

## Chapter 2 Conversion of a Personality Into an Essence

Both Jean-Luis and I had lived our own many lifetimes with an Essence assigned to each of us. When we were executed, our two Essences were then reassigned by their spiritual supervisors to two newly minted Baby Personalities. They then mentored these two Personalities to their spiritual maturity.

After Jean-Luis and I had finished our tours of duty as Personalities, we were greeted by our new spiritual supervisors in another universe which Ralph calls Thoughtspace. He calls the "real" world we knew as humans Physicalspace. Thoughtspace has no time or distance dimensions, all communication is by thought, and there are no objects, only various types of energy.

Physicalspace has limits in time and space and is composed of four dimensions, three physical ones plus time.

Thoughtspace is operated by spiritual entities who introduced themselves as our supervisors. At their request, Ralph calls them Celestial Intelligent Energy (CIE). CIE is both singular and plural and is an excellent acronym for them, as they are all seeing and are all interconnected as are all the seas with the oceans. While each CIE has a certain amount of energy and a special area of expertise and responsibility for action, they are all linked together as one spiritual force. They can share their energy with one another as the need arises.

The CIE told Ralph they have usually been called angels, but they do not believe that is the best label for them. The word means "messenger" in Greek, and they are much more than heavenly postal clerks. The Creator, when He created Physicalspace, also created the CIE to run all of it, including the 10 other parallel universes. There is a CIE assigned to every aspect and function of Physicalspace, as well as to the various aspects and functions of Thoughtspace.

In their native environment, Thoughtspace, the CIE are powerful streams of brightly colored energy, swirling around, often in the shape of the Greek letter lambda ( $\lambda$ ). They have no permanent form, as they are nonmaterial and forever changing and combining with each other as they communicate with each other.

On the TV Star Trek shows, they are realistically shown as brilliant streams of energy which penetrate the Star Ship and inspect the humans aboard. Mystics and lucid dreamers are two groups of humans who can enter Thoughtspace temporarily and view them. When mystics try to describe them, they often say, "There are no words for what I saw; they are indescribable." The lucid dreamers who have painted what they saw represent them as massive circles of yellow, white, red, blue and brown streams of energy.

To teach Jean-Luis and me, the CIE appeared in the form of humans who had taught us as children in Physicalspace. To me, they appeared as the several servant women who helped my mother raise me. They were my "other mothers" who taught me, protected me from harm, and nurtured me so that I might grow up to be a noble Roman citizen. I was comfortable being taught by these women, so the CIE took their forms when teaching me.

The CIE of the Human Race talked to Ralph by borrowing the bodies of two of his patients with MPD. They talked to him in American English, but with their own syntax. For example, when a person has died, the CIE said he has "ceased to exist." This termination of existence only referred to the physical body, as all of the mental aspects are intelligent energy, which continued to exist in

some form and frequency. Also they never used the word “God” for the Ultimate in Intelligence, since that word has become masculinized in human culture. They always referred to “The Creator” as the Master Designer of Everything. The CIE always referred to themselves in the plural, as “ourselves,” never as “I” or “me.” They do not see themselves as singular entities, as humans do, as a man or a woman, . They are always part of a unified whole.

The CIE guide the human race as it lives in Physicalspace. They were my supervisors when I entered Thoughtspace for my orientation as an Essence-in-training. They showed me how they would advise me on how best to mentor my charge, Ralph, during his many lifetimes.

### **No Emotions in an Essence**

Before implantation in a new human body, the Personality is in a static state, while the associated Essence is quite busy in Thoughtspace. For Jean-Luis and I to take on our new duties as Essences, the CIE upgraded us from Personalities to Essences-in training.

First, the CIE stripped from us our ability to emote. None of the CIE or Essences emote; they only think. By being stripped of our capacity to emote, we became like them. No longer would we need neurohormones to operate, since we could no longer be sad, happy, erotic or angry. Jean-Luis and I were forever after unable to experience any human emotion Gone were our abilities to feel fear, anger, disgust, sadness, jealousy, contempt, shame, embarrassment, surprise or happiness.. Emotionality is a capacity reserved for Personalities alone.

