

Children of Atlantis: Keepers of the Crystal Skull

Questions and Topics for Discussion

After I wrote and published *Children of Atlantis: Keepers of the Crystal Skull*, many of my readers encouraged me to write a study guide that addressed key concepts, in particular the spiritual aspects of the story. Many resonated on a personal level with the story of Atlantis in the context of their life journey. Some had a shift in consciousness while others experienced an integration of a greater understanding within their existing framework of beliefs and spirituality.

In the novel, a spiritual adventure, my intention was to introduce the reader to the energies at work in the final days of the Atlantean civilization in particular the clashing of the dark and light forces as representative of the ongoing struggle we face individually and as a civilization. Within the story of Atlantis and this book are many more stories that I feel will eventually be told.

What follows is designed for both individual and group study to stimulate thought and to clarify some of the major themes presented throughout the book. My hope is that the reader will gain a greater experience through discussion.

Instead of walking thru the book chapter by chapter, I have extracted common themes from each that represent a synthesis. Each major concept offers a brief explanation, questions for discussion and additional sources. The major concepts are:

- Discovering who we are from our family
- Synchronicity and experiencing coincidences
- Awakening to a new spiritual vision of who we are
- Life Purpose and destiny
- Reincarnation and the Afterlife
- Embracing the sacred in everything
- Experiencing the energy
- Self acceptance & Confronting our dark side (shadow)
- The dilemma of the Light versus Dark

- Preserving the wisdom of ancient Atlantis

Discovering who we are from our family

In the story we see an interesting dynamic at work in the relationship of the primary characters with their parents and the influence their parents had on them. Paredes, the archeologist childhood is dominated by the loss of his father during the Dirty War in Argentina and in his search for answers uncovers the truth of his birthparents. Alkur, the Atlantean must also address the traumatic loss of both parents early on and seeks revenge for their murders. He becomes stuck in the past and cannot move forward in his life until he frees himself from this childhood drama. Ilax, his spiritual guide helps him see this within himself. Eventually, he realizes only by forgiving himself and his enemies is he liberated to pursue the life he is meant to live. Through forgiveness he transforms his hate and quest for revenge with a greater understanding of the meaning of his parents lives and their sacrifice.

In the story Alkur's father, Ellm was a man of impeccability, courageous and a good father and provider. Alkur respected and looked up to him he tries to emulate his example in his life. Later, Alkur realizes that he was embarking on a similar path as his father in safeguarding and preserving the sacred wisdom of his tribe from the Temple of the Sun and completing his father's life purpose. He recognizes that being born to his parents was part of a bigger plan and that his true spiritual identity can be seen by looking at the truth of his family experiences. His parents lives and wisdom was exactly the stimulation he needed in order to develop his own viewpoint and to discover a new direction for his life. Even Salkuzzar and Saail, the antagonists share brief but intimate moments of recall of their relationships with their parents.

The influence of early family is significant for most of us because it gives us a useful way to understand our childhood and life story from the beginning to now. Our early lives as children define who we become. Upon examining and reflecting on our lives we can see clearly (hopefully) the influence of our early family on how we evolved and moved out into the world and the meaning our lives. I often ask myself: Why did I choose to be born in to my parents and siblings? Why this family? What was I thinking? What was I supposed to learn from my family?

Paredes achieves a greater understanding to some of these questions when he meets his stepfather in the meditation on the Island of the Sun and is told it is all part of a divine contract made beforehand. As souls prior to incarnating we choose our parents in order to evolve and they in turn at a soul level support us while working through their own evolution. From our soul's perspective, our family is a central part of our life journey with each of us playing our respective roles, each member our co-star and partner. In the story we see that there is some closure for Paredes as he realizes that all the synchronistic events in his life and his past life in Atlantis were preparing him to share a unique truth, unique to himself and his experiences to the humanity. This was a dramatic shift for him from the scientific world of archeology to how to live life more fully and spiritually through Atlantean wisdom.

The late inspirational author Wayne Dwyer in his book *Inspiration* relates the story of how in meditation he was told about why he chose his birthparents, in particular the alcoholic, controlling and abusive father who he could never forgive for his terrible childhood. He realizes that he chose his birthparents prior to his incarnation to teach him independence, resilience, overcoming obstacles and compassion. These were values and beliefs that later became the foundation of his career as an author of self-empowerment.

1. What was the significance of Paredes early childhood memory about his father? What memories do you have from your childhood? How would you describe them? (good, bad, painful, etc). What is the significance in your life now? How?
2. What kind of relationship did Paredes have with his father? Describe your relationship with your father.
3. What kind of relationship did Paredes have with his mother? Describe your relationship with your mother.
4. Alkur lost both parents murdered by the Temple of the Sun. Early on he was taught about the Law of One as a way of life. What did you think about the paradox between the teachings of the Law of One and Alkur's desire for revenge for the murder of his parents? How do you reconcile this? Is it possible?
5. In the story a unique theme emerges in the relationship between fathers and sons. (Salkuzzar and Saail, Paredes and his father; and Alkur and his father, Paredes and Marti). What are some of the key concepts that emerge from this?
6. Alkur finally visits the resting place of his father and is able to forgive his parents murderers and find the peace that has eluded him. What does forgiveness mean to you? How important is it in your life?

Further reading

The Celestine Vision: Living the New Spiritual Awareness. James Redfield. Warner Books, 1997.

Inspiration: Your Ultimate Calling. Wayne Dwyer. Hay House, Inc. 2006.

Synchronicity and experiencing coincidences

When we step out of our comfort zone we allow our soul to expand into a greater arena of possibilities/potentialities. We embark on a path of exploration of who we are and what

our unique purpose is. Along the way we encounter through our expanded perception synchronous events in the form of new experiences and allies who guide us to new horizons we could not dream of, always supported and evolving consciously. We soon realize that every event in our life leads to the next. How we accept it determines future events.

Paredes after discovering the crystal skull recognizes the enormity of its powers as he becomes aware of his past life in Atlantis. Slowly, clues begin to emerge through synchronistic encounters and messages as he writes about Alkur's transformative journey. What he discovers is that there are many similarities in their lives and that their paths are interconnected. Alkur's path leads him to a greater understanding of his inner wisdom and power to transform and his ego and lower self aspects and accept and integrate the different aspects of his persona. Paredes learns that the loss of his father and his tumultuous childhood created an evolutionary movement and resilience and a desire to bring more awareness and understanding around his life purpose.

