

Consciousness

THE HIDDEN THREATS TO THE DEVELOPMENT



By PIA ORLEANE, Ph.D. &
CULLEN BAIRD SMITH

To answer any question about what creates consciousness or its purpose, we must first define the concept. We define consciousness as cosmic awareness, a knowing wisdom that comes from our trust in the universe and an awareness that Nature is divine and energy has intelligence.

Consciousness can also be defined in simpler terms such as the understanding of what is right and what is wrong. Understanding what is right and what is wrong is not about taking sides or judging someone else. It is about treating everyone with respect and kindness and considering how our actions affect everyone else. Each of us is a spark of divine energy, and how we use our energy defines our level of consciousness.

Questions about consciousness cannot only be *what* or *where* questions. They must include *how* questions; they are questions about how we live our lives with regard for others and our environment. Consciousness includes living and treating others with respect, honour, kindness, acceptance, compassion, cooperation, peace, and love. Lack of consciousness results in thoughts and actions that are based on judgment, jealousy, rage, fear, greed, selfishness, and a desire to manipulate others or Nature.

Defining or seeking consciousness is not an intellectual pursuit, although science would very much like to uncover the seat of consciousness and define its mystery. Regardless of the scientific perspective, consciousness cannot actually be found by or in the mind. True, deep awareness and understanding comes from the heart, for this is where consciousness resides. It is here that we understand that everything is connected and that we are all one. It is the mind that judges and separates, causing conflict, competition, and the urge to control (others or Nature.)

The heart discerns, accepts, and seeks harmony through exercising compassion. We simply cannot find consciousness using the mind alone. Even reading or



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OPMENT OF HIGHER CONSCIOUSNESS

listening to an uplifting spiritual piece (such as this one) is to seek consciousness through mental understanding, while a simple walk in the quiet of Nature can bring awareness, sensitivity, and empathy – which naturally raise our consciousness. True awareness and understanding only come when the mind is led by the heart.

We achieve higher consciousness when we begin to take responsibility for all of our choices, our actions, and our thoughts (energy). We experience an enlightened moment when we understand that killing one thing (a cow or a spider) is no more acceptable than killing another (a pet or a person). Consciousness comes when we stop asking an outside force (God or extra-terrestrials) to save us, but instead take responsibility for changing the world we have co-created through our own choices.

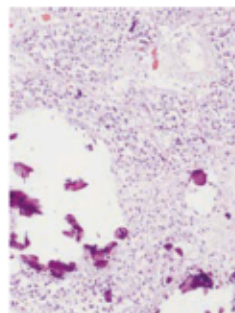
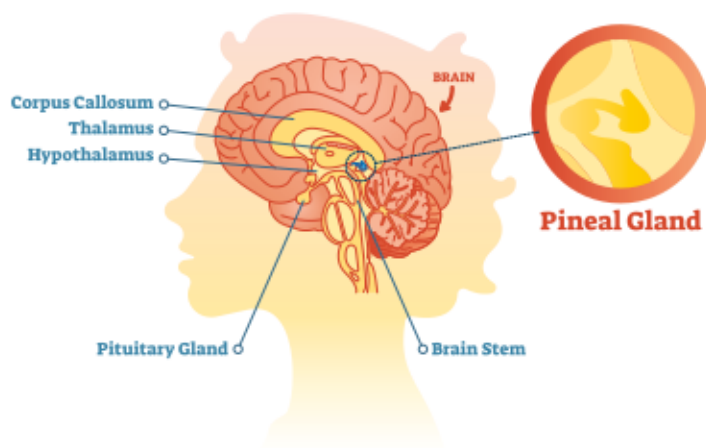
Basically, consciousness is living the Sanskrit principle of *Ahimsa* (“Do no harm”) in all areas of our lives, including what we think about others, how and what we voice to others, the actions we choose, and how we treat our environment. *Ahimsa* is a principle of unity. It comes with the understanding that what I do to you, I do to myself as well. Another way of saying this is the Mayan phrase *In Lak'ech* (“I am another yourself.”)

