



The

BEAR TRIBUNE

News from the cosmos and elsewhere

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The end of compromises

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Well, well, wellll, the millenium madness is behind us and I have the funny feeling that, after the shok of "we're still here and our bank accounts are still accessible", the majority of people went quickly back to their cozy cocoons.

We took advantage of this situation and neatly stuffed all our doubts on the erosion of reality in the same file as the YK2 bug. Same delirium : to file away.

Even so, I must insist - at the risk of disappointing a number of people: our yet rescued reality is showing signs of profound alteration. To give you an image: : imagine a huge hydraulic dam overhan-ging a valley. Down in the valley, a population of ants is busy repairing the damages caused by the "YK2 bugs" and the preceding storms. The anthill will be better than before is the message that is broadcasted through all the media and repeated by all the actors of this small society.

Nevertheless, a few ants are creating a mess in this hypnotic organization. They went up to the dam, they saw the faults and noted that the leaks

were increasing dangerously - and they disturb their fellows, warning them about a huge wave that will soon turn all their plans upside down.

Facing the waves of unknown, the most common and imprinted reflex of the human being is to withdraw into the known - either by frenetically trying to seal the gaps, or by using dogmatic or chemical narcotics.

Yet these days, the anaesthesia is less and less effective, like if the known became a sponge of unknown. Even our most stereotyped ideas and behaviors are mercy-lessly tested : with these ideas about ourselves, how long are we going to withstand the increase of electromagnetic voltage before blowing our fuses?

In this issue of the Bear Tribune, we have decided to explore these questions, in particular with the translation from German of an excellent article of Reindjen Anselmi, "The end of compromises".

Hurry up and take some pictures. The known will not last much longer.

Alain-Yan Mohr

Springtime!



Once upon a time, it was autumn, a tree who had benefited from an exceptionnaly good year and had produced a thick foliage and wonderful fruits, an autumn day then, a tree begun to think with a nostalgic mood.

"All this work for nothing! First, I lost all my fruits, and then my foliage is getting away!" The more the tree became gloomy; each dropping leave accentuated its nervous breakdown.

It started to have a grudge against the Universe and to blame it for what it conceived as a serious injustice. Rapidly, this situation ended up taking all of the tree's consciousness; it envisioned to take legal action, to inform the medias, invented a trade union card, and then bizzare diseases to draw attention on its lot. It tried to let work the insurances, not to avail.

When springtime showed up, the tree was so curled up on its obsession,so freezed in its identity that the sap did not come up.

While its fellow trees were letting burst their joy and their buds, celebrating the awakening of life, the vindictive tree remained dry, incapable of producing any single leaf.

Soon, the news spred out in the forest and all sorts of insects and animals came to help themselves with what remained of the tree that was now unable to grow back the vermin. In the end, everybody was happy: the insects were able to eat and dig galleries, the woodpeckers were able to dig to eat insects and the tree was able to live the ineffable experience of being right to believe oneself as being a victim. Aym

Jobs

GAÏA UNLIMITED: planet on the threshold of awakening is looking for INTREPID INCARNATED HUMAN BEINGS to finalize a project of cosmic scope

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Company vehicle (you have it already).

**Only reliable applications accepted. Starting date : immediately
All applications must be addressed to yourself with the usual unshakable intention.**



A short introduction about Reindjen Anselmi

For her first 45 years, Reindjen was journalist in a famous Zurich political newspaper. At that time, she was interested by topics like political life, and mainly health and social politics. Privately, she was also interested in psychology and sociology writings - and especially the works of Wilhelm Reich and his student Alexander Lowen.

It would be too long to explain the whole story here, yet in the eighties, Reindjen totally changed her professional course (you will have the opportunity to read this - in French - in her book, "Corps de Lumière, un survol du processus de transformation globale de 1987 à 2012") soon to be published in French - and originally available in German), left the city and went to live in the southern part of Switzerland. From there, the story unfolds...

It is in particular thanks to Reindjen and her excellent resumes that we received a spiritual electric choc treatment. When in 1997, her booklet came into our hands, a number of informations that were scattered around began to rapidly assemble like a cosmic jigsaw. That's the moment we turned our backs to the great millenarist hopes (and fantasies) to study in more depth the individual and collective implications of the coming changes - especially the practical aspects of these phenomenons. You know the rest of the story...