Both Alkur and Paredes recognize that they are embarking on a transformative journey of discovery of who they really are. There is an acknowledgment of a restless energy as a sign of needed change and deeper awareness. The hero's journey requires them to step out of their comfort zone placing them on a new path; a destiny they could not initially see--that uses their greatest wounding to be of service to mankind. It's a call to adventure away from the ordinary world, an acceptance of the call and entering into the unknown. There are tests and ordeals but eventually there is the reward and the journey home. They discover that every event in their lives leads to the next and how you accept it determines future events.

Alkur eventually accepts the loss of his parents and Ampero and soon realizes that his anger and pain can be better channeled and transformed into love and forgiveness. There is a softening of his heart and this opens him to new possibilities moving forward. Paredes recognizes that he must reconcile his loss and accept the reality of his birth parents. He gains a greater appreciation and understanding of his childhood and that all the synchronistic twists and turns, obstacles, mistakes and successes were preparing him for a greater destiny. As a result, he was able to offer the world a particular truth that was unique to him and his experience.

In the story Paredes has an unexpected encounter with Don Julio on the bus just at the moment in his life where he is trying to understand the strange happenings around him and what happened to his father. Was Paredes finding the crystal skull also a coincidence? At some level we realize that these "magical" events were destined for him and are in some way were supposed to happen when they did in order to shift his life in a new, more inspiring direction.

Carl Jung, the Swiss psychologist called synchronicity the perception of meaningful coincidences. Jung maintained that synchronicity was a universal law that operated to move us toward greater growth in consciousness. In short, he felt that this is how the

universe operates—a natural connecting principle of cause and effect with the universe responding to our consciousness and expectations. It is a gift of the universal flow of energy. Often when we experience a coincidence we take it for granted despite shaking our head in wonderment. However, how often do we consider, What was the message for me here? Why did this happen? What followed it? We see Paredes and Alkur on parallel tracks which seem to intersect along the way. Paredes writing about the past life has activated a series of coincidental events in his life galvanizing him to move forward as it reveals a new life purpose.

As we experience synchronicity and embrace the coincidences in our lives we must trust the process and allow ourselves to be guided and to pay attention to everything especially the coincidences. We must notice everything and allow ourselves to go where our attention goes. Ask the universe “Show me what I need to know and the people/events that I need to have to fulfill my life destiny.”

Dr. Wayne Dwyer said the following in his final book *I Can See Clearly Now*:

“As I look back over my life, it is not a far reach for me to conclude that there is some kind of plan that is always at work, even if it is largely unknown as it unfolds. It is not a great stretch for me to conclude that this plan is being directed by the same force that keeps the planets aligned, opens the buds of all the flowers, and gives life to all manner of creation here and everywhere else in the universe as well. I now pay much closer attention to what shows up for me, and I’m willing to listen carefully to any inclination I might have an act accordingly, even if it leads me into unknown territory.

Examine the major turning points in your life and look carefully at all the so-called coincidences that had to arise in order for you to shift direction. At that moment you think of as a coincidence, you had a free will and you made a choice. At that same moment there was something much bigger than you, something you’re always connected to, that was also at play. That “something” was setting up the details so that you could fulfill the purpose you signed up for when you made the leap from Spirit to form—from *nowhere*, to *now here*.

The teachers are always there. Your degree of readiness to pay attention and listen carefully to your highest self, and act on what your intuitive self tells you, enlivens your awareness of your teachers. Sharpen your insight and be willing to trust that what you are feeling inside is what you should be doing, regardless of what everything and everyone around you might be saying to the contrary.”

1. What is the significance of Paredes synchronistic encounter with Don Julio? How have you experienced synchronicities in your life? Describe.

2. Describe your hero's journey. What did you learn? What was the reward
3. The story dreams play an important part in experiencing coincidences. What was the significance of Alkur's dreams and their message? How do Alkur's dreams relate to what he faces in his life?

Further reading

Synchronicity—The Inner Path of Leadership. Joseph Jaworski. Bennet-Koehler Publishers, 2011.

The Synchronicity Key: The Hidden Intelligence Guiding the Universe and You. David Wilcock. Penguin Random House LLC, 2014.

Jung, Synchronicity and Human Destiny: C.G. Jung's Theory of Meaningful Coincidence. Ira Progoff, 1987.

I Can See Clearly Now. Wayne Dwyer. Hay House, 2014.

Awakening to a new spiritual vision of who we are

To better understand who we are we must understand the big picture of where we come from and where we are going. We are amazing star beings on an earth adventure having a physical experience and are One in the eyes of our Creator. There is a sacredness in living as we live in love, harmony and embrace all of creation.

In the story Paredes becomes a bridge opening humanity's collective memory of the Atlantean experiences as he contemplates and writes about his past life. As an Atlantean high priest he knew firsthand the power of the dark forces and the clash of the forces of the dark and light in that lifetime. He eventually realizes this same drama is unfolding in his current life and that his purpose is to right the scales-to open the sacred sites and portals to bring greater balance and prepare the earth for ascension as keeper of the crystal skulls.

When we awaken to a new spiritual vision of who we are we recognize that in the eyes of our creator we are all One. From early on Alkur was indoctrinated in the Law of One. Alkur's father was a high priest who reminded Alkur of the Law, "the Law says there is no separation from God. We are all parts of the whole and each of our actions affects every creature. All life is a sacred gift worthy of respect. The earth is a living thing and we are the earths keepers. The Law of One is about freedom, the freedom to let our inner light shine through. We bring our unique selves to the world and allow others to do the same."

When we awaken to a new spiritual vision of who we are we acknowledge that there are times when we may feel lost, confused, lonely. We may have a feeling of loneliness and confusion and it feels like we have lost our way. Searching for answers often does not appear to come easily, as wanting to know why, and yearning for new inspirations. Yet very soon the light shines upon us and a new cycle will begin, full of new ideas, new inspirations. Paredes searches for answers for the disappearance of a father he never got to know, yet he finds that through his search that new opportunities and synchronicities develop leading him to answers and a better understanding of his past. A benevolent Universe acknowledges his positive intentionality and he meets Don Julio who provides information about his father and feels his father's presence in his daily life. He also wants to know why he is the middle of the Altantean drama and where it will lead him.