We can use our feelings to guide us in bringing our consciousness to a higher level. We feel that our emotions, which we define as anything we feel that makes us uncomfortable versus our more uplifting feelings, are signposts that point to the work we must do to overcome our shadows and elevate our awareness. When we successfully work through our emotions without causing harm to others, we return to our natural feelings of love, joy, trust, and compassion. These are the elements of consciousness, for they bring unity and peace.

A long time ago we learned a way that works to bring ourselves into a higher state of consciousness when we are suffering from emotional states. It consists of three parts that each of you can easily do:

- 1) Really *feel* what it is you are experiencing in your heart, and then ask, “What am I thinking about as I feel this?” Do not allow anything to distract you from this full participation. This part of the exercise leads you to find where your mind has judged your experience and cast blame, either on others or on yourself. Now you have to

PINEAL GLAND



LEFT: Pineal gland with calcifications (the white patches). It is believed the use of fluoridated water is the chief cause of pineal calcification.



RIGHT: The name of the pineal gland comes from its pinecone-like shape. The pinecone, a symbol found in many ancient civilisations around the world, quite possibly indicates a knowledge of the pineal gland. In ancient Egypt, the pinecone is found depicted on this Staff of Osiris (c. 1224 BCE). The image shows two serpents intertwining around the staff which is topped with a pinecone. Some suggest the snakes represents kundalini, and the pinecone the pineal.

take responsibility for what you have discovered and begin to make changes.

2) Take a walk in Nature, enter a meditative state, or monitor your breath to stop the mental thoughts and allow the peace and quiet to return you to your natural state of calm, balance, and equanimity. It is from this place that you can make whatever changes are necessary from what you discovered in the first step.

3) Find a way to help someone else, for everyone is suffering. This can be as simple as offering a smile or a kind word to a stranger. This is practicing Ahimsa by not allowing unbalanced energy of your own emotions to penetrate and negatively affect someone else's field.

Consciousness is awareness of our thoughts, our actions, and our reactions. When I was a very young man, I (Cullen), coined this quote, which we believe to be a profound truth about consciousness: "You cannot be in a state of compassion if you are in a state of reaction. Conversely, you cannot be in a state of reaction if you are in a state of compassion."

When our hearts guide our thoughts, we can experience enlightened moments where we recognise that we are all one, that separation is an illusion, and that every aware perspective can be compassionately harmonised into the fabric of *true consciousness*. Consciousness is love.

Love cannot be defined in scientific terms. Previous scientific explorations have depended upon the belief that consciousness exists as a function of the brain. Old methods of exploring something *outside* the existing "knowledge base" would have been eschewed because of a lack of scientific "proof," such proof being based only upon limited empirical methods of study. Even qualitative research relies upon "meanings, concepts, definitions, characteristics, metaphors, symbols, and descriptions of things"¹ that have already been observed or measured in order to be worthy of consideration. Now science is not so sure, and explorations in the expanding area of

consciousness study are asking some interesting questions about just where and how consciousness exists. In the new paradigm, science is conceding that consciousness may actually reside both in the heart and in the field around us.²

One of history's most eminent scientists, Albert Einstein, was quoted as saying "we cannot solve our problems using the same level of thinking that created them."³ This idea can, and should be, applied to our explorations of consciousness because

most likely we cannot understand nor raise our levels of consciousness using the same limited patterns of thinking that have previously defined it. We need to remember that our very limited third dimensional brains designed the empirical system of exploration and study. Any study of consciousness today must move beyond those old scientific methods.

