

Song of Freedom

My Journey from the Abyss

Judith K. Moore

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I lovingly dedicate this book
to all my brothers and sisters who have known bondage
and struggled for freedom of their minds, bodies and spirits.
I also dedicate this work to Una Marie
and her journey of healing.

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Acknowledgments

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And there are those who did not survive this atrocity: the missing children, the ones who have died unnoticed. I wish to acknowledge the wounded, the lost and the fearful. I send prayers and acknowledge all the ones who tried to make the journey and turned back. I honor the pain they live with.

Thank you to the many courageous professionals who risked their professions and reputations to bring these truths to the light. Many have suffered dearly for their convictions of truth.

I wish to honor my parents—courageous, loving people who taught me never to turn my back on my fellow man and to love and honor Mother Earth. I thank my children and grandchildren whose love has filled my life with joy. I single out one brave woman who has suffered from the aftereffects of the abuse she endured before I adopted her. She is my daughter, Denise. I entered recovery because I so desperately wanted to help my wounded child. I have always told her that she is my teacher.

I couldn't have made the journey without my former husband's support. He was my healer, my teacher and my friend. As a Sun dancer, he personally gave so much that made it possible.

I wish to acknowledge two dedicated professionals, the first women ever to read my story: my transcriber and my editor. Thank you for your gifts and the love you gave the project.

I wish to acknowledge my family of origin, those who remembered and those who did not, for their good hearts and dedication to honor and freedom.

Thank you to my housemates, who took care of me while I worked to create this book. Your encouragement and spiritual gifts are real treasures. Thank you to my husband, Randy, for all the times you held me in your arms and encouraged me. You have given me such a precious gift—your love.

I face the four directions and offer my prayers in thanksgiving to the Tunkashilas—my spirit helpers, Quanab, Laiolin, Lantru, St. Michael, the Guardian of the Kingdom of Minerals, Mother Cabrini and White Buffalo

Calf Pipe Woman. I thank the angels and archangels as well as my animal guides who have been with me from birth. I stand and honor the Sun dancers and all of the ones who pour water in the purification ceremonies.

Thank you, Wakan Tanka, Great Mystery.

You have made the world beautiful.

I am your daughter. You have brought my feet on the good red road.

You have taught me to pray and honor Earth Mother.

Mitakyue Oyasin (all my relations).

Foreword

Stephen Sachs
September 11, 2002

Ya Nur – Ya Salaam (Invoking Light – Invoking Peace)

*In these times
even our sacred spaces
are invaded
by negativity.
We have to fight
to clear them,
not by the sword,
but with the heart.
Deep within our own beings,
we have to call
upon the light of peace
to transform ourselves
and the world.*

This book is a story of a journey toward freedom for all of us. It is about being victorious over evil by transforming it in ourselves and in society. It is about transforming fear into love realistically, to deal with people and conditions as they are, for the long-run good of everyone concerned. It is a testament to the principle that we cannot truly be pragmatic without being spiritual, whether we consider we are being so or not, by respecting the sacredness of all people, indeed of all beings.

To me, evil is action that is out of balance, that becomes so narrowly focused in achieving one set of goals that the actor fails to see (or care) that s/he is working contrary to other equally or more important ends. Often evil is undertaken out of greed (for wealth, power, pleasure, etc.). Inevitably, it is pursued out of fear, of which greed is one of many aspects. For it is only out of fear of deprivation that healthy drives to have enough—of food, love, wealth, security—become twisted to become insatiable. This is not to say that fear is not a natural and useful emotion. When we step off a curb and a car is bearing down on us, fear energizes us to jump out of the way. But when people are caught up in fear, they magnify dangers out of proportion to their seriousness and see them where they do not

exist. This may lead individuals to perpetrate violence on the innocent and citizens to empower governments to implement needless repression. When citizens are overcome with fear, they are in danger of being manipulated by insecure politicians, motivated by their greed for wealth and/or power. When this happens on a large scale, the freedom and well-being of everyone is at risk.