When we awaken to a new spiritual vision of who we really are we may experience apprehension moving out into the world and we doubt ourselves and our abilities and fear the future. In the story you could sense Alkur's doubts about his ability to embark on a new destiny, to safeguard the crystal skull of his tribe for future generations and his inability to understand that he was ready. "I am not the right one to do this. I am not prepared to protect our knowledge. There are others more adept and advanced in the Order. Besides, how would I do it?" Ilax gently reminds him that he must go within to "embody the energies" and "remove the obstacles to love" that keep him from his purpose. In other words, embracing all his gift and talents and to trust in a higher power that is guiding him on his journey. Paredes also has to reconcile his "new" destiny and Don Julio reminds him of this that "it resonates with his soul" and "it's what you were born to do." Often our greatest obstacle on our journey is our fear of inadequacy-we may present what we think are "qualifications" or training to embark on. We fear that we will fail and doubt the inner wisdom of our higher self to move forward.

When we awaken to a new spiritual vision of who we are our friendships and relationships may change. The changes within us change the rapport you have with some of our friends. As we change on the inside, our lives invariably change on the outside as well. Our life vision and perspective may change and we may find that we no longer have common interests with old friends. We may wonder if we will meet new friends with whom you can share close bonds. The angels will watch over you and your relationships and will help you make easy, love-filled transitions. At the same time be ready to receive new friendships.

1. What does being in divine Oneness mean to you? How do you experience this?
2. What do you do when you feel lost and confused?
3. What are your gifts and talents? How do you know you are using them?
4. How have your friendships changed since you have been on your spiritual journey?

5. Did Alkur make the right choice seeing Zonar? What would you have done?
6. Alkur feels very strongly about his belief in a conspiracy by the Temple of the Sun. Describe an experience where you felt strongly about a similar situation? What did you do?
7. Ilax tells Alkur that he must go “within” What does she mean?
8. Ilax fulfills a very important role as Alkurs mentor-spirit guide. Do you know your spirit guides? How important is spiritual guidance in your life now?
9. Alkur after his arrival on the new land enters a deep meditation where he asks the question “What will we face in the future?” What message did he receive and what eventually happened?
10. Paredes reveals in the story that he meditates. In one scene he asks that the mysteries of each symbol be revealed. What did he find out? What is the importance of having a meditation practice in revealing different aspects of your life? How important is it on the spiritual journey?
11. What role does Don Julio play in Paredes life? How is it like Ilax and Alkurs? How is it different?
12. What do you think the importance of the crystal skull is in the story?
13. What were some of the messages from the crystal skull?

Further reading

52 Codes for Conscious Self Evolution. Barbara Marx Hubbard. Foundation for Conscious Evolution, 2011

The Edgar Cayce Handbook for Creating Your Future. Mark Thurston and Christopher Fazel. Ballantine Books, 1992.

Life Purpose and Destiny

Alkur is told early on that he has a destiny—to safeguard the skull of his tribe for future generations with the impending destruction of Atlantis. It was a part of his soul’s evolution. For Paredes his destiny unfolds with a new life purpose of spreading the message of the sacred skull and opening ancient portals around the world for the ascension of the planet. He soon realizes and Don Julio reminds him that he is destined for a new path in his life that uses all his “gifts and talents” to “bring more light into the world” Don Julio also tells him

that there are no coincidences in the universe and that all his life experiences have prepared him for this moment.

What is the meaning of destiny? Are we “destined” to follow a particular path or vocation? Merriam-Webster defines it *as what happens in the future: the things that someone or something will experience in the future*. How does this relate to my life purpose? Edgar Cayce said that “For each soul enters with a mission...” In other words, we were born into this life for a purpose. Cayce goes on to say that our life’s mission is an ongoing process of finding and revelation. There is a dynamic, unfolding characteristic to the purposefulness that that we have chosen by incarnating. He says that your souls purpose is not something that you find once and for all and put into a “trophy case.” Like the characters in our story our whole life has been a long road leading to this very moment in our soul’s evolution. Stop and think about this for a moment. Every moment we have lived, every experience has served a purpose for our soul, even those we consider “bad” or “terrible.”

Edgar Cayce in his readings identified several themes related to understanding the purpose of the soul:

1. An expansion of consciousness—a sense of wonder. As you live your mission in life, a constant feeling of expanding awareness is created. Living your souls purpose will make you more conscious, and with that expanded consciousness comes a sense of wonder and awe.
2. Service to others—making a creative contribution to the world. You were born with intentions and the talents to create and to give in a manner that is perhaps better than any souls. In short, you are meant to serve others with a level of effectiveness unmatched by anyone else. You are unique in God’s creation.
3. Closeness to God. The living of one’s mission in life brings a deeper understanding of one’s relationship to the divine. As you truly begin to live what you were born to do, the accompanying experience is one of directly feelings Gods presence. For many this comes as a deep sense of being at peace—with themselves and all life. For others, it comes as a sense of love; for the first time in their lives they may be able to say that they really love other people and that they love themselves as well.
4. Purposefulness in all of life. Cayce said that living your souls purpose makes you begin to recognize and intuit purpose in other’s lives. Finding your own souls mission makes you want to help others discover and move towards theirs.
5. Joy in life. Living your souls purpose will bring you joy. Cayce went on to say that we need not expect of ourselves some “great deed” in life in order to feel that life had meaning; but rather fulfilling the purpose for which we were born would bring joy far exceeding the self-satisfaction that might come from the so-called “great deed.”

1. What are Paredes gifts? Is he using them to fulfill his life mission?
2. What did you love to do as a child? What has that told you about your life purpose now?
3. What do you think about destiny in your life? Do you feel all your life experiences have prepared you for this moment—life purpose?
4. What is your life purpose? How do you know?

