

# Letters to Mermaids

Responses by William R. Mistele

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I also want to thank all of those who have asked me these questions and who have worked with me in trying to make sense of how the mer realm and the human realm can better interact. This has been no small undertaking and some of the difficulties are staggering. And yet the entire process is full of wonder, beauty, and love.

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## Introduction

I noticed when one mermaid woman was asking me questions that I had spontaneously fallen into a role. I had become a mermaid greeter. Some say that when a human being dies there is a "greeter" who welcomes that person to the astral plane tries to make the person feel at home.

I was doing something similar. I was welcoming mermaids to the human world. I was literally saying to them, "If there are any questions you want answered or if there is anything you need I will see what I can do."

Previously when I had contacted mermaid queens on the astral plane, several of them mentioned that I would meet women who have the souls of mermaids inside of them. The mermaid queens promised me this experience so that I would be able to better understand their race. For example, Istiphul said to me, "You wish to know our deepest secrets. In the near future, we will find a way to share these things with you. You will meet mermaids in the flesh, and then you will understand our nature."

There is no user's manual lying next to a crib when a mermaid is born in a human body. If you think about it, if a mermaid "wants a human experience," it would serve no purpose for her to know in advance that she is not like other human beings. Otherwise, when she has to deal with a difficult situation, it would be easy for her to think, "The choices I make do not matter. I am a mermaid. I am not a human being. I do not have to take any of this seriously."

No, that would simply not do. It would defeat the entire purpose of incarnation, which is this: to be thrown into life and have to make the best of it using only the resources that you have on hand like anyone else. We are all dealt a set of cards when we are born. We have to work with what we have been given, for the essence of human experience is that we define who we are through our choices.

This manuscript, *Letters to Mermaids*, continues to be written. I have barely begun the editing. Some of the material is redundant. And the two hundred pages or so represents maybe a third of my correspondence with mermaid women.

All the same, the question and answer format I hope will bring to life the kind of problems mermaid women face. I learn from experience about how to help them. I often refer them to each other so they can share their own experiences directly.

The contents of the manuscript are written for mermaids. I have had only a few inquiries from human women about how to find their inner mermaid. And no men have asked for my advice on how to make a relationship with a mermaid woman work, though a few times I have offered advice to them.

Still, I can imagine someone reading my writing might summarize briefly my own conclusions:

You are telling me you have discovered a kind of personality never before described in literature, history, or any magical tradition. And you are telling me these women, and a few men (mermen), possess what you call “astral immortality.” They are continuously new in each moment and astonishingly receptive. They respond with a far greater range of emotions than human beings and they possess a kind of innocence human beings do not have—somehow the past does not shape their ability to give of themselves in the present moment.

And in addition to this they have two unique traits that set them apart from other kinds of spirit beings here in human form. 1. They will often say and feel they exist to love. 2. They are not a part of nature like a seal that can turn human like a selkie or someone who has a spirit guide who

is one of any number of fish. That is, the mermaid will say she is not part of nature. She is nature. She is not part of the sea. She is the sea.

I am constantly meeting people who have their own kind of relationship to the sea and the element of water. In this manuscript, there are two basic kinds of mermaid women. The first kind is a human being. She has a human soul. But her actions and feelings are almost identical to those of an actual mermaid. Again, though she is completely human, she thinks and feels like a mermaid who has entered the body of a woman.

The second kind of mermaid woman is an actual mermaid in the body of a woman. In this book, I present both kinds—human women with mermaid auras and mermaids who are born as infants and grow up just like any other person. Both kinds discover early on that they are not like other people.

I do not want to spoil the flow of the letters to mermaids so I will put the rest of this introduction in the Appendix along with other essays. The only other question to address at this point is about who I am. At one of my seminars for mermaid women one girl asked me, Are you a merman? No, I said. I am the fifth element.

I could have said I can do a fairly good merman imitation. Part of practice involves exploring all four elemental realms of earth, air, fire, and water. Some people think I have gone overboard and become enchanted by mermaids. But the opposite is true. The water element is my weakest element. And the human race knows virtually nothing about mermaids or what it is like to feel and perceive the world through the element of water as it exists in nature.

And so I have a lot of catching up to do as does the human race. Over and over I see the leaders of industry and nations making horrible mistakes in their judgment. They lack the ability to feel. They do not sense the future. They lack even the most basic aspects of empathy and within their hearts is not the desire to nurture and to support life on earth.

And so I am not just writing fables and fairy tales about mermaids. I am trying to fill in for the thing human lack most—the part of their conscience that is missing. Perhaps one day there will be many human

beings who when asked about their purpose in life will say, I exist to love.

## Letters to Mermaids—Is the Astral Plane Lower?

Question: Why do people say the astral plane is lower?

Response

The astral body is in the shape of the physical body but is made of a subtler substance. The astral body expresses our feelings and emotions. It is receptive and impressionable. It gives a sense of being connected to others. It enables us to respond with appreciation and sensitivity to the specific situations that we enter. Our astral body in combination with sensory impressions enables us to feel fully alive.

The astral plane surrounds and penetrates our physical world. Sometimes referred to as the “other side,” the “world beyond,” or “the next world,” the astral plane pertains to the realm of the soul. Mermaids and many other conscious entities exist on the astral plane. Sometimes we enter this realm in our dreams. The astral plane often presents itself to us as a dreamlike recreation of the situations, sensations, and feelings we encounter in the physical world

For many spiritual traditions, contact with the astral plane—the realm of feeling and emotions--appears to be an obstacle or “the enemy.” Religion and society consider it dubious at best when individuals become distracted or fascinated by astral dreamlike visions and experiences.

At the same time, the astral body mediates between the mind and the physical body. If you are upset or angry, do not drive a car. Your perception of the road and your ability to make snap decisions are greatly impaired. Strong emotions actually interfere with an individual’s ability to think. And the perceptions of the five senses are no longer as clear.

But the astral plane and emotional life of the individual are not just a realm of illusion, distraction, and selfish desires. It is also the realm of inspiration and motivation that moves people to action and inspires them to put forth their best efforts.

A coach talking to his team during half time or a commander speaking to his troops before a battle—these men do not rely on ideas of the mental plane and they no longer have time to engage in physical training. What they do is transmit to those under their authority their own sense of fearlessness, courage, conviction, and the ability to give all of oneself without holding back to what one loves. What they are communicating is pure astral energy. It is force of emotion. Use it well and in a positive manner and you not only connect easily to others. You can transform the world.

The original nature of the astral plane is revealed through refining and combining one or more of the five elements so as to attain astral immortality. Accomplish this and your very presence offers to others direct experience with electrifying courage, endless wonder and curiosity, down to earth and practical perseverance, and pure love.

## Letters to Would Be Mermen—To a Would Be Merman

Question: Can you say something about those of us who love mermaids but are not mermaids? I'm jealous sometimes. I do so many things that mermaids do yet I am obviously not a merman?

### Response

Me too. I mean that. If I do not sit down and write poems to the sea she looks at me like I prefer deserts, sand, dry stream beds, and arid wastelands. For the Hopi Indians and for the Unitarians, in order to become one of them, you simply do what they do—hang out with them long enough and act like you are one of them. And then you are.

If you perceive like a mermaid, think like a mermaid, feel like a mermaid, and have the love and vibration of a mermaid, then you are a mermaid or merman. All realms are in fact like that.

In my manuscript, *How to Speak Mermaid*, speaking mermaid comes down to sensing that you are surrounded by a sea of love and that this love continuously flows through you to those around you. To perceive like a mermaid, sense the energy that underlies water in nature.

For example, take a small waterfall falling into a mountain pool. Observe or imagine the purely physical sensory impressions: there is the sound of the water falling and splashing. There are the drops of water falling through the air, the bubbly spray, and waves and ripples on the pools surface. There is the size of the pool and its depths where the water moves and turns and then there is the stream as the water flows on.

We can sense the water temperature. There is oxygen entering the water. And the water is continuously adapting itself to whatever environment it enters. It flows and moves without any attachment to what it was in the previous moment.

If you imagine you are this water--that its flexibility, receptivity, and responsiveness is part of yourself, then you also acquire a mermaid's awareness of what it is to be joined to nature from within yourself--it is to be constantly letting go and receptive, each moment flowing and unfolding in a new way.

There is then self-renewal, self-purification, and a feeling of being alive because there is nothing more receptive and aware of what is happening in each moment than are you. This emotional life is vivacious and totally engaging, sparkling in response to whatever affects it. And yet it also strives for oneness--it instantly moves to surrounded and to unite, to enter, and to bring to life anything near to it.

What is the trick then to switching off the human ego long enough to learn to perceive the energy underlying nature that causes mermaids to possess astral immortality? When you are in nature, observe nature without referring back to your human identity. Put aside your awareness of yourself and simply perceive what is in front of you.

Let go and just be within the energy of nature you sense so that it becomes as familiar and a part of you as your ordinary, daily routines you often follow.

After a while you will be able to do what every mermaid woman can do spontaneously. When she is out in nature and relaxes, her human identity vanishes and she--the human being--is no longer present. What is before you then when you look at her or feel her aura in that moment is the vibration of nature itself unencumbered and unattached to a human identity.

It may seem like a long journey, but it is not. The mermaids are simply aware of beauty and receptive enough that the beauty they perceive is united to them at the core of their being.

## Letters to Mermaids—Is it Love or Is It Obsession?

Question: Since you cite so many examples of men falling quickly in love with mermaid women are the men falling in love or are they thinking they have fallen in love because of the feeling of oneness that comes from her aura flowing through them?

### Response

If you enter the realm of mermaids on the astral plane, the normal greeting is “let's touch auras and become one with each other.” If it were two fish in an aquarium and the water in the aquarium was itself loving, nurturing, and giving without end, then when two fish came up to each other--being saturated with that loving vibration—they would perceive each other as also being a part of love, the same love. And they would automatically sense that they are one with each other even though they might be different species.

So take the mermaid out of her realm and put her in a woman's body in our world and she still carries in her aura the vibration of the astral realm of mermaids with its love, nurturing, and giving. So automatically her aura acts as if she is one with anyone she is near. It is just the nature of

her vibration--not personal as much as the vibration of the entire mermaid realm and that realm exists within the energy underlying water in nature.

Human beings, by contrast, are always short on love. They never have or get enough. Christ prophesies that “out of their bellies shall flow streams of living water,” but this does not occur on earth among human beings. And certainly belief or faith of any kind will not reproduce that energy of love vibration within a human being. Faith lacks the creative power of love.

So human beings “fall in love” as a mode of bonding with another. Though absolutely delightful, romance is also inherently jealous, possessive, and often carries with it an extreme vulnerability and the possibility of being wounded if the love is not reciprocated. This is because human beings are trying to make love happen by using the chemistry and soul energy solely of what exists within the two individuals.

The mermaids, by contrast, are united to an entire realm of boundless love so for them they do not run dry or run on empty. Intimacy will always reach its height when two give equally to each other. Like breath itself which humans constantly need in order to be alive the mermaid has to love to be a mermaid. For her, the water element is inherently nurturing, loving, and giving. She is, after all, of “nature.”

So the problem arises if you join two separate realms, the exposure of a human being to a mermaid’s love can be destructive to the human ego; to feel her energy inside yourself is to feel a love human beings know nothing about. It is a part of nature that human beings never perceive.

The church would say in ancient times that the realm of fairy exists to enchant and then to destroy mankind. But the church is wrong. The darkness is within the human soul that cannot behold beauty so free and giving without trying to turn it into support for the male ego and the productive work of society.

And so in a conversation on a flight out of LA with a professional photographer who did one of Madonna’s music videos--He says to me, “What you are describing are sirens who call out to sailors with songs that cause their destruction.”

“No,” I reply. “The mermaids who were singing for Odysseus and others at that location were merely singing with such innocence and unbearable sweet love--that is perfectly natural to them--that the sailors lost their bearing and failed to attend to helm and depth as they sailed toward them.

“The fault was not in the mermaids who you label sirens but in the human beings who know not how to give back even a small part of what they are being given.”

So to answer the question, often men will form an addiction like a cocaine addiction to a mermaid because they have never experienced elemental water expressed as love. They can surmount this and genuinely love the mermaid woman through putting off to the side the typical desire to control and possess the other. But without some development of the water element in themselves they are unable to return to the mermaid the kind of energy she is constantly flowing to them.

On a different flight from Honolulu to Los Angeles, the man next to me told me his tale of woe. He met a mermaid woman, traveled with her, fallen in love with her, and then discovered she is completely free of human needs.

This man was a complete emotional wreck. He said the only reason I am not crying right now is because I am trying laugh at myself as I tell you about my experience. He had physical withdrawal symptoms.

This was the first time I had listened in depth to a man’s point of view in regard to these women. I could easily sense the aura of the woman he was speaking about.

I wrote the song below to describe her.

Some call me a sea goddess  
Others call me a sea demon  
Neither is right or wrong  
I am the sea in the form of a woman

I warn men from the beginning  
That I am a heartbreaker

But they do not pay heed  
 They do not believe  
 Yet they quickly lose all control

I'll meet your thirst and your craving  
 I am forever loving  
 But who can endure my embrace late at night  
 When at dawn I am no man's possession.

My mystery is that there are two of me  
 A young girl who was once quite needy  
 But deeper inside  
 I must confide  
 I am the sea wild and free

There is one final secret you must know  
 To understand my beauty  
 The passion I need  
 The fire I crave  
 Is lightning the sea striking

Some call me a sea goddess  
 Others call me a sea demon  
 Neither is right or wrong  
 I am the sea in the form of a woman

## Letters to Mermaids—What is Empathy?

Question: Is empathy merely the ability to feel what others feel?

Response: Think of it like this. Your aura extends outward like the magnetic field of a magnet. And you sense the emotional life in anyone your aura passes through. In this way, you can feel what others feel.

But mermaid empathy has other observable qualities—Some can also sense the future, the person you are meant to become or who you would be once your conflicts are resolved and you are more whole and complete. Yet they do not just sense it. As they speak to you as if they are in the future looking at you the way you will one day be. This conveys a marvelous sense of reality as they describe you because they are experiencing your future as being already real. There is no visualization, speculation, theorizing, belief, or faith required—it is as real to them as the present moment.

A number of times I did not understand who the mermaid woman was talking to when I was having a conversation with her. And then I realized she is talking to my future self. And once while meditating for a few seconds with a mermaid woman she changed me briefly into that person I will one day be when I have mastered the water element on earth.

If a human being had a mermaid's empathy? He gains her ability to connect directly to anyone on earth; to modulate that individual's aura as if it is his own aura; to dissolve the negativity within the other; to heal; and to sense the other person so well that it is like the other is himself in another form.

Empathy is not passive the way human beings imagine it to be. It is the most magical power on earth. And as I often point out, if thirty housewives possessed and used their mermaid empathy, they would be more powerful than all the generals, politicians, and corporate heads. They could virtually end all wars on earth forever.

But human women do not know of this feminine power within nature, though it is easy enough to teach those who are interested. Mermaid empathy has been kept hidden from us during the entire history of our civilization.

A woman said to me, "How do you know I am a mermaid?" I reached out and touched her aura with my hand and from what I felt with my clairsentient ability I said, "Because you are composed of the one element of water."

She sent me a voice mail later that day saying that when I touched her aura it had profoundly changed her self-understanding. She felt exactly

what I felt when I touched her. She had met another who confirmed her true nature. I was practicing mermaid empathy.

Mermaid empathy does things like that—“Here is who you are, who you were, and who you will one day be.” It is not an idea or a vision, but the actual experience.

## Letters regarding Mermaids—How Should the Reader Read your Book, *Undines*?

Question: I began to read your book *Undines* and found it to be very sensual and a book to be savored rather than devoured. Then my practical side told me that I should be learning something rather than just enjoying the feelings the words evoked. I began reading with this mindset and alas, the beauty, the poetry, the emotions were lost.

How does the writer mean for this book to be read?

My instincts tell me to let the words carry me along and experience the sensations and emotions your words describe. Otherwise I think the beauty will be lost.

## Response

You touch on a key point. The mermaid women/empaths do not use thoughts to think. They do not rely on concepts, philosophies, beliefs, etc. When you are with one, that person can simply extend her aura through you and get a clear sense of who you are--the way you live your life, your values, your past experiences, etc. It is a direct perception thing they are doing.

To communicate their experiences, I use a lot of art and poetry that evokes their level of perception and sensuality. Art is a useful tool for mankind because it allows an individual to communicate to others what otherwise is an intensely private experience. Without art, some individuals are doomed to be isolated from others. With art, they can share their most intimate experiences.

In a similar vein, I have turned to art and story-telling to convey the empathy, love, and sensuality--the inner union with nature--that these women embody.

And others have brought up your point. It is easy to set forth concepts regarding this mermaid material. But the material is not about concepts and understanding. It is a love that can identify 100% with other people, feel what they feel, care for them the way you care for yourself without any romantic or personal interest motivating the connection.

The story telling I do uses the genre of fairy tales and mythology. I do that intentionally so it is perfectly clear that beliefs have nothing to do with this discussion. But the skill of empathy is real as is the ability to experience nature to such an extent that you can be in the end as some of these women say, "Nature is embodied in my core" or "I am nature. The sea and I are one."

### Letters on Mermaids—What Makes Mermaids Dangerous?

Question: What is it about mermaids that makes them dangerous to be around?

Response: The mermaids who are here in women's bodies carry with them the vibration of their home which is a magical realm underlying water in nature. That realm has its own laws--There is ecstasy, purity, innocence, and love beyond what we encounter in our world; but also there is no bonding, no "special" connections to others, no "what you were in the previous moment has meaning and carries over to this moment," no purposes utilizing will power, no attempts at making something of value, no human purposes actually of any kind that are familiar.

So in effect, being around such a woman may produce in a person what is like a square in your natal chart. You know better but you just cannot

help screwing up because you lack the mental focus to do what you need to do to take care of yourself.

It is best then to be as in the Tao Te Ching, “the men of old were so wise that they are like men walking on thin ice. They are always fully alert and vigilant.”

When you enter the astral plane and return, you have to sometimes literally reconnect your five senses one by one to your physical body before you are ready to function again in this world. That is the kind of magical space of love that mermaids create with their auras--you are really no longer in this world when you are with them--though the air you still breathe, you are still using words to talk, and you can still move with your body as you walk. They look and act human and even they themselves sometimes forget they are from another world. But they are not human. They are mermaids who are here having a human experience.

A few moments ago I was emailing a mermaid woman. I was explaining to her how self-publishing works with lulu.com. This communication was one hundred per cent a human activity. But if I pause for a moment and just perceive her aura so there are no distractions in my mind, I feel instantly:

There is no time. There are no birds singing outside my windows. There is no body and so no need to get lunch shortly. There is only a sea of ecstasy.

The saints of the church—St. Patrick, St. Columba, St. Francis—they never experienced this. Because here in the state of awareness in which she exists there are no doctrines, no theologies, no philosophies, no beliefs of any kind. There is absolutely no need to "be saved." The mermaid realm is one of the many mansions within the father's house. Here there is only direct sensory perception of water's vibration.

Anything anywhere on earth or within the magnetic field of this planet she can perceive and connect to with complete ease.

Her aura is not that of a creature from this world. Her aura is that of an immortal being who dwells in the element of water on the astral plane.

It is no wonder then that almost all of these women say that they bring out the best and worst in other people almost without exception. It is because human beings do not perceive as I do their auras; yet we are all affected by them when we are near them as their auras of watery energy flow through us. It typically sets off a kundalini effect—deep desires within us are awakened which we were unaware that we even possess. They literally bring to life those human beings who have died on the astral plane when they walk into a house. The ghosts who have long forgotten their memories of what it is to be alive now wake up in the presence of this nurturing watery energy--they feel fully alive again—as long as that mermaid is near to them.

To say the least feeling fully alive and not knowing why can throw you off balance. Look at anyone addicted to cocaine. They may act and feel "more real than life" but when that energy source no longer operates they crash as they fall back to the earth.

So it is best to be in a learning mode when you are facing a square transition in your natal chart or when you are near a mermaid woman—remain fully vigilant. Take nothing for granted. It is a learning opportunity. Not a free lunch unless you are a ghost.

## Letters to Mermaids—A Program On Women's Studies

Question: I am just finishing up a program in women's studies that is deeply involved in the transformation of women. But it does not feel right and I am not getting the emotional support I feel should be part of the program.

Response: In brief, do not look to the founder of this program for support other than for answers to questions that come up naturally in the program. It does not help that she is trying to use Christian imagery even if it is of mystical origins. The dream time of the Christian religion is manmade and has nothing to do with the dream time in which Christ himself exists.

The woman has a very nice psychological/transformation system but it is again a human production. It is not of nature and it is not of spirit. You are of nature and so she is genuinely threatened by what you are.

For her to do what she is really meant to do with that curriculum she would have to work with concepts like the rhythm of life, inner serenity, an inner oneness with the universe, the mansions of the moon, the mysteries of moonlight, the essence of natural innocence, etc. These natural energies and natural states of consciousness are outside of her awareness. All the same she is very good at what she is doing. But again it is a human system of self-understanding. It is made for human beings. It is not made to join together different spiritual realms.

So in effect she needs you to support her and not vice versa. Never act insecure, demanding, or unhappy around her. Always act the opposite--like everything is perfect, you are completely happy with all you have learned and oh so thankful that she is in your life. She needs that from you otherwise--really--she faces a total existential meltdown because your existence testifies to beauty, wonder, love, and innocence beyond what she can comprehend. She is not spiritually equipped to work with or understand what you are. She should not be dealing with genuine mermaid energy.

Now there is a similar problem with another well-known New Age author and teacher we both know. She is literally an angel but when an angel is born and grows up in a human body and when it is immersed within human culture bad things can happen. So when she writes books and gives seminars she is running a business and the business world has its own instincts, drives, rules, and goals. Like my old Tibetan Lama I used to know--his wisdom was like the Himalayan mountains in size. But add in his program for students and disciples and it becomes slave labor. You might as well be in a spiritual outreach program run by Kim

Jong Un of North Korea. The woman I mention above simply charges too much money.

Try this: you can feel her aura. It is wonderful. But if you add to her aura her seminar costs and reading costs it becomes like a riptide drawing you toward her. She takes more than she gives. And the woman you are now involved with is similar. Wonderful aura and intentions but add in the program/business and it is like an undertow sucking you to where she takes your money from you.

Do not get me wrong. Her training is fine if you find it useful. American colleges are in the same bind---great classes but who wants or needs a hundred thousand plus in debt when they graduate when many of the same classes with better quality are now on line for free. A new model of education has to emerge with more equitable cost/benefit tradeoffs.

Go ahead and finish your classes but understand the reality of your situation--she is human and subject to the extraordinary self-delusion and self-serving purposes human beings do when they wrap themselves about in models of teaching that are in essence a business. In brief, then, you are the stronger one regardless of how insecure you may feel. Show a little compassion and acceptance for these human beings whose identities only exist by virtue of the decisions they make and whose intrinsic value depends on what little they are able to leave that benefits this world once they are gone.

## Letters About Mermaids—Question about Negative Mermaids

Question: What about negative mermaids who try to harm human beings?

Question: I keep meeting new types of beings related to mermaids. And I am asked about negative mermaids. In my approach, mermaids are elemental beings composed of one element which is water. As such, she is of nature and so you would have to find water in nature that is "negative" in order to say that there is a negative mermaid. This is because mermaids reflect some or all aspects of water in nature.

Is a whirlpool, a tsunami, a flashflood, a storm surge, a rogue wave, or a riptide negative? They just are water moving to restore balance and harmony. Nothing malicious or harmful in itself. Just do not build your homes in a hundred year flood plain or on a coast where tsunamis hit.

There are also beings that imitate mermaids. Some magicians are shape shifters and have left the physical world to live on the astral plane as a group. One such group is half fish and half human, but not of water itself. They are fish/human and not elemental being.

Even so, they have obviously very great feelings for the ocean, are very loving, but do not have the pure innocence and endless love of a mermaid who is directly united to water in nature. Unlike mermaids who are of nature, these beings have a tradition and close ties to a specific community. And they have shape shifting magic in their auras.

They could have chosen some other form to change into—a wolf, a deer, a hawk, a bear, etc. But they liked the form of a mermaid. I think in some ways the trend of women dressing up and swimming in water wearing a monofin and mermaid costume is using the image of a mermaid as a kind of totem animal to assist them in connecting to the water element in nature or to the oceans. It helps but it does not in itself involve any practice of magic.

And as I sometimes say--you can scuba dive for a life time and not meet a mermaid. The energy underlying nature in which mermaids thrive is different from the physical water in which people swim.

There are beings that are on the way to becoming mermaids but who are not yet of nature. They have a lot of water in their auras but need to connect to human beings or other races in order to evolve. These can easily at times take possession of human women because that is an easy way to connect to human males. There are human mediums with a flair for channeling spirits and there are also spirits with a flair for entering human beings. These spirits may have close ties to water but they are not mermaids.