In an imperfect world, it is proper for individuals, communities and governments to have reasonable concerns about security and to take appropriate measures to provide a healthy measure of it. Unfortunately, fear too often drives people, organizations and nations to be so obsessed with security that they do a great deal of unnecessary harm while doing little, if anything, to enhance security. In worst-case scenarios, actions undertaken for the purpose of security end up creating a great deal of insecurity.

A good example of this occurred in the United States during World War I. Although there was no evidence that more than a handful of the country's residents might do anything to interfere with the war effort, even if exhorted to do so, a variety of laws were passed and so loosely interpreted that constructive criticism of the government's handling of the conflict was suppressed. A man skeptical of the efficiency of the Red Cross, seeing a group of women knitting socks for soldiers at the front, was jailed for saying, "No soldier will see those socks." Patriots who argued that it would be fiscally better for the U.S. to finance the war by raising taxes than by borrowing money, lost their jobs and were imprisoned on the grounds that if people believed them, they would not buy Liberty Bonds, although there was no evidence that this might occur. If a significantly large number of people had come to agree, could not Congress have raised taxes?

The worst case was in Minnesota, where committees of bankers required residents to provide statements of their earnings. On the basis of those statements, the bankers required those people to buy so many bonds that they had to borrow from the committee members' banks in order to do so. Moreover, the loans required payment of a higher rate of interest than the bonds paid. Yet when anyone complained or refused to cooperate, they were prosecuted under a Minnesota sedition statute. When banks began foreclosing on people for failure to pay, the atmosphere in the state became explosive. The U.S. Justice Department estimated that if the war had lasted another year, Minnesota's security legislation would have created a rebellion.

Unfortunately, the United States has a long history of overreacting to concerns of national security, often with prejudicial repression that is especially damaging to members of the target group but ultimately costly for the entire population. The World War II "detention" of more than 110,000 people of Japanese ancestry, most of them U.S. citizens and none of whom were ever seriously suspected of any disloyal act, is well-known.

This volume brings to light one of a number of terribly misguided sets of “national security” actions carried out by the government and the military during the Cold War, a particularly dangerous time because it lasted for so many years. Today, a year after the attacks on the World Trade Center and the Pentagon, we are again in a protracted period, where actions taken in the name of “national security” have gotten out of hand. Thus it behooves us to respond to what Judith Moore tells us in these pages, that we as citizens act to keep government security efforts in proper balance, with a broad understanding that in these times national security involves social, economic and environmental security, as well as appropriate action to prevent violent actions.

Perhaps the most important thing that Judith tells us here is that it is even more important *how* we respond—than *that* we respond—if we are to break out of the consciousness of fear that brings about abuse and repression in the name of security. It is good if we are sufficiently outraged to work to stop this kind of abuse. But if we become locked into “getting the perpetrators,” we will only continue the cycle of inhumanity. The key to transformation is to focus on the humanity of everyone concerned in seeking a more enlightened approach. We need to learn from our mistakes as individuals, as communities and as a nation, while doing whatever is appropriate to redress injuries and insure better policies in the future. By proceeding always out of mutual respect, we can achieve healing while striving constantly for harmony and balance.

Steven Sachs is Professor Emeritus of Political Science at IUPUI. He has been involved in working for peace and justice for many years, serving as co-editor of Nonviolent Change and co-coordinator of the Research/Study on Nonviolent Large Systems Change since 1985. He has twice served on the board of the Consortium on Peace Research, Education and Change (COPRED), and is a member of the intern board of the Peace and Justice Studies Association, recently formed by the merger of COPRED and the Peace Studies Association (PSA). With a special focus on justice for American Indians and indigenous people around the planet, he is co-editor of Native American Policy and coordinator of the Native American Studies Association.