Further reading

Discovering Your Souls Purpose. Mark Thurston. ARE Press. 1984

The Purpose of Your Life. Carol Adrienne. Harper, 1998

Reincarnation and the Afterlife

In the story Paredes writes about a past life he had in ancient Atlantis. As a scientist it must have shocked his scientific mindset and training, yet he was open to learning from it. After all, although “past” loves and reincarnation is more widely accepted and understood today, it still is a difficult concept to accept. Many religions teach that we only have one life experience and then must face judgment and eternity.

With the latest research, in particular the volume of literature on near death experiences and the pioneering work of Dr. Brian Weiss (*Many Live, Many Masters*), Dr. Michael Newton (*Journey of Souls and Destiny of Souls*) and Raymond Moody (*Life after Life and The Light Beyond*) we have overwhelming evidence that we have had more than one lifetime. Dr. Weiss’s work demonstrates that many health and life problems originate not in our childhood but in past lives. I have personally experienced this in my own journey and brought forth many gift and talents and wisdom from those lives into my present one. The genesis of *Children of Atlantis: Keepers of the Crystal Skull* was my exploration of a past life which has illuminated my present one.

In the story Ilax tells Alkur about his father’s past life as a high priest and how he returned to complete his mission he had begun in a previous life in the current lifetime. At the end of the story Paredes is told by his deceased father about the meaning of his life and past lives.

It is important that we use the knowledge of our past lives so that we can integrate them into our current lives. What is important to understand is that we don’t have to look at past lives to do this. You simply have to look at what is going on in this lifetime. Sometimes a past life

will give you another perspective about the same situation and issues being played out in your current life. You may have already addressed the same problem in that past lifetime.

A past life is really not “past” in a linear time sense. It is going on concurrently because time does not exist in the afterlife. Also what you do to integrate and heal in this lifetime will help integrate and holographically share the process in that “past” lifetime. This other lifetime has free will, just as you do, and can choose to download and apply those lessons allowing for deeper healing and integration. Additionally, as we learn to integrate we send out this information to our entire genetic line who can choose to download it for learning purposes.

What is important to keep in mind regarding reincarnation is the souls purpose and that life is continuous. In other words, we can adopt an attitude about our life’s work is not bound by the prospect of death or dying. For some souls with a sense of purpose and mission so encompassing a single lifetime may only allow them to get started. They may need other lifetimes to accomplish what they set out to do as did Alkur’s father.

Edgar Cayce did over 14,000 readings in his lifetime and in some of these he brought up the concept of the resurrected body and not reincarnation as the key to our soul’s mission/purpose. The resurrection was the next stage after reincarnation. When we hear the word resurrection, we are likely to think of the resurrection of Jesus—a central tenant of the Christian faith. Cayce challenged us to think as well of the resurrection of our own bodies. He suggested that the souls purpose for this incarnation is related to the work of spiritualizing matter, in other words bringing the qualities of the infinite spirit into the flesh. In the resurrection we manifest a new body—a light body- and we gain continuity of consciousness. It does not imply trying to free yourself from the physical body. This may seem farfetched for us in this lifetime but right away you can see where the shift in emphasis goes. If you go from reincarnation focus with attention on past lives to a resurrection focus it shapes the way you live your life.

1. Alkur is told about his parents coming back in his lifetime to help him evolve? Do you believe that your parents agreed to come into your life to help you evolve?
2. Ilax tells Alkur “Your higher self reincarnated into the lifetime by choice and with the commitment to do this now. It is part of your soul’s memory. All your life experiences have prepared you for this task” Do you believe that all your life experiences serve a purpose?
3. Paredes relives a past life as Alkur. What gifts and talents does he bring into his current life from that past life?
4. Paredes father tells him, “Marti is your biological father in this lifetime. All of this was presented to you in this life for knowledge and for you to gain a greater understanding of

your emotions, the fear, anger and frustration that you have experienced, so that you may progress. Many of the answers can be found in the lifetime you experienced as Alkur. These are in essence opportunities, gifts, if you will, to allow you to move forward, to grow towards source.” What does this mean?

5. Don Julio tells Paredes, “The keepers are very old souls who have reincarnated now to perform a task.” What are “old souls? Do you believe that souls return to perform a sacred task for the evolution of humanity?

Further reading

Many Lives, Many Masters. Brian Weiss. Simon & Schuster, 1988

Journey of Souls—Case Studies of lives Between Lives. Michael Newton. Llewellyn Publications, 1994.

Life after Life. Raymond Moody. Harper One, 1975

Embracing the sacred in everything

When we awaken to a new spiritual vision of who we are we learn that everything in life is sacred and that we consciously bring the sacredness into our lives through activities like prayer, reflection, meditation, and activities that bring us joy and pleasure.

The early Atlanteans considered themselves light beings and their auras radiated this. They were very connected to their individual star systems and through sacred ceremony could attune their energies to their particular birth star. We see early on how Alkur participated in a sacred stone ceremony. The people of Atlantis loved to take part in sacred rituals and ceremonies that helped keep their communities together in the beauty of the natural surroundings. These ceremonies were spiritual in nature and devoted to thanksgiving and prayer generally along key energy lines of the earth. These lines raised their vibration and in divine alignment for the ritual. The stones were placed in the circle to represent a star system of their ancestral origin, the Pleiades so that its wisdom and the high frequency light and healing energy could be drawn down to them and absorbed into their consciousness.

Throughout the story we see other examples of sacred ceremony—the ceremony of the Law of One; the water ceremony in the new land; the ceremony to unite the 12 skulls on the Island of the Sun and others. From weddings to funerals, from fasting to traditional annual celebrations, throughout history humankind has attempted to make contact with the divine through ceremony and ritual. Like the ancients when we pay tribute to important life events through ceremony, it reminds us of how intimately connected we are with God and nature, and helps us be at peace with the inevitable changes that life brings. Sacred ceremony can help release attachments to

people and situations that are no longer purposeful opening the door for new experiences in our lives. By our participation we are acknowledging that which sustains us materially and spiritually, and are reminded of our place within the vast and intricate network of life.