Alain-Yan will proofread the French translation of her book "Lightbody" and in autumn, we will participate to its promotion and distribution in the French speaking countries. Thank-you Reindjen!!!

The decision without compromise is imminent Too many different frequencies are stressing the body

An article from Reindjen Anselmi

Translated from German by Barbara Mohr

While certain parts of the physical body carries always more light, other parts continues to carry dark energies. This situation produces all kind of disfunctions. Thanks to the new magnetic grid, the lighter parts can take in always more light and hold it.

For the lightworkers, the situation is really getting serious. Make yourself the favor to press ahead uncompromisingly the transformation of those dark energies. In the following article you will find the reasons for this and we shall address the fears that are accumulated as etheric crystals in the dark spots and that need to be transformed.

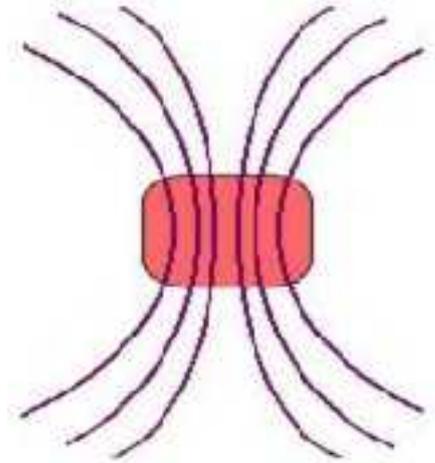
At the time of the "Harmonic Convergence", different planetary, galactic and cosmic cycles coincided. This, many of the lightworkers know. They also know, among other things, that on Earth this event gave rise to a new energy structure. From today and until the end of 2012, Earth and mankind have the opportunity to benefit from some of the conditions following from the Harmonic Convergence. One of these is the special nearness of higher dimensional plans of existence that can, with their energy and consciousnesses, assist us to ease the transition.

The trains

As an illustration, visualize several trains in different colors coming from different directions; in 1987 their rails came to a close distance of few centimeters.

Until the year 2012 they go by very near one another. During this time, the passengers of, say, the golden train that is going back home can help passengers from the other colored trains if they want to come over on the golden train.

After the year 2012 the rails irrevocably diverge, according to schedule, and the different trails will separate. Afterwards, changing over to the golden trail will be much harder.



The rope bridge

To accomplish this change of train, we are given another help. The new magnetic grid that is built up since 1989 acts like a rope bridge between the trains, a device where we can put one foot after the other to arrive to the other side. The point in this picture is that the front foot can be pushed for quite a while alone but at a certain moment, if one wants to actually advance, one also has to move the other foot.

The same applies for the change out of the old magnetic grid into the new one. It takes only 2 years from now on until the end of 2002 and the new magnetic grid will be ready. Until this time, the lightworkers must be able to uncompromisingly choose for the new or the old energy.

The bed

To better understand, one has to remember the effects and the tasks of the planetary magnetic grid. Magnetic grids are electromagnetic basic structures in which the subtle morphogenetic fields of a planet are embedded. They are the foundation of all biological life. These morphogenetic fields vibrate only inside the frequency range that is established by a certain magnetic grid. They are set up by the creator gods and their creatures according to their thought and feeling projections.

The angels are master builders

These magnetic grids are built by specialized angels and their helpers who belong to the cosmic vibration Kryon. These grids are built on



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planets were the existence of biological life is planned.

Therefore, each planet were one can find such grids have sheltered life at some stage, or is presently sheltering life, or is in preparation to shelter the creation of biological life.

The planning of these magnetic grids, the kind and the respective degree of density (frequency range) is managed by the corresponding spiritual hierarchies of a universe. Once a magnetic grid is built on a planet, it can be changed and adapted in the course of time to correspond to different needs.

Several adjustments

The building of magnetic grids and their adjustments can take up millions of years. In this respect, the grid of the Earth has been builded and changed over a long period of time, until life could be created at all and soul energy was allowed to be projected in. We know that Kryon has been here three times to make bigger adjustments on this magnetic grid. Such adjustments are made when the planetary spiritual guidance has decided to give a different orientation to the soul development.

