

## **Part Two**

### **Time Lines and Future Tracks**

One of the most interesting aspects of intuitive and channeling work is the observation of a person's energy field, or aura. In the field, I, with Galexis' training of me, and with Galexis while in trance, I can see how the past is embedded in the body form and expressed in the energy emissions of the person. And also, I can see the person's relationship with his or her future.

If you've worked with Galexis, you have probably been urged to do some visualization of your Future Self and blending with them, thus creating for yourself a brighter, healthier, and happier future that you can move towards. The path you take into your future is what we call a track. Creating your optimal Future Track then, is a easy way to manifest better realities through resonance, as you expand your light and raise your vibration towards that Future Self you are becoming.

What I'm going to share with you is how we (Galexis and I) see the path to the future, and also how to sort through options and make empowered choices. Working with some of the easy techniques I'm going to mention can definitely give you a sense of orientation to your Spiritual Path and support your Power to Choose your Future consciously.

#### **What is a Time Line?**

A Time Line is an imagined track that is charted or looked at linearly in time from a starting point to a future point. Imagine a line drawn from your birth that tracks through all your past years with each year a node on the path and arriving to where you are today. If you stand in your current self at one end of the line and look down the line through all your younger selves, then you see your newborn self at the other end.

This way of referencing your lifetime is useful in Time Line Therapy, which aims to change the experience of your present life by healing a past situation such as a trauma from childhood. Once the self at the earlier age is healed through visualization and processing, it becomes a healed node on your time line. Then a new line reflecting that healing is zipped up with the old line to integrate the healing into your emotional past as if it truly, physically happened differently, as if the trauma never happened.

When the two timelines have integrated into a freer and lighter single line all the way forward to where you are today, you can feel a great healing shift! You experience a new level of freedom, since that painful situation and the subsequent stresses it generated are no longer rankling deep in your emotional memory. And thus, this method assumes, you will be able to create a better life for yourself now and in the future.

#### **The Future Time Lines, or Future Tracks**

While there usually is only one Time Line going back to your birth from the present, there can be a Time Line going forward to the future. Actually, there are many Time Lines going out in front of you as well, to the future. Here, they are not part of your memory, but exist as threads of possibilities of different realities or experiences that can be imagined and chosen. Galexis and I call these “future tracks.”

There are many, branching out from you, like threads of light. If you visualize yourself standing and facing your future, they emerge from you and track in every direction. Some are faint and thin. Others are brighter and thicker. However, the strongest, fattest, and brightest one that goes straight out in front of you is the main track. This shows your most likely or Probable Future path or Future Track. It reflects your current intentions, beliefs, and identity.

The Probable Future Track is an extension of who you are today, and if you don't change things, you'll automatically do the same things, think the same thoughts, and feel the same feelings tomorrow, the next day, and even the next year. Thus, it's like a train's track set to move your life “train” into the most likely and very similar life in the future. Thus, the Probable Future Track has some predictability and is what good psychics can read.

All the other lines emerging from you are alternate futures with different outcomes, some better and some worse, and can show near future outcomes as well as far futures. They are called *Possible Future Tracks*, and they are independent of the *Probable Future track*.

When you are considering a big life change, you will look at some choice options. Your best potential choices show up as Future Tracks that are brighter or bigger than all the other Possible Futures, and we see them closer to the center or the Probable Track. In decision-making, we won't see more than five alternative tracks, or how many feasible options you may be considering.

These possible options or futures are not Destiny. We have seen very few Destiny Tracks. They appear floating above the Probable Future Track, sourced from above and beyond, and have certain strong, bright characteristics. The Probable Track has to lift up to it at a certain point in one's life to activate it, and that is quite a process, so I won't go into it here. But the Destiny Track, once it is integrated into the Probable Future Track, will become as certain a Time Line for the future as the memory Time Line has its definitions in the past.

Now back to Possible Future Tracks. When evaluating a choice, Galexis will have you talk about the options you are considering. They will see the brightest, the most heart-felt, joyous Possible Future Track aligning with your Greater Self and point it out to you.

## **Choosing Future Tracks**

If a person feels lost, they are generally seeing way too many possible futures to make choices from, and no options other than the brightest one, i.e. the Probable Future Track, show up. There may be hints of other tracks but none are close by. All of these are scattered about and would take some focus to explore. And when people feel lost, their energy field is usually fragmented, they are dissociated from their true motivation, they are carrying some kind of burden they cannot see beyond, or they have just made a huge change in their lives. They often see themselves as people they were in the past, with limited power or opportunities. They first will need to expand their Self Image, establish some energy grounding into their center, and then discover more of their motivation, purpose, and life missions before they can evaluate feasible options.

I was there years ago, when I wondered what career I should or could have. I wrote down everything I could do or wanted to do and came up with over 20 things. Without any clarity about which one to invest my energy into, I remained doing what I was already doing, i.e. my Probable Track which was throwing newspapers in the morning and playing in the symphony in the evenings. It wasn't until I got hit with a fierce passion on Sunday afternoon in late 1977 that set me on my path as a professional astrologer in the 1980's.