When the CIE or Essences are dealing with humans, they will have one of two states of being. If all is going well, they are blissful. If the humans are having difficulties, they are watchful.

### **Example**

When Ralph was treating patients with MPD in Santa Cruz, he had many whose dissociated Essences came out and talked to him, giving him guidance in how to best treat their charges. At the time, he shared office space with two other psychiatrists, and all three shared weekend emergency call duty.

One weekend one of his MPD patients had a crisis and called his answering service for help. One of the other psychiatrists, who did not like MPD patients, was on call and saw her. She was most unhappy with his behavior and reported her displeasure to Ralph the next Monday when he saw her.

Her Essence told Ralph, "You know I cannot emote or express anger. But, if I could, that doctor would be at the top of my list." That is the way it is with Essences.

### **No Gender Identity**

The CIE also stripped us of our gender identity. We now had no need for sex hormones, neither androgens nor estrogens. These can only come from physical bodies or chemical laboratories. Since no one in Thoughtspace has either the ability to emote or feel male or female, we no longer felt out of place. We could now fit in with the rest of the inhabitants of Thoughtspace, the CIE and the other Baby Essences.

### **Life Energy**

Then the CIE started implanting in us the abilities we would need to operate as Essences. One was the Life Energy we would need to give our assigned Personalities so that they could be alive. Without it the physical body is dead. Life Energy is called the chi, ki, or kundalini and chakras. It activates the organism so it moves, procreates and defends itself from harm.

Jean-Luis and I would be in charge of supplying Life Energy to our charges. The CIE set up what can be considered a bank account of Life Energy for the Personality to draw upon for all

incarnations. They allot each Personality twice what they calculate he would need for all assignments in his Master Life Plan. The extra Life Energy is meant to take care of the over usage expected when the Personality exercises his Free Will To Mess Up.

### **Example**

Ralph has tried so hard to be the best in all incarnations that he now has exhausted the entire supply of Life Energy allotted to him before his first incarnation. Therefore, I need to be especially careful that he does not waste his Life Energy now, as he now gets what he needs from the CIE themselves. His gas tank gauge is on empty.

When a woman takes offense at a man, her Essence can sap Life Energy from his Essence, which causes his Essence to become deficient in Life Energy needed for other uses. This has often happened to Ralph when he did not meet the dependency needs of those women he dealt with as patients. Some of those women he met in his psychiatric practice were professional sappers. They became angry if he did not give them all the attention they thought they needed. They would then sap energy out of me, Michael, when he, Ralph, failed to be all they expected him to be, the one who took care of all their needs without any consideration of his own. They operated on fantasies of being the ultimate victims, and he was supposed to be their ultimate rescuer.

### **The Original Language**

Hope, our Spiritual Teacher, was the CIE responsible for giving us the ability to know and use the Original Language. This is a complex language which the CIE use between themselves and with The Creator. Since the CIE have no vocal chords or faces, they cannot use physical methods to express an idea. They are also completely literal, so every word has only one meaning. Each word means one idea and no other. Therefore the Original Language contains many more words than does English or any other language used by humans.

### **Example**

Ralph discovered this literalism one time when he was chatting with Faith, the Spiritual Guardian CIE, who was borrowing Marie's body. He referred jokingly to another person as a "fruitcake." Faith, having no sense of humor and being always literal, said, "Oh, you mean he is eatable?"

Ralph wondered how to explain to Faith why we humans would use that term to describe another human. He finally decided that the disarray and random placement of nuts and bits of fruit in the usual fruit cake represented the confused mind of that person he had called a fruitcake. He explained this to Faith, who then understood his use of this analogy in his description of this particular person.

The Original Language is pre-Ancient Sanskrit, so there is no written record of it in existence. But it is complete in conveying all concepts accurately.

For example, the word "love" is the only one in the English language for a strong attraction between two humans. In Greek there are eight words for love, when the parties are parent-child, male-female, sibling-sibling, etc. This is a potential source of misunderstanding for English speakers when they say, "I love you." In the Original Language, there are 1,800 words for love, so the speakers can cover all the different types of persons or objects which could be involved in a positive relationship.

