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# A PRIVATE CONVERSATION BETWEEN MIKE DOOLEY AND FRANK

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## Frank's World

Explain your world, your physical bodies,  
male and female?

Our world is roughly twice the size of your earth; however, there are many areas which are uninhabitable, leaving limited areas for our dwellings. This is due to the proximity of our planet to our two stars. The extreme heat and dry atmosphere produced by these stars causes some places of barren and desolate land which we tend to avoid. Our dwellings are largely underground, as we tend to stay out of the heat and light during those times when our stars are at their closest to the planet. When we are able, we return to the surface to perform ritual and rejoice in the heat and light when it is bearable. Our underground dwellings are quite beautiful, with certain types of artwork and representations of our world which make us feel that the beautiful dwelling we have completed is quite comfortable and love-filled. There are many expressions of talent and beauty in the construction of our dwellings.

There are a total of seven distinct genders on our planet, and none of them align with the male and female aspects of gender present on your planet. We do not have external sexual organs, and so our gender identity is not as physically apparent as it is in your world. All of the different gender types are honored and there is no separation or roles assigned to them. Reproduction can be successful in many different ways; our sexuality is expressed quite differently from yours. The male aspect which appears to be present when we are channeled is simply your own form of gender assignment which does not actually correspond with ours. We are quite beautiful in our own right; however, our appearance would seem quite shocking to you. Suffice to say that we are quite different.

Are you male? All channels seem to be male?

Again, our genders do not correspond with yours, and while you may identify some male characteristics in the method we channel, this designation does not correspond with our notion of gender. It is simply an example of how your culture tends to designate an assertive and self-confident stance as a male characteristic. The main spokesperson of our collective, the one who

## Private Communication between Mike Dooley and Frank

is normally the voice of our work, is actually of a gender which bears young, although this is not what we would consider female. We are quite aware of the shifting understanding of gender on your own planet, and it is something which will help to destroy some of the limiting gender stereotypes which tend to hinder the motivation of some of your people who wish to challenge those stereotypes and break free of them, but find the acceptance of these attempts to be challenging. As the gender designations become more blurred, you will find that the empowerment of all beings is paramount, rather than a cultural conditioning of gender roles.

## How does time differ for you? Linear?

Our experience of time is cyclical. The patterns of time correspond with certain aspects of the cosmos, as they do with your own solar system. The difference is that we are able to travel through the various aspects of time and so we no longer feel compelled to designate certain times for certain activities. While time is fixed in our physical experience, the ability we have developed to travel through time and space with the spirit aspect of our being has caused us to view from a different perspective of time and work with it in a different way. Time is not a simple, fixed construct and it is experienced quite differently throughout the Universe and throughout your own past and future. The manipulation of time has greatly empowered us to create other changes in scientific experimentation and breakthroughs in health and wellness. It was once as difficult for us to grasp your own concept of time as it is for you to understand ours, and so it is clear that the experience of time and its relativity to matter and energy is a malleable one, and not fixed as you and we were once led to believe.

## What are a few of your life-lessons, personally, individually?

As a species, we have learned humility, the importance of compassion, the aspect of oneness and the abolition of greed and a self-serving attitude throughout our transformation. It is through these shifts that we have found true empowerment and stability which were aspects of our existence largely absent in the millennia preceding this time. Understand that we have evolved emotionally from beings who were largely centered upon survival and existence in the harsh conditions of our planet, and it is through that very act of survival that we discovered that the collective was stronger than the individual. However, through the course of our development, we tended to drift from that aspect of oneness to a more hierarchical form of governing and power, which led to the corruption and greed which nearly destroyed us. It was only through the re-emergence of that state of the collective consciousness that we were able to find a new way of existence. Individually, we have each discovered within us great power which has enabled enormous freedom and joy. It is the power of the spirit, or the essence of who we truly are, which has resulted in a transformation of our understanding of all life. While each of us has come from a sense of individuality and unique personality and experience, we each find more power than we ever dreamed possible through the cooperative aspect of the collective. This is one of the things we would like to help you to understand.