THE PINEAL, METATONIN & AMRITA

Noting the above, we remind you that even current science continues to examine possibilities for consciousness within the brain – its variations, components and the hormones produced there. Most recently science has turned an interested eye on the pineal gland, the tiny pinecone shaped endocrine gland in the centre of the brain that produces melatonin, a serotonin-derived hormone that regulates our sleep patterns, and possibly a myriad of other yet to be discovered things. Science's most recent focus has been on the pineal gland's production of a higher octave of melatonin, called *metatonin*. While the existence of this elixir of life has only very recently received scientific attention or a scientific name, wise people have known about it for hundreds of years. Indian yogis call it *amrita*, a substance that when obtained is said to bestow bliss, vitality, and wisdom.

If you want to investigate more about *amrita* (or its scientific name *metatonin*), there is a wealth of information on the Metatonin Research internet website listed at the end of this article.⁴ The basic understanding of this substance is that rather than putting the physical body into a state



ABOVE: The hand with a wheel on the palm symbolises the Jain Vow of Ahimsa (Jainism is an ancient religion of India still practiced today). The word in the middle is "Ahimsa."

of sleep for rest and repair as melatonin does, the more obscure (until recently) metatonin keeps the body awake yet free from attachment to the resting physical body, thereby allowing consciousness to expand. While melatonin is produced regularly in the human body, the production and use of metatonin is rare. When it occurs, we experience a dimension of ourselves that is above our normal everyday awareness. Hindus describe such occurrences as *shaktiput*, a spiritual transmission of awakened energy from one person to another.

But can we awaken our own consciousness without a transmission from an Indian master? Why not? Metatonin is the active pineal gland secretion that dissolves the borders of consciousness as we understand it. People who achieve deep meditation (where they lose awareness of who or where they are and become one with something larger) are most likely activating the release of metatonin in their brains. Ayahuasca – which has naturally occurring DMT (*dimethyl-tryptamine*) similar to the DMT based neurochemical metatonin – and LSD experiences of expanded awareness may also be connected to triggering metatonin release in the brain.

Whether we see consciousness as a deeper understanding of right and wrong and the ability to act from higher awareness, or as the activation of a magical substance within our brain, the importance of the pineal gland to our understanding of consciousness has once again become a prominent focus for those of us who are interested in expanding consciousness. Should we not, therefore, examine some of the physical things that may be prohibiting full functionality of this precious gland?

THE CAUSES OF PINEAL CALCIFICATION

Calcification, the accumulation of calcium salts in tissue, called *corporea arenacea* or brain sand in the pineal, begins as early as the age of five, increasing as we age. Increased calcification of the pineal decreases the production of melatonin.

We may notice disrupted sleep or lose our sense of direction as we age and experience more pineal calcification. The use of fluoridated water, a remedy presumed to prevent tooth decay, common in most first-world nations, is believed to be one of the chief causes of pineal calcification.⁵ Dr. Jennifer Luke from the University of Surrey in the United Kingdom has revealed the accumulative and detrimental effects of fluoride.⁶ Are those who make these choices to fluoridate drinking water intentionally choosing to hide the truth about fluoride's deleterious effects on the pineal, or are they simply acting from a place of unconsciousness?

Other modern day perils present in our environment have a negative effect on the pineal, and possibly on our developing consciousness.

Other modern day perils present in our environment have a negative effect on the pineal, and possibly on our developing consciousness. We absorb Bisphenol (commonly referred to as BPA) through our skin every day when handling thermal print paper that is used as receipts; from epoxy resins inside metal food containers; in dental fillings; by drinking from plastic bottles; and in our children's sippy cups. These are only a few examples of common BPA poisoning. According to some statistics, more than 90% of people in the modern world have BPA in their systems. Scientists note that there is "some concern" of the prevalence of BPA in the human system

contributing to negative effects on the brain (our consciousness?), our behaviour (conscious choices?), and the prostate gland (our reproductive system.) It has already been admitted that BPA is an estrogen mimic that disrupts the normal sexual maturity of children, beginning as early as in the foetal stage.⁷