The third time Kryon changed the magnetic grid, a structure was built to allow a very strong compression of soul energy to be projected into matter. The challenge was to find the point where soul energy (soul aspects) could be compressed to a maximum without totally loosing contact with higher planes of consciousness.

Experiments

Such an adjustment is each time an experience because the outcome, that means the behavior of the herein existing life, can never be exactly predicted. As a matter of fact, in the course of smaller adjustments of magnetic grids, the compression of soul aspects was so strong that they lost all contact with their soul. These beings lived practically without the slightest inner knowledge of other dimensions. For the lightworkers, then, who were the only ones to maintain a connection to higher plans of consciousness, it was an extremely hard time. By the way, many deep seated blocages of lightworkers stem from those incarnations.

Enlargement

Our old magnetic grid was not anymore set up at it's densest compression, but still dense enough to allow us many interesting experiences on the joining point between dark and light. This situation allowed the souls to explore their own soul potential in manifold variations and in grand magnification. Magnification, because the strong compression comparatively permits a slowing down of the course of events, so that each detail concerning cause and effect can be looked at very thoroughly.

The emerging grid

At the moment, beside the old magnetic grid, the new one is emerging. For the souls that are ready, it open the door for the next step of development and it can hold the morphogenetic fields of their reawakening lightbody.

Planetary Merkaba

Because it is the totality of the consciousness of the Earth (also called Mother Earth or Lady Gaia) that is making the next step, the planet has received few years ago a planetary merkaba that permits the change of dimension of the totality of the planetary consciousness.

In addition, this merkaba helps people that are on a spiritual ascension path. But this is a story on its own. The only important thing to know is that with this background that is emerging faster and faster - and what we already mentioned above - the lightworkers, and even the strongest of them - will have to do the thing they resisted the most: THEY WILL HAVE TO DECIDE.

The majority will stay

It is a value-free decision for the old or the new energy. Everybody can choose, and there are souls that, out of good reasons, will decide to stay in the old energy because they still want to explore their potential in a strong density.

This will be true for the majority of mankind, a fact that is alright and in harmony with creation. But for the perhaps still considerable minority, it is becoming clear that they will not be able to live very long simultaneously in the old and the new energy.

Different frequencies

Why? The answer lies in the human biological structure. Look at your body. It consists of tissues and organs that, because of the polarization of light in the old magnetic grid that is shown also in the old chakra system, are vibrating very differently. The sealing of the chakras with which we gathered experiences in the past thousands of years contributed still more to the difference of vibrations in the human body. It is around those sealed spots where a lot of karma is accumulated.

The capacity to function properly

This biological body not only gets showered by more and more strong cosmic rays, but due to the new magnetic grid, it also begins to vibrate in two worlds. However, the proportion of the difference of frequencies that has until now ensured the proper functioning of the biological body is limited. This has to be explained more thoroughly: when the body starts to vibrate higher, it becomes lighter and more radiant. This is explained in literature about the lightbody processes. The cells metabolize, carry and radiate effectively more light. Those particles are called biophotons by modern biophysicists. Were the tissues are still vibrating at a lower rate, the cells carry less light.

Drain of light

The bigger the difference in the degree of radiance of the different organs, more the following events have chances to occur : the strong magnetic light of the brighter cells attracts the already weaker light located around and by that, withdraws always more of the already weak light from the darker cells. A real drain of biophotons starts from low magnetic to strong magnetic cells. Gradually, in the darker spots, the tissues cannot function normally anymore and become sick. In particular, it facilitates the development of tumors.

The reversal

The reversal of this process is still possible up to a certain degree, because the light in the healthy areas is not only magnetic but also electric. The increasing radiation of this light can radiate back into the darker areas, so theoretically, these dark areas can be healed. Practically



speaking: first, the radiation has to be very strong, and second, the karmic energies, i.e. the etheric crystals attached to the darker cells with their programming of fear have to be activated and transmuted.

This can only be done by working purposefully with consciousness and transformation. For example, the flow of light from the unlimited cosmic supply can be directed to the areas in question by focusing on this energy. Everybody can visualize his body as a soft sponge that is becoming saturated with light, becoming always more lighter, brighter, and transparent. This exercise can be done everywhere.