## What did you mean you have "Interesting drinks"? Is alcohol to humans pure poison, or sometimes beneficial?

While we do not have the same rich and varied diet available to us as you do on your planet, we have been able to develop pleasing mixtures which we find quite pleasurable. There is a process of fermentation which is similar to that which you use in your world to create alcoholic drinks, but it is not quite the same. Our planet provides only sparse vegetation, and so some of these plants require some manipulation to create palatable substances. We have a form of water which is a bit different from yours, but still liquid and still necessary for life. There are medicinal substances created from types of underground algae and the manipulated molecules of certain types of what you would refer to as soil. While we do not experience the wide diversity of animal and insect life on our planet as you do, we do have other creatures among us which are mostly small, insect-like beings which are ground-dwelling and quite harmless. There are some medicinal substances made from the bodies of some of these creatures, although we are mostly what you would label vegetarians, since as stated, the food substances available to us are quite limited to some types of plants, algae and another type of growing substance which we can only compare to a type of moss on your planet.

The fermentation of certain substances produces a ritual drink similar to psychotropic substances on your planet, however, without the stigma these substances appear to have for you. These are used in various rituals and for the exploration of consciousness when one is experiencing a troubled state of mind. It is done with the highest intent of healing and finding a peaceful state of mind.

Your fermented alcoholic drinks are quite different from this but we do understand the pleasurable aspects derived from them. Any substance ingested with skewed intentions can be assimilated as poison. We do not advocate excess in any mind-altering substance as it separates the consciousness from the truth of the spirit and can cause a depressed state of mind because of that separation. It is this state of separation which causes addiction. However, we do not feel that these substances need to be viewed as poison by those who ingest them with a clear intention.

## What do you do for fun?

Our greatest joy comes during our season of ritual and festival which is during those times when we are able to leave our underground dwellings and venture to the surface of our planet. These times are designated by the proximity of our stars to the planet, and they result in more moderate temperatures and less intense light which allows us to explore our planet and these times are marked by festivities. At these times, all are encouraged to venture out into the divine light and experience the atmosphere of our planet, which provides some nutrients from its air composition. Also at these times, there is the movement which you would consider dance, a certain aspect of sound which is rhythmic and musical, and a type of singing. It is a celebration of life and we often create quite elaborate festivities at this time. During other times, we derive a

## Private Communication between Mike Dooley and Frank

great deal of pleasure from playing and story-telling with our young. There are also many group activities which involve debate, communal meals and a type of game which could be compared to some of your contact sports.

### How do you do commerce, if no currencies?

We have found the elimination of commerce to be the single most freeing transformation in our world. In our current system, those who are expressing their talents and skills in various ways are encouraged to share these abilities with those who need their services for the greater good. There is always an eventual trade off of services and skills, and so the cycle of energetic exchange is never lopsided. What is received will eventually be given, and so the need for a physical manifestation of that energy is merely symbolic and unnecessary. If one performs a large service for another, sometimes gifts will be exchanged in the form of hand-made implements and adornments. The elimination of uneven distribution of wealth, the free expression of compassion for all beings, and the unlimited resources of talented individuals who are no longer manipulated by greed have caused exponential growth in the research and development fields, and have created a virtual elimination of high stress living.

### What is your profession?

We can most closely be seen as aligned with the scientists of your world, although our perspective is quite a bit broader and inclusive of the sciences of spirit, mind and matter. All 8 of this collective have had similar backgrounds. It was through our research and experimentation that we have been successful in the form of spirit transference which allows us to communicate with you through this channel.

