will.

Just as the human form is an experiment in individualized free will, and as such is in a quarantined section of the physical universe, frequently and event spatially, so was the environment that these two Aspects were allowed to work in a temporary condition.

ME: They are in quarantine?

A: No, it was an experiment.

ME: Oh, OK.

A: And it was one that took a lot of negotiation between those Aspects that suggested it and their TES's, together with the agreement of all eleven remaining Aspects of their TES's to work out the evolutionary debt. By the way, temporally, the Aspects were within a couple of thousand years of each other in their acts of suicide.

ME: I can feel the complication behind this specific direction. It makes me shudder. I am glad I/we didn't choose this route for evolutionary progression.

The Anne Dialogues

A: You/I have other things to do that are not associated with this Source Entity's multiversal environment, and so could not contemplate such a limited set of actions resulting from such a narrow band decision. You can see, though, why only two Aspects have been allowed to actively demise their incarnate vehicles in this premeditated way.

ME:Yes, I can. I have one more question, though, before we move on.

A: Carry on.

ME:If three hundred thousand million years of human, shall I say, "clock time," have gone by, how many Event Spaces does this involve?

A: Currently or in the downstream condition where the maximum numbers of Event Spaces are invoked?

ME:Can I be greedy?

A: Yes.

ME:Both!

A: Currently there is only one overall Event Space being used because of the need to contain the results of the downstream actions.

ME:So it is quarantined!

A: No, it isn't. It is quite common for an overall Event Space to be created as a result of a series of downstream actions that have a common origin. This overall Event Space houses all of the Event Spaces that are created by the dualistic, trilateral, and quadrilateral decisions of those incarnates affected by the downstream interactions that didn't happen. As you are aware, Event Space/s is/are a fractal condition both in creation and dissolution. This overall Event Space is created because of a single existential condition—that there is an end or a final outcome to the downstream actions that are derived from the common origin.

ME:Ah! And so it becomes self-contained as a result.

7: After the Life Review

A: Yes. So, to answer your question there are three Event Space conditions to consider and not two. The first is that there is an overall Event Space created because there is a final outcome. Within this overall Event Space there are currently a little over 62 trillion local Event Spaces created to support the level of downstream activities currently expressed. The maximum number of Event Spaces that will be created are in excess of 342 billion quadrillion before dissolution begins and the number of Event Spaces created starts to collapse due to their being unnecessary. Note, though, that is only an approximate figure because the actual creation of Event Space is fluid.

ME: Thank you. It makes a little more sense now.

A: There is one more exception to the rule, though!

7.2.5

The Other Exception to the Rule

ME: Mmmm, I saw this coming. I just felt that I wasn't being allowed to move on quite yet.

A: This is a difficult and complicated subject and one that needs to be treated with respect. As a result, this "last" part is one that also needs to be broadcast.

ME: OK, I am all spiritual ears.

A: This last part is relative to when an Aspect is of a naturally high frequency and is one that normally, or more frequently, incarnates within the highest frequencies of the physical universe, rather than those associated with the location of the Earth. They generally, but not always, incarnate with a passive role, one where they are here to help lift the base frequencies of the Earth without embarking upon actively creating a spiritual direction or service. They are, by and

The Anne Dialogues

large, covert in their spiritual interactions, with many having no knowledge of spirituality or displaying signs of self-awareness/realization. Generally, these Aspects are both seemingly innocent and immature in relation to other “incarnates,” lacking interpersonal skills and a desire to interact as a result. In these instances, the Aspect is unprepared for the difficulties experienced with working within the Earth realm, has significant difficulty relating to those around it, and more importantly, their energies and action profiles. They can appear meek, timid, confused, bipolar, and suffer from constant but varying levels of depression.

When one of these Aspects decides they can no longer operate in the frequencies associated with the Earth, they seek help in finding an early end to their incarnation. This help is ALWAYS achieved within the energetic by the Aspect concerned discussing and negotiating the early end of the incarnation in a way that is acceptable to the guide, helper, and TES.

As you are aware from our previous dialogues on the subject of suicide, there is significant amount of work achieved downstream by both the Aspect itself and those interfacing with the Aspect and the fractal downstream interactive opportunities that could or may occur. Based upon this, the guide, helpers, and TES of the Aspect work hard to find an acceptable solution to the desire of an Aspect to terminate its incarnation early, if it is “struggling” with the energies surrounding the incarnate state or commitments made prior to incarnation. Remember, the human form is a rare commodity, so the first opportunity to be considered is one where the human form is maintained.