Jean-Luis and I were given the full knowledge of all the words and their meanings, and then we were able to communicate fully and meaningfully with the CIE and with the other Essences. When we would operate within a human body, this would be the language we would use with all the other

Essences. We did not need to have the native languages of the Personalities be the same for us Essences to understand each other.

### **Memory Management**

The CIE gave us the memory management tools we would need to aid our charges in processing memories of all sorts. We were outfitted with what could be considered a holographic tape recorder, which we could use to transfer memories from our own charges' brains to the Akashic Records in Thoughtspace and back again. We could then determine what memories and emotional overlays were placed into our charges' conscious minds and in what doses, during recollection. (This is further explained in Chapter 3.)

The whole memory apparatus is quite complex, but effective. Therefore, it was the template on which the Internet was designed, with memories being stored in various places and being transmitted back and forth as desired by the humans needing the information.

### **Hallucinations**

We Baby Essences were also given the ability to create in our charges both positive and negative hallucinations. Such are often done by humans in hypnotic sessions, and anything the human mind can do under hypnosis we Essences can do when we choose to exercise that talent. We could cause our charges to see a scene which is not there in Physicalspace reality, such as a near-death experience (NDE) or an out-of-body experience (OOBE), both of which are excellent teaching tools. We could cause a negative hallucination so our charge would not see an object in her path, stumble over it, and hurt herself. This might be useful in stopping her from going somewhere we did not want her to go at that time.

### **Pineal Gland**

The Creator built into our bodies systems of communication between the various parts of our bodies. The pineal gland in the center of the brain has been called "the seat of the soul" by ancient theologians. They thought so because it is the only unpaired gland in the body. They were correct, but for the wrong reason. When Ralph attended UCLA School of Medicine from 1952 to 1956, his anatomy professor taught him that this gland, which is calcified, was useful only as a marker for the center of the brain in x-rays. Since then, the pineal gland has been found to produce a master hormone, melatonin, which has an effect on the body's sleep mechanism, its reaction to injury and infection, as well as in pregnancy. Our control of our charge's bodily hormone system starts with our ability to manipulate the output of melatonin from the pineal gland.

### **Immune System**

We Essences were also given the ability to control the immune system, so that we could make our charges more or less immune to whatever bacteria and viruses were in their environment. The CIE of the Bacteria and CIE of the Viruses are responsible for making these infective organisms spread and become resistant to medicines invented by humans. When an Essence decides his charge should be ill, he negotiates with those CIE as to which infective agent could be inhaled or ingested so that the body gets as sick as the Essence wants him to be. For healing to occur, the Essence sets in motion a reversal of the process. As the infective agents are inactivated by the CIE, the Essence enhances his charge's immune system's response to that infection.

### **End of a Lifetime**

The Essence will know when the end of his charge's lifetime has come, and he must choose a suitable means for the physical body to cease to exist. Many ways are available. The Essence can make

the immune system unresponsive, so that the infection destroys the body parts. He can suddenly create a blood clot in a heart artery to create a myocardial infarction or heart attack. The Essence may be aware someone with a turned Essence is waiting to rob and kill his charge, so he gives his charge no warning that one time. Or he may allow his charge to drink and drive drunk, then run off the road and cease to exist that way.

Any available means is possible and, if rescuers interfere, then the Essence may have to resort to a backup plan, such as a total organ failure in the Emergency Room.

### **Life Support Machines**

No Essence wants to be hooked up to a life support machine when the end of that incarnation has arrived. The Essence then has nothing to do, as he was not trained to stand by and let a machine do his work. This is a problem when the body is too damaged to operate on its own. If life support machines are used to sustain a human through reparative surgery, fine, the Essence will cooperate. But when the only reason for keeping that human physically alive is to appease the guilt of the Personalities of relatives, then the Essence must adapt to the reality of the situation. The Essence will spend the time the human is in coma consulting with his supervisory CIE, while they both try to figure out how best to handle the situation.

### **Premature Death**

The Essence and CIE see nothing bad or tragic in someone ceasing to exist. To them there is no such thing as a premature death. All deaths are scheduled and planned to happen in such a way as to be helpful, in the long run, to those associated with that human. Postponing an inevitable death serves no purpose as far as the CIE and the Essence of that human are concerned.