Even more insidious than BPA is the widespread use of glyphosate, the agricultural poison in the weedkiller Roundup. This herbicide not only has been linked to cancer, it also interferes with the pathways connected to the pineal by disrupting the balance of our gut bacteria, and thereby resulting in decreased production of serotonin, melatonin, and dopamine. These detrimental effects have been directly linked to sleep disorders, autism, depression, dementia, anxiety disorder, and

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Parkinson's disease.⁸ Nothing has been done in the majority of countries worldwide to stop this toxic exposure that is affecting every one of us. Because of the drift effect of spraying herbicides, we are all exposed to this chemical, even if we avoid GMO foods.⁹ This alone leads us to believe consciousness must be explored outside our current paradigm of thinking. The current paradigm supports the idea that simply fining the offending company will change its behaviour. But corporate giants like Monsanto (now owned by Bayer) barely flinch at fines of millions of dollars while continuing to spray known carcinogens like glyphosate or pennacp-M, which is responsible for disorganised thinking and many physical maladies. Their greed-based choices are implicit in the ongoing "dumbing down" of humanity, directly affecting our consciousness.

Not only are we being inundated with fluoride, BPA, glyphosate, and other poisons, some areas of the planet are being sprayed with countless unnamed chemicals and metal particles in the chemtrails that have now admittedly been linked to intentional climate control. Geoengineering, defined by Dane Wigington, consists of programs to saturate the atmosphere by spraying millions of nanometers of toxic metal particles (in aerosols) from jet aircraft.¹⁰ Proposals for this type of activity were first developed in the middle of the twentieth century, for the supposed purpose of controlling Earth's weather by the military, as if man's limited scientific knowledge is somehow superior to the wisdom of Nature.

The immense scale of climate manipulation over the last seventy years, through spraying of various toxic metal particles and cloud seeding with toxic chemicals, has wreaked havoc on our biosphere, with unimaginable damage to the planet's life support systems, and possibly linked to the unprecedented temperature imbalances, droughts, and floods. Geoengineering is a man-made manipulation of Nature that does not include awareness of the long-term and over-all effects on all life – that everything and everyone is interconnected, interdependent and interrelated. Is this intentional to reduce the population of our overly crowded globe? And if so, does that make it *right*? Is this a *conscious* decision for the highest good of all?

THE DANGERS OF ELECTROMAGNETIC FIELDS

Continuing to examine other environmental toxins that could affect our pineal gland, our consciousness, and our general awareness of what is right, we move to electromagnetic fields (EMFs), 5G, and the use of computers.

Science discovered in 2001 that cool blue light between the wavelength of 415 to 445 nanometers interferes with melatonin production, and again, linked to an assault on the

pineal gland and all of the systems and organs it influences.¹¹ How many of you have computers, flat screen televisions, or use compact fluorescent bulbs in your home? All of these items produce the wavelength of blue light that is silently interfering with the functionality of your pineal gland. The assumption that computers bring knowledge may be true in some respects but if blue light waves negatively impact the pineal, they are also decreasing your capacity to obtain inner wisdom. How can you raise your consciousness with others and share your awareness through reading and sharing information online, while simultaneously decreasing the essential hormones in your brain that contribute to your health, well-being, and ability to receive intuitive wisdom – all things a fully functional pineal has been shown to do?

Many leading scientists say that EMFs should be classified as a Class 1 Carcinogen (like smoking or asbestos). Some of the best and most open-minded medical doctors in the world have ascertained that EMFs are responsible for insomnia, fatigue, depression, and digestive issues. 5G technology has not been proven safe, and there's little awareness of the Internet of Things, which will be driven by 5G technology. In reality, the primary use of 5G is *total* surveillance, and increasing the ability of Artificial Intelligence (AI) to make choices for us. The Internet of Things will link massive streams of data, without regard for human consciousness, as it makes decisions for us and about us.