As we embrace a new shift in planetary consciousness, many of us are seeking new ways to experience God, or Spirit, and discovering new ways to honor and increase awareness of the sacred in our everyday lives. The religions of the world recognize that the sacred is not so much to see new things as it is to see things in new way. The sacred is not separate or different from all things, but rather hidden within all things. To see the sacred within us is to see the spiritual in ourselves and the world and to recognize what is always present. It is a new way of seeing. Jesus said, “the kingdom of heaven is within...the kingdom of the Father is spread upon the earth and men do not see it.” St Augustine described the sacred within “and beheld with the eyes of my soul...the Light Unchangeable.” He concluded, “It is with the interior yes that truth is seen.”

In the story certain sites were considered sacred or spiritually potent. The site for the ceremony of the Law of One was such a site as was the ancient burial site on the new land and the Temple at the Island of the Sun in Lake Titicaca. Sacred sites are areas that resonate at a higher frequency and are catalysts for spiritual experience. Such areas often radiate electromagnetic fields of higher frequency. We see these scattered around the world in places like the Pyramids of Egypt, Machu Picchu, Uluru in Australia, Mecca, Saudi Arabia, Mount Shasta, USA, Stonehedge and many others. Each has a unique energy that could be felt as long as you are open and we feel physically at one with the whole of creation that fills us with inner security, peace well-being and wisdom.

1. Paredes finds sacred symbols on the skull. What is the significance of these symbols? (What are the sacred symbols in your life? How do you interact energetically with symbols? What do they mean to you?)
2. Don Julio tells Paredes that the portals can be opened by first setting an intention and raising his vibrational frequency through love and compassion through his heart and then using the symbols and sound to open the etheric energies of the portals. What do you think of this concept?
3. Don Julio explains to Paredes about the importance of portals. What are portals and why do you think they are important in the story and today?
4. How important is sacred ceremony for you?

Further reading

Sacred Ceremony: How to create ceremonies for healing, transitions, and celebrations. Steven D. Farmer. Hay House, Inc. 2002.

Gifts of Mother Earth: Earth Energies, Vortexes, Lines, and Grids. Jaap Van Etten. Light Technology, 2011.

Earth-keeper—The energy & Geometry of Sacred Sites. Tyberonn. Star Quest Publishing, 2007

Essential Spirituality—Exercises from the World's Religions to Cultivate Kindness, Love, Joy, Peace, Vision, Wisdom, and Generosity. Roger Walsh. John Wiley & Sons, Inc., 1999.

Experiencing the energy—transform your life with energy

Everything is energy. It is the medium of all things. It is everywhere and cannot be created or destroyed only transformed. We inhabit a universe that is described as a sea of interconnected energetic relationships. We are energetic beings. The ancient Atlanteans recognized this and were masters at using and changing energy using crystals, herbs, transforming negativity and keeping their physical, mental emotional and spiritual bodies in alignment. We know that we ourselves have access to this universal energy and we can project it with our thoughts and intentions influencing our reality and the reality of others.

We now know and science has proven that we are surrounded by a mysterious, vibrating sea/pattern of energy—a quantum field of energy comprising everything. Some see it as a benevolent field that responds to our highest most positive intentions. Science has found that at the subatomic (quantum) levels we are interconnecting webs of energy relationships. The Eastern religions call this energy field *prana, Chi or ki which is light energy*. We are pure beings of light. The Chinese, Egyptian, and Indian medical texts historically identify the energy of the body as an energy field, life-force. These energies interact with the energies surrounding us as well as acted upon us by these energies. All things are interconnected and interactive in the universe and have a vibration of dense matter to pure light.

Becoming aware of our own energy levels daily raises our vibrations. This self-awareness is vital not only for optimum health but also for engaging in the flow of life and becoming co-creators of our reality. We also know that our thoughts are energy and they manifest through intention. These thoughts cause our energy to flow out into the world and effect other energy systems. In other words, every thought that you have is registered somewhere on the planet and affects others.

In our story Alkur faces a dramatic psychic attack in the classroom and invokes the violet flame to neutralize and transmute the negative energies. The Atlanteans struggled for thousands of years with the darker energies yet understood that all energy is in essence a

positive force and that negativity needs to be transformed into something positive: hate into love; greed into generosity, sickness into health and despair into hope. They were taught to cancel and transmute negative energy in the violet flame with a positive one. The Violet Flame is composed of light so pure that it could dissolve fear, anger, hate and negative thoughts and transmute it into something helpful. To invoke the violet flame one must mentally invoke the flame with positive intention and visualize a flame of violet in front of you. Then place all your anger, fear, hurt or negativity into the flame until it dissolves. Picture people who need healing or purification in the flame or visualize the flame traveling to people who are sick and see it consuming the negativity around them.

In the story we see how important the energy of a place or location is and how this can influence our energy levels. I remember while on tour in South Africa to the outback how I wandered off into a desolate part of a section of private land where there were some run down structures and a large fenced area. I remember having a feeling of oppression, fear and how my energy dropped suddenly. I was later told that this area was off limits and that it had been a slaughterhouse. In the story when Zonar, the priest from The Law of One enters the Temple of the Sun he experiences a sudden shift in his energy—it gets dull, heavy, and he feels anxious and fearful. Contrast this when Alkur enters the Temple of Thoth and the serenity, welcoming energy of peace, harmony and love he felt.

In the story, Alkur is being prepared by Ilax to confront his fears and to tune into his inner wisdom and powers. He is introduced to the Atlantean healing system and the different layers of knowledge. Ilax tells him “The first layer is the Tree of Life. Atlantean science has shown that all the cells of our bodies retain the memories of our current and past lives. The second layer acknowledges our purpose and direction in life and that we are sentient beings in the image of the Creator. The third layer activates the chemistry and potential to do what our consciousness requires as we complete our life mission...” Ilax is reminding Alkur of how to regain and maintain his power and divine connection since this had been lost with the infiltration of dark energies in Atlantis. With this and the triggering of egos, fear and suspicion, the vibration of the populace had gone down and they could not sustain their natural spiritual gifts to include being able to access the different layers of knowledge.