ME: A Walk-In, the first thing to be considered is a Walk-In!

A: My, you are on the ball, and I am very pleased that you have actually managed to do what you have been thinking of doing for a number of years—writing in the olive grove.

I have to break off for a moment to explain.

I am currently in Crete, and ever since we purchased a small olive grove that is linked to the land attached to the cottage we bought in 2001 I have been meaning to, or should I say have had the intention/desire to, sit under an olive tree and do my work. For some reason today (18 October 2014) I had been feeling Anne's presence very strongly and the desire to get off my backside and do just that was more than compelling. I had been very emotional all day—very human and it was like I was shoe-horned into place. So here I am under an ancient olive tree. It is full to bursting with olives and is providing me with shade from the sun and protection from the dominant northwesterly breeze we have in Crete. I decided that I will do my daily meditation here tomorrow and not on the cottage roof as normal.

The Aliens I discovered here are suddenly around me. I also feel Anne's energy in front of me. The Aliens tell me that I am, while in this position, connected with the basic natural energies of the Earth. I focus my third/spiritual eye on my surroundings and notice that twelve of the trees close to me are connected to me by an energetic link. I have the same link to my heart chakra from the energetic Anne. It is one of the most blissful states I have been in outside of being directly connected to a Source Entity or The Origin itself. My body tingles all over and I am in tears.

I suddenly see my plans in my mind's eye. This cottage and the land surrounding it will be part of the "Beyond The Source" foundation that I am told I will create. It is going to be an ashram in the future, a sacred area where I will teach my teachers—those "Traversing the Frequencies" Level 3 students who show a desire to be of service to incarnate mankind and help other truth seekers gain a direct, permanent, and robust communicative link with The Source. These teachers will carry on and expand "the work" when I ascend beyond the physical.

Each of these olive trees will have a small area created beneath them for personal meditation practice, and the one I am under now, I have just been told, is the one I will use in the future for years to come. It all feels very Indian as well. "Mmmm," I

The Anne Dialogues

thought. “I wonder which of my very small number of incarnations is linked to this state of beingness in India?” “But that,” I thought, “is for another book!” I need to get back to Anne now and complete the content of this dialogue.

A: Let’s get back to the Walk-In bit shall we.

ME: Yes, of course.

A: As you quite rightly suggested, the first route considered is to exchange Aspects, to create an opportunity for a Walk-In. Although this is a simple solution in thought, it is not so simple in actualization and the search for a suitable Aspect can take some time to complete.

ME: Why? I would have thought that many Aspects would be knocking the door down to Walk-In to a mature incarnate vehicle with a known life plan and path of downstream activity?

A: Yes, there are and they do, but many of them have already put into place their own life plan and have agreed the downstream activities with those incarnate Aspects that they planned to work with. They have to negotiate robustly to gain agreement to change their direction from the incarnation that they agreed on, and become a Walk-In candidate.

ME: So what you are suggesting is that a Walk-In is hard to initiate?

A: With those who have already established an agreed incarnate existence yes, but with those who have not there is a chance. Again, this is not easy, though, because those Aspects that are not currently incarnate and who are acceptable, that being, they have similar energetic characteristics and experiential incarnate knowledge to the current incumbent Aspect, have to work hard and fast to catch up on the demands of the life plan and the downstream expectations resulting from that plan.

7: After the Life Review

ME:OK, so if a suitable Aspect is available and works hard enough to catch up on the plan, the existing Aspect is allowed to end the incarnation by walking-out, thereby swapping the incarnate form with the Aspect that is walking-in?

A: Yes.

ME:And the Aspect that walks-out has no penalties attached to its walking-out of an incarnation?

A: Not if all the downstream interactions are maintained—no.

ME:What then if a suitable Aspect for a Walk-In cannot be found?

A: Then other routes need to be found that are acceptable and within the normal incarnate regime.

ME:What do you mean “within the normal incarnate regime?”

A: Every incarnation has a number of termination junctures; they are sort of “bail-out” opportunities. These termination junctures are chosen exit points where the Aspect can leave the incarnation in a pre-agreed way at known and accounted for junctures in the duration of the incarnation. Before you ask the next question I will answer it for you. The Walk-In is always preferred to the termination juncture because the Walk-In preserves the human form so that it can benefit another Aspect. It is only when this route is exhausted as an opportunity that the termination junctures are considered.

ME:How many termination junctures are available to an incarnate Aspect?

A: No more than five but no less than three.