WILL WE GIVE AWAY OUR POWER TO ARTIFICIAL INTELLIGENCE?

AI is one of the most dangerous and insidious enemies of human consciousness. As a society, we are exhibiting intellectual laziness because using Artificial Intelligence is so much easier than using our own. We ask Google for quick answers or detailed descriptions of the world, rather than using our own observations, intuition, and experience. In our apathy, we have handed over the powers of critical thinking that define us as evolving people to the Artificial Intelligence in devices. How easy it would be to continue to allow someone (or more appropriately, *something*) do our thinking for us. How conscious can this possibly be? Artificial Intelligence is just that – *artificial*. There is no conscience, no heart, no intuition involved in the options AI present us. There is certainly no room for individual circumstances to influence the outcome of any situation.

Quite simply, if we don't fit into the existing template, the solutions reached by AI will force us into a very limited availability of options – no matter what the issue may be. Germany's



Deutsche Bank recently made the radical decision to replace 22,000 human staff with AI robots. We doubt anyone using this bank will be able to speak to a human to discuss their personal banking needs.¹²

We need to make a conscious choice to use other methods of communication and information gathering in order to stop AI surveillance, which is increasing through Google, Facebook (including its WhatsApp messenger system), virtual assistants (Alexa, Google Home, Siri), chat bots and every bit of electronic data it can sweep up.

These (and other) electronic communication/spying systems are already storing our personal data which could incriminate us at some future undisclosed date.... perhaps when new laws are instituted that further limit our personal freedom so we are no longer able to fight back? All those photos you snap and share with your friends are being stored for facial recognition in future scenarios of control. Google recently admitted that "others" can access the cameras on smart phones. Alanna Ketler of Collective Evolution spells it out clearly: "Smart-phones are literally portable tracking devices. Equipped with GPS technology, people can easily be located; for most an-



droid users, a record of where they've been each day is stored online. The microphones on our phones are able to record our conversations, and it has just been revealed that the camera can be used to spy on users."¹³ Telegram founder Pavel Durov has warned that Facebook's messaging system, WhatsApp, is primarily used for surveillance.

Since Facebook is currently being investigated for allegedly violating users' privacy, and is accused of using the data it collects to manipulate elections,¹⁴ why would their messaging system be any different?¹⁵

Adding to the current obsession of seeking instant contact and instant information is the fact that many of us are actually struggling with cognitive functioning. Why? Increased exposure to pollution (which can be physical or electromagnetic) has been linked to a global increase in brain atrophy, memory decline, and more cases of Alzheimer's disease.

Professor of Clinical Neurology at America's Keck School of Medicine, Andrew Petkus, claims in *Brain Magazine* that not only does pollution increase the incidence of Alzheimer's, which is now the 6th leading cause of death in the United States, it also heavily contributes to asthma, cardiovascular disease, lung disease, and premature death.¹⁶

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There is a mental malaise creeping through the collective human mindset. Mass psychosis is becoming normalized. It is time to break free...

One of the key problems facing human beings today is that we do not look after our minds. As a consequence, we are unaware of the malicious impacts that infiltrate and influence us on a daily basis. This lack of awareness leaves people open and vulnerable.

Many of us have actually become alienated from our own minds, argues Kingsley L. Dennis. This is how manipulations occur that result in phenomena such as crowd behaviour and susceptibility to political propaganda, consumerist advertising and social management. Mass psychosis is only possible because humanity has become alienated from its transcendental source. In this state, we are prisoners to the impulses that steer our unconscious. We may believe we have freedom, but we don't. *Healing the Wounded Mind* discusses these external influences in terms of a collective mental disease – the wetiko virus (Forbes), ahimanic forces (Steiner), the alien mind (Castaneda), and the collective unconscious shadow (Jung). The human mind has been targeted by corrupt forces that seek to exploit our thinking on a grand scale. This is the 'magician's trick' that has kept us captive within the social systems that both distract and subdue us. In the first part of this transformative book, the author outlines how the Wounded Mind manifests in cultural conditioning, from childhood onwards. In the second part, he examines how 'hypermodern' cultures are being formed by this mental psychosis and shaping our brave new world. In an inspiring conclusion, we are shown the gnostic path to freedom through connecting with the transcendental source of life.