There was a time when Atlanteans could tune into and work with 12 chakras or energy spiritual centers, however five of the twelve were eventually closed and this was lost. Today, we work primarily with the remaining seven. Additionally, within Atlantis everyone had 12 strands of DNA within each cell. The DNA codes or the building blocks of life were also affected by the lower vibration of Atlantis and most of these strands were disconnected. Ilax was reminding Alkur of what each was and stressing the importance through healing to regain them to use his full powers. These disconnected codes contain our psychic and spiritual gifts, telepathy, telekinesis, powers of manifestation, clairvoyance, clairaudience, and self-healing. Reconnecting with these brings back all our records of past lives, gifts and talents, in short, everything we have been and ever will be. The key is raising our vibration with love and by relaxing deeply. We are powerful beings beyond all measure.

1. What caused the disruption in Alkurs class? What were the clues? How did Alkur respond to the psychic attack? Did it work?
2. How do you monitor and manage your energy levels?
3. Have you ever felt the energy of a place that scared you? How did you know? What did you do?
4. Don Julio tells Paredes “It’s all about healing yourself first. Clear your energy field first and then through harmonic resonance you’ll heal the earth. What does he mean by this? Do you feel that by healing yourself you are healing and helping the planet?”
5. What is the Atlantean Healing System?
6. At the end Alkur is a much different person than when he began his journey. How do you understand his change and transformation? Are there some ways in that he doesn’t change?

Further reading

Discover Atlantis. Diana Cooper. Findhorn Press, 2005.

The Human Akash. Monika Muranyi. Ariane, 2014.

The Great Human Potential. Tom Kenyon & Wendy Kennedy. Ariane, 2013.

The Field—the Quest for the Secret Force of the Universe. Lynne McTaggart. Harper, 2008.

Embrace all aspects of your being—The Shadow

We are fascinating multidimensional beings created perfect and whole and endowed with the perfect qualities and image of our creator. Our multidimensionality manifests as perfect acceptance of all aspects of our being to include the lower self, and taming the shadow and ego consciousness to be of service to others.

The shadow self is what sabotages our relationships, jobs, it denies our spirit, keeps us from realizing our destiny and dreams. It is what we sweep under the rug. It gets buried and repressed into our deep unconscious self. The shadow is what we don't want to be. It seems so horrible and grotesque feeding into our greatest fear that someone might discover our dark shameful secret --- further repressing it. Hiding what's inside gives it power, because we don't have the power to chose --- we just react. It is the voice that says we are unloved, undeserving, unworthy, keeping us from what we want or desire. It shows itself through our projection of judgments on others. What we don't own about ourselves we project onto other people. It is the only way to get our attention. terrified of

discover the ego disowns it and uses the tool of judgment to protect itself --- but only prevents self-realization. When you don't own an aspect of your life --- it runs your life.

The shadow self is those hidden or unconscious parts of us that the ego has either repressed or never recognized. In the domain of psychology Swiss psychologist Carl Jung devoted a lot of thought to this “shadow self.” It is an archetype that forms part of the unconscious mind composed of repressed ideas, instincts, impulses, weaknesses, desires, perversions and embarrassing fears. This archetype is often described as the *darker side* of the psyche, representing wildness, chaos and the unknown.

We are born pure, whole and complete. But at some point in our childhood development we learn to separate things into good and evil. The child mind or ego is not fully developed or self-responsible in relationship with itself and others and has negative experiences, especially with its parents in the form of trauma, lack of acceptance, rejection, and punishment in the belief that its needs will not be met. It begins to see that acting out and getting its “selfish” desires met is unacceptable and has negative consequences. Further complicating this is our cultural socialization” process which requires us to sort out those traits that are acceptable in society from those that are not (which are later hidden away as the shadow self). We eventually deny this aspect of our self and protect it by denying it. Because the darker qualities are associated with negativity we avoid them out of fear. We inevitably create a mask self and an idealized self-image of what we want others to see us as so we do not have to address/express the pain of our feelings. We project an unauthentic image of who we want to be seen as to be acceptable and suppress the shameful, negative and hateful qualities, motivations and fears into the subconscious. These become our shadow self. So we repress aspects of ourselves that do not fit in with the structured ideal of society. In short, we learn to live fractioned lives, accepting some parts of our natures, but rejecting and ignoring other parts.

We are pathological liars when it comes to looking at our internal feelings. Since we can't find the offending quality within then the only way we can see that qualities is in others. So if you feel uncomfortable to express your anger, you are going to attract a whole lot of angry people in your life, to do it for you! Other people mirror back our hidden emotions and feelings. Owing to manifest your full potential you have to claim the parts of yourself that you denied, hidden or given away to others to act out for you. If you keep attracting people with similar qualities or traits in your life it is to show you what aspects you are disowning in yourself. This gives us an opportunity to recognize them and reclaim them.

The repression of our negative traits or emotions is the greatest barrier to living authentically and loving ourselves. In fact, how can we completely and wholeheartedly accept love ourselves and others if there are aspects of self that we are afraid to acknowledge and explore. Interestingly, many new age and spiritual systems teach that all negative qualities must be transcended. Others profess a self-denying traditional approach of subduing, denying or ascetically disciplining the self. Yet from my own experience, embracing the shadow or darker aspects of self allows for the creation of a psychological and spiritual balance—an integration as opposed to denying it which creates chaos and disharmony. Unless you learn to first embrace the darkness within, you can never pursue the light of self-love in a balanced way. You take ownership and responsibility for it not

by resisting it but by accepting it as part of who you are and in the process you make yourself whole.

Once you truly acknowledge your dark traits instead of avoiding them, then they will stop having control over you. By being honest with ourselves and accepting our shadow elements, we are free to witness these uncharted areas of our mind, allowing us to see that we are not these elements, and that they are simply thoughts, feelings and drives that come and go. The key is to make them conscious and become aware. Then we can see what the effects of these thoughts and feelings that surface are, in our daily life. For example, after a daily review you may have to admit that your hateful thoughts toward someone was in fact hateful feelings that you had harbored within you. It is about an acceptance and direct experience of the shadow in the light of mindful awareness and deep honesty.

Each part you don't like has a gift to give you and is appropriate in certain situations. When we embrace a negative quality within ourselves then people with the same quality can no longer trigger us. This frees them to experience you, and you are free to experience them. To truly love self you must get your negative emotions out. If we own hate and evil in ourselves we wouldn't need to project it onto another person. Compassion heals and reveals our true essence to evolve Spirit In Action!