There are of course the silkies and other fish spirit combinations. They too have very close affinity for the ocean and love water but are not the elemental being itself.

There are various kinds of fae or other groups of beings that are of fairy but not specifically of water itself though again they may have close associations with water. Like human magicians, they study water to master it. They may attain what I call astral immortality because they have water so strong in their auras that it never loses its strength and quality. But they, like many hermetic magicians, have not taken the next step and identified with water in nature.

In other words, you could have a powerful fae magician/priest/priestess who has great mastery over water magic--healing, controlling weather, seeing into the future, sensing what others feel, able to easily connect to others anywhere, but they retain their ego-identity in that they think of themselves as being of a certain human or astral race of beings and not of nature itself. And they may or may not have contact with the realm of mermaids.

The mermaids do this really neat thing of recharging themselves by drawing energy directly from the water element in nature the way human beings draw energy from breathing air. I have not yet met a human magician who has acquired that ability.

Nonetheless some of the human magicians or others through their love of nature will develop a mermaid's aura. This means that the energy in their aura is identical in some way with some aspect of water in nature--a river, a lake, an ocean bay, an ocean, etc. These are not connected necessarily with the mermaid realm but are accepted as bona fide mermaids or as having a dual passport belonging to both human and mermaid realms. They may or may not have some of the powers or siddhis of mermaids in terms of psychic sensitivity. But some of these women feel, talk, perceive, and think exactly like real mermaids. Unlike mermaids in women's bodies, however, they do not miss the mermaid realm since they lack direct experience with it.

There are also human beings, elementals, and star seeds or mer angels who start out as elementals and who have acquired a second element--so you can have water and air or water and earth which I have run into. They are in this case genuinely of two or more elements and are still nature spirits.

You can have an air or earth spirit who thinks of herself as a mermaid because the air and earth spirits are not presenting themselves in literature, movies, and in costumes the way people are celebrating mermaids right now in culture.

In the civilization of Atlantis there were temples that had mermaids appear in them and so human beings could learn from actual mermaids. So for example a few women acquired a mermaid aura in this way by associating with mermaids.

Some individuals from water planets in other solar systems also first enter the realm of mermaids on the astral plane before incarnating in human form in the physical world. It is easier that way for them to work down through the inner planes to the physical. Some races in other solar systems are elemental beings that have developed interplanetary civilizations. If they are from a water planet they often act and feel exactly like an earth mermaid except their minds are not at all similar in vibration to anyone's mind on earth.

I meet human women from time to time who have the empathy of mermaids and many of the psychic powers but they possess a human ego and so they use their powers in a selfish way. And that amazed me when I first ran into a few of them--like a few storefront psychics in Los Angeles with whom I realized I was meeting water in a negative form. They were just not going to give up on me until they sold me their \$500 deluxe "demon repelling ritual" which was very funny because I am kind of like the sheriff and technically have no problems with demons. It was like they were trying to sell an Eskimo ice cubes.

There are all manner of astral entities. If human religions start working with astral beings they can come up with all manner of malice, evil, negativity, etc. The sirens in the story of Odysseus have all sorts of mythological and literary value. It is fun to use your imagination and write stories or poems about them. But I can also sense that the sirens trying to sink Odysseus and his crew were not mermaids at all but rather entities that like to sit on rocks and sing and cause ships to sink.

There are "water" demons that drag people down in mountain pools or certain lakes but these are not water elementals. It is more like if you pour toxic chemicals into a pond and then created a spirit who embodies

that vibration of sickness then you have a "water" demon but it is not of water or a mermaid. The mermaid realm is very cohesive and special and almost unique in its purity and beauty and love within our galaxy of stars and planets. Though I also have to say that the women I have met who are from water planets in other solar systems are also amazing beings. But the planetary vibrations from where they originate are quite different than the vibrations of our planet in many ways.

The negative principle exists from one point of view so that people have a choice and can learn. You want a job? Work in the family firm where everyone is co-dependent and when you are age 65 maybe you will be able to sit in and make decisions involving the company. Or, get a job and make it on your own. Need money? So easy it is to fool and deceive people and fraudulently steal their money. And you can make them feel good as you do this like Bernie Madoff thought he might be able to get away with his Ponzi scheme indefinitely. Still need money? Go to a bank and borrow money but then you may tie yourself into paying back loans for the rest of your life. Need money? Borrow from a loan shark and get money fast but the payment schedule can be tough to deal with. Honest work that is totally captivating and that you love with all of your heart takes real effort and inspiration to find and to sustain. And so the negative beings are always so much easier to connect to and to get them to do things "with" and "for" you.

The mermaid realm is the opposite. It is so incredibly pure, loving, and innocent that I notice there are great protective powers put in place to guard it. And one of these powers relies on human paranoia and preoccupation with contacting what is negative rather than what in its very essence is love. The fact that so little of human civilization reflects anything genuinely mermaid is testimony to the effectiveness of those who guard this realm and protect it from those who are selfish and ego driven in their purposes.

## Letters to Mermaids—On Santeria

Question: Can you say something about Santeria and the goddess Sirene since I have close ties through my family to this tradition. For example,

there are great financial benefits that accrue to some of those who follow these practices but also dangers if you are disrespectful.

Response: I have referred you to another individual whose family members also include priests within this tradition. In his case, his conflicts are not with individuals. It is the tradition itself that asks him to either join with it or to fulfill it by taking it to a higher level of consciousness.

But your question relates to another question which is, How do you create a religion and how does that relate to Franz Bardon's exercises for creating elemental and elementary beings?

A group of people can take an abstract or concrete image--a snake, a cow, a dog headed human image, a big man who hurls lightning bolts, or they can take a spirit of nature of some kind or even a dead human being who was very charismatic or magical and then "worship" that being or image or use all sorts of ritual magic to charge it up so to speak with energy and consciousness.

Imagine walking into a temple of Artemis in 500 BC Greece and there are some thirty other temples of Artemis around. And when practitioners walk into those temples they immediately feel awe and fear and respect and wonder. The inner plane image of Artemis is being charged up with energy through the group experience of human beings.

And so if someone prays deeply and sincerely to Artemis in such a temple there may occur a miracle or as you wonder—there may be financial benefits like ending up with lots of horses in your stables or cars in your garage. You have become a conduit or ATM machine with the right code and account authorized to make withdrawals from Artemis energy accounts. But part of the process requires respect and sincerity.

Religion in this sense is generic--like Campbell's soup, follow the directions and you get the soup. Or in Bardon's exercises, condense enough elemental energy into your elemental, elementary, phantom, larva, entity, or golem and add in intelligence, will, feeling, and consciousness and you get a living entity.

I think I know one tantric image from Tibetan Buddhism that after centuries of worship/meditation by many monks has become a living entity and has incarnated as a woman with a human soul. You can create living souls in Bardon's system. We are creators.

But like akasha you learn to assume absolute responsibility for your acts of creation overseeing them and designating for them a destiny, task, or purpose to fulfill. Once fulfilled exactly like akasha you remove the form and disperse the energy unless you grant that entity autonomy and independence which akasha also does.

As I mentioned in an earlier letter to mermaids, I do not encounter negative mermaids. They do not have malicious intentions but rather are balancing events in nature. I do meet sylphs who direct hurricanes to strike human cities because they do not like human beings.

And Bardon says some of the gnome kings are dangerous if they offer you some great treasure because they may possess your soul; but I think that is only because you do not offer them something of equal value in exchange--there is nothing free in nature. Energy is always an exchange, a trade, an interaction, a mutual sharing, etc. They may give freely but that means you are under their influence. But this is not evil but rather the gift carries the beings vibration in it and so it tends to influence your aura to match its vibration. Or it draws you into their realm and places you under their "spell." Like if you study with a charismatic individual, that individual's feelings and thoughts may overshadow your own.

So in one instance for example the difference between La Sirene and a mermaid is that a mermaid is of nature. She can talk and she can interact with you just like another person. She can be born within a woman's body and grow up thinking she is a human woman until on her own she figures out that she is not human at all but quite different from human beings.

But such mermaids rarely pursue any human "cause" or political ideology. They are of nature and loving others in the present moment is their mode of interaction in their own realm and they do their best to do the same here in our world. Now a mermaid queen does not care what else a mermaid is as long as she retains her one element of water as a pure natural vibration. So some mermaids are more--they acquire other

elements and also some are here on divine missions--ordered to accomplish certain tasks on behalf of the spiritual world due to their unique abilities and past experience. But even so they almost never intervene in human affairs. If they do, you can invariably trace it back to a human being who has influenced and motivated them to do so.

Now look at how incredibly different that is from a "goddess" who actively encourages and solicits human beings to attend to her, respect her, worship her, and do rituals on her behalf. That is straight forward intervention in human affairs and directly spreading her influence among human beings.

I often feel a connection to the god Neptune because he sits back wherever he is and feels that all oceans on earth are under his protection and part of his range of sovereignty. The god Neptune just like me could get very offended at Abe Shinzo, the NRC, General Electric, and TEPCO for poisoning the Pacific Ocean. TEPCO dumps tons of radioactive water into the ocean every single day with the prospect of things becoming far worse for thousands of years. Such a god could seriously involve himself directly in human affairs if he were active as a god and not just a god who has retired due to no longer being worshiped by human beings.

A mermaid could also involve herself in protecting the oceans but she would only do so if she were "authorized" or "inspired" by human beings who consider that an important mission. She almost never thinks of involving herself in a political cause on her own initiative. They are of nature and so here as visitors, "on holiday," so to speak. For a mermaid, five hundred or a thousand years is next to nothing. Nature operates in a different time frame than that of human history.

But this varies. In my story *Caelius Aurelius Luscus and the Mermaid*, the mermaid controls the minds of everyone in the ancient Roman Senate as well as the emperor to the extent necessary to protect her human lover. If you have a relationship with a powerful mermaid they can unleash magical powers not known to human magicians to assist or to protect you.

I have another story based on videotaped interviews about a mermaid woman who gave information to her husband who was deployed in Iraq.

She told him about a new kind of road side bomb and other future events that the army intelligence had not yet handed out. So yes, cars in your garage, horses in your stable, protect your tank battalion, change the way people vote in the Senate, or get Abe Shinzo, the Prime Minister of Japan to fix Fukushima's reactors--all these things are possible.

But there are so many other beings that are like or near to mermaids in nature but are still uniquely different. They are attached to ego or a tradition or have a strong sense of self-preservation. For example, they may have a desire to take control of others in some way. You have to read the aura and motives of each being or person you meet and carefully weigh assets and liabilities, intentions and actions to perceive what you are dealing with.

Now I myself work with certain mermaid queens to fulfill certain missions which we have a mutual commitment to accomplishing. For example, I am granted certain privileges and responsibilities in regard to assisting mermaids who are here in human incarnation. I am a "mermaid greeter." I welcome them into this world and offer to answer their questions and to assist them in any way I can.

I can do this because I have already met with and meditated with various mermaid queens on the inner planes. Through my training I am there in the spiritual realm acting as a spiritual being. I am not in a religious situation of playing the role of a human being longing for contact with the spiritual realms. There is no devotion, ritual, or worship involved. If there is an interaction, it is fair and involves mutual sharing from the very beginning. I am not an acolyte, devotee, practitioner, or priest.

So at one point two mermaid queens promised me that I would meet mermaids who are in women's bodies so I could better understand their race. And this has happened.

To be a mermaid greeter is to in effect seek to join two realms together—the human and the mermaid—which have been separated for tens of thousands of years. To assist mermaids in feeling at home in the human world involves inevitably assisting human beings to find a way to feel at home in the mermaid realm—to make that realm a second home. And this is something Franz Bardon indicates when he says to his

students—learn all you can about mermaids. Interacting with a mermaid in a woman's body for someone who is sensitive is virtually identical to interacting with a mermaid in her own realm.

But this task that mermaid queens and I work on together falls under a purpose designed by Divine Providence. The conscience of human beings is defective because they lack elemental water. Without elemental water in their astral bodies they lack graphic imagination—the ability to sense the future as if it is alive right now in the present moment. And they lack the love and innocence of mermaids. And so in their eagerness to make life exciting (since by mermaid standards they are half dead inside) human beings engage in risk taking ventures that threaten their own existence. They do not have nurturing love built into the plans they make for the future.

But there is no religion here. No gods to be appeased or rituals to practice. The dreamtime of mermaids does not originate in Ireland, Africa, China, or Japan. Stand on a beach and gaze at the sea. You will not perceive a god or goddess derived from a human religion. What lies before your eyes is global dream time. The seas reveal the deepest dreams not of human beings or their priests and religions but of the planet earth itself.

### Letters to Mermaids—On Interacting with the Dead

Question: Is one able to flow their energy into the deceased? I am just curious, no I'm really not interested in stirring up the dead! I've got enough issues with the living!

Response: For two of the mer women I know, when they walk into a house, the dead spirits associated with that location "wake up" and feel completely alive again as long as that woman's aura is nearby and affecting them. The women can then talk to the dead humans exactly as if they are talking to an alive human. And that could be someone who has died five hundred years ago.

But this is an automatic effect. The elemental water has that essence--

it brings things to life, nurtures, heals, animates, and makes alive. It sometimes affects me like that. Hanging out with mer women I do not get tired when otherwise I might need a nap. But it depends on the specific woman if I am with.

Sit next to one on the beach and I feel she and I are one and the two of us and the sea are also one. Another one touches me and I feel we share one body--the connection is automatic and that deep. This is not romantic in a human sense. It is just the nature of their existence--oneness, happiness, love, innocence, flowing of energy back and forth without effort and without ceasing.

One woman noticed that when nine of us were sitting at a dinner table that a band of watery energy ran like a stream through the mer women present but it flowed around the outside of the human beings and continued on to the next mer woman to complete a circle. Mer women have a subliminal elemental water connection to each other. When they jump into the ocean the ocean for them is part of the astral plane, the outskirts of their own mermaid realm and so they feel rejuvenated and reunited. Human beings do not get that feeling from the ocean.

So just like dead people who wake up around them, living people also feel more alive. For example, some will say, "I feel five times more alive around her."

But then when he is fifty or sixty feet away from her his aura returns to normal. But he does not perceive it like that. He feels half dead when he is not near her. And this makes no sense to a male because he has nothing to compare this too. He has never experienced elemental water before. But his body often experiences physical withdrawal symptoms.

And a few mer women continuously flow their watery auras through their partner no matter where he is. And some continue to flow their auras through their former lovers as well. Space does not hinder the flow of love and since the relationship was never based on ego for her the love continues even if the intimacy of the relationship is over.

In some traditions like parts of Taoism an concerted effort is made to keep flowing energy of some sort to the dead. There is an altar in the house with a picture of the deceased or in other traditions they set a

place at dinner for the person who is dead as if the person is still there. It is a little like having a user friendly spirit guide on the other side who will help you out with a little spiritual assistance in time of need.

For some mer, the dead are in fact not seen as dead. They are just as alive as the living. The dead are spirits just as human beings are spirits. The only difference is that human beings who are alive have physical bodies they wear.

I was very confused at the beginning with the second mermaid I met because she talked to dead human beings every day. I could not figure out why a mermaid would interact with dead human beings. It did not make sense to me. But it turns out she meets more kinds of spiritual beings than anyone I have ever met. The entire astral plane is open to her gaze and it is as real to her as this physical world shaped by history that human beings occupy. The point is that she herself is a spirit, an elemental being, from the Other Side. So naturally she perceives with spirit eyes what human beings do not normally see.

## Letters to Mermaids—For Protecting Yourself and Dealing with Negative People: Top Ten Ways to Convince Men You Are A Human Woman

Question: Can you please explain why exactly or how it is that mermaids' watery auras create a space to release other people's rage, negativity, and other emotions? How does this work exactly?

Response: The list of ten things I give at the end of this answer indicates that human beings need clear boundaries in relationships.

Observe human beings. They are constantly seeking to validate themselves. They need to reassure themselves that "I am real, the world is real, and the person in front of me is real." If they do not get that continual reassurance, if something is going on that does not fit their definition of reality, if something is not normal or familiar, then they experience acute anxiety.

A mer man said this about his previous five relationships with women—“The women at first are drawn to me. They feel this ocean of love that I have to share. But then at some point they feel like they are drowning. They can’t handle it. They feel they are too far from shore. They want to return to land where things are solid and predictable.”

Or to put it in human terms, when two people fall in love they often enter a magical space. It is a shared dream in which they have put aside their personal boundaries in order to draw close to each other.

But see right there is the danger—those personal boundaries are essential for protecting them from being harmed. So when something goes wrong in the relationship the feeling of being in an enchanted kingdom created by love changes into its opposite. They feel betrayed and deceived as if they have been taken to some horrible place where they are betrayed and abandoned. The lover has changed into a monster. And the kingdom of the heart has become a wilderness of pain. That is what human beings deal with when they try to love another. There is great risk for them.

And that is what they may sense from you—great danger to themselves. They want the love and healing but they also equally want someone who enforces safe boundaries and demands that the interaction is always fair. That is the world they understand.

Pure innocence, delight in every moment, love that is always accepting and giving, a feeling of being one with another, and the incredible feeling of being alive—they simply cannot handle those things but they will endlessly crave them once they taste them or even sense them from a distance. The time tested best option developed down through human ages is to marry the other person as a way of possessing and controlling the other. This ritual works for them perhaps the majority of the time.

Or they will try to make you weak by hazing and abusing you—as in saying stuff like “You are so stupid. Why aren’t you giving me what I need? How can you make me feel this way? This is your fault. Why don’t you do what I want? How can you be so selfish?” and so on.

They will run through every possible way of making you feel guilty or weak or confused because they do not know how to control you. But

they can never get enough of you because the source of your love is beyond human understanding. Though some men are exceptions

Mermaids are from a realm of bliss, love, and nature. Human beings have productive work and emotional bonds--to each other, to groups, to nations and religions—and they have art and creativity. To interact with human beings you have to make an effort to meet them half way. A relationship with a human is like a performing art—you play a part noticing how what you do affects the other. You improvise and create until you find a way to share what you are.

The way you stop people from going crazy around you is to at least part of the time act like a human woman. So when a guy looks at you he automatically will not feel bewilderment, addiction, and enchantment. And women will not look at you and become mean for no reason or else because they feel you are intentionally trying to out flirt them in every category.

Instead, if you act like a human woman a male will think to himself, “That one is going to charge me too much to get her attention. Best to move on.” Or, “She looks interesting. Something different about her. But I will have to work at get to know her.”

Acting like a human woman is an acquired skill. You will just have to try it and see what works. It may feel totally fake and artificial to you. But the goal is to find a way that works. Otherwise he will end up leaving you without having learned anything about who you are--a total failure on his part to figure out how to share the kind of love you share. There is the mermaid realm and the human realm. It is only fair that meet the other half way.

In addition, if you do not make demands on a human male or convince him you need him in some way, then his brain is programed to feel that the relationship is not real. Even the most submissive and passive of women make demands on men. And men are accustomed and trained to go to great lengths to bind, persuade, or capture women’s attention and loyalty.

If you are just giving of yourself to a man and not demanding something in return it does not matter how loving or blissful the relationship is, he will it is like a fairy tale, a picture in a magazine, or a

fantasy. And then he will start looking around for someone else who does make demands on him.

I will add this here though I am sure I mention it elsewhere. One of the mermaids is an actress. She does not need to be physically near a man to love him with all of her heart. But she has discovered the relationship works better if she “creates” in herself the need to be with him physically.

This is “method” acting. You internalize the feeling of a character as you imagine that character to be motivated. This may feel “fake” to other mermaid women, but you are after all in the human realm. Everything you do with human beings is performing art.

Human beings are not soul to soul, heart to heart, and feeling to feeling. They are all about observing externally what people do, say, and present in their body language. Consequently, they will rarely see you as you are. They will see you as you act and present yourself to them.

I would suggest that you make a study of how human women interact with men. Notice how the men respond. If you act in ways that are “outside” of everything a man expects and that he has learned is “normal,” then he will be baffled and not know how to respond to you.

### Top Ten Ways to Convince Men You Are A Human Woman [Five human ways and five magical ways]

10. Act busy and impatient. Some of you already practice this. Glance at your watch. Breathe out a rapid sigh. Make sharp, quick gestures. Look around like you are annoyed—as if you are surveying your environment and find everything boring. Scratch your leg. Search through your purse. Text on your cell phone. Act as if you need to be compulsively busy.

9. Act Professional. You can be courteous but not friendly. Set your face in one strong assertive pose, relaxed but also like you are in charge of everything going on and keep that pose--the chief nurse at a hospital, the executive secretary, the supervisor in the government office, your doctor, etc. Everything is about completing a task in a fixed amount of time.

If you do this right others will never see you smile, act happy, or show any personal emotion at all. If you smile or show curiosity or interest it is perfectly clear that you are doing that as part of a scripted role you are playing required by your job.

Politicians and famous actresses have this perfected. They can act as if they are enchanted by meeting you, as if they are being totally relaxed, casual, and spontaneous. People appreciate the warmth and the gesture of friendship, but deep down people know it is an act. And people are willing to suspend belief and respond with total loyalty and affection to such gestures. But they do not get the feeling that the other person is unreal. Those politicians and famous actresses demand lots of things from their constituents and fans. There is always a trade going on.

8. Eye Contact. Don't be afraid to look someone directly in their eyes and hold that gaze for half a second to a second. But this is critical—then look elsewhere in both directions as if the person you were just looking at does not exist or seeing that person simply didn't register in your brain or better still as if you were just looking at a picture on a billboard.

My favorite: if someone like a stranger wants something and you want to say no simply look at the person and quickly shake your head back and forth in small motions. Then move on. That is a universal authority figure nonverbal way of telling people to back off.

If you are in a conversation you can also learn to convey a feeling with your eyes by creating the feeling or thought “everything you do with me is going to be fair. No if, ands, or buts. I don't take bullshit.” That is what men expect from women who care about them—they need the women to help them keep themselves glued together. But if you give freely they will take it as if it is something you always owed to them.

If you are interacting with others for example in a business setting, think to yourself, “There will be clear communication and swift resolution to all conflicts.” This is a vibration you create around yourself. When people enter that aura they respond as if it is magic.

7. Learn to Argue in a Playful Manner. (from another letter) Get in the habit of saying to people in a playful way, "Just for the sake of argument, have you considered the other point of view?" In other words, arguing makes you appear completely human because arguing is a competitive thing and that is what humans are often all about. Pure innocence and love destroys and undermines the way they define themselves, but if you are playfully engaged with them they won't feel so threatened.

Alternately—talk in an aggressive way on your cell phone. In a public location where it is appropriate—talk on your cell phone even if no one is there and say things that indicate great displeasure with someone as in "I really hate that. That had better never happen again or I swear he will be sorry." Kind of like that. Or less hostile just say stuff like—"That is ridiculous. I hate stupid mistakes. Just deal with it. Stop whining. Get your shit together. Not my problem." Things like that.

6. Self-Talk. Self talk is a quaint phrase used by some in modern psychology to refer to the words that go through someone's mind when they are thinking about something or making a decision. Bear with me. You may have to pretend to yourself you actually use words to think.

So as you talk to someone think to yourself so that the feeling overflows into your face and body language—"There is nothing you have that I want. There is nothing you can give me that I need. You must know that you are wasting my time. A few moments more and then we are done." Kind of like that. Think it. Feel it. Convey it nonverbally.

The five above human forms of behavior you can easily observe going on around you all the time. But the ones I have pointed out may be very uncomfortable for you. So make your observations. Find some female behaviors that perhaps are not so assertive but which nonetheless convey a clear cut sense of boundaries within which human women always operate. But again it comes down to this—whenever you give there is always a price you charge for you energy, time, affection, or love.

With the most loving of human women I have ever met, they do indeed give of themselves freely without asking anything in return. They are

totally accepting and affirming of who you are. They are one hundred per cent present responding to you freely and spontaneously out of a huge range of emotional sensitivities.

But they only give in this way if you work with them in their job, if you are a part of their circle of friends or family. You may meet them in some casual situation and experience their energy. But most of the time it is almost impossible to gain access to their circle of friends or work environment. So their giving in effect is strictly limited to a very small group of people. And this is intentional on their part because they too are aware that others will try to drain them of their life if they are too available.

### Five Magical Methods

5. The Bubble. Imagine a bubble like a sphere of glass or dull white light around yourself. You don't want to call attention to yourself. And imagine that this shields you, that is, it stops anyone from sensing our aura. As one woman said, If stalkers cannot sense my energy they do not stalk me.

4. The Arctic Bay. One woman has a freezing cold watery aura. Stalkers just do not bother her. They get close and then they realize how detached she is and so they back off.