ME:Can you explain what they may be?

A: Yes. They are demise by accident, illness, or murder.

ME:That just about sums up the higher level descriptions of how most incarnates leave their incarnations.

The Anne Dialogues

- A: Yes, it does, but of course they offer myriad opportunities. For example, you have already gone past your termination junctures. You had five, all accident. Four of them included demise by drowning in water, one, the fourth as it so happens, involved a motorcar. The last and fifth ...
- ME: Was when I got momentarily disorientated in a “night dive” in Spain where I found myself in a cave with limited exit points.
- A: That’s right. You were suddenly on the point of panic and could have made the wrong decision. As it happens it was not necessary for you to terminate the incarnation at this final juncture as everything was in place for the rest of your incarnate existence. So, you didn’t panic and you retraced your steps, making your way quickly and safely out of the cave. There was no way you could fail from this juncture onward, and so the incarnation was preserved. I, on the other hand, had fulfilled all of the expectations of my incarnation and did not need to continue. In fact, I had to leave my incarnation at its agreed “final” termination juncture through disease (brain tumor), because I have a job of work to do here in the energetic, which is in support of the work we started together and the work you will continue with until your own “final” termination juncture swings into place.
- ME: OK, so, as with all the rest of the opportunities discussed for leaving the incarnate vehicle, the opportunities for using the termination junctures have to be discussed at guide, helper, Aspect, and TES level, along with all those other Aspects, guides, helpers, and TES’s who are affected in the downstream activities?
- A: No, the downstream activities are not included because they are part of the plan and terminate naturally if a certain termination juncture is used. It only needs to be discussed at the guide and helper level.
- ME: Because it is already baked into the life plan.
- A: Correct.

ME: So using a termination juncture is an easy option.

A: Yes, in some respects.

ME: Why in some respects?

A: Because if the Aspect is in between termination junctures all the guide and helpers have to do is steer the Aspect toward the next juncture. The only issue here is the Event Space, the time between them. If the Aspect can wait and work with the guide and helpers, then the demise of the incarnate vehicle at the termination juncture will be a successful one.

If the Aspect cannot wait then it may affect a suicide, which includes all of the downstream implications we have already discussed between the point of suicide and the termination juncture to be used. Additionally, if the Aspect has gone past all of its termination junctures and it wishes to leave the incarnation and secure an early demise of the incarnate vehicle, then we are back in the suicide scenario.

ME: Which gets me to the chapter heading, “The Other Exception to the Rule.” What is it?

A: If, and ONLY IF, an Aspect can no longer tolerate incarnate existence AND IT HAS ACTIVELY AND DILIGENTLY sought energetic assistance, guidance, and direction from its guide, helpers, and TES, and it transpires that none of the opportunities just described are available, then the Aspect is given permission, it is given authority, to demise the incarnate vehicle via suicide.

BUT, and I say BUT, this is a VERY, VERY rare decision, one that is avoided at all opportunity.

ME: And in this instance the Aspect is not affected by the penalties attached to it by evolutionary debt, etc.?

A: No, because there is a significant amount of downstream work agreed upon by the Aspect’s guide, helpers, and TES, and the guides, helpers, and TES’s of those incarnates that the Aspect would have interacted with in those downstream

The Anne Dialogues

interactions when this condition is experienced and authorized.

BUT, I say AGAIN, this is a VERY, VERY rare decision. This knowledge MUST NOT be used as an excuse for justifying suicide!

The depth of effect surrounding suicide had taken me both by surprise and had a strange ring to it, that of old and ancient truth. The whole feel of the energy surrounding the subject was one that told me that, if we are of this mind, the need to resist the self or assisted early demise of the human vehicle was one of the most important things we should be concentrating on. Not just for our own sakes but for the sakes of others, an indeterminable number of others.

8

The Rest Period

I suddenly felt myself needing to move on to another common subject found in spiritual texts that broadcast the truth surrounding energetic existence post-physical demise—that of the so-called rest period. As I thought about this subject, a little voice in my head quite clearly stated that “there is no such thing as a rest period, per se; there is only continued progression.” I knew instantly that this was not multiversal knowledge but that it was Anne grabbing my attention.

A: It’s me!

The voice in my head felt and sounded almost like the way that Anne introduced herself when she was calling me on the telephone back in the days of being incarnate. It brought a tear to my eye, and it was comforting, to say the least.

ME:It’s you!

My typical response.

A: We are going to talk about the rest period now, aren’t we?
That period in between one incarnation and another?