### How many civilizations on earth have you witnessed – Atlantis? Pyramids?

In the unlimited spirit aspect of our beings, we have been able to witness many historical events on your planet, and it is through the understanding of your planet's evolution that we have been motivated to step in and express our perspective on the direction that you are heading and what could be done to improve that trajectory. There have been many in your history who have understood the great power that could be harnessed through the manipulation of energy. This is evident in the pyramid structures and other megalithic structures around your world. The aspect of mystery surrounding these objects is quite deliberate, as it is mystery which prompts exploration and discovery. Without some sort of unknown, there is a sense of stagnation and a ceasing of wonder. These are deadly to any system, and so we ask that you always maintain a certain amount of awe and wonder in the amazing world around you.

## Earth

### Big Foot, fairies, leprechauns, Loch Ness Monster, Chubicabre, etc.

As we have stated, there are many mysteries in your world which are perpetuated by myth, fear and a love for the unknown. Some are based on fact and others are pure fantasy, but that does not negate their powerful presence in the lore of your planet. We are aware of tremendous sea creatures which reside in the great depths of your bodies of water and it is true that these creatures continue to exist in some form; however, we do not feel that the depiction of these creatures is generally accurate. The beast in the depths of the Loch in Scotland is simply a gentle serpent of which there are several living in the great depths. And so this creature is simply a remainder from your prehistoric times and is a living being. There have been other beings which are genetic mutations of animals which have been mistaken for mythical creatures, such as the Yeti and ape-like creature known as Bigfoot. However, many of the sightings of these creatures have been fabricated to perpetuate the myth and mystery. Still other experiences are deliberately masked visitations of other-worldly creatures who come to study your planet. Many of these creatures have the ability to alter the perception of the experience so that they are perceived as a mysterious earthly mutation rather than a creature from another world. This is not done with the intention to harm or frighten but merely to allow them to continue their study without the risk of capture or mass fear. No visitors to your planet come with the intention of harm; however, their understanding of your emotions of fear and terror can be quite limited. Beings such as fairies are certain forms of elemental spirits which exist solely in the form of immaterial energy, but which can be perceived by certain individuals under the right circumstances. There are many types of spirit beings which exist in the Universe with different trajectories of experience far removed from the material existence experienced by yourselves and ourselves. The Universe teams with this energetic force, and it is all connected to Source and is all part of the infinite expression of that Source energy. Much of this energy defies description and yet we attempt to label and define it, as it is in our very nature to do so. We suggest that you see this energy as one of the great wonders of the Universe and evidence of the infinite creative power of Source energy.

### Your work/knowledge of other worlds... are we more sophisticated, less? Are we still very primitive?

We do not view your world as primitive; in fact, we are immensely impressed with the progress your people continue to make in such a limited amount of Universal time. We understand the struggle of what appears to be the minority to create change when it is met with the social brainwashing of those who hold power and have become corrupted by it. However, we want to assure you that it is this desire for change which will triumph over the misguided paths and limited vision of those who appear to be the gatekeepers. Their power is ephemeral; it is as mythical as some of those creatures mentioned above and it will not prevail over the determination of those whose motivation is clear and pure. We are quite touched and moved by the emotional intensity of those of you who strive to create change not only in your own lives,

but in the energetic field of your planet. This is not the work of a primitive people; in fact, the imbalance which exists is solely due to the vast acceleration of consciousness being met with a somewhat primitive social structure which rewards greed and destruction. We have witnessed the swift destruction of other forms of civilization in the Universe; but know that no form of life is ever completely annihilated, as it continues to evolve in a non-material way to assist in the evolution of the Universal energy back to Source.

## How much can we aspire to in terms of spiritual evolution?

Spiritual evolution, as an expression of Source, is unlimited. The experience of a material life, wherever and however this is achieved is merely a small and sacred part of your spiritual existence. You are a multidimensional being expressing itself through multiple forms of existence, each one affording vast opportunity for knowledge and understanding. Even those who do not appear to evolve within this lifetime experience a huge shift through the experience of material life once they return to their spiritual source. No life is without that opportunity and no spirit experiences a material lifetime in vain. The infinite nature of the energetic Universe is a difficult concept for those experiencing a physical life to grasp, and in fact, we ourselves do not fully comprehend it, although we have felt it and it is an immensely satisfying experience. *(Tracy's note: the sensations around this concept are indescribably overwhelming.)*