You do this by imagining you are a freezing cold arctic bay or that there is water in the air around you, like blue green, that is freezing cold or simply that you are surrounded by icebergs. If you imagine it people can actually feel on some level the coldness. It is not cold as in "I don't care about you." It is cold as in "I need to put on a sweater, maybe even a winter coat" kind of cold. It is like turning to look at someone and you feel you have just opened the door to a freezer.

I would just note that since mermaids are spirits they are not mammals. They are not carbon based life forms with a warm metabolism. And every single time I have done a photo shoot at my favorite beach the women, even the world pro surfer Serena Brook, says the water is cold. That water is only cold because the spirit mermaids come up to watch

the photo shoot. All of you women have an immense affinity for creating the physical sensation of cold water even though you are in bodies that carve warmth. Try it.

Here are a few responses to the above method:

Comment. I like Bill's method of becoming the Arctic! I feel mean or not me when acting like human woman but it does work and I have to just must remember that it is an act. It works really well with my husband. Humans are so selfish sometimes. Also changing my water to freezing and putting glaciers around me works well and that especially works well with strangers or others I do not know. I am so sensitive that I have become a hermit and spend huge amounts of time not even leaving my house except for the wonderful times I can save money to go to ocean.

Bill's Comment: Human beings have egos which they need to constantly reaffirm. It is like a gas tank in a car. If you don not fill up from time to time you run out of gas. It is like a cell phone battery. You have to charge it up every now and then to keep it working. But in the case of the ego, you can charge up your ego by draining or taking the energy out of other people's egos. That is why human beings are mean or busy or indifferent. They do not want to let anyone take from them the energy they need to run on. Human beings know that their individual selves are fragile and so they constantly have various systems of protection in place.

Mermaid Comment. It is funny because I notice that I naturally do a lot of these things. I agree that it feels mean to act like a human. When I act this way, to protect/shield myself, it makes my heart beat really fast...as if I'm doing something wrong. Then, I'm always checking myself or reflecting on my words and actions and if it truly benefits the highest good.... is it the 'right thing' I ask.

But, like water, we change form and present different faces naturally... I notice especially around my mother, that I feel like I am flat lining. Like, I'm almost scared to express joy or happiness out of concern that

she'll try to absorb and suck that energy. So, since being here, I speak monotone, sleep about 11 hours every night to prolong interacting with her energy, do things that seemingly help her out so it diverts her attention away from having her nose in my business. I pretend I am busy on the computer and with friends online. Also, the natural lingo I speak in confuses her and seems to shut her down because she cannot comprehend an ounce of where I am coming from majority of the time. I feel drawn to utilizing the cold freezing energy and also the salt water infiltration to a hologram version of a person.

Also, I just wanted to mention that the visual of surrounding the space by glaciers and emanating waves of freezing cold water from my aura tonight, worked on the family dog! He had his nose consistently in my lap trying to beg for my food. He never leaves.... he'll steadfastly sit there for 15 minutes and seemingly not blink an eye. But this time he got up and left.

Comment. Wow ! I have just done the iceberg technique and it felt so natural and easy for me to do ... as I imagined an iceberg it became a pyramid of ice that completely surrounded each of these men. The one I sent to the man who phoned me became pink and the one I sent to the man who I saw as a client and then left a damaging review became violet. I asked these be sent for their highest good and that the Angels dissolve them in Divine timing. I feel so empowered now, my energy levels are free flowing once more and I feel clearer and lighter again Thank you so much for bringing this to my awareness.

3. Do Not Disturb. You put up a “do not disturb” sign around you in the air. It is not a verbal sign. It is made from an energy almost like water and you can feel this water and the water says, Do Not Disturb. You are not available for interaction or attention or messing around with.

People generally take do not disturb signs very seriously. If someone ignores it then this is a time when you can take it to the next level—use your empathy to not feel what others feel but rather to get others to feel what you feel as in “these are not the droids you want” approach.

Empathy is not just passive. If you feel something then you can get others to feel the same thing as in “I really don’t want to disturb this person.” But if they persist then you use that watery energy in the air to penetrate every cell in that person’s body, every cell in that person’s brain, every nerve and nerve ending, every memory down to their childhood fear of the darkness and you repeat—Do Not Disturb. They are intruding on your space. Use the power of all the water on earth that you are joined to in order get the other to say to himself, “I am going to go somewhere else now.”

2. The Cleansing Method. Imagine you have thick salt water around you thick like the Dead Sea where people float high in the water. And you visualize whoever is bothering you as being like a hologram, that is, empty inside. And you flow this salt water through that person and it dissolves and sucks out everything negative within them including their ego, selfishness, fear, anger, anxiety, possessiveness, meanness, greed, arrogance, etc. You are the salt water and you are also flowing through the person and you do this because water has this ability to purify and to cleanse.

The salt water is a cleansing agent. You can use other things like blue green water that is loving and healing or whatever works for you. See also point #1.

If you practice and play with this you may notice you can increase the strength of the water flow so that it becomes a powerful physical sensation in the other person. In other words, it is possible to temporarily completely remove the negativity in another person. Oh, they will get mean again later. But at least you are safe for now. And you can also practice exercises like this at a distance. You do not need to be physically present with someone to do this.

This method almost any human woman can learn within minutes. But they are not motivated to treat love as an energy that is boundless and that can be created in any moment and circulated freely through others. It makes no sense to them since everything in their experience affirms the opposite—that love is a scarce commodity and that it must be fought over and bargained for.

Women often use what is called tough love. She will demand real changes in the other person before acceptance is offered. And it is a spiritual rule that everyone has the right to be free of negativity in their personal space. If someone wants to feel or be negative, then they just have to go somewhere else to do that, but not around you.

1. Imagining water around you again but something a little more positive. You imagine blue green or emerald green water and add to it the feeling—“Here love and sharing are one. There is endless giving and receiving.” But also “every exchange that occurs is fair—there is always equal giving and receiving.”

You probably want to create “love and happiness” around yourself. But if you do so you will probably find you need to build some sort of protection into it. Protection again so that if someone unfriendly or hostile comes closer to you in your physical space, the person feels the water in the air around you is too thick or heavy to push through. When water turns to ice it gets very heavy because it is solid. You cannot push through it.

There are human women who are skilled empaths. But their empathy is always attached to some ego purpose they are pursuing—like selling something for their business or getting you to offer support for their cause. They use their empathy to make you feel like they are your best or lifelong friend. And what won will you do for such a lifelong friend? That is the way human beings use empathy. Those who are really great at it are CEOs of corporations or politicians who use magic to promote themselves, their business, or their cause.

On the other hand you can meet human woman who are highly empathic and who is not using her ego with her empathy. But then she is extremely vulnerable. In this case she may have joined some religious or other close nit group so that her interactions with others take place within a well-defined set of roles—you are not interacting with her but with her as a member of a group.

A variation is using mermaid empathy in regard to the future. I describe this elsewhere also. Empathy is not just sensing what a person feels now

or what they have experienced in the past. It also senses what a person is like in the future when they are the person they are meant to be. This can be very useful as a defensive method.

You imagine a person in front of you when his or her dreams are fulfilled, problems solved, and conflicts are resolved. It is not just imagining. You feel you are in the future looking right in this moment at the person's future self. And then you gaze at the person in your present seeing in him what he can and will become. You may be able to discuss with this person the implications of what you see which for you in this moment is already real. The other feels your voice is the voice that arises from the core of his being.

This helps keep people focused so that they do not get distracted. It lets the other know you really see who he is. And it is harder for the person to act manipulative or abusive toward you because in a sense you are the custodian of that person's future. It also replaces fear and insecurity with a sense of bright light—that there is a future path that leads somewhere wonderful.

# 11. Void Meditation. It is possible for some to use a void meditation to dissolve negativity around them. You imagine a vast space that has nothing in it. There is no color though we can simulate that by imagining a shiny or velvet black light. There is no sound so we can effect imagine silence. There is no sensory perception, no substance, no matter, no oscillation, vibration, or energy of any kind.

It is pure emptiness like a room as big as the sky without stars in it. And though space and time have no definition in it, in the beginning we can imagine that our awareness penetrates through space and time so that anything we think about is right here in front of us regardless of where or when it may be.

You might actually go outside at night and take a look at the night sky. Hold that image in your mind—the vast space that contains all those stars. Then remove the stars and the light. Keep that sense of open, empty space. Then remove the earth as well so that what lies on all sides of you is an infinite emptiness or just a very big, empty space.

Then think of this clear space as something you “own” and that you are able to use anytime you wish. Again, add to this empty space a sense of a shining black light and that this light penetrates everywhere through space and time. And then imagine that you are this light penetrating everywhere in space and time. It is the nature of this particular concentration and meditation to reveal the original nature and origin of anything that exists.

If you practice this, then you can get good at it. It is quiet. It is peaceful. There is no disturbance of any kind. There are no interruptions or distractions. It is the nature of mind itself when it is still—it has the ability to be perfectly receptive, reflective, and clear like a mirror that has no writing on its surface.

And it offers this fabulous gift. It can dissolve into nothing anything that negative. And so here is the application. When you are with a mean or negative person you simply imagine this person to be with you in this infinite space of emptiness that automatically dissolves any negative energy. To be negative, there must be something to cling to or try to possess--a form, image, person, or thing. Or there must be something to flee from or get rid of.

But there is no form in this vibration of emptiness and there is no you even though you are physically present and talking to the person. There is only an awareness that reveals the other person’s original nature. And there is this: the void embodies absolute freedom to be and to become whatever they wish. There are no restrictions that exist within the void regarding what can be imagined, felt, or conceived of as a possible course of action.

It is very difficult for an individual to remain mean or negative when on a subconscious level the person senses they are sitting amid an infinite void where emotions such as hate, fear, greed, meanness, malice, or jealousy cannot appear or exist.

And because this empty space has no barriers, boundaries, or obstacles of any kind and there are no limitations and nothing that hinders, it has the vibration of perfect oneness and so perfect love is its innermost nature. You are one with whatever you imagine in this space with you. But this oneness is not sticky or invasive. You are not contaminated by

the presence of someone else. It is simply an awareness that has no separation within it. The void is so vast that anything negative begins to vanish.

If you can get this to work with people you know, you may notice that the other person tends to become calm and reasonable. This is because this state of awareness is like taking a “time out.” It offers an opportunity to step back from life and look at things from a distance.

Those who require negative interactions in order to draw energy from or to control others are released from that addictive form of behavior. For a little while they feel that they can neither threaten or be threatened by others.

Let us try this. Imagine someone you know who abuses his power, who is deceitful, and who is self-serving rather than helping others. Now imagine this individual in front of you and within this vast, empty space that penetrates through space and time.

See, feel, and imagine any selfishness, self-serving purposes, bias, greed, anger, jealousy, etc. vanishing into the void of infinity that you have placed him in with your imagination. But it is not imagination at all. It is an actual state of being, a vibration that you have created through concentration.

You can visualize someone even on the other side of the earth and it works just as easily. It makes the other reasonable, calm, and fair. See the person free of anything negative. See him as having resolved his conflicts and learned whatever he has needed to learn from what he has experienced so far in life. See him as being successful, happy, peaceful, satisfied, and creative.

Comment by Mermaid Woman. Many times this week while working I've practiced "The Void." When an angry person comes in..... as they talk (I still listen) and begin the void and I can honestly see them calming as their rant becomes more of an explanation then slowly becomes a calm conversation. Each conversation has easily become an understanding by the time they left.

Letters to mermaids—On Needing Another Person



Question: The men I date notice that I love them but also that I do not need them. They do not understand how we can have a relationship if I do not need them as they need me.

Response: Many times mermaid women do not need another person's love to feel complete or to fill in for something missing from their lives. They already feel complete. This generates obvious conflicts when they are in a relationship with a man.

A number of mermaid women have shared with me their concern that men need a woman and in return expect the woman to need them. For perspective, I take a look at how two mermaid queens—Isaphil and Istiphul—use love in relationships.

For the mermaid queen Isaphil, because of her unique mission, there remains a sense of separation—you can love with perfect purity, with the love of the sea, and yet as a mermaid queen you still feel separate, that something is missing. The “need” in this case is not a personal need. She does not need to be loved in return before she gives all of herself in love and as love. Loving is a way of being and it is for a mermaid already a complete experience in itself.

But loving with great purity and profound depth of love does not mean she is not aware of every aspect of what is occurring. Isaphil says, “Every lover desires another who can feel what she feels.” Isaphil

desires a lover who has the skill and power capable of revealing to the world the divine gifts she has to offer.

A different mermaid queen, Istiphul, is perhaps the supreme master of love on earth or within nature. She “creates a magical space where two separate souls may embrace as one.” When Istiphul becomes one with another in love, there is no remainder, no separation anywhere to be sensed or felt.

She can accomplish this because she embodies the deep mysteries of the magnetic fluid, namely, the ability to become perfectly one with anyone. As I have already presented in my essay/meditation on her empathy, she is in herself united to the magnetic field embodied in the oceans of the earth. This is her nature. And yet she does not love in an impersonal manner as a distant, all-encompassing sea of love. Her touch does not heal you, nurture you, and fulfill you and yet remain forever unknowable and distant as the seas. She goes much further.

Istiphul adapts her receptivity so that she becomes perfectly one with you. She unites with everything a person is past, present, and future, hope, dream, and desire, the present moment expanding into an entire universe of shared bliss and ecstasy. She amplifies the polar attraction between herself and another so that it is intensified, reaching its height, even as she sustains a profound and nearly cosmic sense of peace and well-being, serenity and a sense of completion during the entire process.

To do this, she sets aside anything relating to ego. She “molds” herself to be the perfect complement to the individual she is with. But this is not fake or artificial. It is more after the fashion of asking and answering: What is this person’s perfect soul mate, twin flame, divine lover, friend, companion, and confidante on his path of life? For Istiphul, this is not a burden or a limitation she is placing on herself. She is not role playing in a pageant or assuming a part in a magical ritual or morality play.

What she is doing is an act of creation, for she is a hierophant, a high priestess, in not a human but in a divine celebration. The powers of creation flow through her in the way she loves another and she in return is joined to and an expression of the deep purposes unfolding the universe.

Again, why would a mermaid or any being seek to be so generous in this way in loving another, to go “out of her way” to this extent? The answer is that Istiphul, in seeking to embody the deepest mysteries of the magnetic fluid on earth, has become a channel for the goddess of the Earth. She has begun to embody the deepest purpose that underlies the creation and design of this planet; this planet exists to bring into existence and to nurture an advanced civilization whose members will attain oneness with the universe—the ability to be one with anything that exists beyond all separation.

Homo sapiens, we ourselves, as well as the next race of souls that shall replace us both are not scheduled to manifest this vision. All the same, the message from akasha is continuously, “There are no limitations placed upon what you may accomplish.”

Though we live our lives within great limitations, we are all the same surrounded by infinite possibilities and endless treasures of spirit. We only need to make the effort to seek these things out and master them. In other words, it is within the capacity of our race and the next race to ascend to this level.

What about the statement: “Every lover seeks another who can feel what she feels?” Istiphul is certainly aware of whether or not her love is being reciprocated. But loving without ego means she herself has no personal needs to be fulfilled or satisfied. Again, the act of loving through which she gives is done as a priestess celebrating the beauty and mystery of the universe.

When you love with all your heart, soul, and being the beauty of creation, the inner ecstasy you experience never falters or weakens. All the same, Istiphul would say this: “The degree to which another responds to the love I give increases geometrically the power and the creativity in our relationship.”

What is the difference between the oneness Istiphul creates between two people and that which the magnetic fluid itself can create? The only difference is that Istiphul’s “sacred space in which two join as one” does have this restriction placed upon it—the partner whom she would love, like Istiphul herself, must be willing to let go of his ego at least briefly to attain this oneness; the reason for this is that the bliss and ecstasy are so

great that their intensity and expansiveness annihilate all separation and this includes an individual's ego identity.

The magnetic fluid, as the substance through which divinity reveals love in its highest aspect, has no such limitation—the magnetic fluid in its full power can become one with anything or anyone under any and all circumstances and conditions.

For this reason, someone who first identifies himself through deep meditation with this divine aspect of the magnetic fluid can present himself to Istiphul in a way that matches her inspiration. But this is no easy feat to accomplish. Istiphul wishes to be even as the goddess of the earth. And the goddess, that is the conscious spiritual awareness that inhabits this planet, is fully conscious and present in every drop of water on earth.

Where does all of this discussion leave us when we return to the question of needing another? The question is, How is a mermaid woman to bond with a man when she does not feel the normal human need to be dependent on or want the other to fill in for something that is missing in herself?

Sometimes a male will say with anger to a woman who has a mermaid's aura: "You are too nice, too kind." Or, "You are too pure! How can anyone love you when you have no needs and you are not dependent on me? There is nothing to bind us together? How can anyone feel love under these circumstances?"

One woman told me, "On occasion, I will pretend that I need my partner for something, for example, I say to him, 'Can you help me with my finances?' And then he lights up and gets enthusiastic because finally I am asking for his help and advice. All the same, I am not comfortable doing this even though it makes him feel good. I am not being truthful when I pretend I am, even in a minor way, dependent."

And then there are men who will intentionally and with great skill seek to injure the mermaid woman and break her spirit so that she is permanently wounded. He says to himself, "If she is seriously injured on an emotional level, she will at that point feel incomplete. Then she will need me."

And they sometimes succeed at least temporarily to create doubt and pain in the woman. Here is a woman who is giving all of her love to another because to do so is who she is and the way she lives. She feels she is a part of the other person, her love flowing through him in every moment of the day. Again, this takes no effort on her part. She just does it naturally.

But he, sensing that she is not bound to him but remains free, turns upon her out of malice, insecurity, or blind fear, and rejects her suddenly. Or over time, again and again, he does whatever he can to put her down, to demean her, to infuse her with the hate he feels inside for all things that are truly free and that cannot be bound by need or will or become a possession.

One mermaid woman said that she left her husband because he acted in that way. And he had injured her as he intended to do. Afterwards, she no longer trusted herself to be in an intimate relationship because the wound her ex-husband had created left her feeling needy. He had taken something from her. He did not take her connection to the peace and beauty of nature. He took her willingness to flow these feelings through another because she could not figure out why he was so mean. She does not understand the feeling of being mean.

If another person keeps destroying the love you are giving, eventually that other individual's hatred begins to flow back into you. An empath will automatically feel what another feels. If she does this excessively, she will become physical sick or else sick within her soul. That is what happened in this case.

It would seem that she has to learn to do something new that a mermaid woman never does—stop loving this man because inside of herself she is still sending him love. All mermaid women do this—they simply do not stop loving other people, even after suffering harm. Or, to put it more precisely, she needs to deepen her connection to nature and to the magnetic fluid to a depth that, like a storm on the surface of the ocean, the depths of the sea still remain undisturbed. That is one approach.

How, then, does someone bond to a mermaid woman? You flow your aura, your feelings around her, into her, and through her. It may take

some time before it is effective but at a certain point she will sense that your needs and her needs are the same. There is no separation.

I mentioned in responding to an email question about relationships: “If you think and imagine you are one with a woman, she will eventually get around to responding to you. But it may be a slow process.”

If you are good at feeling one with a woman, at some point she will look at you and see herself reflected in you. And then whatever barriers exist will vanish. It is not a possessive kind of thing or about being needy. It is about feeling in your heart that you are one with another and that there is no end to it.

If you are man reading the above try this: visualize a woman in front of you. Now put completely off to the side any personal needs or desires you have for her. And now imagine you are one with her. You think it and you feel it. When I do this invariably it feels like I have entered a different world and I get a warm feeling inside. What is this good for? It enables you to match in part the kind of love these women naturally exude.

But there is more. For mermaid women, love is still not generated by the actions of two individuals focusing on each other. There are no “special moments” which other couples create in order to define and maintain the feeling that their love is unique, that they have ‘made something real’ between them. For the mermaid woman, love is already everywhere in every moment. It surrounds everyone and seeks to flow through everyone. You only need to open yourself to it.

In fact, a mermaid woman does not stop loving when she is no longer with someone. She feels the exact same love for the individual that she felt when she was in a relationship with him. This is not a “whenever I think of him or recall our time together, I still have warm feelings toward him.” Mermaid women actually have the psychic ability, due to their connections to the water element, to extend their auras continuously in and through another and to flow energy and love to him.

They have to be careful with this ability. At times it may wear them out. You may notice for example that everyone close to a mermaid woman looks bright, effervescent, and charged up with energy while she herself may look worn out. Unknowingly, the people around her may be

vampirizing her energy the way human beings are used to doing collectively—without knowing it, they take more than they give.

So how would a mermaid woman deal with her own concern that she may end up living her entire life missing out on relationships with a really good man if every man she is with becomes frustrated that she is not “bonded” to him? To complicate this, mermaid women, as those who have a high sense of inner peace or well-being, feel attracted to many different individuals.

I have already described an exercise for dealing with this issue under the topic of magical empathy. A woman (or man) can practice active listening once a week with someone. And then she places her consciousness within his body. She empties her mind and imagines she is him until she gets a gut response in her own body of what it is like to be him. And then she reflects on her impressions to interpret and make sense of them.

At this point, she has an inner gut level, instinctual, and deep emotional “bond” with the other person which no one else in the world has. Though this may act on a subliminal or subconscious level, the body language and feeling of connection of both partners instantly changes and becomes more open and intimate.

This connection of oneness is common currency in both the realm of mermaids and the world of human beings. It works for both races because it is the first step toward attaining oneness with another. And it is a genuine gift far more than any diamond ring toward offering something special to the other person that no one else may ever give.

Does the energy one gives another still need to be reciprocated? The feeling of connection can be established and maintained from one side without the other’s participation. Empathy is not just passive and receptive. It can also join together. But when two practice this exercise, it tends to bring about the feelings of bliss and ecstasy that Istiphul is so adept at creating. But again, the limitation is that both partners have to be able and willing to step aside from their individual ego needs and identities to allow the process to unfold.

Summary: What I am suggesting is that a mermaid woman can produce in a man a feeling that the two of them are bonded to each other without violating her own inherent nature of simply flowing love to others.

When in the realm of mermaids, it behooves a male magician to keep his mouth shut (his telepathic communication on hold) until a mermaid “feels” his aura is inside of her and a part of her. Similarly, it behooves a mermaid woman to appreciate the fact that she may never meet a man who can reciprocate her level of empathy or who feels what is so obvious to every mermaid who exists—that love is everywhere in every moment.

I have heard different mermaid women say, “I realize a man cannot love me as I love him. But I justify being with him because of what I can teach him about love and because I can heal him of his wounds. All the same, when I accomplish this with a particular man, I feel like I should move on. My work with that individual is done.”

Now to our ears that might seem very odd for a mermaid woman to say. But I will tell you this. From my perspective, the fairy tales about mermaids are mostly disinformation. The writers are making up stories and inventing mermaid personalities based on their own experience with woman. And so almost nothing they write is insightful or informative.

But they do have one thing right about the sea people. If a selkie is tricked into marrying a man, she will be his wife, love him, and truly and deeply love the children that they produce. But even so, if she is ever given an opportunity to return to her own form in the sea, she will leave in that very moment.

This she is able to do because for her love is not possessive. It is not furthered by controlling someone else’s life. And she never forgets, no matter how socially adept she may become in interacting with human beings, that her true identity is non-human:

In her very being and in her heart of hearts she knows she is a member of another realm whose essence is bliss and a love that flows without ever being lost and that gives all of itself in every moment. By contrast, it may well be that she considers her experiences among human beings to be like visiting a strange land where the race is only half awake to the beauty that surrounds them.

Note: the next letter to mermaids presents another approach to “bonding” between a mermaid woman and a man.

## Letters to Mermaids—On Being Vulnerable and On Bonding

Question: I feel overwhelmed so much around people. I keep thinking of how you have said that we mermaids absorb everyone around us and I do that to an extreme degree as a Cancer. I always yearn to be alone so I can be on silence and just meditate and drop into my heart and go into peacefulness. I also have been thinking if what you said about how we mermaids are a part of nature so I think that is why I am happy in nature and also with pet who I can feel so naturally because there is no human pretense. Is it ok that I feel all these things and always want to be alone to recharge? And that I want to be away from people? Is that a mermaid thing?

Response: Introverts recharge by being by themselves. That is fine. Mermaids recharge also by knowing and feeling they are a part of nature. They do that all the time.

So for you there is a relation to develop between your heart chakra and your third chakra in the solar plexus. The heart chakra will give people the empathy and sensitivity to others like wanting to nurture them for example. But the third chakra is a forceful, assertive, gut to gut, body to body connection to others. Like being in the other’s face in a nice way—it is direct. It is very vivacious. It is very caring but in a bonding kind of way and not just a giving kind of way. The third chakra will always demand quid pro quo—a trade that is fair and honest so that the exchange with another person is real and not just one-sided.

If the third chakra is weaker than the heart chakra a person feels vulnerable. You are more sensitive than the person around you and so they are infringing on your boundaries or ignoring you.