### **Falling in Love**

Because humans are social beings, the CIE gave us Essences talents which would enable us to encourage our charges to make the most of social contacts. We were given the ability to cause our charge to fall in love with someone we wanted him to be attracted to. Oftentimes, this would only act as a magnet with the force pulling two people together for a short while. The Essences of the two Personalities involved would have conferred and agreed that some intense emotional interaction was needed for both of them.

This did not mean that all such bondings had to be permanent. Quite the opposite. The attraction could be used if one's charge was innately shy or had been taught at home that assertiveness in making friends is improper. We Essences may need to focus the attraction of our charge on one other human at a time, with the love-object being always in the thoughts of our charge.

### **Negative Relationships**

We were made able to use the same process in reverse, as when a job change was needed. We could ask the Essences of co-workers to have their charges be nasty and disrespectful to our charge so that, on awakening each morning, she hated to go to work. Eventually, she would do what her Essence wanted her to do, look for a better job.

### **Master Life Plans**

Since Jean-Luis was assigned to mentor the Baby Personality now known as Norio "Woosie" Sanjoh, and I was assigned to mentor Ralph Allison, the CIE briefed the two of us on the Master Life Plans of both of them. Master Life Plans cover all future incarnations. Only we Essences, and our supervisory CIE, know the overall Master Life Plans, which we must not reveal to our charges. If we were to tell them early on what they would be doing later, they would have been frightened,

overwhelmed, and understandably rebellious. Only when they had accomplished Step 24 would they consider themselves capable of accomplishing Step 25. Before then, they would have been terrified to think of doing so much they had never done before.

We Essences carry this knowledge with us from the beginning and must make each decision based on whether or not the choice would fulfill and complete this lifetime's portion of our charges' Master Life Plans. This must be the key rationale behind all our decisions.

### **Separation of Essence and Personality**

As we Romans were taught by the earlier Greek philosophers, Plato and Aristotle, all humans are composed of body, mind, and spirit. In this current lifetime, Ralph is the Mind or Personality, while I, Michael, am the Spirit or Essence. We are bonded together so that the face we show to the public varies from 1% Michael and 99% Ralph to 99% Michael and 1% Ralph. We have been inseparable in every lifetime we have lived.

In Ralph's psychiatric practice, starting in Santa Cruz, California, he treated patients whose Personalities and Essences had separated, always before the age of six. These patients, as children, had been born with the highest degree of hypnotizability, which is known as grade V hypnotizability on the scales used to measure this trait. Such persons constitute only 4% of the population, one in 25 persons.

Before the age of six, someone severely abused them to the degree that they thought they were going to die. Since the Essence's primary duty is to ensure the survival of the organism, the Essence dissociated (split off) from the Personality and sent it into Thoughtspace for safekeeping. Since the body then had no Personality to run it, the Essence created the first of many alter-personalities to operate the body. At that moment the Essence took on the role of Inner Self Helper (ISH).

If the mother is the primary abuser, the ISH designs the first alter-personality with passive personality traits. This alter-personality would make no demands on Mother, who wanted her dead. That infant alter-personality would not cry if she were left unfed or soiled in her diapers. Her ISH tells her, in words she can understand, that, if she were to cry about anything, she might be killed.

By working with such split apart patients, Ralph learned much about these two parts of the human mental apparatus. They are not separated in people one would usually meet in society. The only other time such dissociation of the Essence and the Personality can occur is when a healthy grade V hypnotizable person is hypnotized and asked to present his "hidden observer," as was done by Dr Ernest Hilgard at Stanford University. This allowed the Essence of those hypnotic subjects to artificially dissociate and talk, as another entity, to the hypnotist. When the person came out of the hypnotic trance, reunion of the Essence and Personality occurred.

### **Origin and Final Destination**

Both Essences and Personalities are composed of intelligent energy, as both were originally splinters of the consciousness of The Creator. Energy cannot be destroyed. It can only be changed in quality or quantity. Since both of us, Ralph and I, were sent into the same physical bodies by The Creator, to experience what it is like to be in them and to learn from those experiences, we will eventually return home, bringing our knowledge with us, to The Creator.