Focus on the lightworkers

The information mentioned above is so important that you should read it several times. It shows how important it is that lightworkers begin to put in practice these spiritual teachings on a daily basis, be it in private life or at work.

It is especially important for them, because they have great discrepancies in their frequencies.

In their bodies certain areas are already carrying very much light but in other areas they are as dark as any other human beings. That means that lightworkers have a stronger tendency to suffer this drains of biophotons.

Decisive

The situation is getting serious now. For a long time, lightworkers could make compromises with themselves, in their mental and emotional bodies, and go along with their denial programming. But the biological body is uncompromising - it functions according to cosmic laws, i.e. mathematical and biophysical laws. And it is this fact that brings him near the spiritual body, because on the spiritual level, there is only one either/or.

Planetary cleaning

So, it is easier for us to do the next important steps, because of this interdimensional project of the transformation of planetary karma that started during the last decade. It is the transformation of deep rooted fear patterns that have to do with

ancient experiences of the planet and its dwellers, experiences that are stored in the morpho-genetic field of the planet.

This morphogenetic field, with many preconditions of mental and emotional patterns, helped the new arriving soul to dive into the mental and emotional circumstances (conditions) but it also made it harder to come up and reach back the surface.

For this reason, the higher plans of the spiritual hierarchies have ordered and made it possible that much of the planetary karma is cleaned, to allow the most great number of souls to emerge. This decision is not going against the laws of karma - where higher plans are not allowed to intervene in karmic events so they cannot alterate the learning possibilities of the soul.

What applies here is Kryon's parable of the engine. Some of those engines are a little bit dirty, others are dirty, other ones are full of dirt, and still others are so covered by dirt so that you nearly cannot see them anymore. Now, every human being who wants can go and take out his own engine from the dirt and the engines of others and clean them. He can scrub them until they are shining. The only thing he cannot do is to turn on the ignition key. The decision to start the engine belongs only to its owner.

The troubled astral field

By now, the planetary cleaning has not produced shining engines. But in any case, whole swamps were burned away around the engines - without that they could not even do a move. And in the next years, still more astral stuff will be burned away. With the planetary cleaning of the last years, much work has been done in many areas and planes of the fourth dimension (where the astral field is located), down to areas where abide very dark energies. This has contributed to a spiritualization of humankind, but has led to a general destabilisation of the astral field. All people feel this unconsciously, but lightworkers feel this in always more uncomfortable ways, and particularly the channels who already have to deal with their own instability due to the transformation process, and who

always feel more how unsure contact has become.

No half measures anymore

In this way, a lot of transformational work was taken off from the people, in areas that concerns planetary patterns. However, their own dark patterns of incarnational programming is still present; it is on these aspects that one has to work in an accelerated pace. It means not to live by half measures anymore. Everybody is asked to look very carefully at his own patterns and to take action. The fear patterns can be transformed with the help of known spiritual techniques.

For many, it means to overcome always bigger parts of their comfort zone in the daily routine, to say no all of a sudden, where in the past, for the sake of tranquility they were silent or said yes many times.

Many will have to learn how to handle conflicts, to follow the call of their hearts and soul. Many will have to abandon their little daily lies and decide for truth and transparency.

Frequent blockages

In his book "AHA! The Realization Book", the cosmic teacher Vywamus (channeled by Janet McClure) has listed the most frequent blockages. Here they are:

- Fear of the new
- Fear of unlimited expression
- Communication blockages
- Feelings of inferiority
- Feelings of imperfection
- Avoidance programming
- Resistance to having contact with the soul
- Beliefs that hinders unconditional love
- Rage towards the source
- Doubts about the evolution process
- Feeling buried or overwhelmed
- Blocked acceptance of one's own divine power
- Unrecognition of the inner child
- Unrecognition of one's own leader role
- Instability (emotionally or mentally dominant)
- Polarity divisions (fixed beliefs about the male and female energy)
- Resistance to galactic contact
- Rejection of the support from the creator and the soul



Fear of responsibility
 Fear of groups
 Blocked connection with the plan of the creator or cocreator
 Fear of loss of freedom

Erasing memories

We also received some information about how some deep seated blocages were created. The origine goes back sometimes very far in the history of mankind. I have told two of the most impressive humankind experiences in one of my seminars. Read a summary of one of those stories and a complementary description to this story in the insert.