On the other hand if the third chakra is stronger than the heart chakra a person is forceful and assertive but unaware of how others are responding to them. So there is the danger of unexpected retaliation and

rebellion against that person because he appears to be pushy, selfish, and invasive.

So the task for you since your heart chakra is so strong—learn to bond with others using your third chakra. It goes like this—there is a way of feeling connected to others using the energy of your solar plexus. It is like a tractor beam or a stream of water or energy that flows out of your solar plexus to others around you.

You can practice this just meditating. Let me pick someone. Okay. If I feel with my solar plexus this person I notice there is right now no connection between us even though we share so much in common.

Now, I imagine a beam of “who I am” extending from my solar plexus to the other person I am imagining in front of me. There is now an actual solar plexus to solar plexus energy connection between the two of us.

I feel now deeply connected to this other person. It is like we are one energy conduit or one energy system composed of two separate bodies, souls, and minds. And I feel that we have exactly the relationship we are supposed to have to maximize the creative potentials that exist within our relationship.

That is exactly how the third chakra is supposed to work. And with a strong third chakra and heart chakra in the same person that individual acquires more experience than just about anyone else you will ever meet. Because they are not just involved with and engaged with others.

They have the heart sensitivity also to be aware of what is going on in others' lives. You can be clear, assertive, vivacious, and spontaneous with others and totally miss what is going on inside of them. The heart and third chakra are very dynamic and enriching when they act together in combination.

I can try to express how a person who understands and practices this third chakra kind of bonding thinks when they have this feeling tractor beam connection to another. They create a vibration both for themselves and for the other person the way a sport's coach places his own desires for victory into his athletes or cheerleaders imbue spectators with their own enthusiasm.

The third chakra creates in others the desire to share in a mutually satisfying way. It goes like this:

If I feel desire, you try to meet my needs. If I feel insecure, you reassure me. If I feel lonely, you are there for me.

If I need someone with whom I can share my dreams, you dream my dreams with me—you are there within them walking beside me. If I need to be held, you hold me. If I need to be loved, you love me. If I need someone to listen when I am trying to sort through my feelings, you listen as if you are a mirror of silence that reflects what is hidden at the core of my being.

If I need someone to lend a helping hand, your hands work with mine to get the job done on time. If I need to be more than I am, if I need to be bronze but I am only tin. You become copper so that by bringing together two we become more solid and enduring than either of us by ourselves. If I need to shine like the sun, you fuse with me within so that I am radiant and without end. If I need to be serene as the moon, you are tender and kind, nurturing and pleasure giving so that lunar light can shine.

Every sign of the Zodiac is able to speak through me and you. You respond to me as I respond to you. We are the Twins—one mortal and one immortal who are out love become divine; we are Sagittarius—our flame of wonder makes ideals real so justice fills the world.

We are Aries and Libra—boldly assertive and yet always balanced and fair with each other. We are Taurus and Scorpio—we both do work that enriches the world and yet through will alone we transform ourselves.

We are Cancer and Capricorn—we make a home on earth that is happy and fulfilled and yet we accomplish our plans that make a better world. We are Leo and Aquarius—we oversee all things understanding that only by encouraging others through a vibrant and inspiring community can we bring about lasting change. We are Virgo and Pisces—we get it right through sincerity and honesty knowing that the same one energy imbues us all with life.

And so I form a bond with you—heart to heart, soul to soul, and body to body too--so that as two we become as one. Creating this inner connection to another expresses who I am. I need you because that is the

way creation works—it is masculine and feminine and as they embrace a new world from nothing we create.

Now it might sound that what I am saying is somehow romantic. And though it may express itself in that way I am saying you have to practice this every day. It works like this—with every single person you meet in any given moment there is some kind of gift the two of you can exchange. You give what is right within that context, that moment, and with that person that is a fair trade. To put it simply, usually being totally attentive to another not just with your mind, but with all of your feeling, and body language too is enough to automatically exchange energy and whatever is appropriate with the other.

There is no vulnerability because being totally attentive to another means you are also aware of what they are able to give back to you—you are aware of what they are giving and also what they could give that matches what you can give. You are making an offer to give of yourself and if they choose to give little to you then you save your best energy for someone else. People sometimes just need a sip of water. They do not need a tsunami of love crashing down upon them. People know what they can give and receive. You are right there with them on whatever level they are operating at.

And this means you are then not vulnerable. Because you are a coach and cheerleader to others and also a mirror reflecting what is within them. And you are that cup with one sip of love or you are a cloudburst of rain that renews a parched land—whatever is needed in any moment is who you are.

This is actually a Scorpio way of bonding—you contain within yourself your own energy and you emit whatever is needed with the person you are with in order to gain the deepest satisfaction that is appropriate and permitted.

## Letters to Mermaid Women—More on Bonding

Question: I have a problem with relationships with merman and human men.

Response

Mermen as compared to human men are extremely vulnerable in that they have a hard time understanding the idea that a man is supposed to have a career and place in society. In the realm of the mer, social roles as we know them do not exist.

At the same time, mermen can be completely bewildered at times because being in a male human body they discover the body requires an external support system which is a completely new thing for them. So they wrestle with the need for female companionship and are torn with feelings of abandonment when the woman is not supportive and yet inside themselves they have never experienced this before--the need to have another be there for you.

So you might try beaming the idea/feeling that "I am there for you. If you need me I will support you. You can count on me. I love you. I am as close to you as breath and life and heartbeat." Kind of like that.

The mermaid women I know are incredible—they instantly establish rapport but they also instantly disconnect because like water they flow in the moment; when they are not with you they are elsewhere in another moment.

Almost none of them understands bonding though when in a specific relationship they do act supportive but they still do not really need a specific person. Human beings act and feel like the specific person they have met forms a unique relationship that is "special" compared to all other relationships. A mermaid women flows her love equally to anyone near her and if she is with one person that person receives a greater amount of her flow of love but the love itself is like air and water—

compared to human beings, love just flows through them without end. There is no tag on it or claim ticket saying that this love is designated for just this one other person.

In order to deal with this human need to feel special, some of the mermaid women become adept at responding to this male need to feel he is needed by actually changing themselves so they need the man. Then he can feel connected to her based on that mutual kind of "attraction" that is mutually supportive.

Men usually need to feel that a bond of love with a woman is permanent. Yet the trick with human beings is that they do not learn anything unless the relationship is fair in terms of the energy exchanged. If you give and ask for nothing back they feel cheated deep inside. Anything you give you have to insure you get back an equal amount of energy or something so there is a fair trade--that is called bonding and thus love within the human realm.

In other words, if you subliminally or telepathically or just with your vibe send out a message to a merman or a human man as well it has to be something like "I like you" but you have to include in it that "I need you as much as you need me and won't it be nice if the two of us shared that kind of balance and harmony."

I see this over and over—the mermaid woman is creating a kind of cocaine high in the man because he has never felt such elemental force of water love before. But even so his brain is programmed to look around for a different woman who will make demands on him because she actually “needs” him to be there for her.

So if you are in the human realm and in a relationship, get in the habit even if it makes no sense to you to forestall human women pulling the rug out from under you by acting human—stuff like: “Can we go out Friday night dancing? We need some time together.” Or, “Can you help me understand something? I need to sort through my feelings.”

But you have to act like it is not a question or invitation. It is an absolute demand as in “it is payback time buddy. I give to you. You give back to me.”

That is the rule governing relationships among human beings. Break that rule and a man will know you are not of this world and so not to be taken seriously no matter how high or loved you can make him feel.

### Letters to Mermaids—Men Keep Hitting On Me

Question: I have been drafted into the military. These guys, my superiors, are not supposed to interact with me—technically I am off limits to them—but they all give me their phone numbers and want to stay in touch.

Response: Human women have your problem but usually not to this degree. For example, for one mermaid woman the man cried every day for a month after breaking up with her; a different man says he will never have another woman in his life after her and ten years later he still has not been with another woman; the mermaid woman says every male or female friend she has ever had at some point suffers some sort of anxiety attack--the friends become extremely possessive, jealous, and place all sorts of irrational demands on her; one woman says she cannot recall how many times men have told her that she is the reason he exists--and these are not even people she feels connected to; one woman says that four different men have told her that they would kill themselves if they could not have her;

It is because when your aura passes through a person it evokes what is called kundalini energy in them. Kundalini is a primal energy yogis in India try to control. Located at the base of the spine, once awakened it seeks to unite with its opposite at the top of the head. But when is it misdirected it can turn into an insatiable and blind hunger to devour whatever is before it. Only a gifted yogi or magician can consciously direct it.

Those like you are extreme empaths who automatically can absorb others illnesses and pain into yourself and heal them in the process. But because your aura has more elemental energy than human beings, it can also evoke this primal energy—it awakens instinctual hungers in others that are farthest from their conscious awareness. Other people then sense, as I used to sense when I leave the presence of my physical therapist, that suddenly they feel half dead--because her aura (the sheer amount of energy they flow through others in her presence) was making them feel so much more alive.

As I recall, you once said you have a stalker from every country in Europe. You have an amazing force of attraction like the force of physical gravity that draws others to you. This all occurs spontaneously. But eventually you will learn to look at yourself through others' eyes so you understand how they see you. When you can do that you will be able to form a unique relationship with each person that is fair to both of you.

For example, you can use your powers of attraction to help others make their best choices in life. Obviously you are not meant to be everyone's lover. However, you are able when appropriate to play a role as another's life coach, someone who helps them understand their deepest desires and dreams.

## Letters to Mermaids—How Do You Tell If You Are A Mermaid?

Question: I came across your website and read the essay, Traits of Mermaid Women. <http://www.williammisteale.com/finaltraits1019.htm>  
Also in <http://www.williammisteale.com/uploads/mermaidwomen.pdf>

I love mermaids and am trying to find out more about spirituality etc. How do you know if you are a 'mermaid woman' and how does that link with men/love?

Response: In the Essays part of this book is a questionnaire covering aspects of empathy and mermaid qualities. The questions will give you a sense of the range and kinds of empathy mermaid women possess.

See also my [williammiste.com/howtospeakmermaid1.pdf](http://williammiste.com/howtospeakmermaid1.pdf) There are examples of some women in there. And I will have a book done soon with just biographies of mermaid women.

There are no specific physical characteristics that differentiate mermaid women from other women. In other words, a mermaid is an elemental spirit. Yet like all human beings, she has “borrowed” a body in order to incarnate. Human beings do not own these bodies. We did not create them. Nature made them. But if you carefully interview mermaid women you can 80% to 90% of the time find strong similarities in their attitudes and experiences.

The Franz Bardon definition of a mermaid is an elemental spirit on the astral plane composed of the one element of water compared to human beings which have five elements--earth, air, fire, water, and akasha. From my perspective human beings actually only have four elements operating on a practical level--earth, air, fire, and akasha. The water element is simply not present in any real sense in human beings in comparison to the strength of the other four elements.

Humans have masters of fire, earth, and air all over the place in business, art, industry, military, etc. But there are no masters of water on earth, at least not who are willing to teach others to do what they do with that element. There are certainly New Age teachers who are immersed in the study of the spirituality connected to water. But what I mean when I say a master of water is someone who has made the realm of mermaids their home exactly like this world is their home. And that is precisely what Franz Bardon expects of his students with all four elemental realms. In other words, you have a number of mermaid and mermen friends just like you have human friends here in this world. If you meet someone like that please give me a referral. I would love to talk to them.

Back to your question. There are two kinds of mermaid women I study. The first is the actual mermaid who is in human form. She has come here from the mermaid realm and often is incarnating over and over again in human form. She brings with her some or all of her mer magic and insight and connection to the water element. But this varies a great deal as some are struggling to decide how much to fit in to human society and how much to live in harmony with their own realm. It is very

difficult to operate with a strong connection to two separate realms at the same time.

The other kind I study is a human woman who has connected to the water element in nature so deeply that her aura is identical to that of a mermaid though she usually has no connection to that realm. All the same, the mermaid queens consider her a sister.

The human woman with a mermaid's aura has an advantage being here in this world. There is no "inner mermaid" looking at her from over her shoulder telling her that this is not her home and that she is actually not of this world but belongs to another. It is easy for the mermaid from the Other Side to feel that this world is all wrong and that human beings are incredibly out of touch with love. And this is because she is from a realm where love is filled with wonder and is inexhaustible.

The human woman with a water aura, by contrast, often feels completely at home in this world though she is not afraid of death since she feels a part of nature more than she feels apart of human society. But often she does not have the powers of intuition and the psychic abilities of actual mermaids. And because she is at least comfortable being here in this world all of her energy is focused here. So she may actually be stronger in her energy since she does not have one foot on the astral plane so to speak. On the other hand, some human women have studied before with mermaids for example in a temple in Atlantis so they may have some of the psychic abilities of actual mermaids.

There are of course many other ways to look at this topic. I have no intention of "trade marking" the words "mermaid women." If someone wants to buy a mermaid necklace and call herself a mermaid that is fine with me. As a linguist I am skeptical of language and labels. However, the Bardon definition is worth emphasizing in that the deep empathy mermaid women have is quite different from human empathy in that mermaid women have in effect no ego. They identify with nature and so are immortal in the strength of their feelings and in a love that continuously overflows from inside of them.

There are very powerful human women with the same empathy of mermaids but without the identification with nature they risk using their empathy to "sell" people things. On the other hand, some women have

wonderful empathy and use it in a wonderful manner. The difference again is that the mermaid woman has a love that flows through her out to others from a sea of love that saturates this planet and which the human race knows nothing about.

And empathy is not limited to mermaids. The sylphs, gnomes, and salamanders can in their own right possess immense empathy, especially the sylphs. The operating principle however is different.

The sylph (an elemental air spirit) for example does not exist to love like the mermaid. The sylph in her own domain roams through the vastness of the sky. Freedom, independence, and harmony are her essence, not flowing a sea of love through oneself to others. It is very tricky trying to figure out if you are a sylph or a mermaid. Both elemental beings bring powers over nature in some form with them to this world. The mermaid feels what other people feel and she wants to love them. And she can be easily worn out because human beings are always taking her energy and never giving anything back in exchange.

The sylph woman will feel others feelings as well but she will not feel compelled to love them. She will find it much easier to desire to be detached and independent of other people even if she has not yet learned how to do that. Put simply, the mermaid will feel easily one with you and the sylph woman will feel the same oneness but also the desire to remain independent of you.

Mermaid woman can be extremely independent in that they may have no human needs for personal support from others though they enjoy relationships. A relationship with a man helps them feel anchored in this world. I sometimes put it this way: In mermaid love you see the other as yourself in another form versus sylph love in which the notes and cords of two separate lives become joined as if they are one song.

With the love of water you flow in and through the other the same energy of love. With the love of air you are like two pitch forks vibrating together in perfect harmony while retaining your own unique identity. One mermaid woman says, "I am whoever I am with." A sylph woman by contrast will get inside your mind and become the substance of our dreams. But this only works for her if on some level she retains her own identity.

Water is denser than air and more magnetic or attractive. But the air can be just as sweet and incredibly sensitive. On a gut level check to see if it is the water of love flowing through the two of you when you are together or is it feeling totally free and vibrating to the same notes and cords?

There are obviously human women who are half way there. In other words, they are a journey toward becoming mermaids. They are learning to embody the water element. But this process has been hidden from all spiritual traditions. Or that is just my experience in studying with all major traditions and projecting my mind inside of the auras of many masters.



At some point men and women will notice that to feel fully alive is to feel that you are joined to nature from the core of your being. And they will ask, How do I learn to do that? They will look at the sky and sense what sylphs all feel--free at the core of their being, filled with light, harmony, and joy?

They will look at forests and mountains and like gnomes drop their minds down into the ground and feel an inner silence that is more patient than time, totally self-reliant, and solid inside like a stone a billion years old.

They will look at volcanoes and fire and feel like salamanders that they wish to become so pure in their will that they shine as bright as the sun in the sky.

And they will look at lakes and rivers and seas and like mermaids a love that encompasses and saturates this planet so that the reason to exist is to love without end and to feel one with every living being.

Do this and you attain astral immortality with one if not all of the elements. That means when you reincarnate again the emotional force and ability to feel that you had before is already fully active. Mermaid women tell me that they are the same person in life time after life time though they continue to learn new things. And even as children they are just as wise and intuitive as they are when they become adults. And some go further. They are acquiring longevity from internalizing an element such that they are starting to become physically immortal. They just do not get tired like other people.

The mermaid women sometimes label themselves as mermaid but often because their primary mode of evaluating life is through feeling concepts and labels do not have any meaning to them. We are all "of" this planet as long as we are here and so we share to some extent in the same journey.

However in the past the mermaids from the mermaid realm who are in human form have consistently hid their identities from human beings. It is incredibly how vicious human beings can be toward mermaids and it is hard to believe their reports on this until it happens right in front of your eyes. And so in this sense I seek to encourage mermaid women to

bond with each other in the sense that they form a community to support each other and also as a way of protecting each other. After all, they are among the most psychic people on this planet and they are also closer to the elemental forces of nature than are human beings.

The actual mermaids and human mermaids both have a huge problem in relationships in addition to all the other problems human beings have. Because they are joined to nature inside they have no ego boundaries to defend and so they over give of themselves to others. And so they are easily abused even as others tend to go crazy and want to possess them.

Put simply, they have to learn tough love. Human beings do not appreciate something if it is given to them for free. In the mermaid realm there is no end to the giving but the giving is also a fair exchange. In the human realm, humans always take more than they give. They have never experienced mer love with its astral elemental force of water flowing through them. And so they have no capacity to return that amount of energy to the mer in a relationship.

At this point I have little experience with human men who are successful in loving a mermaid woman. But I hope eventually to have much more to say on that topic.

## Letters to Mermaids: On Stress

Question: I am getting really stressed out. I give and give but no one returns anything in response.

Response: In your mermaid realm, giving and receiving are always equal. You are surrounded by love. But as in any move from one culture to another, sometimes what is very positive in one culture is very negative in the other culture. The Tibetan lama thought it was really neat to dissolve his students' egos by constantly keeping them off balance. This worked well at ten thousand feet in a monastery in Tibet.

But in a Western society each individual has to do their own thinking and carefully work through their own personal feelings. Otherwise, the democratic form of government falls down around us. The government

is created and sustained by the unique interests and vision of each citizen. So what is really neat in Tibet is counterproductive in Berkeley California. Enlightenment offers no advantages when it comes to cross culture communication. You have to actually know who you are talking to.

In the same way then the instantaneous balance in the sharing of love in the mermaid realm is often the worst thing possible you can practice with human beings. In this realm, love is a rare commodity. There is never enough energy to go around. Human beings, even their best gurus, never ever give as much as they take from others. The entire human realm runs at a deficit, constantly taking from and exploiting the weak and the resources of nature without giving back as much as they take. The human race in its very nature is out to destroy the earth.

So if you are raising children or in a relationship you have to insist that others share and give back equally to what they take. If you let your children drain your energy they will grow up to be monsters, narcissists, or mal-adapted because they have not been prepared to be self-reliant and not think the world owes them living. They think you give them so much because you owe it to them. They are little energy addicts. If you raise kids on cocaine they will be cocaine addicts when they grow up. Your mermaid love is often like cocaine to human beings. It gives them a high which they do not know how to reproduce in themselves through natural means.

So again make your children work for what you give them. Train them to be independent, self-reliant, and mature enough to make their own decisions about how to entertain and care for themselves without relying on you in every moment of time for support.

This is again an issue relating to cross cultural communication and interactions. In this world, you have to get in the habit of surviving and taking care of yourself. The world owes no one a living. You have human children. They are a different race of beings than those who exist in your own realm.

When humans use the words “unconditional love” watch out. What they invariably mean is that they want what you have for their cause or ideal or guru just as the Tibetan monastery thought nothing of my

donating to them seventy hours a week of free labor while I paid them room and board. They thought I owed it to them for their wisdom even though their wisdom caused them to lose their country.

So as strange to you as it may seem since you are here in a human body you must “demand” and “require” of others that they give you energy, time, attention, and fair interactions otherwise this body you are in will suffer acutely from exhaustion and stress.

## Letters to Mermaids: On the Relation of Masculine and Feminine

Question: Can you talk about the relation of masculine and feminine?

Response: I have discussed the four elements on the astral plane in various letters to mermaids and in the Essays section. You draw from those four elemental realms and you get the essence of the electric and magnetic fluids: the magnetic fluid is the essence of love as an elemental energy. The magnetic fluid in its very nature is designed to contain the essence of the masculine or what is called the electrical fluid. These are energies within and underlying nature. The magnetic is all-embracing, receptive love and the masculine is a pure creative act.

These two--the electric and magnetic--the masculine and the feminine--are never separate from each other. Each is united from the innermost essence of its spirit with its opposite. The mermaid queen Istiphul can create an electrical storm at sea through her loving magnetism. The fire spirit Itumo is total receptivity to the watery energy of clouds--he is that space of emptiness through which the lightning passes.

Whether mermaid queen or salamander king--each in its own way will tell you that nature offers a way for every desire to be fulfilled and every dream made real. The beauty these beings possess is astonishing.

From the glossary of my two books on mermaids:

Magnetic fluid: The magnetic fluid, a vibration within water, is the essence of the feminine spirit. It is similar to the way the flow of blood

through the body and the brain produce a magnetic field in and around the body. If you can sense or feel auras, you can probably sense magnetism.

One way of sensing the magnetic fluid is by placing your mind within water. Then you focus on the bonding, attracting, and contracting qualities of the water. Remove the sensation of water and focus on these qualities alone and you may be able to sense a magnetic field of energy.

The magnetic fluid, then, is analogous to magnetism in nature. It is cool, cold, and contracting. It is attractive, soothing, and calming. It is receptive in that it is utterly empty of form and completely open—able to receive and contain anything in itself and preserve, nurture, and animate it with life.

In psychological terms, it is empathic, sensitive, and responsive. It draws together, bonds, joins, and unites. It accepts and affirms. In spiritual terms, it reaches toward an all-encompassing, all-embracing love. We could say that peace, repose, calmness, happiness, contentment, serenity, tranquility, well-being, delight, kindness, gentleness, affection, empathy, tenderness, sensuality, pleasure, bliss, ecstasy, compassion, and love are qualities that are present when the magnetic fluid is operating successfully.

What are the negative aspects of the magnetic fluid, of the feminine spirit in its dark aspects? In brief, the negative aspect of the magnetic fluid is that it absorbs and contains without releasing or giving birth. It shelters without enabling growth. Instead of healing, it poisons. Instead of nurturing, it denies. The negative paralyzes, seduces, wastes, and numbs consciousness. It induces insanity—that is, it destroys consciousness with guilt, shame, fear, terror, illusions, delusions, obsessions, fascinations, depressions, nightmares, and false visions. In the I Ching, the Great Yin, mother, or magnetic fluid offers an individual continuous support that nurtures and serves to integrate the inner self of the individual throughout his or her entire course in life.

The negative magnetic fluid, by contrast, acts to undermine, dissolve, and reabsorb into itself the inner life of the individual throughout his or her entire life.

But whether positive or negative, whether life-giving or life-destroying, the magnetic fluid is the guardian that reveals the deepest feelings and mysteries within the depths of the self.

Though largely unknown in our world, the feminine essence or magnetic fluid is so receptive, so giving, and so empty of form it has power over everything because it is the source that gives birth to all of life. The magnetic or feminine essence also controls its opposite—the electric fluid. In geopolitical terms, those who master the feminine mysteries are able to take responsibility for the unfolding of the world—they have the capacity to guide, inspire, and also set boundaries on all acts of executive power.

Almost all of Western civilization is focused on acting on and producing results in the external world. We have an extroverted civilization. The magnetic fluid holds a different vision. It has a direct, inner connection to anything that exists. It is able to feel and be a part of anyone simply by extending its magnetic field into and around another anywhere on earth.

The electric fluid has the power, for example, through nuclear weapons or its reckless exploitation of nature, to destroy the world. The electric in itself does not know how to recreate the world through love. The magnetic has this specific power: it can join and unite, not through propaganda, beliefs, or ideology, but rather through a heart to heart connection to others. Just as there are no limits on the yield of a hydrogen bomb, there are no limits on the influence of the magnetic fluid to create peace and love.

As I have mentioned elsewhere, in the past our world may not have been ready to endure the beauty of the mermaids and still develop rationality and science. Beauty can be terrifying, and love can demand more than we can imagine. It is wise to be prepared when encountering the mysteries of beauty and love that the mermaid queens possess. Their very presence is magic beyond the knowledge of mankind.

### A Simple Exercise for the Magnetic Fluid

Imagine a blue or blue-green ball of water six feet in diameter in front of you. It is cool, magnetic, and contracting. It is attractive, soothing, and calming. It shelters, protects, and heals. It is receptive as in utterly empty of form and completely open—able to receive and contain the soul of any being within itself, nurturing, inspiring, and empowering it to attain to completion and fulfillment.