Introduction

Welcome to a journey of discovery. I write these words on my fifty-second birthday to fulfill the promise I made to myself years ago: to tell the story of my childhood experiences when I was abducted by the United States covert government and used in a program of human experimentation and mind control. This kind of programming creates a fear wall in the psyche that many people do not get past. But I did. Illuminating my journey to healing and deprogramming are entries from the journals I faithfully recorded over a period of nine years.

Within these pages lie truths untold and rarely believed. The general public has been given little opportunity to explore these truths. We live in a country that permits free speech; many of our ancestors gave their lives for this right. But even though our country acknowledges the right of free speech, wide disclosure of secrets that would shake the foundation of the controlling forces of the covert government is, to put it mildly, not encouraged. I hope my story will help to open your minds and hearts, that it will bring healing for this nation and for the Earth I love so dearly.

To tell you the truth, I found this all hard to believe myself. Until I was forty years old, I had no idea that I was a survivor of human experimentation and mind control. I lived my life completely unconscious of what had happened to me as a child. Later on I will describe for you some of what I knew of my “conscious life.”

My journey of discovery has spanned over a decade. I was fortunate to be assisted by many caring professionals who were wise enough not to interfere with the process but gave me the support to make the journey. I recovered the memories through journeywork, a Jungian-type experience in which I meditated, went to a safe place and was sent by my guides to what I needed to know for my higher good. I literally relived every memory. I reexperienced the agony through body memories: incredibly intense sensations accompanied by flashbacks of the experience. I learned to use my breath to open up the blocked energy. I learned that no matter how bad the pain was during the memory, I could breathe through it and it would release. I hadn't realized how much I had always held my breath. I also learned to drink lots of water to flush my cells after a memory.

I do not believe that merely remembering brings healing. There are keys to healing. Remembering was important, but clearing the energy and healing my inner fragmented children were major keys for me. An-

other key was forgiveness. Jesus Christ said, "Father, forgive them, for they know not what they do." Complete forgiveness is absolutely vital to freedom. Forgiving one's self sets one free from the bondage of guilt. As long as we see ourselves as victims, we *are* victims. Self-forgiveness begins when we accept that we were victimizers as well as victims. We can then forgive ourselves and ask to be forgiven. Guilt is a shackle that binds the soul; self-forgiveness brings freedom from guilt and control.

As I struggled through years of intense recovery, deprogramming and healing from this atrocity, I promised myself that if I could ever contribute to bringing the truth to the light, to exposing it in some credible way, I would do it. This book fulfills the promise I made myself.

When society denies a truth this dark and devastating, it can continue, but when the general public realizes the truth, it really comes home to their hearts. They won't tolerate it; the consciousness of the group will make a change for the better. (Let's qualify the word "dark." All dark is not evil; all light is not good. Life is not that simple. "Dark" is a word used to describe a dense energy vibration based in fear. "Light" is a word that describes a high-vibrational energy that is based in love.)

The brave people in the civil rights movement served to awaken the conscience of society during the fifties and sixties. Through their lives, through their truths, through the way they stood for their freedom, we all started to realize that we could no longer dehumanize other people in that way. The consciousness of a relatively small group of people awakened a nation to the fact that the laws restricting the freedom of our fellow human beings were wrong, and things changed. No, it isn't perfect, but when Rosa Parks had the courage to sit on that bus that day, she changed the world. She helped us to feel what it was like for a tired elderly woman to stand while a "white" seat was empty. She claimed her seat and her place in history. Many courageous people worked to make the change, but in that one moment, the plight of Rosa Parks shifted the psyche of our society.

This is the foundation of social change and the reason I'm writing this book. As long as denial and rationale persist, intolerable acts will continue. The general American public did not oppose the genocide of the Native Americans during the "Indian wars" because they had been told that those people were savages. The general public believed that African people were less than human, born to be slaves. It once was acceptable for a man to have total dominion over his wife and children; what we consider to be child abuse was normal, and women suffered at the hands of abusive husbands with no recourse. Now our sense of social justice has evolved, and much of society finds these attitudes and actions intolerable. We're growing; we're evolving and awakening to a higher state of consciousness.