Burdens of experiences...

Numerous experiences are deeply buried in most people. Here is an example from a participant to one of my Zurich seminar.

The story happens over a period of 500 years before Lemuria. In these 500 years, a war took place between humans and extraterrestrials who had great knowledge in the use of electricity. This is why these beings were called the electrics. They were looking for a new planet to live on because theirs had exploded.

During this war period, many lightworkers came in successive waves to reinforce the light of the planet. Through successive incarnations, they participated to the war and had experiences similar to the one told by Irene Kronack, a lightworker who reacted very strongly to the audio k7 of the mentioned seminar.

After this intense reaction, her spiritual guides gave her additional information on the events of this time.

The story of Melona

The rulers of Melona (an intelligent life form with a spiderlike physical form) forced the women and men to have sexual intercourse on the most degrading level. They implanted every human being with flat coin-like batteries in the head, one over the right ear and another in the medulla oblongata, near the hypophyse. Through electrical impulses provoking strong pain, everybody could be controlled and manipulated.

The children and adults were brought to total humiliation, forced to perform unwanted sexual acts that were filmed and later shown to large audiences, in order to sexually stimulate the masses up to the extreme and to rob all dignity to all the concerned persons and make them totally vulnerable.

In addition, the enamored couples, soul partners and partners who loved each other were separated and forced to have intercourse with others and to be the witnesses of these acts.

In order to melt their resistance and their will, they were given drugs and alcoholic substances. Nobody could defend against or withstand such torture. The agony and the suffering were indescribable. Out of that, enormous injuries arose in the feelings area - despair, powerlessness, fear, hate, jealousy, agony and much more.

Yet for many people, this experience was also satisfying and they joined it willingly.

If there were children born out of these excesses, they were taken away from their mothers after the breastfeed period and brought very far away into camps so that they could not have any contact anymore.

Once arrived, they were implanted and through manipulation, always separated from those they liked, not being able to create true relationships nor to play with companions - they were simply exposed to those they felt nothing about. When the women had had many children and were at the end of their forces, they were still used for biological experiments and were implanted with all kinds of stuff. The women did not survive very long, they died around the age of 28.

The dignity of men and particularly of women was deeply injured during this period, even destroyed.

The end of the story goes like this : a certain moment, the despair and the excesses went so far that the Melona society exploded, projecting its fragments in all directions.



Final comments

This story could well be at the origin of powerlessness, weak will power, fear of suffering, curious sexual practices, craving for sex, shamelessness, lust for torture, lust for sensations, drug addiction, alcohol addictions, jealousy, numbness, envy, competitive behavior, incompetence in teamwork and much more - and maybe also for the wide spread phobia of spiders.

The memories of all those events have to be erased now, like all the following events that followed later and are a resonance repetition of already installed fear patterns. Many of us have repeated the same experiences of fear over and over again and still carry this programming today in the first four bodies.

Not grinding but erasing

In all these issues, it is worth to go deeper and deeper, but not in psychoanalytical way where we grind and rummage in - giving this whole thing vast amounts of energy and forcing the universe to deliver us other similar experiences.

Ergo: stop to mull over your stories, to tell your stories, to write your stories down. You reach the opposite result.

Simply, start immediately with the spiritual tools; with the silver and violet rays that change the old energies into much clearer and new ones. And harmonize all this with the golden ray. And be reckless. You cannot be reckless enough.



Dissolve all what is karmically connected: You can think about different variations of a topic until you are sure that this topic is over and done. When this happens, you have absolutely no desire anymore to deal with the problem, to take a trip down memory or to speak with other people about it. It just doesn't come into your mind anymore. The little grocery owner

What does the emotional body do, having to let go one cherished drama after the other? We have to be prepared to face the most violent resistance of this part of our personality, with a lot of if's and but's. The emotional body is like a little grocery owner. He only gives his goods when he receives back an equal substitute. Many people have an emotional body that is not more developed than this of an infant.

Revel in gold

Fortunately we can offer him as a substitute of his beloved fears much love and pure shining gold; the love and the golden energy that corresponds to his own higher aspect. There he can project all his needs of love, with the higher self he can visualize the most romantic love affairs, can dissolve his fears of separation and loneliness. For this reason, it can help you to speak with your emotional body and to explain him how much more love and life is received once united with the higher self.