Now imagine this ball changes into an exact replica of your self. It is you standing or sitting there in front of you. Sense how this person is different from your self. What qualities and powers does this person have that you do not?

Next imagine that you are this person who embodies the spirit and primal energy of the feminine. What is this like for you? Consider ways in which the person you imagine could become part of your life and also how that might change you and those around you.

**Electric fluid:** The electric fluid is the essence of the masculine spirit. It is similar to but not as material as actual electricity in nature. In brief, the electric fluid is hot, burning, expansive, dynamic, intense, powerful, and explosive in sensation. It has the capacity to produce great light. In psychological terms, it is commanding, full of faith and conviction. It reaches for sovereign power in search of absolute control. It annihilates and destroys obstacles that stand in its way. In more spiritual terms, it seeks to manifest its vision using all the previous qualities—with certainty, with dynamic will and expansive power, and with implacable dedication and electrifying conviction.

We could say that independence, strength, courage, conviction, faith, will, determination, dedication, self-reliance, self-mastery, uprightness, clarity, order, adaptability, practicality, planning, productivity, excitement, exhilaration, creativity, and vision are qualities that are present when the electrical fluid is operating successfully.

There have been a lot of complaints about the abuses of masculine energy in our world. Indeed, the electric fluid can be very destructive. It can be a burning and consuming power that acts to dominate the wills of others. It tortures and torments, hazes and subjugates. It absorbs others' wills into itself. It utilizes every means possible to corrupt, divide,

undermine, and enslave others to its purposes. In this negative version of the electrical fluid, the light is there, but it lacks purity and clarity; the vision is distorted and twisted. The faith and conviction are there, but they are often expressed in a degraded form such as through arrogance and self-righteousness.

But in either the positive or negative forms, the electric fluid is willing to put itself at complete risk to accomplish its mission and manifest its vision. In its most positive form, the electric fluid embodies the will of a creator, who stands amid a void and creates from nothing according to the vision he finds within his or her heart. And then the creator puts forth the energy required and oversees the process until the vision manifests on earth.

### A simple exercise for the electric fluid

Hold the palms of your two hands close together. Imagine one hand is an electrical storm and the other hand is the earth or ocean beneath. In other words, one hand has the charge and vibration of the clouds in the sky and the other hand has the charge and vibration of the earth beneath. Get a feel for those clouds—they are vast, cold, and full of moisture filled with strong electric-magnetic charges.

Now imagine the polarity in the two hands is growing stronger until as in an electrical storm lightning is unleashed. See that flash of lightning between your two hands as if you are witnessing in a miniature scale actual lightning in the sky with its thunder and flash of light. You can slow down time so that the lightning is prolonged and not just within a microsecond. In a way this is a simulation of the charge of the two poles of the battery in your car that turns the engine over.

I know a woman who can spontaneously emit electrical energy that shuts down electrical devices and computers around her. At times it is so strong it can leave small burns.

Mermaid queens specialize in mastering the magnetic fluid over millions of years and some salamanders specialize in mastering the electrical fluid over millions of years. Yet since these two fluids are so

closely related knowledge of one allows you at times to produce the other.

### Summary (from the book, Undines)

If you went on a quest for the Holy Grail and found it, the Grail would still be an external thing. The quest, the search and journey, might lead you to test and to establish qualities of nobility, courage, compassion, and justice within yourself. This is a great accomplishment.

Finding the essence of the feminine spirit, the magnetic fluid, within your self is far more than a Grail Quest. It is actually joining with your opposite. It is internalizing within oneself one of the most powerful forces in creation. Our world knows nothing about this journey and this quest.

If you want to be creative and to see your vision through to its realization, then you need to do these things: to bring together and unite the full power of the feminine with the full power of the masculine. If you consider one of these components to be of lesser value or less significant than the other, then you inevitably produce an inferior product.

This is how the electric and magnetic fluids operate in the universe. The masculine in its essence foresees what it wishes to accomplish. It puts up the energy to do this. It envisions, plans, and acquires the skills necessary for success.

But this is a total waste and an absolute failure without the feminine. The masculine is inspired by and empowered by the feminine. The feminine brings the vision to life through love and feeling. It provides the soul, the heart, and the nurturing.

*The feminine never stands in an absolute void and creates from out of nothing. This is precisely the skill of the masculine. It is the envisioning side of the process. The masculine never unites itself in its total being and through love to everything that exists. It does not have a clue as to how to do what is so natural to the feminine.*

But if you want to be creative, to see your purposes fulfilled, then to some degree you will learn to do both. Otherwise, like I say, you

produce an inferior product. It will eventually waste away because it lacks one or the other: the strength and courage to begin and to oversee or else the love and the heart that inspires and brings to fruition what is conceived.

Examples. Because mermaids are so ultra-feminine, they often long to connect to their masculine opposite. This is not necessarily a personal desire at all. It is nature itself that longs for a balance between masculine and feminine. The ocean longs for a lover. The mermaid queen Isaphil longs for a lover who can feel what she feels. It is not like “I need this to be complete.” It is like “Love should be expressed in its full depth, beauty, and perfection.”

For one mermaid woman it is more than enough just to find a man who accepts her as she is. But she has the hardest time doing this. The men she knows will tell her as they say sometimes to other mermaid women, “You are too pure.” And what they mean is “You are not real. You are not making demands on me. I need a demanding woman because without that I do not feel connected inside of myself.”

Another mermaid woman longs for a man who is like an electrical storm—she has the depths of the ocean within herself. But she wants to join with her opposite that will provide light, clarity, definition, and manifestation. She wants a man who in effect says, “Here is what we can get done right now in a powerful way to produce something real that changes the world.”

She is accepting, receptive, and embracing love. She wants her opposite—a man who is all action. But she is creative in that even without that in a man she will figure out how to find that on her own.

On the other hand, often mermaid women are so much a part of nature they do not understand the difference between positive and negative masculinity. They are used to being supportive. They have no experience with the necessity of discerning between when a man is using

the love she gives him in a positive way or if he is using it in a negative way.

She is so used to healing others with her love that she cannot tell when she is acting as a human dialysis machine for someone who repeatedly gives her his bad energy, has her purify it, and then returns healing energy to him. This allows him to be mean, to manipulate and dominate others, without having in any way to improve or make himself a better person.

In other words, she sees someone in need and gives of herself to him to heal him. She does not notice that over time if she persists in this giving to a negative person his negativity will in some way slowly contaminate her. This is because she is so receptive, impressionable, and accepting.

I told one woman that “sure, you can intervene in his life and help him find himself. But I have never met a man who is by karma on such a downward path. He expects others to take care of him and has no sense of taking responsibility for himself.

How does a woman determine if a guy is positive or negative if she cannot tell by herself? Ask his two previous girlfriends what they feel about the guy. In the above case the two previous girlfriends had restraining orders out on him. But he had the charming male quality—he was very adept at using words in a persuasive manner.

Some mermaid women long for a merman as a lover. This makes perfect sense—the merman would be able to respond to her with the very energy of love she is giving to him. The problem is that mermen often are even more conflicted about being in this world than the mermaids.

One merman said, “The only thing I have in common with human beings is this body that I wear.” A merman cannot easily understand the male role in human society—the idea of finding your niche, gaining social definition by having a support group and career, and the necessity

of having strong and well-defined personal boundaries. None of those things have any meaning in the realm from which he has come.

And then as I often mention human beings have a kundalini effect around mermaid women. They experience withdrawal symptoms or the opposite—emotional energy highs--and also unusual cravings that make them feel insecure and off-balance. Even very intelligent, mature, and balanced men can suddenly find themselves experiencing obsession and subject to erratic behaviors because of the influence of the mermaid's aura.

But the point I come back to is that masculine energy was always meant to be guided, inspired, and transformed by the presence of the feminine energy. And so in a number of the letters to mermaids I explore means for protecting yourself as well as changing the energies of those around you so as to produce harmony and balance.

## Letters to Mermaids—An Offer of Help

Question from Mermaid: Is there any way I can help you?

Response: I always hesitate to involve you in my magic projects because you are so unique. You have such close ties to water but you have more. One of my “jobs” is to prevent the human race from becoming extinct. Your job, in my mythology, is to experience all you can with human beings as if you are one of them. There is something within you that makes an eidetic "record" of your experiences with human beings. This record will then be stored in the mermaid archives so that future races have a place to go to find out what human beings were once like in case the human race does become extinct.

There is one thing though. Get a picture of the current Prime Minister of Japan. Right now it is Abe Shinzo. For example, put his name in bing.com Also get some pictures of the reactors at Fukushima, Japan and especially reactor #4 which contains the cooling pool that stores the equivalent of many reactor cores. They have that cooling pool for

storing fuel assemblies at the top of that building which is already seriously structurally damaged. And if the building collapses it will release more radiation into the atmosphere than all the previous air explosions by all nuclear weapons. It will contaminate the entire northern hemisphere.

No one wants to really fix this problem with any serious effort because the cost is so great and the problem so complex they do not want to say, Gee, I guess we should close all nuclear reactors on earth given how serious this is. It is easier to just ignore it or try to imagine everything is going okay with the minor repairs they have in place.

So basically you make a picture of Prime Minister Abe Shinzo and, like you did with the guy who used to smoke cigarettes, you see through his eyes and think with his brain what needs to be done. Namely, in this case Abe Shinzo sees that building #4 being completely shored up so that another strong earthquake will not knock it down.

And he sees all the fuel rods taken out of the cooling pool and separately stored in a safe manner, as in concrete casts and not just another cooling pool.

And he sees the other three reactors that have each melted down worse than Chernobyl being completely cleaned up. So that he feels he has done something wonderful on behalf of mankind.

Otherwise, these three other reactors by themselves will continue to dump tons of radioactive water each day into the Pacific Ocean for the next fifty thousand years.

So it is in a way a mermaid thing--the oceans are like the body of the mermaid realm. They need to be protected in a major way from human destruction. This is part of my job and you can help especially given your astonishing psychic abilities.

There have been guardian spirits who occasionally show up when we do these meditations. They want to know what my intentions are. In this case, they wanted to know what my plan B is. Fukushima #4 reactor building was scheduled to collapse. The resulting contamination of the Northern Hemisphere would force governments all over the world to close all nuclear reactors. Even with three full core meltdowns at Fukushima the U.S. government, the NRC, the IAEA, and many other

countries still do not get the message. There is no where on earth it is safe to store nuclear waste. And all cooling pools are subject to meltdowns merely by turning off the electrical pumps that must run continually in order to keep them from catching fire and exploding.

So if we prevent this disaster I have to somehow follow through and get the nuclear industry around the planet to close down. I am plan B. I will figure out how to do that.

So if you run into the guardian spirits of Japan who want to know what you are doing tell them that I am operating under the authority of the Judges of Saturn. This seems to have worked well on two occasions in the past with different national spirit guardians. Otherwise send them to me and tell them I am happy to take them to meet the Judges of Saturn in any moment they wish for a direct consultation. I do not have a lot of energy but I am very well connected, especially to Saturn.

Note: for the video that resulted from this conversation see:  
[http://www.youtube.com/watch?v=mG4fhvf\\_sM0](http://www.youtube.com/watch?v=mG4fhvf_sM0)

### Letters to Mermaids—On Helping Others and Twin Flames



Re: Members of the human race are godlike beings who are in training to activate the divinity within them. But their training system is broken. They lack effective methods for self-transformation. Otherwise they would have eliminated wars thousands of years ago and would now dwell in a golden age of peace, longevity, and multi-dimensional consciousness. It is up to those who are members of other realms to assist them to attain their full potential.

Question: This is my biggest dilemma... I find it easy to reach those that are seeking but those that are very low in vibration, very basic.... those that need help the most... they don't want help and they aren't open. How can we reach those souls?

Response: Your question involves the concept of to what extent and by what methods we may involve ourselves with other people or intervene in their lives possibly even to alter, modify, or erase their karma.

One image of intense involvement in another's life is that of the twin flame. In my essay, Top Ten Kinds of Personal Love, I place the "twin flame" experience as third from the bottom. In other words, there are seven "higher kinds of personal love."

For the original essay see <http://williammisteale.com/toptenpersonallove.pdf> or else under my Notes on facebook.

From that essay, I wrote the following with a little humor thrown in to give perspective:

Twin Flame. In traditional human lore, "we have many soul mates but only one twin flame." Or, "There is one mirror image of your self in the universe whose light vibrates with the same frequency as yours." Or, "You are not just my soul mate; you are my God mate. "In effect, there

is a perfect balancing of masculine and feminine energies between you and your partner.

According to the Bureau of Divine Conveyances, If you possess three soul mates in good standing or the equivalent in luck and life blessing, you may trade them in for one twin flame. In other words, a really good soul mate can under the right conditions be upgraded to a twin flame.

This is possible because often one's twin flame remains out of incarnation while the "other half" is incarnated. Thus a provisional "surrogate" twin flame then fills as an act of "remembrance"—in order to generate longing and a sense of absence--that something essential is missing from life.

Those responding to this inspiration to seek more are often being directly guided by their twin flame who is still on the astral plane and who in effect appears in disguise as a "guide" or a "muse" to the other incarnated half. This state of separation is sometimes expressed as "Without him, I exist not. Without me, he is unmanifest."

Cases exist, then, where the divine twin flame may overshadow or even possess the ordinary soul mate so that this higher form of love may be celebrated on earth. This situation however is often mistaken as a real twin flame and indeed it fails the test of a "twin flame upgrade."

Put simply, a great deal of maturity is required for a twin flame relationship otherwise the partners quickly destroy each other because of the powerful energies unleashed upon their meeting. The most simple qualifications, then, are the capacity to at least briefly step free of one's ego and have some spiritual purpose worthy of the twin flame combination manifesting on earth.

To be with the one who is truly your other half requires you be free of the need to have anything outside your self support your identity; for your twin flame is your identity and the relationship cannot survive with emotional attachment to other things that corrupt or downgrade the relationship by dependence on impurities.

Thus, looking in the mirror of mortal experience, how many times does the longing to unite come cloaked in tears from being haunted by what is missing--because we are not yet ready to celebrate such mysteries?

Nonetheless, the top ten kinds of personal love are still “personal love.” The question you ask pertains to another kind of love—a love that is written into the structure of the universe and that is more powerful than space, time, matter, energy, or spirit consciousness.

From that larger perspective the idea of a “twin flame” is one hundred per cent correct in that two people can become involved with each other so that every cell of their bodies and every fiber of their souls vibrate in harmony and in love with each other.

At the same time, without loss to the above, the “twin flame” concept is one hundred per wrong. It is false. It is fake. It is an absolute illusion. This is because in reality there is no unique twin flame. You are permitted under the most fundamental law of the universe to become one with anyone without exception. And this to the extent that “every cell of your bodies and every fiber of your souls vibrate in harmony and in love with each other.”

I am not going to leave it here. I will also assert equally by rewriting my original description that “There is not one mirror image of your self in the universe whose light vibrates with the same frequency as yours. You are permitted to vibrate with the same frequency with anyone who exists.” Or, “Every person is your God mate.” And “In effect, there is a perfect balancing of masculine and feminine energies between you and any other person if you have a purpose to accomplish that requires this.”

Now I am not completely stupid. I know the counter argument to my position. It is this: at the present level of evolution human beings require romantic love in order to overcome their selfishness and their delusion that they are somehow separate from others—and so they then need extraordinary measures--dreams, ideals, and longings in order to step free of ego long enough to actually give their full attention to one other person.”

I do not argue with that position if someone wishes to assert it. But you are not a human being. You have a mermaid soul and are from a realm

in which each is never separated from an all-embracing love that flows through you continuously in every moment. So the human argument does not apply to you because in your original nature you have no ego to overcome. And in terms of my top ten list of personal loves mermaid love ranks higher than twin flame love.

So the answer to your question, “How can I reach souls that are of a low vibration?” is that you are free to interweave what you are, what you feel, what you think, and your very being into the life experience of anyone else on earth. Let me say it again, the most fundamental rule that governs the entire universe is that anyone may join with anyone else in order to fulfill the purposes of love.

How do you do that? I mention a great number of ways in my book, *Letters to Mermaids*. But basically you simply include the other person in your meditations. On the simplest level, if you imagine you are the other person, inside of that person’s body, soul, and mind, then you get a physical sensation of what it is like to be him or her. And this connects the two of you—for a little while no one on earth is closer to that person than are you. And the other person will sense this new connection to you after you do this.

By including the other person in your meditations--sit back every now and then and think about the other’s life. Answer the questions—what has that person experienced? What is the most exciting thing for that person, the best that has been experienced and the worst? What drives this person on a conscious level, subconscious level, and at the core of the person’s being? What are this person’s goals? What desires are they meeting and what desires remain unmet? What have been the different stages of life experience for this person and what have been the conflicts between the individual’s inner flow of life and the events taking place in the outer world?

And above all else, use your mermaid empathy and go into the future and see what this person is like when his conflicts are resolved and his needs are met. See it. Feel it as if it is one hundred per cent real right now. And then place that image/feeling/dream within the other person so that you in effect become the operating guardian angel inspiring that person to rise up and become the person he or she is meant to be.

Now a number of the above questions I suggest you look into are not mermaid in nature. You will very rarely hear a mermaid woman say, “I want to understand you better?” That is a sylph question, a question involving curiosity and mental clarity. It is a desire to get to know another person better.

Mermaids instantly feel what other’s feel and so they tend to avoid intellectual questions and so they genuinely and profoundly from the core of their being lack curiosity. They are just so in the moment of flowing love that the idea of grasping the whole of the other person as a mental vibration is totally outside of their approach.

But you are one of the two or three mermaid women whose empathy is also a mental vibration. Your mind can reproduce the exact vibration of others’ minds so that you not only know what they are thinking. You know why they think the way they do and you can ask a question and find yourself answering that question exactly the way that person himself would answer it. You exist to intervene in the lives of others and to transform the people you meet.

Now several mermaid women I know, being from another realm, it is perfectly natural to them to do what they do. They will walk down the street and “zap” others they see dissolving their sadness and replacing it with happiness. It is as easy for them as breathing air is for a human being. Love flows everywhere and to everyone you meet.

But you are in a slightly different situation. Your involvement is meant to be more conscious like a case worker, probation officer, counselor, or life coach.

Obviously, you have to be careful with people. If you take away their demons they panic and experience terror because those demons have been assigned the task of keeping the person tied to the real world through obsessions, desires, or fear. That tie to reality has hidden behind it a void of nothingness where there is no ego or attachment of any kind. And most people like I say are terrified of touching that kind of awareness.

And you have to be careful because if you present people with light that is too strong or with even loving energy it may awaken in them overpowering desires that are blind and without conscience. This is

because light and love expand awareness. And if their awareness expands it will reveal memories and desires hidden in darkness as well as choices they are then able to make which previously they have completely ignored. A person's best choice may require courage, conviction, and commitment and the person may be totally unprepared to take that step forward.

In summary, you are free to extend your awareness and energy into anyone. By doing this you awaken in that person conscience, inspiration, self-reflection, a sense of freedom, and the clarity that comes from standing back and looking at one's life from a distance. But in all cases this is not a one time thing. You have to monitor the process and discover what works and what does not work.

The basic rule of the universe requires a purpose for acting in this way. If your purpose is to demonstrate the power of love, then act with the supervisory oversight, attentive sensitivity, the generosity, and the ability to create new experiences for others that is inherent in love.

## Letters to Mermaids—Inner Mermaid



Comment. I had trouble with my phone and just now was able to get your address back. I hope you're well. I haven't seen you in what seems like a year.

Response: It is amazing to me that the local mer women here on Oahu seem so content that there is no desire to meet the other mer women. It is like the air here is so thick with ocean energy and so there is none of that “landlocked mermaid” feeling of not being at home.

You are a thirty-five minute drive from where I live. I remember the time when we did the photo shoot on that secluded beach. We sat there during the break and as with some of the other mer women—there is no you and no me. There is only a oneness that is a oneness with the sea.

The thing is if I hold up my hand right now and feel your aura I feel exactly, identically that same experience—there is me, no you—only a oneness that is the sea. It feels just as strong as when you are actually sitting her beside me or holding my hand as we meditate.

Your inner mermaid is slightly different. I feel like in the video—those huge forty foot waves of the North Atlantic Sea crashing down around me. It is awesome and beautiful, wild and majestic.

[http://www.youtube.com/watch?v=LwKXfc\\_a4Ag](http://www.youtube.com/watch?v=LwKXfc_a4Ag)

And there is this: When I feel the aura of your inner mermaid, I become a great storm above you. It is not really wild and mad with overpowering passion. No, I am an intensity of great clouds churning in the blackness of the night. It is not rage. I am not crazed and furious with desire. No. That is not it.

Shearing lightning, arcing, burning furiously, dazzling in power, might, and ecstatic light. No. It not desire. Not passion. Not a wanting that will never be at peace until there is the oneness of release.

No. I have become nature itself. I am without self-awareness. There is no me, no you, no sea and no sky above. There is only a oneness—a

wild purity, an immense beauty unleashed as the heaven unites with the sea beneath. I am your inner mermaid's companion. We are a celebration.

I am a lightning storm. I am what I was meant to become. The waves are her body turning and yearning. My winds drive down into her troughs. Her white caps, the waves breaking, the spray flailing—she responds to my inner being. She is within me and I am within her.

There is no me on a shore writing these words, no fingers typing on a keyboard. I am not there. I am here in a oneness of water and lightning. Darkness surrenders as we share. Space divides and then reunites as we pass by. Silence stops and wonders at our embrace as the air trembles and shakes.

That is why I haven't gotten together with you. Your inner self carries me away, far away out to a place on the open sea where the ocean and the sky embrace, where the heaven and the earth are so much in love you must put aside this human form in order to endure the wonder of a tenderness that holds the world within its heart.

## Letters to Mermaids—My Boyfriend



Question: My boyfriend.

Response: Yeah, he is a real man's man—dynamic, in charge with reserves of power inside of him. He would have done well in the military as a captain or commander or someone running covert operations.

I have mentioned in the past that the role you can play with someone like this is to get in the habit of “debriefing” him as if you are his control or senior officer to whom he reports. He is overqualified and under challenged. His mind works so that he thinks in terms of what is the job to get done or what is the immediate goal to be achieved. Yet he is a man who has not found his true mission that commands all of his attention. To interface/to relate to him you need to help him out. He has no one now to whom he reports about where he is in his process at any given time.

I realize all the same he must be frustrating because he is not relating to you as the mermaid that you are. On the one hand it must be nice to be around someone who can take charge and totally engage you giving you his full attention. But the watery love you crave to share is not there.

And he does not know quite what to make of you. He feels around you loved, relaxed, and free. But these feelings and sensations for him have no reference points—his identity dissolves in your presence and that is dangerous to a man who exists to take charge and accomplish some mission.

Tell him therefore to go park his car in front of the sea. He does not even need to get out. Sit with a thermos of coffee or a latte, whatever he wants to drink that is non alcoholic.

And then recall everything he has experienced with the ocean. Recall every memory, every thought, feeling, and sensation with water. And then too review in his mind all that he knows about the ocean—any

documentary, any movies he has seen, anything he can think or imagine about what it is and how it operates.

He needs to do that because your vibration is the ocean. And he will never be able to relate to you through feelings that match yours much less feel what you feel until he does his own homework—until he creates a space inside of himself where he can think and feel as the sea thinks and feels on its own terms.

If he does this successfully, he can relate to you almost like a merman to some degree in human terms that is. Being around you will no longer create that “cocaine” high of feeling larger than life in your presence and the opposite—the feelings of physical withdrawal symptoms when he is not with you that for him is like a darkness inside that has no definition.

The great explorers of the earth who sailed and charted the seven seas never met the sea inside of themselves. You could stand in front of any of them and look into their eyes and not see the sea gazing back at you. Magellan, Columbus, Francis Drake, Captain Cooke—it does not matter.

All of them were afraid of something so vast. They knew you can only plot a course across it. You can never understand its depths. But they did not have a relationship with a mermaid so they had no insider’s advantage.

With a little luck your boyfriend can actually get it. These humans, when carefully inspired, turn into godlike beings. Make him not just a lover but an art project—make something beautiful with the materials you have at hand.

I realize in human culture romantic relationships are often conceived in terms of something that happens—they are supposed to be spontaneous and come alive through the natural powers of attraction.

But you know from the core of your own being that you are here to accomplish a mission. Make whoever you are with or meet part of your work on earth.

## Letters to Mermaids—What Am I Missing?

Question: I am exhausted, stressed out, not getting much sleep, and something is wrong but I cannot put my finger on it.



Response: I sense how much in your personality that you are like your inner mermaid, that is, as your mermaid self is on the inner planes. You were extremely nurturing, giving, and healing. This was not a problem there because the energy you gave was immediately renewed by the astral plane that surrounded you.