## Are you aware of any impending contact with aliens and earthlings, physically?

As stated above, this contact has, is and continues to occur with regular frequency. However, there is such a social stigma surrounding the perception of these experiences that those who report them are often labeled as mentally unstable or liars. Still others have their perception altered and are left with only a vague notion of an unusual experience. There is an understanding among the visitors to your planet that their discovery would not bode well for them, and so they will employ any means available to avoid detection; however, they continue to gain knowledge of the Universe through the study of your rich and varied landscapes. Open contact with other worlds will not be achieved until the systems in place are changed to ones which will be open to that connection and not perceive it as a threat. Clearly, your civilization as a whole is not quite ready yet. Those who have experienced contact are often quite disturbed by it; Tracy has been associated with one who has had this type of experience. Until the concepts of Universal energy and other life forms being just as sacred as your own life experience, these experiences will be interpreted in a negative way and so they will not be generally supported and accepted.

## Do you “work” with other aliens?

We have worked with other civilizations in varying ways. Not all of our work is as intensely focused; sometimes it is simply to educate them about the vastness of Universal energy and to

## Private Communication between Mike Dooley and Frank

help them place themselves in the grand scheme of the Universe and its design. Planting that seed of thought was often enough to create an acceleration of consciousness from which they could experience the richness of their life experience with the intended intensity and use it to its greatest advantage. We will disengage our energy when our intended purpose has been served, or when it is clear that our attempts are being met with too much resistance to be useful.

### When we have finished a life, is it possible to raise our energy and disappear, rather than physically die?

That concept is not far from the truth of death in the material sense. It is simply a separation of the spiritual essence from the physical body, which will in a sense disappear. The spiritual essence does not alter, fade or die, but all material things will eventually do so, and this is one of the great opportunities for spiritual advancement while still in the physical; the acceptance of the death experience as a sacred part of life, rather than as a tragic ending, will be one of the most transformative elements toward spiritual evolution in any civilization. And so even those who achieve the highest elevation of vibrational frequency while still in the physical will have to experience death in the conventional sense, since it is part of the Universal evolutionary process.

### Top advice for humans to be healthier?

Balance is the key to a physically healthy existence. Returning to a more earth-based existence is beneficial, but that does not mean that all scientific advances made in the field of nutrition need to be negated. Awareness of the body's cycles and rhythms is extremely beneficial, but this needs to be done on an individual path, as the individual frequency of each being must be taken into account. The fields of nutrition and medicine often overlook the vibrational frequency of each being and instead group issues of health and wellness in categories which dictate the modes of treatment based on the disease rather than the individual. It is vastly important for each individual to gauge their own sense of wellness and to become acutely involved in their own well-being and the rhythms and cycles of their own bodies. While it is true that great strides have been made within your fields of medicine and wellness, there have also been huge shifts into modes of disease which perpetuate themselves through fear and reliance on the medical community. The diagnosis often creates the disease, and the fear of death often blocks healing and recovery. All forms of energetic wellness can be successfully integrated into conventional forms of medicine to create a holistic practice which supports healing rather than promoting disease. You are your own best physician; become aware of your own power to energetically heal and support your own physical system.

### Speak to intelligence (emotional and intellectual), seems so lacking... what makes it? Lazy world?

We would suggest that you broaden your definition of intelligence, as we have found that the limitations placed on this concept often negate intrinsic forms of knowledge which are just as