I believe we are reaching what is called critical mass: the quantum necessary for a leap of consciousness of the entire species. Remember the hundredth monkey syndrome? In this classic study of consciousness, scientists

dropped fruit on an island and taught one monkey to wash her fruit. She liked it better washed and began to teach the other monkeys to wash their fruit. They began to teach others. When one hundred monkeys learned to wash their fruit, *all* the monkeys on the island began to wash their fruit. Even more amazing, monkeys on other islands began to wash their fruit also, without ever being taught. This classic experiment demonstrates the power that reaching critical mass has on the collective consciousness.

My prayer is that this book will serve to bring into the clear light of day the long-denied truth of the atrocities committed by our own shadow government. I pray that it serves to assist humanity in reaching critical mass. I hope you will feel the pain and power of my journey and the joy of my healing. I hope you realize that we can all be free from mind control. May you gain the conviction that I have, that these secrets must be revealed for our beloved world to heal, for the sake of our children and our children's children.

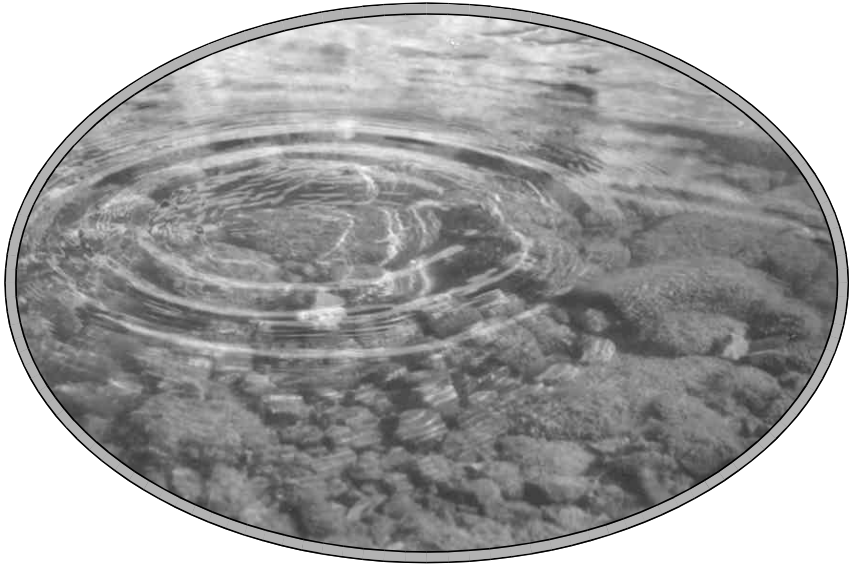
Don't think for a moment that the only people affected by these programs for human experimentation and mind control were the victims. We were the guinea pigs for a vast program of mind control for the general public. There was indeed an agenda for these experiments. The "conspiracy theory" is no theory but a great threat to humanity. You might wonder what you can do about it. My answer is to seek your own personal freedom. Make your own journey to be free from every aspect of fear programming. Begin right this moment: Make a list of every way fear affects and controls your life; then find the keys to the shackles of your mind and set yourself free. Wake up, before it is too late.

In February of 1995, I had already been working on my recovery for five years when I heard about a committee [the Advisory Committee on Human Radiation Experiments] appointed by President Clinton to hear the stories of people who had been exposed to radiation experimentation. As you will read in this book, I went to Washington, D.C., and testified before that committee. At that time there was no information out about these kinds of programs. But I was to learn much on my journey.