Here in this world in a human body we have metabolism and homeostasis--the body regulates temperature, pH, glucose, electrolytes, etc. It is constantly circulating oxygen and food and eliminating toxins.

That is, in our world you are an independent energy system from the people surrounding you. You cannot just give and give without exhausting yourself. You have to monitor separately your own stress levels for example as if you yourself are one of those who you are trying so hard to love and to nurture. You cannot get away with just giving. You will implode from the exhaustion.

Take a breath right now. Inhale and exhale. You can feel the body regenerating and maintaining its vital levels. But you are, metaphorically speaking, doing all your breathing for other people--you are taking the energy you need to maintain yourself and giving it to others.

Like I say that is workable in the mermaid realm but here you end up exhausted because there is no equal return flow to you from the environment or from other people.

This is a psychological issue also. When I first met you I had not yet meditated on your aura so I had no way of understanding your effect on me. You had this "come on" that is totally outside of human experience. You offer yourself to others without conditions or restrictions. And you are not aware that you are doing so.

Even the most submissive of human women never ever does what you do naturally--there are always conditions they place on interacting with them. They always make demands of some kind even if it is subliminal:

A human woman is programmed in this way no matter how much she is self-debasing or self-hating. She will always say on some level of her being—"Mess with me and I will turn into a monster and devour you." Consequently, human men have no experience in any form or kind for dealing with the way you offer yourself to others.

Here is the remedy and I can work with you on this until you get it. Visualize someone sitting in front of you and sense an equal flow of energy going back and forth between the two of you. If I do this with you right now I can sense before I begin that you are all giving. You

have no back flow of energy returning to you. You act like an artesian well but you are not an artesian well. You cannot burn the candle at both ends without running out of energy.

You need your own space. You need time to yourself. You need to do a few things just for you that recharge you. You need to practice entering a state of happiness that is completely separate from the act of giving to others. You may feel no need for that. But the body you are wearing cannot function without some sort of self-renewing activity designed just for you.

So let me try it again. I visualize you sitting in front of me. I balance the energy flow so that as you give affection I give equal affection. You give attention I give equal attention. You give love I give equal love.

You give that watery mermaid energy and I give back whatever it is I have to give like my blue sky clarity and my penetrating awareness but still I find a balance. I do not necessarily trade the same thing but at least something of equivalent value.

Notice the difference. You and I remain two different people but in terms of energy as we meditate together we are now one metabolism with its own homeostasis balancing the energy of both of us. You are not a dialysis machine taking the bad energy of another person, purifying it, and returning healing energy in its place. No, in every way there is a balance between the two of us. You just cannot unleash your heart and love, love, love and give, give, give.

In this meditation energy exchange you are as aware of the energy flowing back to you and how much it nurtures you as you are aware of the energy you are giving and how it is being received. This is how human beings function at their best level.

Human beings are always in deficit spending mode; they are always exhausting their credit lines; they are always exploiting other people to show a profit; they are always building empires by dominating and

stealing the energy of others. It is just their nature to do so.

They are unable to renew themselves from within. So the very best you can do with them is to help them to learn to share in a fair and just manner. If you heal a terminally ill human being they can get so pissed at you because they know in their bones they were meant to die and so they get very confused as to why they are still alive. You have to get them to commit to using the energy you give them so it benefits others otherwise they feel they are in fairy land and have lost touch with reality.

If nothing else, if you carefully monitor the exchange of energy you give to others so it is fair and balance they will learn that at least around you they have to behave as a good person rather than as a thief, a vampire, and most likely as the equivalent of a drug addict addicted to your giving. They simply lack the will and discipline to figure out how to give anything in return in order to be fair.

Like I say I can practice this with you so you can understand what a fair exchange of energy and love is. Since mermaids do not understand "love" as an abstraction, ideal, or morality but perceive it directly as a flow of energy this will be a new experience for you.

You have to look at it not as you being the inexhaustible artesian well that continuously overflows. You have to treat yourself as if you are one of two human beings who you are teaching how to share love and energy with each other in a fair and balanced manner. That is a really good thing to be able to give to others.

Now it is true that a mermaid cannot stop loving otherwise she ceases to be a mermaid. But it is also true you are not in the mermaid realm. You are working with a different species of beings. To love them you have to exercise oversight and guidance. You have to observe the effects on them of what you give.

The lack of good cross cultural communication will invalidate the

teachings of even the most enlightened Oriental masters. They do with Westerners what works in their own country and it can produce the exact opposite results of what they were after. There is trial and error. Find what works for you but observe carefully how you affect others when you are just giving versus when you are sharing in a balanced manner. If you want the pure giving experience, imagine another mermaid woman sitting in front of you. You should be able to feel a sense of being home.

### Letters to Mermaids—Common Traits Like Mean Mothers

Question: I was wondering if mermaid women have any common trends regarding upbringing. Obviously they share traits but I wonder if there are other commonalities such as relationship with mother or significant events in life.

Response: There does seem to be a pattern among the mermaid women I interview. They usually have mothers who are hostile, abusive, and sometimes schizophrenic. Some say to them, "I wish you were never born." Or, "You have ruined my life."

Perhaps the reason they have these kind of mothers is that human women who are "healthy, loving, and well adjusted" have what is called a strong superego. They are well-integrated with society. They are functional, successful, and have adapted well. In which case they automatically screen out or subconsciously prevent an elemental child from the other side being born through them.

On the other hand, women who have a seriously flawed ego structure and can't function well in society or who are emotionally wounded in a serious manner do not have that superego in place. They do not fit in. They are not adapted.

And so they are "open" in the sense that unusual things or vibrations from the astral plane can enter them. They do not filter out children that are not like them. And yet when a mermaid is born through them they do sense that the child does not reflect who they are in any way. The child does not bond with them the way they would like.

The mother cannot imprint her desires on the child. Some mothers want the child to be "part of me." And so they get hostile with a child who is not even a part of human society.

One girl's mother would not even tell the family her own birthday so the girl just picked a day at random to have a birthday party for her mother. But this girl had a father and younger sister who were very watery and empathic.

Another's father left her on a raft on the Great Barrier Reef for six hours by herself without another boat in sight when she was maybe nine or so. But she just takes that in stride.

Another's mother is very cutting and hostile the mermaid woman interacts frequently with her grandfather who is dead and who talks to her in her dreams and watches over her life.

Some were lucky to grow up near water and in a sense the ocean or water became a caregiver like Serena Brooke who jumps in the ocean and it immediately recharges her with energy. Almost all loved to spend many hours in the water when they were young.

I know a man whose young daughter is like that--ten hours a day is nothing for her to be in the water. One mermaid woman told the father to let the daughter spend the time in the water but make sure she interacts with other young children her age.

Many have out of body experiences when young as in looking back at their own body on the bed or flying around the room or seeing faeries and gnomes, etc. But for several the house they were in had bad energy or spirits in it which was a huge problem because no one could

understand. Adults became hostile if the child suggests the house is haunted. One kept running away because of the spirits who would walk around the room and move objects.

There is usually a time during childhood when the mermaid woman finally notices she is more empathic than everyone else she has ever met. For one this happened suddenly at a disco when she fainted because she was overcome with being bombarded with everyone else's feelings. Others have the experience of being told that mermaids are not real or that fairies are not real, or seeing auras is not real, etc.

They often do not understand money in any way or personal possessions as children. There are no personal possessions in the mermaid realm, no currency, and sex is not used for reproduction thus in the mer realm there is no sexual morality. And even if the girl has a human soul but the watery aura of a mermaid she usually automatically adapts to the mermaid's perspective in regard to these things.

Having auras that are so receptive and giving, some were supported but others were picked on and abused. Here is a child whose energy undermines everything some adults have strived to oppose their entire lives--namely, innocence, openness, giving, purity, love--these things are very offensive if you are in a "patriarchal" mentality or if you are insecure and cannot find these within yourself. For those kind of adults them, the feminine is meant to be controlled.

For one mer woman, even at age five she felt grown up inside as if her emotional age is twenty-six her entire life. Another is feels like she eighteen years old even though she is thirty-three. She acts, looks, and talks like she is eighteen though in truth her soul experiences are very vast and mysterious.

Many are so loving that they can say "I never had a mean thought in my life" and "I can feel pretty much what anyone can feel but being mean is something I cannot even understand."

Sometimes sensual beyond human understanding, human morality can escape them. But even so, these also consider love to be the reason they exist or else they simply cannot help but flow energy to others. It is how their auras work.

They often have close ties to animals and children feeling that these are innocent and should be protected. Obviously, if you are in a hostile childhood environment, live near water or a forest, and feel “nature is embedded in the core of your being,” then it is common to spend a lot of time in nature watching and interacting with animals.

And then there is this thing that mermaid women almost never lose their innocence—that is, past bad experiences do not prevent them from giving all that they are to others. The present moment cannot be spoiled by the evil that men or women have done to them previously. They may suffer emotional wounds like other girls or women, but their essential nature remains unchanged—they are almost never attached to an ego in any form. I do not think I have ever seen that in one of them. They always keep giving. You have to see it to begin to understand it—this innocence of theirs is also beyond human understanding.

And again, since almost all have never met anyone like themselves when they are young, they have that discovery, often traumatic, from adults who rant at them for sensing what for adults is fantasy. So they end up learning to act a role in order to fit in with other human beings.

In other words, they learn to be cautious to protect themselves. But very few stop flowing elemental energy to others. And so their watery energy often produces obsession and envy from others.

And they learn that they cannot trust human beings to understand what they are inside. One says, “If I told people what I feel they would think I was crazy.” But again, caution about sharing who they are in no one reduces the extent to which they give of themselves to others.

And for some when they are young they feel very clearly that "this world is not right." And so maybe one in four made a huge effort when young to try to return to their own realm in nature. None that I know of succeed.

Put simply, they have strong connections to water, esp. large bodies of water; they are highly empathic beyond anyone else they have ever met. And they find it strange that human beings do not think in terms of love being the reason they exist.

See also the essay, Traits of Mermaid Women in my on line book, <http://williamrmistele.com/uploads/mermaidwomen.pdf>

## Letters to Mermaids—Relation to Other Mer Women

Question: I share these things in common with another mermaid woman. Do you think my feeling of connection to her is from the mermaid aspect or from past lives we may have lived together?

- Seeing faeries as children
- Empathy
- Giving things away as children
- "traumatic childhoods"- mine is literally the stuff of movies
- constant need to be in or near the water
- sexual trauma
- not understanding "people"
- overly forgiving
- plenty of "friends" but never truly connecting with most
- a lot of death experiences
- maturity well beyond the norm

Response: The things you list are typical of mermaid women. A few have telekinetic abilities like moving objects or the ability to play with fire on candles or effect electrical devices. One can read the playing cards another person is holding in his hands by seeing them through the person's eyes. About half of the women say they can see in the dark.

The seven or so I had here in Hawaii for a get together instantly bonded but they usually bonded in groups of two. One woman mentions that in the mermaid realm mermaids usually bond in groups of three, but the group does not mean they are like each other, just that they bond with each other.

The ones bonding here on Oahu were a lot like each other. But a woman from another island pointed out that they all had a stream of watery energy flowing through their auras joining them together when sitting together at a table. And the stream of water did not go through but around the humans who were present.

It is very easy to feel one with them on some level or many levels at once. I find that is easy to do with a number of them. There are just no ego boundaries that need to be overcome and there is that direct awareness of the energy flow itself. So to answer your question the present experience of flowing watery energy in and through each other may vastly overshadow whatever experience you may have shared in past lives.

I also find that all the elemental kings and queens regard you as a member of their realms if you embody their element no matter what else you may be. So a human woman who develops or has a mermaid's aura is now a mermaid from the perspective of the realm of mermaids even if she has no other connection to that realm and even if she has never been in it.

The water element in mermaid women does give her a much faster learning curve in general than human beings possess. But mermaids are

water; they have always been and will always be water unless some profound magic is worked upon them. Life time after life time you have the exact same person though always learning new things.

All the same, I find that in about one in eight or so mermaid women they have been overshadowed and under some sort of spell or possession of some kind. Powerful individuals and not just humans but spirits too become obsessed with them and so try to control them for their own purposes. But water is water. You can store it or freeze it but it is still water. It will eventually return to nature or to the sea.

## Letters to Mermaids—The Future of the Human Race



Question: I wonder what will happen to the human race? Is their extinction soon?

Response: I used to ask a number of mermaid women if they thought the human race would be around for long? They all said no.

Human beings are actually in their golden age of civilization. They have won the cosmic lottery in being able to terra form and colonize Mars using available off the shelf technology. This would help insure their survival in case of cosmic or planetary disasters. Whether they bother to cash in their winning lottery ticket is doubtful.

Nonetheless, when a race in this galaxy is able to establish itself on a number of planets, its chances of survival are vastly expanded. It is a good thing to survive. It is a bad thing to become extinct when you have so many things of value you can still accomplish.

Given the level of risks that human beings take, their lack of self-reflection, and their lack of responsibility for protecting the earth and insuring their own survival, somewhere in the next thousand years there is a very high probability that the current group of souls occupying human bodies will no longer be here. But this can be changed.

War can be prevented. Dictators removed from power. Governments can become just and free of corruption. You monitor carefully and inspire those powerful individuals and corporations that make choices that affect everyone. And you fill in what is missing in the human conscience which is done by joining the human realm to the mermaid realm. This would establish among human beings the sensitivity of the water element with its graphic imagination that can easily sense the future; and so this alone would help avoid destructive economic and political choices which human beings currently are not very good at sensing.

The planet has an overall agenda. Each race that appears is of course free to choose its own destiny or what specifically it wishes to contribute to the unfolding of the universe. Human beings in the last hundred years

collectively have chosen “science, technology, industry, and innovation” as the divine set of purposes they wish to fulfill on earth. Thus Bill Gates and Warren Buffett, Thomas Edison and Westinghouse, Oppenheimer and Einstein, etc. That is what has captured the imagination of the geniuses of this planet.

Consequently, they really do not need this planet any longer in order to pursue those purposes. A planet like Mars would be fine for them where there is not the fabulous biodiversity to be destroyed by their recklessness; there is not such magnificent beauty to be laid waste.

On the other hand you just need a few creative individuals to intervene and rewrite the grand proposal for human destiny—rewrite the “let's expand and develop new technology as fast as we can even if it destroys nature and ourselves in the process.”

A different agenda and destiny for the human race: “Let us fill the earth with justice, establish peace, and expand consciousness so we are aware of these incomprehensible wonderful and unfathomably beautiful spiritual realms that surround us on all sides and which underlie nature in every aspect.”

No one yet knows for certain what will happen to human beings. Like the Fukushima nuclear disaster, sometimes human beings have to pay a price in order to learn. With nuclear energy, human beings are way too immature to be using fission technology in any form. They have not yet learned this but they are beginning to slowly get it. There are many other equally stupid things nations, politicians, and scientists are pursuing on this planet. But there is a chance that they will learn—they are not all narrow minded and blind politicians greedy for power like ravenous wolves. Not all corporate leaders are after the fast buck pursuing only short term gain at the expense of long term value and well-being. They are not all suicidal and in denial about the risks they are taking.

One way of discussing the basic flaw in human nature is by describing the psychology of the four elements. If someone is weak in a particular element of earth, air, water, and fire, then that weakness tends to produce weak results in life experience. If someone has negative energy in an element, that tends to produce negative experiences with that element.

Let us take a look at the astral equilibrium or the balance within the collective psyche of the human race in terms of these four elements. Think of an individual with great will power (fire), ever expanding knowledge (air), and tremendous capacity for hard work (earth). But there is almost no capacity for feeling (water). That is the human race from the point of view of the elemental realms.

We have then a race that has just created antimatter in our laboratories. Antimatter only exists in the explosions of supernovae and at the beginning of the universe. We now “own” this cosmic level of creation in the external world. Yet two hundred years ago we were riding horses and using them to plow our fields.

What happened with this immense acceleration of technology is that there has been no increase in our wisdom in the last two hundred years that equals our advances in the element of fire and the application of electronics, or in our other masteries over nature. In 1932, a simple physics experiment splits the atom by sending a neutron into an atomic nucleus and getting two neutrons out. Thirteen years after this experiment two cities are destroyed with the atomic bomb.

The civilization in which these events happened lacked the presence of elemental water in the human psyche. This is not an external power. It is a soul capacity to feel what others' feel anywhere on earth. Water as the mermaids know it offers an inner sense of shared life, not just the twitter and blog sense of knowing intellectually what is going on with others which is not water but the air element.

So if the water element is weak and the other three elements very strong we can foresee certain problems occurring. An individual and so the human race as a whole ends up causing great harm to others. An individual would do this simply because he does not understand when

his rapid advances in knowledge and experimentation harms others or himself for that matter.

He would ignore all sorts of warnings about bad things coming his way: he would take excessive risks that threaten his well-being and safety because the quest, pursuit, and exercise of his will are far more important to him than the mere feeling that it is important to live in peace and harmony or with a love that nurtures others.

And he would not be able to do what people with strong water can do—they can feel if something is right or not without having to think or analyze. Mermaids have an inner stillness that can sense or see the future.

Our water deficient individual would not have the ability to dare, not in the sense of taking risks which he is very good at, but in the sense of daring to change his own nature--to dream and imagine how to be complete and whole in himself.

For the human conscience to operate effectively it needs all four elements equally strong and positive. Water offers a sense of the rhythm of life. It tells you when to step back from your many activities in order to renew yourself. It tells you when to let go and flow because it senses within your own soul the natural ways in which your dreams will be fulfilled.

Water offers a sense of connection to others. You can feel what others feel and with ease unite with them from within. Water annihilates loneliness and isolation and it dissolves anxiety and insecurity. It destroys sadness and sorrow.

Those with strong water can hear what others say, both in the words and in the heart. If you know someone with very strong water, you probably have a friend who at a glance can see if the deepest dreams in your heart are unfolding with harmony and beauty. A close friend or lover or caregiver with strong water unites with you from within and so for your entire life offers you an inner sense of renewal and completion. Their very presence in your life offers inspiration.

Take away the water required for balance and you get our world in which the human race may end up pursuing separate goals that are mutually contradictory and at war with each other.

Assuming we do not become extinct, the worst case scenario for humanity is that we so change our own DNA and connection to electronics and nanotechnology that we cease to be Homo sapiens. We become multiple new species that are no longer human in that the soul is filtered out. We become technological marvels devoid of heart.

I have seen at close hand how well-meaning and highly ethical people can become twisted just by immersing themselves in the industrial revolution, the work ethic, and the scientific desire to know and apply new knowledge. People do things without any conscience or awareness of consequences. So I can easily imagine how inhuman we will become if we start further changing ourselves through technology.

I lived in Detroit. Detroit had a more effective system of apartheid than South Africa. But it worked for many decades. Everyone was advancing in opportunity or so it seemed until they had to call in the National Guard to stop the rioting. I was on the last airplane to land in Detroit before they closed the airport because of the riots. Looking out the airplane window, the city was on fire.

None of the CEO's of the big three automakers, for example, saw the increasing disasters that were occurring in health, education, and job opportunities for the inner city workers. And of course the unions had no insight to offer in regard to the future. Placing themselves at odds with the corporations, they were consumed by their own cause and so could not *feel* that things were not right.

For me, growing up in Detroit was a taste of hell. It never *felt* right. From the point of view of the realm of mermaids as compared to the sylphs, gnomes, and salamanders, the human race has no contact with the spiritual purposes of this planet. We are so out of touch that it is easy to see that another race will appear after our time here is over. This would be a race more aligned with the astral, mental, and akashic resources and purposes that exist on earth.

The mermaids view humanity as a race that has no feeling for water. Sure, we have submarines, surfers, scuba divers, sailors, and swimmers. Google charts the bottom of the ocean.

But I ask you seriously, in whose eyes have you ever seen the dreams of the blue green sea or in whose voice have you ever heard even a hint

of the songs the sea dreams at night? The stories in our literature about mermaids are disinformation, designed to mislead rather than to reveal the wonder of these beings.

As a writer, it is my job to outline alternatives. I am not the laid back kind of person who says bad things will happen and so too bad for you. I am a cultural engineer: the entire destiny of humanity is up for grabs. If you do not dream a new destiny, the one you find in your heart, see it, live it, and make it happen, then things can turn out very bad.

The question is not about issuing warnings about our future. The question is how to present the warnings in such a way, with such conviction, clarity, and accuracy, that we seize our best opportunities and avoid our worst outcomes. Individuals must present dreams and stories that are so appealing and attractive that you enchant the human race to pursue a higher purpose rather than choosing a path that leads to desolation.

## Letters to Mermaids—Will I Ever Find A Lover?

Question: I do not really feel that I have to be only with one man because I feel that that is a human thought and idea; but I feel that the love I give to him, that giving entirely of myself was not enough. How can love not be enough to anyone?

I feel that I can bring the best out in people I love and that my energy of love calms people and unites in a peaceful way. I also feel like I can bring the worst out in people because once they have me they don't know what to do with me... I love because I love just hoping for love in return. I would give anything to anyone and give entirely all of me to bring joy and love to those around me. I forgive and continue to love but it's almost like that is not what they want. I would suffer any pain to keep someone else from hurting. I just don't understand I want to help and I want to learn so that I can love better and deeper to see what people need a little more clearly.

I feel drawn to those who need healing and help so it's hard for me to move on and to know how and when to let go. I give more than just my love. I also give part of my soul.

I feel like wanting to be loved in return is selfish of me. But I do not know where the boundaries are such as if I keep giving to another if it is not right will it kill my soul and keep me from fulfilling my purpose here in this life? And will I ever find the kind of love that my heart desires? I hope to find that soul mate in some life that someday will love me for just me and accept who it is that I am, that someday my love will be what someone wants.

Response: If you talk to human beings about what you just wrote, they will refer you to some sort of support group because they feel you are enabling others. A mermaid woman told me that a Taoist healer said to her that she had too much water in her aura and that she should wear colors like red and sleep on a bed with a metal frame. But you see it is humanity that has no understanding of water. They reframe love as something secondary because survival takes priority over everything else.

Put simply, mermaids in their realm give all of themselves when they love and this is never a difficulty or problem because all other mermaids and mermen give all of themselves in return as well. No one is ever short changed in the exchange of giving and receiving.

But in this world, love is a scarce commodity. People fight over it, demand it, try to control, coerce, bribe, deceive, extort, enchant, persuade, and argue just to get the bare minimum of what they need. And to answer your question, love is not always the most important thing that human beings need. They sometimes want or need a cheerleader like the ones at the sidelines in an NFL game who exhorts with her body and voice for the team and the crowd to yell at the top of

their lungs and put all that they have into the game; and the rules are that the players cannot date the cheerleaders because the chemistry goes bad--the cheerleaders and players lose their concentration.

Or they need a coach, a drill sergeant, a Lutheran preacher who exhorts them using every trick at his disposal to get others to put their lives in order, pull themselves together, make the most of whatever it is they have been given in life, and strive with all of their might to do what is right. That is "tough love--" you cut others off from your giving to make them fend for themselves. Then you offer small rewards only when they show consistent improvement in changing their behavior and taking responsibility for their own choices.

Or someone may need a support group, a job, a unit in the army, a guru and his ashram (yuk), an aerobics or yoga class, a college curriculum, a training program, etc. For some people, a one on one relationship pulls them down like a whirlpool or rip tide to a swimmer.

Personal, intimate love triggers in some individuals needs and desires so deep and hidden in themselves that they simply cannot figure out why they are depressed or suddenly feel helpless, vulnerable, and drained of all motivation, sometimes losing the desire to even get out of bed. The group, by contrast, provides many different eyes that watch each individual and offer impartial advice based on what actually works for those present.

Some people need a challenge--if you give human beings something for nothing (I often say) it actually makes them feel cheap inside and worthless. In the human realm, you have to work at something--the whole point of the spiritual vibration of this planet is to do something of value that transforms the world while you are here so that you end up leaving more wealth/love/happiness/assets/etc. behind than were here before you entered the world.

If you embrace an individual and in that embrace he feels complete, totally loved, immersed in happiness, pleasure, bliss and joy, then right there is this great danger you are communicating to him--"forget the coach, the diploma, the need for a job or to work; forget the struggle of getting up in the morning and trying to find a place in a hostile world where you have to find something that captivates your attention and at the same time is productive and of value to the world. Here in my arms you have everything you will ever need because in my love there is no outer world, no human history, and no need for struggle; because I am of the Sidhe, of faery, of the Other Side, and my love is so deep every drop of water on this planet rings with the beauty I feel inside.

No fooling. That is what it is like to hold your hand. To me, a mage who makes many realms his home, you are forever a friend. But to a human being who cannot stop his mind from thinking as I can and perceive multiple realities in any moment of time, as you say, "I feel that I can bring the best out in people I love and that my energy of love calms people and unites in a peaceful way. I also feel like I can bring the worst out in people because once they have me they don't know what to do with me."