### **Dark and Light Future Tracks**

Just as you have a Probable Future Track, the strongest, brightest, and thickest future stretching out before you, so do elements, institutions, governments, social movements, and more have Probable Future Tracks. Futurists attempt to study a social change or a demographic group's actions enough so that the Probable Future Track of that change or activity becomes more illuminated. Then, predictions can be made. Think of how many people make a living predicting the trends of the Stock Market, the stocks of individual companies, and the overall economy!

Now back to the Possible Future Tracks. You may not be in the process of making a choice and thus giving attention (energy) to more feasible Futures. At all times however, you have plenty of Possible Futures. Most of them are not going to happen. But they are there, creating a kind of grab bag of possibilities that you could creatively imagine. think about, and tap into.

As you imagine what you want to do, who you want to be, and where you want to go with your life, Possible Future Tracks will continue to show up out of thin air, so to speak. While many will branch out in very fine lines from you, some will also start showing up to the side of your Probable Future Track. These may be gifts from the Universe to you, provided to you by your Spiritual Team on the other side. Others may be showing you something that is going on in humankind collectively and offer you a path into belonging to a collective group of some kind. More on this later.

### **The Nightmare Tracks**

There is a spectrum from dark and constrictive to light and expansive possibilities available stretching out from you. Of course, you do not want to go into the darkest of them, because there you are captured by consensus limitations, addictions, intolerable lifestyle situations, disease, pain, and suffering. Usually, the darkest possible tracks lead you to your worst fears and even your tribe's fears made manifest in the worst way. For convenience, these darkest tracks can be lumped together and called the Nightmare Track.

Since it is most likely *not* your Probable Future Track, you shouldn't worry about being trapped on it. As you expand your consciousness, you will shift your attention more to brighter and freer possibilities and even the energy-depleted Nightmare Track and other darker tracks will eventually drop off entirely, while you will still be able to see the Collective Nightmare Track moving parallel to you off to the side (often on the left, going downwards).

However, you can keep your Nightmare Track alive and connected to you should you obsess with anxiety and fears about your future, or worry about the economy, or about your family members' sufferings. Don't ignore or suppress your fears, because if you hide them, they could sneak into your Probable Future Track and manifest some unpleasant stuff.

Here's a technique on how to release your Nightmare Track and ensure a more positive Future Track for yourself. Face and know your fears, making sure you are not trying to ignore them or suppress them. Write them down in a list and then make the choice as a conscious being not to indulge unconsciously in them. When they show up in your mind, acknowledge them, "There you are again, fear!" And then choose to have a safer future and rely on your Spiritual Team to support you. Remember; it's good to know what lies on your Nightmare Track so that you can choose brighter and freer choices, and let your Nightmare Track dissolve and fade away.

The collective of humanity and all those institutions, social changes, and governments have a Nightmare Track. You can see it in operation, even if you yourself are not part of it. A lot of very dark collective tracks bunched together in a collective unconscious mind track will include the destruction of nature, economic ruin, war, famine, pandemics, death (i.e. the Four Horseman of the Apocalypse!), and with governments and institutions falling in destruction and violence. It is the path of a fear-based reality where people are powerless, filled with pain and rage.

Nightmare Tracks make good Hollywood Fare, but in real life, there will be no superhero to save everyone at the last minute. If you have bought into a fear-based cultural narrative, complete with good guys and bad guys, strong delineations of right and wrong, good and evil, you could find the Nightmare Track too close to your Probable Future for comfort.

If you feel you have to sign up with the white hats to counter the black hats, fight and compete, or you think the solution requires a strong governmental response to

things, you can find yourself stuck in emotional quicksand that is getting darker and scarier. If you find yourself in this position, get the hell out! Take back your power from the Collective, and shift your choices of thoughts, beliefs, and feelings towards something more positive. Maybe you can step into the in-between outside of taking sides and dream up some solutions and different futures to install in your Future Self!

### **The Dream Future Tracks**

Brighter and freer Possible Futures exist too, and they lead to happy outcomes where you are creative, fulfilled, passionately enthusiastic about life, loving and being loved, and where lots of success and prosperity are normal. These can be grouped together into what we call the Dream Future Track. This is the future you desire deeply and truly in your heart.

The Dream Future Track for the world is the Golden Age, where individuals are empowered and free, expressing their Soul Essence in their unique way, while in harmony with nature and other people. They are loving and safe, food is abundant, nature is thriving, and peace is the order of the day. Society is run by the people for the people and not the rulers or dominators. Nature is fresh and clean, people are kind and speak the truth, beauty is of greatest importance, and Love is the Law of the Land. When you read this paragraph, can you feel the higher and freer vibration of this beautiful future?

Depending on where your mind puts your attention, and what level of vibration you can hold consistently in your life, the Dream Future Track can be close to your Probable Future or even further away from center than your Nightmare Future Track! Fortunately, those of us who are consciously on our spiritual path have closer Dream Futures!

### **So, Which Will It Be?**

Your Probable Future Track, as I said earlier, is the most likely future you will have. It will simply continue what you are doing today indefinitely into the future. You will have the same thoughts and feelings, and hold the same beliefs and attitudes as you have today.