Did the general public hear about this? Did the government act to change policies that permitted such atrocities, never again to allow such violations of the principles of American democracy? Did Congress appropriate funds to compensate the victims? No, they did not. President Clinton did apologize to a group of African-American men who were used in syphilis experiments, and that was about as far as it went. Why was there no vast public outcry? The answer lies in the very root of how mind control works and how our freedoms can be—and are being—lost as we stand by and do nothing.

I am convinced that I will see the day when these deep secrets are brought out, exposed and believed. It's a process, and I'm a very patient person. I pray that this book becomes a vital part of this process. As you

read this truth and take it to your heart, you will see that a change must be made. One drop of water is a small thing, but the ripples spread across the entire pond.



I am one of the fortunate ones—I survived, healed and intact. I am free and sound of mind, body and spirit. I have met many survivors who are permanently disabled and deeply fragmented. They live in a world of terror. Most of them would be afraid to write a book like this, too frightened of the pain and repercussions. A friend of mine asked me about that: “What if, because of this book, your safety is jeopardized or your life disrupted?” I replied, “I am able to do this; my story is powerful and it’s important. How could I live with myself if I didn’t speak up? My silence would contribute to the continued abuse of children in these programs.”

I have deliberately omitted some identifying details about my life, but not because I fear discovery. I am certain that after my testifying in Washington, D.C., the dark elements know who I am and where I live. No, I made that choice to protect my family, especially those who are still in denial. I respect the right of every individual to choose. Just because I had a burning need to travel a path of discovery doesn’t mean it’s the right or healthy choice for everyone.

I do not feel it is necessary to expose personal details about the memories I have recovered that involve my extended family. During the early years of my recovery, I struggled like every other survivor with issues of betrayal and shock. How could these awful things be true about my fam-

ily? We are good people! I now have redefined the word “good.” I believe most people are basically good. My family, like so many others, was a victim of mind control that used terror programming through ritual abuse and betrayal of trust through incest to reach into the core of the psyche and create a split.

When I recovered memories of relatives abusing me, I thought they were conscious of what was going on. I learned that this was not true when I confronted one of my uncles. I took him to a park with a beautiful river and had a good talk. I thanked him for all of the good he brought into my life, the campfire stories and fishing trips, and the good memories. I thanked him for loving me all of my life. Then I forgave him for sexually abusing me and taking me into Satanic rites. He was genuinely shocked. His heart was in a good place; the way I know this is that I learned years later he had entered into therapy to change the cycles of abuse. We made our journey to forgiveness and did our healing work. Our journey is private, and I want to keep it that way.

I used to think that only sick and evil people did these things—this is not true. It is so easy to point our fingers at someone else, saying that’s where evil is. But that mindset only furthers the very separation that has held this planet in a mind prison for so long. We must look deeper and move out of judgment and into healing if our planet is ever going to be free.

Christ Jesus said, “It is easy to see the splinter in our neighbor’s eye and miss the log in our own.” I pray that everyone who reads this book takes these words deep within their hearts and feels compassion for the loving mothers and fathers who have hurt their own children because of mind control, when within their conscious lives, with good intent, they have done everything possible to be good parents. I implore you, my reader, to look beyond all that you have ever believed or thought to be true and seek the truth. “The truth shall set us free.”

I’ve healed my relationships with my family; love is a powerful force. My whole family was torn up when some other family members and I set off on the path of discovery, to heal from the past. For nine years, I was estranged from people I love. There has been much healing and forgiveness in my family; I have no desire to disrupt the peace of those who have chosen not to make this difficult journey. From my perspective, I know the inner peace is worth it . . . for me. Before I found that peace, I had to face terrifying demons. I could never go back to my life as it was then, holding all those terrible secrets inside, but I respect those who chose not to walk my path.