It is hard to tell which way it is going to go at any moment when dealing with human beings. So what human beings need is to know they are interacting with another person who in every moment is checking on them, monitoring them, watching to see if the exchange of energy, affection, attention, respect, trust, etc. are fair and equal to both partners. They need you to do this because all human beings unknowingly--even the best of them--always take more than they give. They are not even aware they are doing this.

If you let them have their way, they will literally try to drain you of all your energy, love, and vitality. It is just the way they are--the entire human race is operating and has always operated with a huge deficit

(running on empty) when it comes to love and feeling. Around you, they will never be able to get enough if you let them run wild.

In effect, you are here as a teacher. As a teacher, you have to assign them lessons, make them learn step by step--like, "if you do this then I will do that." Then they feel motivated because what you offer is not found anywhere else even if they cannot put a name on it. Deep down they know they need that coach and school counselor, drill sergeant, and personal trainer.

Love them giving all of yourself and you risk having them drown in a psychological abyss--they want and need shallow water when they learn to swim and do not like or know how to survive when thrown into the deep end of the pool or into the sea of love that is the essence of your being.

If you are here as a teacher, then it is really going to be trial and error to figure out how to teach. There are no manuals on this. No disciple asked Christ, "How do I love as you love?" And so religions are useless for this. The magical empathy and love in water has been hidden from the human race.

As far as other mermaid women go, each one of you is in an on-going struggle. The struggle is between how much to be your inner self which is a mermaid and united to water in nature and how much to be within this role of "acting" like you are a human being. It is performing art.

The more human you are when you have a job and talk to people the less you are yourself. To perform as a human being you have to think and feel as humans do--utilizing the boundaries, strengths and weaknesses that go with having a consistent personal identity. And the more mermaid you are, the greater your original powers to sense love, to have love flow through you, to connect soul to soul and heart to heart with any living being on earth and to become one with another freely overcoming all boundaries.

This is a struggle and at times it is very easy to make mistakes--to do what does not work well. And so I often get asked, "How can I ever stop giving all of myself and loving others--everyone--with all of my heart? Because to not do this would mean I am no longer me; I would cease to be a mermaid."

And that is a very good question. Learn from your sisters--some have just learned from experience that when all the relatives in the family keep coming to them whenever they feel they need to get charged up or need help solving their problems, that this actually enables these people to never take responsibility for themselves. And so they learn to say "No. I am not free." Or "No. I want you to do that for yourself." Or, "I will do this for you this time but next time you will have to do such and such before you even come to me."

Learn from your sisters. Some of them are grand masters in this art of dealing with human beings.

Therapy for mermaids is in part figuring out how to support each other in dealing with real life conflicts and relationships while at the same time being yourself--your inner self that exists only to serve the purposes of love. We saw this over and over again occurring at our mermaid get together. Every day there was mermaid therapy going on spontaneously.

Even the mermaid queens wait for another to love them, to feel as they feel inside and so the union between two is fully one. It is fine and all to give and to give. But the great celebration that is at the heart of life requires not good intentions alone and compassion, but the experience of divine creativity that can only be understood when you have experienced true union with another from within. But that is what love is all about—two sharing all that they are, the totality of their being—with each other.

Please take care of yourself and maintain your own level of energy without others draining you. Mermaids are the most beautiful of

creatures in their souls and if you let others take away your energy you lose some of that intrinsic beauty; and beauty itself heals those who look upon it without selfish intent.

### Letters to Mermaids—Water in its Aggressive Aspect

Question: The way you describe the throat chakra to me is perhaps too strong or aggressive for a mermaid woman to be comfortable with.

Response: Water in its "strong" or "aggressive" aspects—a tsunami, flash flood, storm surge, whirlpool, riptide, in-coming tide in some bays, rogue wave, the surging seas--the waves of a "perfect storm," the wave that took the Edmond Fitzgerald down, the waves on the open ocean which suddenly appear as at Maverick due to the shape of the sea floor, and the very massive, thick waves like mini tsunamis.

I have seen one mermaid woman do "these are not the droids you want" voice when she wanted take out and the bar was temporarily closed. She said she simply extended what she felt into the person guarding the door so he felt what she felt--that it would be fine to get take out.

One girl when she sits down in a food cafeteria in a large shopping center and wants her privacy, she puts a "bubble" around herself. She says people then get up and move away from her so she can talk to a friend without them listening in. But little children come up and stare at her when she does that.

And then there is the friend you know who can give a little shove while sitting down and send someone flying across the room.

I told one mermaid woman who asked how to get a friend of hers to stop chain smoking to imagine she was him and when she looked through his eyes at a cigarette he had just picked up to say to himself, "I don't want this" and to see him the putting it down. Within two weeks he

had quit smoking. And of course there was the founder of aikido whose power is water could throw someone attacking him without even touching the other by "leading" the person's mind.

I think it is perhaps a power all mermaid women have but which no one suggests to them that they explore--it is a subliminal thing: you can imagine like several women do the vibration of frozen ice like an arctic bay or frozen range at the North Pole. Stalkers might seek to pursue them but when they get close they inevitably turn away.

These women feel totally self-sufficient: at peace both with oneself and with nature so that it is society that tends to surrender in their presence. And the sensation of freezing cold water is really great for "calming" down and returning to normal those who are overstimulated in their kundalini due to being in your presence. The cold sensation tranquilizes the "heat" in their blind craving.

For human beings, changing one's aura is a function of creative imagination and concentration. Humans do it all the time. But many mermaid women do not feel comfortable changing themselves in this way. Then I think it may be a matter of just locating yourself with your mind in a different place.

One girl was complaining to me that as someone was standing near to her she could feel his aura draining the energy out of her. I told her to imagine she was home petting her dog. This was very easy for her to do. She loves her dog.

I then pointed out that the guy was no longer drawing energy from her aura. She had in effect closed her aura down which she never knew how to do before. She has no "off" switch when it comes to giving of herself to others.

Letters to Mermaids—Is There a Merman for Me?

Question: I really do need watery love from a man. I feel anxiety about being with the man I am with because I feel sometimes that he is not right for me. He is very good to me and I feel strongly that he is deeply spiritual on some level. But do you think there is a merman out there for me in the future/near future? I just don't know anymore.

Response: Ideally, you take a human man or many different men and teach them to find their inner merman. And you find a real merman in this world to connect to. And you find a way to better connect in the right way that is safe and happy with the merman you already know from your own realm. We will see what you can do.

### Letters to Mermaids—On Bad Religion

Question: Last night I went to a course of miracles class--a friend invited me there. I expected discussion about forgiveness, etc., but it was a man who was preaching about Jesus. He read one section about how women who decorate themselves with trinkets and try to make themselves beautiful are just trying to attract people who are worthless anyway—that they are just covering self-hate, and that those who try to attract others to themselves are doing something evil.

Well needless to say the whole hour sitting listening to this man was utterly horrible and awful. His whole energy I found to be very violent and not loving at all. I finally left early because I couldn't stand it anymore. I have heard this same message from my spiritual path my whole life, and from Indian culture, etc. It is hard to trust myself when I feel that all the religions of the earth go against who I am and make me feel like a bad person.

I felt it was all the old patriarchal dominator paradigm that he was

speaking from, which has nothing to do with true mysticism.

How do I put this individual in perspective so I can accept him without judging him. Please help with some words of wisdom!

Response: Some religions specialize in creating guilt and terror in their practitioners. They also use their moral systems to create extreme loyalty to authority figures. They do this to control and dominate others. Like any perpetrator of violence there is an understanding of how to “imprint” on another person’s astral body a sense of fear such that that individual can no longer think his own thoughts or feel his own emotions. They have found this method to be very effective. That is why they use it.

If you really want success you have to turn to the boot camp approach in the Marines in which individuals bond to their unit more than they are bonded to their spouses. But the Marine Corps serves the purposes of national defense and not perpetuating some religious set of doctrines.

It is not that there are not genuine people of faith and love who practice various religions. It is rather that the history of many religions on earth consider spiritual realms as something too horrible to behold.

And so in effect these preachers operate as guardians of the threshold to the mysteries. They themselves have glanced past the boundaries that guard our world and felt terror at sensing what they did not understand. And so they exist to warn others “to turn back,” for beyond here lie monsters.

But you see if you have no fear and you have a genuine spiritual purpose that serves not yourself but others then all the preachers in the world cannot forbid you from going where they cannot go. Because you have become what they cannot fathom or comprehend—a genuine spiritual being with real spiritual skills and perceptions.

It is often pointed out that those who would be genuine spiritual explorers must first undergo some sort of experience with a “little dictator,” someone who tries to control and dominate them in every possible way; and so you have repeatedly run into such people in you

youth and also like the preacher at the meeting. But unknown to themselves, they too serve a spiritual purpose. If you overcome their domination and learn to be free of that person's will and power, then you are ready to face the unknown. You have learned that you do not need doctrines in order to think, moral imperatives in order to feel or to love and so you are free to use your intuition to sense other realities. These religious authority figures have not yet evolved in that direction.

The religion you ran into is a pit of horror. But many love that horror. The preacher who preaches in that way is offering amphetamine to those in the audience who wish to become adrenaline junkies. You see, the fear and terror produces a "high." If you look at it from a slightly different point of view, you can see what they are doing—they are all shooting up with primitive, primal emotions that relate to survival and pure, unmitigated greed to attain something that makes them feel special as compared to others who they consider to be "lost souls."

I have met Unitarians who say that they are refugees from Christianity. I met a girl who also said she was a refugee from Christianity. She used to greet others who came forward at Billy Graham rallies. But riding her bicycle to the meetings, she realized that there was no place within that religion to experience the beauty of nature. And so she became a druid because the druids understand you ascend in spirit by first making nature a part of yourself rather than denying or repressing its presence in yourself.

Learn to be free and to feel free right now under any and all conditions of life, even amid the worst—even in this world of "sorrow and loss"--and then you are truly free. Again as one mermaid queen says, It does not matter in what realm you are as long as in your soul you feel free.

The same mermaid queen says that beauty likes to be appreciated. And she probably said this not because the feminine is vain but because beauty transforms all who behold it if they allow its harmony to touch them. You cannot transform others if they do not see your beauty just as love cannot transform anyone if they do not allow it inside of them.

## Letters to Mermaids—On Being Overshadowed



Question: I had a dream in which your name was spoken so I think I am supposed to contact you. The person in the dream asked me if I was a mermaid and about my connection to water.

Response: I do not know quite why this is though I imagine I can figure it out. It seems some spirit or person not in a physical body has been overshadowing you for some time. I do not want to make this dramatic or anything. But you might have been able to sense this. It is like you do not feel quite yourself. Like someone who you cannot really see has been making demands on you. Never happy. Never satisfied. And if it is never happy or satisfied but always around you then you yourself have a very hard time feeling happy or satisfied.

Now this is exactly the kind of thing you get from those gypsy store front psychics or other psychics for hire in store fronts who at times are

in fact incredibly psychic and at other times have no psychic ability at all. But they all have this same sales pitch--they say some bad spirit is doing bad things to you and that for so much money they can get rid of it.

I do not do money.

But for me it appears that this entity or spirit was an Atlantean mage who was very developed but like many developed magicians he really has time on his hands and nothing at all to do with himself of any value. So he met you long ago in another life time walking down the street and then and there he attaches himself to you and will not let go even after many life times.

So yes, you have the watery energy of a mermaid but it has been quite hidden from you all this time because that is the part of you that he had taken from you and added to himself without it actually changing him in any way, just making him feel stronger.

The reason he appeared in your dream and said my name is that it appears that he himself does not know how to move on. I spoke with him and showed him what he can do to benefit mankind in his next life time--he can do scientific research that will benefit millions of people unlike many of our scientists now who work for mega corporations and serve only corporate interests. This man has the ability to do what is right in spite of corporate malice that will attempt to turn him away from doing good. I mean he has the power to stay focused not just with his mind but with a highly developed magical will on what needs to be done and not just what makes money for himself and others.

He seems happy with this possibility in his next life and so has let go of you. You should feel more relaxed and much more flowing in your emotional life. This also creates a problem because ordinary human beings will themselves either try to possess you or attack you because they envy your ability to feel so alive.

Get in the habit of saying to people in a playful way, "Just for the sake of argument, have you considered the other point of view?" In other words, arguing makes you appear completely human because arguing is a competitive thing and that is what humans are often all about. Pure innocence and love destroys and undermines the way they define themselves, but if you are playfully engaged with them they won't feel so threatened.

It seems that about one in every eight to ten women who have mermaid auras are in some way now or have in the past been possessed by someone, enchanted, or taken control of by someone else's will. But then again it is really hard to resist--I am not the only one who senses the elemental water of love that is in some women. And others do not have my commitments to pursuing spiritual purposes.

Like I say, men of power and/or magical will often have time on their hands and no real purpose to serve so when they meet someone of natural beauty through and through they use all their magical will to capture that person and never ever let go. Best to you. Love. And keep me up on how things go for you

Letters to Mermaids—Hostile Mother



Question: My mother hates me with every fiber of her being. What is going on?

Response: I have discussed this in other letters to mermaids whose caregivers are often extremely hostile to them. In the case of your mother it is like she was tortured horribly by Christians during their Inquisition. Hard to say if they were Catholics or Protestants since they both did that sort of thing, though the Catholics have the sheer numbers.

So when she incarnated this time she brought with her all of that unresolved and unhealed torment. When anyone tries to get close to her she is still in such confusion that she sees not another person but her torturer returning trying to reopen her old wounds. For to feel and to love again you have to first heal the pain that is there inside. Hold someone's hand and it is comforting. But if the hand is wounded the touch creates pain.

I think you mentioned to me that as a mermaid you were warned not to approach human ships at sea so that the sailors would have no contact with your realm. But you see that a soul like this is not a functioning member of society but is like a piece of flotsam, something cast aside by society—salvage--that no longer operates in a productive or useful way.

And so there is no warning about avoiding contact and that is how you were able to use her womb in order to be born in a human body. Her soul was available to any astral being to make use of in any way they wanted.

In other words, she does not hate you with every fiber of her being. She hates intimacy with every fiber of her being because it reawakens her pain. Others can get closer to her because unlike you they do not offer a direct soul to soul and heart to heart contact.

I realize you are so giving that you do not have a clue about how to help her. She will not respond to love in any form. In extreme cases like this that often also involve mental illness I use what I call “nothingness therapy” which I posted in my Notes facebook section.

We will work together on this to figure out how to help.

## Letters on Mermaids—On Connecting Two Realms

Question: I recently read your book Undines and really liked it. In some of your writings you said you wanted to join the realm of the Mermaids and humans together. My question is what is your plan to do this? The reason I ask is because awareness of Mermaids in the way you describe amongst most people is less than zero, and if it is your plan to help join the two realms, then I guess people have to be aware. It would be nice to see some nice websites devoted to this, and some nice art that visualizes what you describe in your book. Although I have little awareness about

the spiritual implications of such a task, of joining the two realms together. I would like to contribute in some small way.

Response: My site on mermaids is at [williammiste.com/videopoems.html](http://williammiste.com/videopoems.html) which has articles, stories, biographies, and videos including some video interviews. I have some video interviews here on facebook and will be doing a number of more of these.

I will have a brief book done called How to Speak Mermaid. I will try to get a book done on Mermaid Woman published through North Atlantic Books. It will be biographies of mermaid women. And North Atlantic Books has come out with my book on the four elemental beings—Mermaids, Sylphs, Gnomes, and Salamanders. I am also finishing up a book called Letters to Mermaids. I continue to interview and write stories about mermaid women and engage in various kinds of research. I have developed some short and longer sets of questions relating to their experiences and empathy.

My older on line curriculum on how to learn mermaid empathy is at <http://williammiste.com/books.html>

In the last two years there have been many new sites on mermaid art and stories.

When a mermaid woman touches you, in effect, her physical hand is of this realm but the astral body within the hand is of the realm of mermaids. So in effect two realms join in that moment of touch. Human souls are not usually immortal in nature and joined to the oceans of the world as is the soul of a mermaid woman. Thus the level of emotional force present in her astral body is vastly more developed than a normal human being.

So in effect the joining is simple. Just interact with one of these women. On the other hand, a person might ask a mermaid woman here in our

world or a mermaid in her own realm, How do I become what you are? Or, in effect, How do I find my own inner mermaid/merman? And this I write about extensively.

But it is the motivation and inspiration human beings lack. Just about any young woman can almost perfectly reproduce in herself in five minutes the kind of extraordinary empathy and love that mermaids embody. But our civilization has in no way prepared men or women to pursue this skill even when they experience it directly.

What all great world teachers do or have done in the past in order to prepare human beings to receive a new kind of revelation is to tell a story with their lives of the very thing they wish to teach. One mermaid woman asked me, What is your story? And I replied, You are my story.

I write their stories--I am Tolkien and Rowling using real people as my characters in creating a living mythology of magic and of wonder that shall transform this world. That is the idea anyway.

There is a point of synergy when mainstream media is irresistibly drawn to these themes, stories, interviews, and actual anthropology. For example, I have discovered and describe a type of human personality that is not known in any literature or records of the human race.

Hopefully that point of synergy will be reached soon. But it takes a little bit of diamond sharp will and a touch of divine power to pull this off. I at least have direct promises from two mermaid queens that they will give me their assistance and this they have been doing to the extent of "it is amazing; more than I could have imagined."

I have not figured out how to involve men yet. There are two mermen I write about. Interacting with the realm of mermaids is part of the training in Franz Bardon's books beginning with *Initiation into Hermetics*. Conceivably many hundreds of students have already explored the realm of mermaids in depth but I seriously doubt that more than a few of Bardon's students have bothered to enter and spend time

one on one with the various kings and queens of the four elements. If they had they would be able to do or have done what Bardon says you should be able to do--write books about each of these marvelous beings. Although eventually this will all happen. You cannot skip these elemental realms if you wish to understand even the basics of magic and wisdom on this planet.

## Letters to Mermaids—Jobs for Mermaid Women

Question: Are there specific jobs/industries mer women should attempt to veer towards? I have horrible luck with jobs. I end up with issues after trying to "ride it out". They'll usually overwork me or management eventually starts attempting to make it hard for me. In my current situation, a new manager came in and I think he is trying to make me quit. He seems to really have it in for me while he is chummy with some, and he does not even know me!

I'm having a hard time getting new employment and it is really affecting me well-being. Thus, I'm trying to see if I am missing something here. I've had a few bad jobs. A wonderful mentor I have has said that it is that I haven't found the right place yet but unfortunately the jobs I am qualified for are limited. I need to do everything I possibly can to make my actual dreams come true of eventually importing/selling jewelry, dancing and holding holistic dance workshops.

Response: One mermaid woman had some really bad luck with managers. She has since concentrated on modeling and acting. She also does makeup.

The ones doing the best are the hybrids--the human women who have mermaid auras. They are not from another realm and did not come here from the mer realm so they feel completely comfortable in this world. One is a physical therapist who works with a surgeon.

Serena Brooke has been a pro surfer runner up world champion once for about fifteen years and they pay all her expenses though now she has twins just born. Another human with a mermaid aura has the most powerful aura of all the women I have met though she just flows and her flowing takes her into porn though she is moving toward mainstream acting in movies. She has no inhibitions and is also the most innocent person I have ever met. She is water in terms of her brain waves, that is, totally in the present moment.

Another is a model and I keep telling her she should be a life coach because she has the power to get inside of others and motivate them but that has not caught on yet with her. She is now taking up photography to supplement her modeling. And another Class A model has gone on to decorating as a second career.

One mermaid woman is a nurse and that pays well. A lot of the mer make jewelry though there the problem there is promotion. Another does painting. Some of the women who are not mer are very successful because they are so rigorous and disciplined about promoting their work. One woman runs a bakery on Kauai. She stays up all night for two nights each week cooking to sell her baked goods at a flea market. Some women have readings they do on line and one woman has a subscription newsletter for updates on her channeling.

I told Ronda she should do that too since she meets more kinds of spirits and spiritual entities than anyone I know and just writing about them weekly would be great reading.

To deal with managers successfully you will have to figure out how to dissolve negative energy and though mer are fabulous at love and healing they are not good at dissolving negative energy. I have a letter to mermaids on using icy cold water to deal with negative people. One woman had someone who was newly hired where she works. And this woman started right away trying to take the mermaid's job away. But we worked on the icy cold imagery of an iceberg and the girl left. So in this case the protective energy got the other to leave. The woman was skilled at being negative and it had worked for her in the past but this neutralized it.

Water does have its martial arts side or Mars force in images like a tsunami, flash flood, rogue wave, whirlpool riptide, storm surge, high surf, etc. People are hostile to you in work situations because you appear completely passive and that makes them angry and they think you owe them for some reason or that you are not really there. They need to feel a force of will in you to take you seriously.

One girl has learned to yell at guys who mess around with her which does get them to listen. So for example at your job try this when someone is not nice or messing around with you: imagine the air around you and in your room is thick dense and cold water like blue green. And it carries a thought or feeling in it and that feeling is this: it is impossible for anyone to mess with me or not be nice to me in this room or in this energy field. And then just feel and assert that vibration when someone comes near you.

And more if someone is going to interact it is going to be fair, friendly, and respectful. This is simply a force field. You can pour out love and acceptance. You can just as easily pour out fairness and respect that saturates the air and anyone in your space. We should be able to come up with a formula for success in a similar way: Imagine blue green cold water around you or whatever color appeals to you and say, think, feel: everything I do creates wealth and love--the two are one--endless giving and receiving.

Another girl asked about working from home so I wrote a curriculum for offering active listening for a fee through skype. I have videos on my facebook page under Albums/videos that show how to do this and also there is one at [youtube.com/emedetz](https://www.youtube.com/emedetz) with Kearstin and me doing active listening.

Clients would pay you through paypal. Though a number of mermaid women are naturally good at listening and at this form of active listening they are mostly uncomfortable taking on clients for a fee. One woman says she will start doing so and I will keep you posted on how that goes for her.

Active listening is more the air element—it requires detachment and being open like the sky or reflective like a mirror rather than using the deep empathy of the water element to connect. I am sure there is a

mermaid version of offering a kind of verbal interaction that involves the mermaid empathy. Perhaps if you get others to tell you about their lives you can both relive those experiences. The mermaid water beings things to life. Three of the women I know can literally relive others' memories as if those memories are their own.

## Letters to Mermaids—Children's Story Time

Question: Do you have any suggestions on how I can help my daughter better understand mermaids?

Response: Here is what I suggest you do for your daughter. Make a notebook with various images of water in nature. Each form of water in nature has a different energy and feeling underlying it. Make this a play time together like reading a child's story before bedtime. You can make up stories together about each image too. I will give a few examples of that.

For example, imagine a falls and a mountain pool into which the water falls. The water is cool, flowing, bubbly, splashing, with ripples moving across the surface. Those are sensations that can be perceived and observed. But there are feeling underneath this water image. The mountain falls generates feelings within the soul.

Human beings do not yet know this. But your daughter is more than human. She should be able to understand you when you talk about these things.

For me this mountain pool with the falls is playful, purifying, happy, and renewing. It is literally a shower of water. You step into a shower and you feel cleansed as if the tension is draining from your skin.

Or the image of a stream or a river--It brings life to everything around it. It has movement and strength and it flows to the sea. It is like the

bloodstream of the earth. It is part of a great life cycle in which water evaporates from the sea, forms clouds, rains on cliffs, drips on leaves, forms rivulets and then a stream that passes into these mountain pools and eventually enter a river and then join with the sea.

Or a mountain lake—the beauty of the universe shines from its face. It can be as still and clear as a mirror that reflects with its grace the surrounding trees, mountains, and sky by day and by night.

Or the warm tropical beach where waves cross thousands of miles of sea to finally break. Here the tension of the entire sea finds peace, relaxation, and release.

And the open sea—vast in its depths, expanse, and timeless in its beauty. A billion years can pass and you will barely notice any difference. The open sea brings life into being, it nurtures all things, and holds the earth's deepest dreams—that one day we shall dream the dreams within her heart: to feel one with all others, to nurture, to inspire, and to hold and to fulfill the dreams of every living being.

There are many more images. These are few. They are not just nature but also the powers of the soul shine through.

If you become the waterfall and mountain pool in your mind, feel both its sensations and its feelings within you, then you create that life within anyone who comes near to you. Someone feels resistant, hesitant, shy? The feeling of happiness, play, laughter, and renewal can dissolve their hesitation and convince them that life is also meant to be lived with explosions of joy.

Are you with friends or people at work or school who feel down? If you become a tropical beach in your imagination, to some extent those around you will not feel they need a vacation. You create in them as your aura touches them the feeling of letting go, a place where the soul is at peace, a time when warm, accepting sensuality is all that exists.