Forms of light

As an image, until he needs it, give him a lot of gold to look at and to experience. It has not to be pure gold. So how? You can do it with brass, golden fabric, golden paper. Decorate yourself and your environment with gold, play with it, create with it, amuse yourself with it until it becomes easy for you to visualize and feel the golden energy of your higher self around you, until you can truly feel and see the golden angel in you.

You become this form of light when you uncomprisingly decide for the new energy. Your gold shining soul family, the Mahatma family will help you.

Lightwork Seminar with Reindjen Anselmi, 8.3.1998

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You see, nothing is working out anymore.

In the last Bear Tribune, I was relating the extraordinary evolution we were about to witness for the coming months, and when I look around, I see with stupefaction that the majority of people are keeping on with their lives as if nothing happened and keep on looking for problems - or more precisely, to create them from scratch.

And yet, I waited since last July before publishing a new special congratulations edition of the Bear Tribune. This special laudatory issue will have to wait...

In the meantime, a number of questions are becoming haunting. For instance : "what is so terrifying in the idea of living a happy, free and conscious life?

The answer is terrifying as well: this is the most unforgivable crime one can become involved with.

If you think this is a bit exaggerated, just have a little trip in the past and observe how the few free and conscious individuals have been (mis)-treated. Since the origin of our history, a conspiracy of an unimaginable scope and subtlety intends to prevent our awakening, by all means.

If we are interested in awakening - and mostly in the act of awakening - it is essential to understand why we are still asleep, why we have such a deep-seated fear - we could even say genetic fear - of waking up; what's more, we have to look for answers somewhere else than in the official schoolbooks and history records.

By the way, I just read a very interesting book , "The Gods of Eden" by James Bramley, which brings a striking light on the major models of behavior that invariably repeat themselves in history. Historian, the author begun his research to answer the following question : "Why is it that despite the fundamentally good and sociable nature of the human being, we have spent all our time destroying and fighting each other since the dawn of civilizations?" There's a bug, but where?

Studying the writings, myths, legends, in short every possible trace we have from history, in every civilization and on every continent, he found the bug - and had a serious shock : everywhere, one finds the notion of human shaped gods who created us and consider humankind as their cattle.

His conclusions agree with these of many other researchers. Sumerians, Atzecs, native Americans, Africans, Maori,



Perses, Lapons, Uigours, Balinese, Egyptians, Greeks - every people having reached a sufficient level of civilization to leave written or oral traces - talk about the same events and relate the same extraplanetary influences in the development of humankind.

I will not review the whole story, there are excellent sources of information on this subject (see at the end of the article). However, I encourage you to conduct your own investigation.

Basically, this is not so surprising, once one has outgrown one's own little provincial ideas. The same phenomenon reproduces itself in a concentric manner. In the whole history, in every village or town, influence, power games and manipulation have modeled the substance of collective reality. The more powerful men have appropriated the lands, then the better specimen among the population, putting the others to work for a remuneration that provided mere survival and the guarantee of productivity. With the great landowners and dignitaries, procreation has been carefully planned to ensure the durability of the lineage and the preservation of possessions. The religion meticulously reinforced this model, transposing a physical enslavement in an ideological and philosophical submission.

A very little effort of imagination is enough to enlarge this concept of village or county to the size of a galaxy. Two hundred years ago, travelling around the world took us years, and the very idea



of being capable to communicate in real time with somebody on the other side of the planet was considered as an act of the devil.

Today, one makes a phone call to Sydney from ones' car while driving in Geneva or London, yet the idea of an extraterrestrial influence in the human affairs is being laughed at.

Even so, denying our genetic heritage and our family links at a galactic level may cost us a great price - just like trying to ignore the neurotic attitudes of the mayor of the village will in no way improve our situation.

I am more and more interested by the scope of our ignorance and particularly by our lack of common sense. In every writing, in history, in every religious text, in most of our present behaviors - fixed since thousands of years - yet also in the dazzling intuitions that explode daily in our minds, the same scenario can be observed: a humankind victim of circumstances, at the mercy of neurotic and power hungry gods, terrorized by the paradox of its own existence to the point of selling its soul and body to anybody or anything in order to ensure its survival.