## Private Communication between Mike Dooley and Frank

vital to your life experience as others. The traditional ideas around intelligence are quite narrow; they consist of conventional learning and education, rule-following and constrained ideas about the nature of your world and the Universe. Those who do not value this type of knowledge are not necessarily lacking in intelligence; in fact, their purpose may be to broaden your view of the world to include a more visceral sense of knowledge such as forms of social communication and a deeper sense of connection without the constraints of conventional knowledge. Those who appear to be of a lower state of consciousness are experiencing the world in a very deliberate way; it is their divine path and it is vital to their own experience and that of the world in general. One cannot dictate the value of experience by confining it to the narrow space of conventional education and knowledge. There are many layers of conscious expression and they are all quite valuable, whether they are expressions of conventional intelligence, emotional expression, communication of the heart or simply a sense of simply being present in the world without the higher brain functions which are valued and emphasized in your culture. Universal intelligence is far greater than any form of brain function and it is where we return when we are released from the physical constraints of that brain. The concept of laziness is one which is more closely linked with a disconnection from the higher forms of consciousness which urge us on toward a higher expression of ourselves. It is through the social conditioning of the masses that this type of apathy becomes laziness, and it is through the realization and exploration of ourselves as higher beings that we are propelled out of that sense of complacency, and not necessarily an emphasis on brain-centered intelligence.

### Does the work you do, that I do, really make a difference?

Ah, this is a question which we often ask of ourselves, and it has always become clear through the exploration of our work that it most certainly does. It is the Universal call to the soul of those of us who are conscious enough to heed it. It is the destiny and purpose of those who are tuned into the Universal field of knowledge to assist others in their quest for a deeper connection with themselves and Source. It is not work in the conventional definition of the word; it is joy, it is an irresistible urge, it is a sense of destiny which cannot be denied by those who sense it, and it is this sensation which resonates with the truth of that which we are driven to share, driven enough to project ourselves through vast reaches of space and time, altering the very fabric of the Universe to promulgate. Assisting others to embrace these concepts is the highest calling of the Universe. How could it NOT make a difference?

### Who are the spiritual giants of the human world today? The great beings? Destined?

While it is true that there are many in the field who have achieved fame through their work, it is important to note that the most powerful leaders and teachers are not always those who are in the public eye. There are placed among the small towns and communities those beings who simply live their lives in an unconventional way. They are not always the spiritual teachers; they are the artists, the free thinkers, the anarchists, the unconventional who stand out in their determination

## Private Communication between Mike Dooley and Frank

to be the highest expression of themselves in this lifetime. Their presence in the world is often the greatest form of influence on the masses who tend toward a more conventional and less self-expressive form of life. Of course, those spiritual leaders who do achieve a certain amount of fame are vastly important as well, and there are up-and-coming masters who will challenge previous notions of spirituality and religion, yourself among them. You must understand there is great wisdom scattered throughout your world, and its origin is the Source energy which hums with an increasing frequency within the spirits of those who are being called forward. You will recognize them as brothers and sisters.

### Safe to say, you have no idea of creation's origins?

The concept of infinity is a difficult one to grasp, even for those of us of a higher consciousness and understanding of Source energy. This is a deliberate construct in our state of consciousness, as it gives us a solid framework with which to build our life experience. But we are connected with the knowledge of an infinite Universe, with no beginning and no end. This is in alignment with our cyclical experience of time, the notion that the beginning and end are one and the same, that our existence as energetic beings is timeless and formless among the vast beauty and wisdom of infinite love. And so, while there is a certain comfort in the notion of beginnings and endings, and we, as beings which are still connected to a physical existence, have difficulty truly understanding the notion of no time, no limits, and no real point of origin, we have an acceptance of this as truth, and it is quite a beautiful truth, at that.

### Is there a highly evolved civilization now active inside earth?

Let us just say that there are infinite universes within universes, and dimensional spaces within dimensions, and material worlds within worlds. Our existence is not limited by the material, and countless dimensional spaces exist all around you. Your life experience is multidimensional and unlimited; to place these dimensional spaces in a particular material space and time is not exactly the truth, although it does help our limited understanding grasp the concept of a multidimensional reality. This is quite a roundabout way of saying that in the physical sense of your current dimensional reality, another race of beings living within your earth is not the truth. But as a form of multidimensional reality which is quite removed from your understanding of the material existence of life, there is.