The pain of our perceived flaws compels us to cover them up. We often over compensate by being the opposite. What we don't want to face often is the drive and motivation to do something different. When we see someone doing something we don't like we get angry at them, and judge them as bad. But if we really looked and thought about it --- we might discover that we would have the same reaction. Discovering this compassionate empathy for the person releases our judgment. We understand how the negative trait served to be a positive gift.

In short, to completely experience self-love we must learn to experience our shadow selves. Otherwise, every time we condemn others for their shadow traits, we are in essence condemning ourselves in the process. A whole and balanced self is a unification of all the parts and an acceptance of all our "good" and "bad" traits. The shadow may also provide us a "gold mine" of creative, unique and different ideas that we had that were sent to the Shadow because we were afraid they were unsuitable or socially unacceptable at the time.

1. How is the Temple of the Sun different from the Temple of the Law of One? How does this contrast exist within us? How do we know?
2. Alkur is told that he must face his demons and release what no longer belongs to him. "It is a journey of self-discovery and transformation. As we embrace the light within we see and understand the lower darker nature as we clear old programming, release blocked energy, and learn new approach to living. Your heart will awaken and you will learn to discern and silence the ego-driven self. In time you'll be able to accept and integrate the good and bad, the light and darkness and celebrate and change our world?" How does one do this?

3. Ilax tells Alkur “In time you’ll process your darkness, not by condemning it or running away, but by loving and accepting it.” What does she mean by this?
4. At the end Marti sends Paredes a poem about a bull. What did that poem mean to you?
5. In *Children of Atlantis: Keepers of the Crystal Skull*, Alkur the Atlantean, experiences trauma early in his life with the sudden death of both parents at the hands of the Temple of the Sun. He is consumed with regret, guilt and anger towards himself and the perpetrators seeking revenge for their deaths. Later, as a high ranking guardsman for the King an opportunity presents itself to avenge their deaths, but at the last minute he cannot follow through. Conflicted, he senses an inner turmoil and conflict/tension in his psyche—on the one hand he wants justice to confront and defeat the aggression and on the other a longing to heal—to move beyond the anger, fear and hatred and find inner peace. Why did Alkur hesitate to kill Salkuzaar? What would you have done?
6. How do you deal with your fears? What is your greatest fear?
7. Ilax also tells him “there is also that part of us, the divine higher self that already knows what we need. It’s your truth. It will quietly guide you, its power is based on love. That’s the big secret. We all have the power of love within us.” Do you believe this? Why?
8. Alkur gains new insights in a dream where he is consumed by an evil entity representing his lower self—the shadow energies that must be tamed. His mentor Ilax guides him in recognizing his lower self qualities that he must address to embark on a bigger destiny of safeguarding the knowledge and wisdom of Atlantis for future generations. She reminds Alkur that he must embody the new energies, not force against force as he was trained, but instead love as the powerful “force” of the Universe and becoming that love and removing the obstacles that keep one from living out their life purpose. What do you think about this concept?

Further reading

Meeting the Shadow: The Power of the Dark side of Human Nature. Connie Zweig and Jeremiah Abrams

Of Light and Darkness

“And God said, ‘Let there be light...and there was light.’” In the story it is clear that there is an irrefutable conflict between the light and the darkness. An artist knows that to highlight an aspect of a picture he/she must provide contrast or shadow. We know that without the darkness there

would be no contrast, no point of reference for the light. To reveal the light we need shadows to reveal form.

Many indigenous cultures see the darkness and the light as being polar opposites of the same energy. The two poles are the whole and represent unity and integration. Lucifer (the fallen angel) as a representation of evil agrees to serve and assist humanity—to provide the free-will parameters and choices for evolution of our souls. Lucifer-the dark pole of the Godlight is a reflection of the light and its dark side and offers us free will choice. In this view the darkness in us must be redefined so that we remove our fear of evil and explore our shadow selves and accept that even our darkness serves humanity. When we understand and accept our darker side we can then understand and forgive those who hold the dark vibration in themselves. This is what “Love your enemy” means.

Edgar Cayce believed in an “integrative dualism” that recognizes that evil is real and that sometimes we must stand-up and confront it, but evil or darkness is also something bigger, integrated with goodness in such a way that spiritual growth is possible. In this manner evil becomes a blessing to the seeker by making available a series of distinct moral choices with which to exercise one’s free will. Cayce felt that we must recognize clearly the “evil” within ourselves before we can see it objectively in the outside world.

In the story we see the Anunnaki from Nebiri are the “lost” group of humanoids who ventured into the galaxy and eventually our solar system conquering other species and enslaving and consuming by taking resources and amassing power. They prided themselves on control, suppression and manipulations of information. Atlantis was already in decline when the priest and priestesses reached out to the Anunnaki for advice and support. This was seen by the Anunnaki as another opportunity for greater planetary access and control and eventually ensured the downfall of Atlantis.

The Annunaki intervention in Atlantis and their manipulation, control and possession through fear, obedience and separation represents the progeny of evil. It is the temptation of the darkness. We see that their energies influenced and magnified the lower vibrational bodies of the Atlantean energies. This lust for power and greed and lower chakra energies continue to influence the collective consciousness of the planet today. The Belial Illuminati are a continuation of the dark priests of Atlantis using their knowledge and wisdom to amass power, working for the benefit of the few and not for the benefit of all. Saail was an extension of the Annunaki energy manifesting.

The story illustrates a profound theme—that the greatest expression of our Godliness is our ability to forgive. No matter how dark someone may be there is always a spark of light within their consciousness and that we are all one united in a spiral of ascension. Alkur could see this in his confrontation and healing of Saail. We are united on our journey. Some give enormous energy to their darkness, while others move into the light quickly, all a reflection of free will. We must learn to trust that this is the Divine plan and that we are free to forgive and accept those who choose differently. Rather than fear the darkness we must shine our light into it.