On this planet, no other living species had renounced its power and dignity to such an extent. The question is not to know if it is good or bad to be in such a situation - it is that it indicates an exceptional anomaly. This simple fact should let us think tremendously.

Where do we get our neurotic attitudes from? Why do we use only 10% of our brain capacity and utilize only a small fraction of our DNA potential? Why are we seeing everything as separated? Why do we die after a few decades even though our biological body should be outrageously healthy for centuries? Why are we always deciding that the glass is half empty? Why did we forget who we are?

How come that religion, science and education have insisted so much and for so long to let us forget our power and the immortality of our spirit, to reduce human beings to the state of pious and obedient creatures craving for mercy and forgiveness, salvation and the right to be alive?

Why does politics and economics use all tricks to systematically stimulate our first three chakras (survival/reproduction, pain/pleasure, power over ...) and anesthetize the four upper ones (transmutation, truth, intuition/clairvoyance, cosmic consciousness)?

Why do we invariably choose to be victim or persecutor, rather than choosing to be free and let the others free as well? Why do we prefer escape to love, misery to sharing?

Why are we afraid, and of what?

And I will add: when one asks oneself these questions, why are we always finding a way to justify and excuse our powerlessness?

The recipe to create reality goes like that: form a nice and precise thought; once you're happy with your thought, inject a good dose of emotion into it. It's ready!

Obviously, if your project is really vast, you will need a great quantity of emotional energy to obtain some results. Hence the considerable advantage to own a big herd of well tamed humans. Don't laugh, it would be too easy: simply think of our big chicken and bovine industrial farms, and consider all the advantages it is providing us.

Dear herd fellows, we are calibrated, formatted, trained, instructed, educated, indoctrinated and conditioned since several thousands of years to produce the best output in terms of emotional energy. The system is so ingrained that we perpetuate it by ourselves. The conditioning is so subtle that we instinctively reject its very idea.

We are convinced (and strongly encouraged to believe) that nothing else exists but the physical world, and on the upper stairs, there a whole crowd feeding off of the product of our desires, hates, hopes, pains, jealousies and obsessions - in a word, of our ignorance.

However, like anything else in this Universe, we are free by design and nature, fundamentally driven towards the accomplishment of our full potential, yet also free to choose every possible experience we think we need to reach this goal.

These conditionings, we chose them just like today, we choose to believe the lies of our politicians and to shut up our own intuitions and insights.

Yet this disturbing inner voice, this innate thrust towards liberation is gaining momentum, power and intensity day after day, like Reindjen was explaining in her article. The problem is that this new thrust towards awakening come up against many obstacles that will inevitably be blown into pieces: neurological, physiological, psychological, emotional,

ideological, cultural, social, economic, political obstacles - and let's not forget, also extraterrestrial resistance, because our awakening will not be good for everybody's business...

Well, that is an interesting and rather harsh perspective on the awakening of the humankind inhabiting this little blue planet. From a cosmic point of view, the most funny aspect is that the plans of "our owners" are as much threatened as our own slave condition. In summary, we have the choice to either blow our own fuses very soon or to wake up very soon...!

We are gifted with free will, and so have chosen the conditions that are restricting us; our awakening will inevitably require the dismantling of our conditioning. It is not enough to await the return of the Christ and to be gentle and polite with the others. What is required is the common exploration of our beliefs, ideas, considerations, loyalties, emotions, hopes - to make a full inventory of this psychic baggage and then to make new choices.

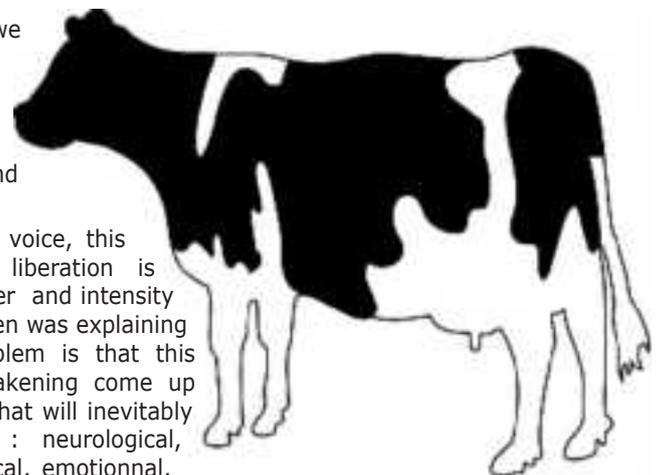
There's a lot of work ahead, yet more and more powerful "instruments" are emerging, based on the conscious utilization of intention (see for instance our news about Soul Wisdom next page).