But if you are stagnant in your spiritual path, judge yourself, wallow in shame or guilt, stay locked in dull routines, or are overworked with unending duties and obligations, your Probable Future Track could easily become a Mediocre Future Track. You'll make some progress, experience the usual setbacks, start again, try harder, but never really get into that grand and thriving life experience you dream of.

Here's the basic technique on creating a lovely Dream Future Track and moving from a possibly Mediocre Track to a Happy Future Track, glowing more and more and moving towards the Dream Track.

What you can do is to make new choices and expand your consciousness. You do this by feeling those wonderful frequencies described above, plus the joy of all the best outcomes you can imagine. This becomes a state of being or a resonance that you can tap into to lift you when needed. If you can sustain it, your Probable Future Track will become brighter as it consumes a bright happy possible future track here and there and upgrades your Probable Future to a higher frequency. Your Probable Future Track will then lead to a lighter future.

You can also do this by imagining the Future You who is living fulfilled and joyous in a glorious future. Don't listen to your inner mind talk and the naysayer, the skeptic, the sarcastic voice, the inner saboteur, or the cynic that tells you it's futile, you'll never get there, that you just aren't good enough, smart enough, or simply enough. The mind will tell you that you are in fantasy, poopooing your imagination.

Note; You ARE in fantasy if your Future You is just safe and secure surrounded by millions of dollars, having just won the lottery. Desires for safety security on its own is just more fear and scarcity consciousness and will stagnate you and set you back. Instead, see yourself thriving, engaged, having fun, and being creative. That will create more light on your Probable Future Track!

## **The Personal and Collective Subconscious and Unconscious Minds**

There's one more piece to seeing Futures that I want to share with you. All your Tracks and all your Imagination of Futures spring out of your Personal Mind. All the Futures in society emerge out of the Collective Mind. Your Personal Mind is heavily influenced, dominated actually, by the Collective Mind.

So, it's helpful, when looking at your personal future and making the best choices for yourself, to know your Personal Mind as well as the influence of the Group or Collective Mind. Both Minds can be perceived psychically as a field around you with your personal field within the collective field.

Your Conscious Mind is what is taking in the information you are reading about right now. Choices made consciously and deliberately come from your Conscious Mind. However, during your day, you may do things in a routine way without thinking about them. These actions are still chosen, but not every time they are done.

Your habits of thought, feeling, and action are maintained by your Subconscious Mind. If you react instinctively to something someone says, it's probably your Subconscious Mind (perhaps in cahoots with your ego) and not a conscious choice. Meditation and hypnosis enable you to get in touch with your Subconscious Mind and change a destructive habit to a healthier one, such as stopping smoking.

If you react to a car swerving into your lane when you are driving, your heart rate will instantly rise as your body instinctively pumps adrenalin to make you more alert so that you can move to avert an accident. There is no time to consider options casually!

This is a survival mechanism that comes from your Unconscious Mind, something basic and primal that is not conscious, and which you generally have no control over. It's very useful to have!

Everyone is psychic. We all pick up information flowing around our own minds but we get most of our psychic information from the invisible psychic river or flow of the Collective Mind. Right now, all over the planet, there is a LOT of fear flowing through the Collective Mind. There is a lot of pain and suffering, violence, conflicts, anger and rage, with feelings of helplessness and grief also flowing through the Collective. It is easy to pick up Dark Thoughts from around the world and assume they are your own.

If you do pick stuff up subconsciously or unconsciously, you can get manipulated by the media you listen to, watch or read. Propagandists, politicians, and marketing experts know how to feed you more fear and then offer you a solution with a product, alignment with a certain social or religious group, or political party. Even if in your heart you want peace, you can be influenced unconsciously and be turned into a pro-war enthusiast!

Those who get lost in the reactions of the collective Subconscious and Unconscious Minds can be "neutralized" and fall into depression, rage, and fear or panic. If you find yourself angry and scared, then you need to jolt yourself awake and back to center asap! You are sliding onto the Nightmare Track!

### **Getting Back on the Dream Track**

So, you know the answer to this. Stay in your truth, in your heart, and while you must be aware of all the Dark Thoughts bombarding your psychic space. Don't pretend they aren't there or block them. Suppressing or ignoring them will come back to bite you and could take you down. Don't give up your own self-awareness or power of choice over to any expert, government or political figure. Don't give it up to religion or science either, for that matter! Keep taking your power back.

Here's how. Recognize that you are feeling powerless and who or what is holding the power. You have given your power to it or them. Just choose to take your power back. It's the intention you hold as you say "Power, return to me!" Repeat this phrase over and over as you "pull" the power back from outside yourself to back into yourself. Often this can be visualized as a substance (your power) coming out of who or what you've given your power to, and returned to your solar plexus chakra, or your personal power and lower will chakra. When all the power is extracted from the other and into you, those you've given power to will fade and disappear.

Those of us who are empaths have this challenge of separating out our own stuff from the collective stuff in spades. We also tend to think we need to carry all of these wounds and stresses within ourselves for the world in service. But when we are able to distinguish between our own thoughts and feelings and the collective's, we are able to

“see” more of the future tracks, the possibilities as well as the probabilities of where we are heading.