

Hi folks:

You are getting this email because you are among (as of this moment) about three dozen folks who contacted me as a result of seeing the “Normalizing the Paranormal” article in Venture Inward. I want to give you an update and additional explanation about the project. I also want to invite your participation in some specific projects.

I wrote the first article to tell the story, from history, about how the work of A.R.E. members changed history. That history happened to pertain to dreams. I saw that the editor added a subtitle, “A revolution in dreamwork.” That article was about how members work on a dream project decades ago made a difference beyond the A.R.E. community, and now we can do the same with regard to the paranormal generally. The revolution I am engaging you in helping me with goes beyond dreams, even though it began with dreams. Dreams are the most common context for an ESP event, but dreams are not the easiest path to engage. I might have written the subtitle as “A populist revolution in Dreams, Intuition and the Paranormal.”

I am attaching a copy of my short book, *The Intuitive Heart*.” It provides a discussion of three major processes that will make up the foundation of how to engage in and benefit from several types of paranormal phenomena. The three processes are 1) the Dream Helper Circle 2) the Inspired Heart “meditation”, and 3) Memory Divination. The Dream Helper Circle shows that ordinary people can help one another with their dreams, but it also hints at many important implications. The question arises, “How do they do that?” Clearly folks are communicating with each other while they sleep. The Dream Helper Circle is the back door to the reality I’m calling *The Intuitive Heart* (Cayce defines it as such, when he says, “the purpose of the heart is to KNOW YOURSELF to be your SELF and One with All”). This statement implies a door to universal consciousness. The second process is the Inspired Heart meditation. This is a mind-body skill that lays the conscious mind aside and gives access to heart awareness, a non-dual consciousness that opens the way to universal consciousness, the “I am” or the experience of the reality “God is Love.” (I sure would like more of you to volunteer to explore this process and give me some quotes and feedback on this.) The third, memory divination, is a new approach to intuition, one that integrates both brain science and the intuitive arts. The front door to the reality of the *Intuitive Heart* lies in practicing the ih.mp3 and performing enough memory divinations to convince yourself that your intuition is actually quite trustworthy. We can now duplicate the effects of the Dream Helper Circle in the waking state! I’ll be sharing with you exactly how we do this, but that is information for later.

Yes, it is really BIG what I am proposing, yet I have laid out the concrete steps which will generate the experience and methods that we’ll develop to encourage certain paranormal skills and processes to go spread. Imagine an “app” on Facebook that would allow someone to get a Dream Circle going.

Here is how I see the big picture, one I'll be spelling out in the ten essays: The new paradigm means the end of separation and the birth of awareness of our interconnectedness. As Cayce indicated, "oneness" needs to be our study. Boundaries are disappearing, evaporating, dissolving. That story is a book in itself. Think of pollution that challenges national boundaries and questions each country's "sovereignty." AIDS has challenged biological boundaries. Computer viruses have challenged our personal integrity. Identity theft challenges the sanctity of our personal identity. Transgender has challenged our usual sense of the gender boundaries. Mediums have lifted the veil between life and death. And the list goes on. Isn't oneness radical?

How do people respond to losing their boundaries? They get scared, which results in their getting angry, and then wanting to "build a wall" to get that boundary back. Walls come in all sorts of flavors, not just concrete. They can appear in the form of laws (a separate drinking fountain for whites and blacks). There's a lot of violence going around. It comes from frustration, some folks feeling a loss because of other folks' behaviors toward them. How are we going to find peace?

Talking doesn't seem to work, as folks don't really listen, and they tend to say the same things over and over again. We need a new way of communicating, so that we can get to the heart of the matter. There are many movements, from indigenous traditions, from religious traditions, that aim to provide a way for folks to come together to communicate in a new way so that there can be reconciliation. The Dream Helper Circle comes to mind, for it raises the possibility of folks being able to call upon spiritual resources to bless a new level of communication. So what starts out as a way to "normalize the paranormal," evolves into a path of healing and reconciliation among the people.

What stands in the way? As Cayce has explained, the conscious mind presents us with a situation of separation. Separation creates fear. Fear leads to judgment and attempts to be in control, at the cost of losing the blessing of being lived by Spirit. We need to move to a higher level of consciousness, to see that our fears are based on illusions, and that we have so much in common. With our Spirit honored and our hearts heard and recognized, we can create a new future.

So that is the big picture, the idealism that is behind this little project to "normalize the paranormal." I'll be writing more and more about all this as the ten essays unfold. We are just starting out.

This month, August, I will be writing my third essay for Venture Inward. It will be about the Inspired Heart process (intuitiveheart.com/ih.mp3). I hope many of you will try it (more than once!) and write me about your impressions. I will be including them in the material I attach (via a web link) to that essay.

During the month of September I will be inviting you to participate in a Dream Helper Circle online. I'm hoping you'll enjoy it enough to stay around and help us develop a new "populist" format for this amazing process. A dozen or more folks, who were early responders to the first Venture Inward essay, created two Dream Helper Circles. As an experiment we worked under the worst conditions I could imagine, using emails. We never came together in a single moment in time, as we would have in a live, face to face group. Yet it worked! The two focus people were pleased with the help they received. We are now in the process of repeating that same method, but with volunteer participants serving as the administrator, instead of me.

We have to show that most anyone can do this! Because of the way the first article was presented, most of you came away with the impression our project is all about dreams. Although dreams will play a big role, they are not the only thing we'll do. While the early birders are trying to conduct their own Dream Helper Circles the month of August, come September we'll have gained some wisdom, and that will be the time that we will have some more dream circles going. I hope you'll join in when that happens.

To recap: This project is BIG! It has many components (dreams, inspirational writing, remote viewing, intuition, story telling, healing, etc.) that make up a new social dimension that is our humanity's potential. Edgar Cayce thought big and so can we!