And now, are you ready to live free and happy?

Alain-Yan Mohr

For additional research:

The Gods of Eden, William Bramley, Avon Books - AHA! the realization book, Vywamus, Light Technology - The Pleiadian Agenda, Barbara Hand Clow, Bear & Co - The Prism of Lyra, Lyssa Royal & Ken Priest, Light Technology - The Earth Chronicles, Zecharia Sitchin, Avon Books - Bloodline of the Holy Grail, Laurence Gardner, Battam Press - E.T. 101, Zoev Jho





MOHR, MOHR & more news

Last October, it was still in the years 1000s..., we organized a serie of four training seminars with Soul Wisdom, in a chalet in Haute-Nendaz, located in the mountains of Valais, Switzerland.

The trainings were great, we will come back to that. But first...

We felt so well up there that we have decided to move up definitely along with the head office of Mohr, Mohr & more.

Once the decision was made, all went very quickly: starting first of July 2000, we will live in Haute-Nendaz.

Bed and breakfast and more



Located in natural surroundings, at an altitude of 1200 meters, this place is ideal for our projects : a bed and breakfast, and other activities, open to tourists as well as philosophers, writers or skieurs, and ready to host seminars, training workshops and other transmutative activities, yet also a place where one can come and recharge one's batteries.

The place should be ready to welcome you between mid and end of August.

Soul Wisdom Trainings

Last October seminars on auric clearing were exciting in many respects. Most of the participants not only went away delighted, but they could also integrate what they learned in their own practices.

Last October already, we had to turn away people, the maximum number of participants being limited to 7 people per week of training.

So we directly scheduled a new serie of seminars for May-June 2000, including 2 seminars on auric clearing like last October and 2 seminars on Karmic clearing for those who did the first level training in October.

The four weeks were full even before we could print out an announcement(!)



So we already scheduled the next serie of seminars for October 2000. The definitive dates will be known in June, but if you are interested, we recommend you to book your place now, there are already many people registered.

This being said, when we observe this progression, we realize it will be difficult to satisfy the rising number of requests if other persons are not trained to teach these techniques. This aspect of the project is in discussion.



Auric, implants¹ & karmic sessions

Following these seminars, several persons are now trained to give auric and implants 1 clearing sessions (and in summer, karmic session). If you wish to schedule one of these sessions, want to have more information, or want to participate to a seminar, please contact us.

You can also visit our site : www.mohr-mohr-and-more.org where you will find descriptions and the coordinates of the European practitioners.

By the way, our web site has been completely rebuilt and updated. It offers many articles, news and information, and also the full serie of the Bear Tribune to read online or to download in pdf format.

Also on the web

A challenging site overflowing with interesting information in the spirit of the articles of this issue of the Bear Tribune:

<http://cassiopaea.org/cass/index.htm>

Another site that deserves regular visits: www.thehungersite.com

You can clic on a button (not more than once a day) and for each clic, a sponsoring company will pay a meal for one hungry person in the world, hungersite being in charge of dispatching these funds.

Projects for the autumn

We came to realize that we juggle with concepts of multidimensionality, energy, intentionality, neuro-net reprogramming and other meta-supra-galactic changes with the ease following from a long practice and years of exploration and reflexion, yet that for many people, Chinese is easier to understand.

However, in our opinion, the enlargement of the frames of reference and the acquisition of this knowledge will play an increasingly important and crucial role in the maintenance of the physical well-being and psychic health of the individuals.

For this reason, we plan to organize one day introduction seminars to give a general presentation on the changes humankind is going through, a sort of basic package of informations containing philosophy, esoterism, history and science and restating the human being in front of his or her history, possibilities, responsibilities and choices.