One word of caution: Anyone can be a survivor. Your ability to function in society has little bearing on it. Many survivors are quite functional; they’ve learned to repress the memories so deeply that they are totally unaware of their history. So please ground yourself before reading this book. Pay attention to what your body is telling you. Observe your



The Awakening

*Once we suffered alone,
children isolated in a sea of fear.
No one who cared to protect knew
of our agony,
shuddering and shaking in the
silence of our secret torment.
Then the dawn came,
the voice of the awakening,
shattering our shell of isolation.
"Remember,"
the voice echoed with the songs of
the thunder beings.
"Heal,"
the voice sang to us within our
souls.
We place our feet upon the
unknown path,
embarking on our journey
to freedom from fear.*

*Illusions tried to frighten us
back
to the world of secrecy and
isolation.
Yet the voice urged us on:
"Remember. Heal. The truth
will set you free."
The voice shattered our night like
lightning bolts.
The cleansing rains showered
our souls,
cleansed our spirits,
taught us to breathe,
to trust.
Hope emerged . . .
the dawn came.
Facing our new dawn, we spread
our wings,
white doves flying free.*

reactions. If you experience dizziness, heart palpitations, insomnia, panic attacks, headaches or other bodily symptoms when reading these passages, stop. Consult your intuition. Ask yourself if continuing is for your higher good. Depending upon your answer, proceed with caution. Call a trusted friend for support, or contact a professional. If you choose to seek professional support, work with somebody who is objective and empowering, never with a person who is controlling. Respect your limitations and intuition; your heart is your best guide. Please know that you can succeed in making this journey. Fear is the main obstacle to overcome—and it is a very big obstacle.

Many therapists do not want to work with survivors because of intimidation by the False Memory Syndrome Foundation. Around the same time I was recovering my memories, a lot of other people did, too. I often wonder if maybe some big program broke down, allowing so many people to begin to wake up. That is why people who had a vested interest in keeping the secrets secret formed this foundation. Their big campaign message was that therapists had planted all this stuff in our heads. Of course, these guys know a lot about planting stuff in people's heads, but it isn't done when a therapist asks if you were taken into sacrificial rites. It is done with Satanism, done with fear programming, drugs, electroshock, environmental deprivation and torture. It is done with billions of our tax dollars, at the cost of our nation's soul. Therapists were certainly intimidated by the lawsuits, especially the ones by their own clients who had been reprogrammed. Powerful publicity maintained that all this was a false memory. The gates seemed to close; everything got very quiet. But I believe that freedom is in the wind. It is our nature as humans to seek freedom, and it's also the nature of the times.

Our planet is experiencing an awakening. The prophecies of many nations and religions and keepers of ancient wisdom have foretold these times, the shift of the ages. I see it as the end of the old world of fear and the emergence of a world of freedom, empowerment, peace, healing and what I call heaven on Earth. We are emerging from the age of dichotomy, the age of separation. We see this in myth: the sacred twins, the fall of Lucifer, the war between good and evil. I call this age of separation the long dark night of the soul of humanity. We now are returning to oneness. I believe truly that humanity is on the verge of a great leap in evolution and consciousness. I believe in the cause of freedom, liberty and justice. Mostly I believe in the power of love. Consciousness is evolving, and we are shifting the foundation of our consciousness.

As I travel and speak of my experiences, I refer to my perpetrators as *they*. I often hear the question, "Who are *they*?" I am referring to the victims of mind control who executed these programs, of course, but in a larger sense, my listeners are asking who is responsible for all of this. I cannot point a finger at one evil, demonic person, a Hitler type who can

be blamed. I cannot blame the government, for there are many dedicated and honest people serving in the government.