SEE KINGSLEY'S ARTICLE IN NEW DAWN 177

The ABE materials are positive and inspiring communications that urge us to find our way back into balance – from a 'splintered mind' into 'home resonance.' These communications are not a channeling but an *allowing*. This first volume contains over 200 questions and answers covering such topics as physical and mental health, society, culture, religion, technology, the cosmos, human evolution, any many more. This material has been 'allowed' at this time for it is essential that humanity finds its home resonance and comes back into a harmonious relationship with itself and the world. ABE is not a being, a person, a species – ABE is Everything. ABE is the source of all manifestation: the collective zero-point field from which all materiality is birthed. It is also both you and I.

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THE WAY BACK HOME

THE ABE CONVERSATIONS



Volume One



same way. If we want to understand consciousness, we need to examine how we feel, how we think, how we treat others (including the bodies of the deceased), and how we engage with our environment. We need to remember that *how* we use our energy defines our level of consciousness. Why are we conscious? What is the purpose of consciousness? We believe the purpose of consciousness is to recognise ourselves, everyone, and everything else as part of the cosmos and practice simply being love and living in unity.

► The Mystery of Consciousness is the theme of the latest *New Dawn* Special Issue Vol 13 No 6, now out in newsagencies.

FOOTNOTES

Reflecting on the above-mentioned EMF pollution (including brain altering 5G and other EMFs), toxic sprays on our food crops, and chemtrails, it seems obvious that humanity is being steered away from conscious evolution rather than toward it. Should we not fight that trend by making different choices while we still can?

Are we giving up parts of our consciousness by completely surrendering to AI? We feel that the continued acquiescence to Artificial Intelligence is potentially the greatest threat to consciousness (and perhaps human life) that has ever existed. What if the largest threat to human consciousness is not environmental toxins but AI? Let's face it, most of humanity is asleep. It almost feels as if humanity has *already* surrendered any interest in expanding consciousness and will submit to the almighty power of AI.

Another example of unthinking action and its consequences is the decision by the State of Washington in America to pass a law allowing human corpses to be turned into crop fertiliser via a process called liquid cremation. Alkaline hydrolysis turns the flesh and bones into an "organic" fertiliser! How "organic" can this be when human bodies are already loaded with harmful chemicals such as mercury dental fillings, pharmaceuticals, and the residues of GMO food etc? First of all, is it conscious to consume human remains, and second, to consider that doing so is organic? Have we *completely* forgotten how to think, feel, or consider the full picture of such an action?¹⁷

We began this article stating that consciousness is understanding the difference between right and wrong. We end it the

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PIA ORLEANE, Ph.D. is a former practicing psychologist, a respected intuitive, astrologer and the author of the Nautilus Gold award winning book *Sacred Retreat: Using Natural Cycles to Recharge Your Life*. She is co-author with Cullen Baird Smith of the *Wisdom From the Stars* series.

Trained in archeology and anthropology, **CULLEN BAIRD SMITH**, is an empathic intuitive who has been accessing parallel realms of love and light since childhood. He is co-author with Pia Orleane of the COVR Award winning book *Pleiadian-Earth Energy Astrology: Charting the Spirals of Consciousness; Conversations With Laarkmaa: A Pleiadian view of the New Reality*; and *Remembering Who We Are: Laarkmaa's Guidance on Healing the Human Condition*. Cullen and Pia are also co-creators of the revolutionary *2020 Pleiadian-Earth Energy Calendar*. They live in Europe. For more information on their calendar, books, or personal sessions, see: www.piaorleane.com & www.laarkmaa.com.