Even the darkest beings

*Reflections of all that Is
Journey the spiral of ascension
Eventually moving into the Light
For that is the nature of Spirit
(Cosmos of the Soul)*

Like the Anunnaki, Saail and Salkuzzar as well as the Temple of the Sun play the dark roles in the game of duality. They are really another aspect of us. These beings playing the dark roles are also learning, and they are looking for what they have lost. As we go through the process of integration and healing we are learning how to release these lower fears and that we are the creators and generators of our own reality. It is important to be conscious of what you are feeling as you read and talk about these different beings. Do they make you fearful or do you have love and compassion for them? If you are fearful then perhaps you are running a lower vibrational frequency. As you acknowledge and recognize its effects then it can be integrated and you do so by shifting your perception from that of victim or perpetrator to co-creator.

1. What does Ampero mean when she tells Alkur, “As your light grows and you become more aware of your spiritual self, you also become more visible to the dark forces.”
2. What does the statement mean “At the end of the day both the light and dark will be sitting in the bar drinking Pisco Sours and talking about how they tried to out maneuver each other, always recognizing that they are serving the Creator and the evolution of the universe.”
3. What role does the darkness/evil play in the spiritual path?
4. Don Julio tells Paredes” The dark energies surround us but we can see their shadow.” What does he mean?
5. Throughout the narrative Paredes realizes that the dark forces want the skull. Why? Why do you think it is important?
6. Alkur heals Hulos from a dark entity. What were the effects of this entity possession?
7. What did you think of the character Saail? What role was he playing in the divine plan? Was he compelling?
8. Don Julio tells Paredes “once again the dark and light forces are engaged on planet earth.” How is the Atlantean drama being played out today in our lives?

9. A pivotal scene in the book is when Alkur confronts Saail and recognizes the divine spark-soul essence and higher self-energies in Saail. He makes the choice to love instead of hate. “If a dark heart is touched by pure compassion and forgiveness, it can experience love again. No one is beyond redemption” What is the significance of this choice for Alkur? What do you believe? Like Alkur have you ever faced this?

10. One of the most wrenching scenes in the book is when Paredes is kidnapped and tortured by Marti and his cronies. What was the lesson for him? What kind of turning point does this mark for Paredes? How do you feel about torture?

11. In the story the natives are being subdued and influenced by a low frequency humming sound being emitted from a crystal generator. What effect do low frequency sounds have on our physiology and how can we deal with them?

Further Reading

The Edgar Cayce Handbook for Creating Your Future. Mark Thurston & Christopher Fazel. Ballantine Books, 1992

The Great Human Potential: Walking in One's Own Light. Tom Kenyon & Wendy Kennedy. Ariane, 2013

The Cosmos of the Soul: A Wake-up Call for Humanity. Patricia Cori. North Atlantic Books, 2000

Preserving the wisdom of ancient Atlantis

The destruction of Atlantis is intended to educate us on the energies at work in the final hours of the Atlantean civilization. It allows us to explore the ongoing struggle that we face individually and collectively in our society and empowers us to be true to who we are and make the right choices in our lives.

Like ancient Atlantis we know that we live in a world that hosts some very dark characters and at the same time some wonderously loving, spiritual beings. Each of us knows that we have confronted both the brilliance and higher aspects of self as well as our shadow for that is the duality of “Earth University” and the very nature of life as we know it.

The forces at work in Atlantis were archetypal manifestations of Earth's polarity at a time in our and earths progression into the higher vibrational frequencies of ascension. The poles clash and conflict and we are reminded that we must integrate the polar aspects of our being: the good and the bad, the light and the dark; the love and the hate.

When Atlantis sank beneath the waves the wisdom was not lost forever. Instead, it was spread throughout the world as the twelve tribes migrated around the world. The survivors interbred

with the local people and shared their knowledge and wisdom with them resulting in a huge advance in civilization worldwide. More importantly, this merging enabled more people to carry the wisdom of Atlantis in their genes. Their extraordinary knowledge is within us encoded into our DNA and are now being returned to us, offering us a glorious opportunity for spiritual growth and evolution.

The people of Atlantis enjoyed some awesome spiritual, psychic and technological powers. They were very spiritually advanced which gave them some unique gifts and contributions to the world. It is time now for this ancient wisdom to be brought forward in the form of a new spirituality—personal transformation, integration, paying attention, community, prayer and using guidance, inner peace, balance, purpose and evolution of the soul.

There are many things that we can do as individuals to help bring the energy of Atlantis back Consider the following:

1. A greater focus on self-care as a vital part of health and wellness. Although self-care includes physical exercise, other considerations, such as stress management, a healthy diet, sufficient sleep, and mental exercise, all contribute to overall wellbeing.
2. Maintaining a high vibration by activities that support body, mind, emotion, mental and spiritual health and well-being. Watching what we eat and eating healthy, natural and whole foods; spending time in contemplation and meditation, monitoring your thoughts, and finding practices that build and fulfill the Spirit.
3. Healing—it is important to balance and strengthen our energy field and centers through receiving hands on healing. We need to develop a practice that allows us to physical, emotional, mental and spiritual attachments and the things that hold us back (e.,g fear, anger, anxiety, etc) to be released. Walking in nature; receiving hands on healing and massage and checking and balancing the physical body are very important. Attending spiritual workshops and conference and participating in group of like-minded people are helpful as well.
4. Daily exercise to strengthen the organs and muscles. Taking a walk or doing soft movements and relaxation exercises (tai chi, yoga, pilates), swimming, climbing, sailing dancing or any exercise that will make your body strong and healthy.
5. Practice deep breathing for relaxation. I recommend deep belly breathing. Sit comfortably in a chair with your hand resting on your stomach and your fingers laced together on your belly. Then take a deep breath and as you do this your stomach will come out and expand. Hold it for as long as comfortable. Then exhale very slowly—as you do, your belly will go back in and deflate. This may seem uncomfortable at first, but with a little practice it become a very useful relaxation skill. Practice this a few times.

6. Play time—this is more important than we realize. With our busy lives and earning a living we often forget to take time out for play and activities that give us joy, light, healthy and connected with the Divine.
1. How is the Atlantean drama similar to our own today? What can we learn from this?
2. How does the title of the book relate to the Atlantean drama?

Further reading

Discover Atlantis: A Guide to Reclaiming the Wisdom of the Ancients. Diana Cooper. Findhorn Press, 2005.

Atlantis Rising—The Struggle of Darkness and Light. Patricia Cori. North Atlantic Books, 2001.

Atlantis. Edgar Cayce. A.R.E. Press, 2009.