Does this atrocity continue? I believe so. There is nothing to indicate that the programs have ceased. So let's find the bad guys and get this thing cleared up. Right? Wrong. It is not that simple. Social change happens when the consciousness of society heals. I feel that a split has occurred in the psyche of society, that many good people live lives of which they are unaware in their conscious minds. The left hand does not know what the right hand is doing. In his excellent book, *The Nazi Doctors: Medical Killing and the Psychology of Genocide*, Robert Jay Lifton explains the phenomena of doubling, creating a separate persona to deal with difficult issues. It was by means of doubling that doctors, sworn to heal and help, could instead turn to torture, could develop the horrible experiments carried on in the concentration camps. Our society is like Dr. Jekyll and Mr. Hyde: by day, loving, God-fearing citizens, and by night, our own worst nightmares. As the split in the psyche of society is mended, I believe that we as humans will evolve into wholeness. I've come to the understanding that there is no separation, there are no demonic beings who are separate from me, for we are all one part of one creation. The dense energy of the fear vibration exists within the psyche of mankind. When we can reach into that part of ourselves, that lost shadow, with unconditional love, truth, forgiveness and healing, that shadow will be transformed into light: the healing light, the light of Christ, the compassion of the Buddha, the light of Mahatma, the love of the holy mother of life, Mother Gaia, the Earth Mother.

These ideas all come together in a story I heard when I was a little girl. A great prophet came to this Earth as a teacher. Her name was White Buffalo Calf Pipe Woman, and she came to the Lakota Sioux Nation. They say that the Lakota Sioux were originally lake-dwellers; when modern civilization began to move west, the Lakota Sioux were pushed from the shores of the great lake onto the plains, where they wandered, hungry and lost. This was a very dark time in the history of the people.

Two young men went out to look for buffalo to feed the tribe, and as they came across the prairie, they saw a white buffalo calf approaching them. As it drew closer, they realized it was an incredibly beautiful woman. She appeared on a knoll in front of them, a bundle on her back. As they looked upon her, one of the young men lusted for her, and he wanted to take her power without her consent. The other young man had pure thoughts. She beckoned to the young man who wanted to take her power to come to her, and when he did, a cloud of mist encircled him. When the cloud of mist lifted, there were only bones with worms and snakes. She turned to the other young man and said, "Because you are of pure heart, I have chosen you as my messenger. Go back to your people with my message. Tell them to prepare themselves, for I am coming." The way I heard the story, the village began to prepare for her coming.



Because they were lost people, the village was in disarray. When they went to the river to bathe, they looked in the water and realized that they were beautiful.

The people prepared a great lodge for White Buffalo Calf Pipe Woman. She came and sat in the west, facing east, and brought the seven rites of the Oglala Sioux. She brought respect for the divine union and the teachings of how we can purify ourselves. These sacred teachings are now taught by the Lakota elders to help heal Mother Earth.

In 1998, White Buffalo Calf Pipe Woman came to me in a vision and told me to always think of her. She said to know that all three people in the story are within us, to think of her sitting in our third eye and the two young men, the sacred twins, on each of our shoulders. She told me that she loved the brother lost in fear and confusion with unconditional love; she loved him into healing. When the mist lifted, his soul returned to his twin, the snakes devoured the poison of that great fear and the worms were the fertilizer of the new world of peace. She said that the soul of the sacred twin returned to his brother, and they both met at the heart center. She said to look inside ourselves for that shadow, for both twins, to love our lost dark twin with unconditional love until we can transform the poison and fear into healing and return to oneness, until we can unite with the evolved twin.

“We are the prophet, we are the lost twin and we are the messenger.” Please take a moment to meditate on this important sacred teaching and look within for this healing. These are sacred teachings, and when we

meditate and pray with sacred stories, we will hear the voice of truth in our hearts. In telling the story of White Buffalo Calf Pipe Woman, I honor my Dakota, Lakota and Nakota brothers and sisters. I honor the elders and the ones who kept these truths from being lost during the genocide of their people. Oh, Mitakyue Oyasin (all my relations)!

This book will find you, if you are meant to read it. A friend will mention it to you, or it will just jump off a shelf in a bookstore. I pray that it opens your heart and helps you to expand your consciousness beyond the limited realm of the past. I pray that it helps you break down the walls that have held humanity in a mind prison, for it is my song of freedom, my journey from the abyss.