These images of nature human beings know about but they do not yet know how to create the feeling of nature within their souls. But this is why nature has been given to us. It is our teacher. It is the steppingstones of all spiritual paths. It is what we are to embody within ourselves so that it becomes a permanent part of us. And when can do this then the life we feel within us never deteriorates. We become fully alive because we have found nature inside.

I often write stories about how mermaids decide to be born inside a human body. Some mermaids can hear songs from anywhere on earth. And so a mermaid hears a man singing with such heartfelt love that she decides to become human to meet people like that. Or another mermaid embodies the deep silence of the arctic or an ocean trench. She senses there are humans who also embody such silence and so decides to become human in order to learn from there. Or a mermaid embodies the wild waves of the North Atlantic. She becomes human because she can feel what people feel even as a mermaid. She notices that a few humans can also feel nature as she feels it and so she decides to become human in order to share her love with them.

You create your own mythology with this notebook and in so doing help change human destiny.

Letters to Mermaids—Excessive Empathy and also Including Others in Your Love



Question: I have a friend, a Virgo, who came to visit me last week. We agreed that my boyfriend could stay in the hotel with us and we would split the cost three ways equally. One day after the two of us were hanging out with her showing her the sites of downtown I began to get really grumpy. At first I thought it was because I was tired. But I became extremely aggressive and angry, mostly towards my boyfriend, making snide comment that surprised even myself. I had no idea why I was feeling the way I was.

I apologized again and again to him and to the girl for my bad mood and excused myself for a few moments to take some time to myself and recharge. As I was doing this I got a vision in my head of what was going on. I saw two huge black circles meeting at my heart chakra. My boyfriend did some meditations for me and it helped a lot. However, I was very confused about what brought the mood on because I had nothing to be grumpy about.

Two days later out of the blue the girl freaked out at me and told me she had felt like a third wheel the whole time. She said that I was just

using her so my boyfriend and I spend time with each other. And she felt upset that I did not notice how left out she was feeling. I immediately recognized that the mood I had earlier was not mine but hers. I had taken her feelings into myself and assumed they were my own. I described to her how I felt and she agreed that that is what she had been feeling.

I have had this same kind of experience with many people I care about. Sometimes I feel jealous toward someone when I actually do not feel jealous. I am just taking on someone else's feeling. Or I will miss someone but actually I am feeling the other person missing me.

Response: I have mentioned the problem with the kind of "cocaine high" and withdrawal symptoms that people can get being around a mermaid woman. Being around someone like you who flows watery energy through others spontaneously evokes this. For one they are not used to the watery love and want it so bad they can never get enough. And two they feel twice as alive around you and in leaving your presence even for a short time they feel like they are half dead when actually they are just returning to their normal energy levels. And they do not have a clue as to what it is but they feel they need to be "fed" if I can put it that way.

Another mermaid woman says that every single friend she has had ends up wanting to control her at some point. I tuned into one of her friends and it was like the friend felt ants crawling all over her. That was her withdrawal symptom. It is not just psychological. People get physical withdrawal symptoms.

I have noticed myself that when I am around you and your boyfriend for a few days I begin to feel left out. It is a perfectly natural reaction because the two of you are the most extraordinarily in love people I have ever met. Your body language with each other and the way you are sensitive to each other's feeling and always there for each other are beyond anything I have seen before.

What is really going on is that the two of you are bonded to each other in that you are constantly flowing watery love back and forth between two of you. If another person is with the two of you that person will not be able to put it into words but it is like you two are continuously a part of each other. No one else is able to get inside of that magical space of love and so they feel left out.

I have mentioned before how when the mermaid women were sitting around a table at one of my mermaid seminars the girl from Kauai pointed out that she could see a stream of watery energy flowing through and joining the solar plexus of all the mermaids there. But that stream went around the outside of the bodies of the humans sitting at the table.

And I notice if two mermaid women are with me that they have an instant energy bond with each other that is achieved effortlessly. I have to focus my mind to make that kind of energy connection. On the other hand I can connect to any of you in an instant. If I hold up my hand and feel your aura it is almost identical to having you sitting right here next to me. But again I am focusing my mind when I do that. It is a magical and conscious action and not a spontaneous astral connection.

So I noticed that one thing you and your boyfriend did was to interview me. You both asked me questions about the things I am most interested in. You both used active listening in doing this. And in a real sense when you focus your full attention on someone in that kind of way—to explore and elicit their deepest feelings—you are using your full mermaid magic and at the same time drawing them into your watery love that is constantly welling up within both of you.

So that might be one remedy when you are with a third person. Every now and then put aside some time to do active listening with that person and give the other your full attention. This is not flowing love the way a stream flows water. And it is not a “spontaneous” thing. It is taking the other person out of this world and into the magical realm of the

mermaids where love is the only thing that exists.

You are used to “following me” when I meditate. You duplicate in yourself whatever state of consciousness I create in myself. But with the one video we did on Fukushima, I started the meditation but you took it over and finished it. This is what I am talking about—you have the ability to “direct” an interaction in which another person feels briefly that he or she is as connected to you as you and your boyfriend are connected to each other. Try that and see if that works.

### Letters to Mermaids—New Boyfriend



Question: My new boyfriend.

Response:

His Aura: If I am picking up his aura accurately, he acts like you say, someone involved with studios and production. He has the aura of an assistant director except he is more obviously. He is aware of how you put together a whole lot of different people and activities—logistics, casting, but very much the material side of things—scouting location,

construction of a set, lighting, etc. He is very professional, detached, and organized in the way he goes about this. Every single thing has its right place. And you need to have everything just right in order to get the job done.

Personality: He is very, very consistent. He has to be. You need scheduling, time management, setting things up, and having everything ready to go. Everyone has to be on location and ready to do their job.

Now the inner Personality is what is really interesting. This is different from everything else. The guy is pure Zen with Aquarian curiosity and anthropologist investigation thrown in. Zen in that he can look at people and things without judging or labeling them. He can say to himself, Okay, this is what that person is good at. This is that individual's training, his or her talents, the level of consistency with which the individual performs, and the things this person might very well be good at that he has never thought of trying before.

But what is really neat about his mind is that he does not stop there. He thinks intuitively that you never really know what people are—they may know themselves extremely well and be very mature but in any moment they can become better or worse, stronger or weaker—everyone is full of unexpected surprises and capable of things they cannot even imagine.

This outlook enables him to watch people without taking them for granted and to give them a great deal of attention because he realizes that success is about seizing those moments when the unexpected opportunity briefly appears.

So how does he see you? Try it. Imagine you are him and looking at yourself through his eyes. Get in the habit of doing this. It will help you immensely with everyone you work with.

Put simply, he notices your watery energy and he knows that as water it is connected to the sea. And so a story:

Imagine long ago with square riggers that there was a legend passed between captains about a small island out there near Tahiti or Samoa where the Polynesian men are men but all the women are actually

mermaids. They can go swim in the ocean and change form. At least, that is the story the captains have passed around to each other under a vow of secrecy.

And during that time this man you met was a navigator on a sailing ship. And one day his ship stopped at this magical island to take on supplies. And while there for the day or so he went and met one of the women. And immediately he realized how different she was. Being with her was like being with someone from another world.

She was pure innocence. She had no personal barriers, no ego, and no reservations or hesitation about confiding in him and sharing with him all that she felt. He never felt so alive around her and this he could observe why—she was responding to him in every moment in a slightly different way.

And he thought to himself, The sea is just like that. You have trade winds, storms, calm, fog, gale winds and gentle breeze. You have head winds and high and small rolling seas. There are rogue waves so big that if they hit your wrong you capsize. There are shoals uncharted, unmapped, dangerous reefs, and archipelagos where life has attained perfect peace. The sea has ten thousand moods no man has ever seen. And yet here with this woman I see an endless variety of responses. She is like a stream that I am constantly flowing and yet different in every curve and rock it flows upon and around.

But that was then. He had to go back to his ship and sail off. But this time it is different. In our world if he were a navigator or a captain of a ship and stopped at that same island and met a similar woman he would have a different response. He would think in terms of what he could do to enhance and sustain this relationship.

He would want to take her back to LA. He would see if he could set up a way for her to oversee a park where people could interact with dolphins. The dolphins would only be kept for a month or two and then rotated back into the ocean.

He would then notice that being around her had a healing effect on others. He would experiment and see how she was able to help dying patients through hospice. They would lose their fear of dying because in her there is no fear of death. She is always joined to more than this

world that we see.

And then he would notice she perhaps had the ability to speak with the departed. He would have her doing ghost tours with haunted houses where she or those like her spoke with the ghosts who lived there.

And then he would notice that there must be a way to share what she is and feels about the sea. And so he would setup a festival, a party and celebration in which people celebrated the ocean and the life within it.

There would be music, singing, dancing, art displays, storytelling, performing arts, modeling, screening of small independent films on mermaids and such, etc. He would create an environment where two separate realms can interact and enjoy each other's presence.

And of course he would find a few movie scripts that like *Lady in the Water* or *Ondine* the presence of a mermaid interacting with human beings is the plot and the suspense of the story line.

You see part of this guy's mind and mental curiosity is to ask the question about what is the best situation someone can be in that expresses that person's potential. If you have a cameraman who is good and reliable that might be just the right person for a specific job. But if you are doing a fairy tale full of magic and mystery and wonder you are going to want a cameraman or at least someone on the story board who can shift the camera perspective so as to capture the enchantment. Being successful, practical, and effective are also knowing at times who can do something unusual.

In order words, do not be afraid to expose and reveal yourself to him. But watch carefully to see if he is able to respond in a creative way.

Unlike most others he will not be obsessed with you. But he will try to put you in different situations to see where you have the most and best effect on others. You will find him to be accepting of you. And he will always find you to be enchanting.

Letters of Mermaids—Bursts of Electricity

Question: Last night I went to open the deep freezer. As I did I saw a big flash and heard like a pop at the same time. I felt electricity go through my hands and also out the top of my head. It even singed off a little bit of my hair. It also charred and seared a necklace in half.

The place on my head was a little sore for a while. It was kind of scary. It was weird this energy I tell you that runs through me. This kind of electrical energy usually just comes out of my hands spontaneously when I get surprised by something.

This is much more than what often happens. Electrical toys turn on and off and sometimes computers shut down if I get excited or surprised suddenly.

Response: Try making and dissolving a small ball of blue green cold water in front of you either with your imagination or between the palms of your hands.

The idea is to program your nervous system to be familiar with how to make and unmake this energy at will. The blue water is the opposite of the electrical energy. You probably do not want to do much with the electrical directly at this point since it is already so strong.

If you can get your body to be aware of when the electrical burst is about to go off, even in a micro second level, then your body can offset it with the magnetic watery energy.

The energy running through and out the top of your head sounds a little like a kind of kundalini effect. This shiva/shakti kundalini stuff is hard wired into the human nervous system but I have not heard of any mermaids who it affects adversely. The mermen in human form all seem to have to deal with kundalini but the mermaid women usually only trigger kundalini energy in those around them by the presence of the magnetism in their auras.

You are an exception due to your association with a human magician in past lives who specialized in using electrical energy in magic. However I know of another mermaid who when she was younger noticed that small objects move around her when she is surprised by something.

### Letters to Mermaids—Meeting Two Protective Spirits

Question: I was just meditating on North Korea following your suggestion and was met by two spirits who want to know what my purpose is or what I am doing. They were not negative just seemed protective.

Response: Should you run into these two spirits again (which she did) who are not negative but just want to know what you are doing tell them that the human race has been ordered by Divine Providence to create peace and to fill the earth with justice.

Should they have any further questions, reservations, or the faintest doubt, tell them to see me. I would be happy to take them directly into the sphere of Saturn and present them to these Judges who are the final arbitrators of all matters concerning karma of all spirits and beings both positive and negative in this solar system. The two spirits can then see what I see, hear what I hear, and feel what I feel in regard to peace and justice on earth.

Should they survive this encounter, they are of course free to draw their own conclusions. (The two spirits were content with the explanation given).

### Letters to Mermaids—Human Versus Mermaid Soul

Question: Someone suggested to me that if I joined the human race that I could then advance to a higher spiritual level since human beings are

composed of five elements instead of just the one that belongs to mermaids.

I have not a clue as to what he is talking about. Who could possibly suggest that human beings are more advanced than mermaids? This sounds exactly like Atlantis where they sought to become more spiritual but their spirituality was so imbalanced they ended up destroying themselves.

Response: The simple answer is that you already have the five elements in your soul, but this human soul was forced on you against your will and in violation of divine law.

Nonetheless, the mermaid queen Istiphul in addressing this issue stated that it does not really matter in what realm you dwell. What is important is that in your soul you remain free.

A mermaid who acquires a human soul of five elements does not stop being a mermaid and she does not lose her connection to her own realm. In your case, however, in order to control you the mage attempted to block your connections to your realm the same way an abusive male will sometimes try to cut a woman off from her friends and family in order to control her.

There is a right way to bring a mermaid over to join with humanity and that requires love. But almost all human beings do not possess such love. I do, however, give an example of one way a mermaid could acquire a human soul in my story, Caelius Aurelius Luscus and the Mermaid in my book, Mermaids, Sylphs, Gnomes, and Salamanders.

The human race, without massive divine intervention, has a strong chance of becoming extinct in the future precisely because they do not know the kind of love in which you dwell. So this individual is saying something like this: "I think I belong to a superior race even though we may soon destroy ourselves. And because I think I am

superior, why don't you start incarnating as a human being and join us for the tiny bit of time we still have remaining on your planet?"

He does not realize you embody astral immortality. You are forever a part of this planet. Human beings at present are only has guests here visiting for a short time. Each race has its own learning curve. But human beings for all practical purposes have chosen science, technology, innovation, and industry. They have not collectively chosen to explore the mysteries of love.

My teacher, Franz Bardon, might have said in chapter three of his first book, "Oh, by the way, be on the lookout for individuals who embody astral immortality, especially with the water element. They do not need to practice magic or do exercises like my students. Purely through love and empathy they have united with water in nature to such an extent that they are more advanced than even I am in my astral body right now. They are forever young, new, pure, innocent, and embody unending love--they love in a way that is perhaps ten thousand years more advanced than what human beings now possess."

But Bardon did not point that out to his students. Being psychic or studying magic does not provide the insight required to understand someone like you. It is necessary to sit down and do an intensive interview before an individual can begin to comprehend your traits and the way you operate simultaneously on both the astral and physical planes.

Even then it takes profound contemplation to realize that what you are now is what we are meant to become. You are more human than human beings. You belong on earth more and are directly aligned with the purposes of the planet earth. The human race at this time is not scheduled to align itself with the deeper purposes of this planet. But you already embody those purposes.

To be tactful and polite, you might say to people who ask you about this: “You are right of course. A human soul is more potentially capable of rising to a higher level than a mermaid. I do not have a problem with that. I already have the five elements in me. But your magical training does not enable you to become what I am. You human beings start over from scratch with a new astral body each time you incarnate. I am always the same person with the exact same depth of feeling and love. I never have to learn to love. I never lose love. I am never without love. I just learn new things about how to help other people.”

Of course, they will not have a clue as to what you are talking about. All the same, you will encounter a few who love with all their heart the beauty of this planet. These are the ones with whom you can share your mysteries. The others, as you suggest, are exactly like the Atlanteans. They study magic not to increase their ability to love and to serve, but to attain to theological ideals that enhance their power, will, and egos.

They are a strange species. If they would only follow the instructions of their own teacher--Bardon said they should make each elemental realm their home before moving to "higher" levels. If they did that they would be in harmony with nature and spirit. But the temptation to seek power or spiritual illumination by bypassing an inner union with nature is just too great a temptation for most of them to resist.

## Letters to Mermaids—Who Am I?

Question: Who am I?

Response: This is your back story—the story that comes to my mind when I focus on the point in time when you began to incarnate in female form among human beings.

The dream of the sea,  
Like all lovers,  
Is to love  
And to be loved in return.

The image that comes to my mind is of a man a raft who has survived a ship wreck. He is unconscious as he lies on his back on the raft. She comes to him, her arms resting on the wood where he lies, and she gazes upon him. She cups her hands, and I suppose as some mermaids know how to do, she somehow collects water free of salt and sprinkles it on his lips.

He survives. But occasionally in his dreams she comes to him. He dreams he is again on the raft. But he is not ship wrecked. He feels at peace floating on the sea. The sky is clear and calm. There is a moon rise. And then a woman appears to him holding his head in her lap.

Or in another dream he floats on his back on the open ocean. But the water is not just water. The water is love in physical form and it surrounds and supports him.

But though she is in his dreams on occasion when he dreams, she sees that the sea is not within him. Without her presence, the sea does not appear in his dreams.

He marries and has a daughter. But unlike most young women, the girl as she grows up loves to be by the sea. If she could, she would be there by its side every night. She is also very good at sailing as well as understanding and predicting the weather.

And even before she is twelve year old, she demonstrates a most unusual ability. On the coast where the family lives, storms on occasion drive ships into coast where they crash on the rocks. Three times she has gone out at night when everyone else was asleep. At dawn she comes back having rescued a sailor who would have otherwise drown.

One of these men is a ship's captain who a few years later on marries her. She leaves the island where she is born to be with him. Her father sees her every few years when the captain's ship sails on a Northern route.

But though both her father and the captain spend years living with her, the sea never enters their dreams without her presence to guide them. They do not perceive or conceive of the gift that has been given to them.

The dream of the sea,  
Like all lovers,  
Is to love  
And to be loved in return.

### Letters to Mermaids—On Magical Pacts (a summary of stories)

Question: What are the ways that human beings bond with mermaids?

Response: Generally speaking mermaid women do not bond with men the way human women do. Mermaid women are obviously very loving and can be very loyal. But all the same she is different in that she flows love the way a stream flows water. It is her nature to love.

And so her love does not come into existence as a special way of connecting to a special man. She may be enraptured with one man. In fact being in a relationship helps her "ground" in this world. But deep down she loves equally everyone around her. There is no "I need you" that forms the basis of the relationship. She is basically an immortal being on an emotional level who is joined to nature from the core of her being.

All the same mermaid women are also very impressionable and can be influenced and even enchanted by someone with a powerful will, especially a magically trained will. Sometimes she will acquire some of

those magical powers just through association. But "will" is not something she is used to exercising for its own sake and so she often does not have a clue as to what to do with her "human" magical powers.

How a mermaid bonds in a relationship is part of a larger question about how mermaids enter this world in the first place.

There are a few genuine changeling events that occur where the mermaid and human child are exchanged. These are quite rare.

See The Changeling:

<http://williammisteale.com/changeling.htm>

Some mermaids incarnate of their own volition and free will. Like water, they are free to flow into a different form that has an affinity with water. Some are here for the first time in human form and others have incarnated many times.

These are not so unusual that you can not meet them. See The Custodian of the Mermaid Archives:

<http://williammisteale.com/custodian.htm>

For a few biographies starting with childhood see:

The Human Experience--

<http://www.williammisteale.com/nbio5.htm>

Growing Up Mermaid—

<http://www.williammisteale.com/growingupmermaid.htm>

Franz Bardon once told a student of his not to marry a mermaid, but his student married her anyway. What Franz Bardon is warning about specifically is forming a magical pack with a mermaid on the astral plane. The mermaid is instructed to revive the body of a woman who has

accidentally drowned (when one is available) and meet him in that new body. This is dangerous and Bardon feels it will compromise a magician's will.

See my story, A Mermaid Possession, in Mermaid Women at

<http://williammistele.com/uploads/mermaidwomen.pdf>

I did not understand Franz Bardon's warning about not marrying a mermaid until I meditated briefly with a mermaid in human form. She instantly, effortlessly, became one with me. It is the nature of mermaids to do so. Love is being one.

But for three hours I could not do anything psychic. When I tried to look into the spiritual realms, I could only see her face and feel her within me. It wore off, but I can see why the formal magical binding of a mermaid to our realm would be disastrous.

All the same, in one of my short dialogues I make fun of Bardon for not considering all options and consequences of such a relationship. See the story, Karl, the Master, and the Undine.

<http://williammistele.com/karlmasterundine.htm>

For Bardon, a human being who stays too long in the realm of the mermaids can die as his astral and physical body connections break down. See the story, Donovan:

<http://williammistele.com/donovan.htm>

In the story, Ahmed the Wizard, see

<http://williammistele.com/ahmed.htm>

the magician does not gain the mermaid's powers because she is in him but he is not in her. But she can acquire many of the magician's powers because mermaids are so incredibly receptive; like the ocean that absorbs the heat of the sun, they effortlessly learn the man's abilities.

The wizard Ahmed has many different kinds of encounters with the mermaid queen Istiphul over many years. He experiences the bliss and love of her presence. But he never really learns anything from her. He develops amazing healing abilities, but the healing energy comes from her aura that is constantly flowing through him.

Some bad magicians seek to bind a mermaid against her will so she remains in human form. These bad magicians are simply doing what many human males very often try to do with women in general and especially with mermaid women--they try to use every power and means at their disposal to control her and bind her to him. The difference is that magicians actually have high and low magic available to them to accomplish such purposes.

About one in eight to ten mermaid women I meet is under some kind of magical or spiritual enchantment/possession/influence/overshadowing, etc. from some present, astral, or past connection. I try to dissolve those enchantments immediately when I run into them. A few are complex and require careful contemplation of the karma involved as in the story I mention later on about the airplane pilot mermaid.

In the following three stories, I explore briefly how and why they were motivated to do this. In the story, Mermaid Assassin, a woman recounts to me how she was turned into an assassin during the time of Atlantis. I tell how as a mermaid she was mesmerized and controlled so as to become an assassin.

The Mermaid Assassin:

<http://williammiste.com/mermaidassassin.htm>

In the story, A Mermaid's Story, I tell of another mermaid of high rank who was given a human soul against her will during the time of Atlantis. This was a terrible violation of divine law and contributed to the destruction of Atlantis. This violation is still being held against us. Dumb, dumb human beings!

## A Mermaid's Story:

<http://williammisteale.com/atlantistory.htm>

In the Airplane Pilot Mermaid story I tell of how a member of an advanced race has right now taken control of a mermaid by the extraordinary will power these beings possess. But he does not realize he is violating any divine laws. This form of bonding is completely natural for his race, but the mermaid queens have asked me to mediate this situation.

## The Airplane Pilot Mermaid

<http://williammisteale.com/pilot.htm>

I wrote perhaps my best story about a woman I have interviewed many times, see Caelius Aurelius Luscus and the Mermaid

<http://williammisteale.com/caelius.htm>

A senator in ancient Rome has a mermaid slip in and out of his wife, temporarily taking possession of her. The wife wanted to stop being alive.

On consulting a seer, the senator was told:

“You have three options. Do nothing and you risk losing this creature of nature imbued with divine grace. In any moment without explanation she may return to the sea. If you lose her, she is gone forever.

“Second, if you desire her, there are ways to entice her to remain. You may give and receive pleasure. You may share love. But when either of you dies the love will only be a memory, like a dream, that fades away. She returns to her realm beyond human reach.

“Third, you are free to invest her with a human soul like your own. In this case, she will be bonded to humanity. The love you share in this life will remain part of your soul forever. Not only that. She is a gift from

the sea to humanity. A new love shall take root on earth. It shall grow and flourish down through the centuries.”

This story goes into some detail on the procedures used.

But once she was in human form, the senator began to experience an astonishing expansion of his awareness of water.

This brings us to the central question of this entire discussion: Why is it that the great mages of human history can not figure out how to embody the qualities of the mermaid queens within themselves? Why do they try to steal that beauty, possess it, or keep it from being known to mankind?

The senator consulted with the high priest of the temple of Neptune for an answer. A man who embodies a mermaid’s energy does not turn into a merman. He turns into the god Neptune—he becomes aware of all the waters of the earth. He becomes a god. But neither the senator nor the high priest dared attempt such a feat. People in those days feared the gods or else they had good common sense.

I also pursue this question rigorously in *The Story of the Undine Queen Isaphil*:

<http://www.williammisteale.com/isaphil2.pdf>

In a very ancient time, a great warrior says to a great female seer sent to our world to teach mankind of the lunar mysteries:

“Humanity is focused on the external world. Our senses seize and take hold of things. The design of our lust and love creates separation rather than inner union with nature. It is who we are as a race.

“Perhaps after ten or twenty world civilizations rise and fall we will have enough experience to turn within. We must learn through experience that willpower without inner illumination inevitably destroys the world. When we learn this, we will then be ready to join the inner and outer worlds.

“You must wait until a woman senses what is missing from life and volunteers to embody within her self the love that unites the realms of human and fairy.”

For more playful stories about internalizing feminine beauty and energy, see

The Master, the Student, and the Mermaid Woman

<http://www.williammisteale.com/masterstudentundine.htm>

and The Master and the Student

<http://williammisteale.com/masterandstudent2.htm>

For the basics of a relationship in which watery love is exchanged both ways between the partners see Chapter 5—Three Requirements for a Relationship with A Mermaid Woman in my book How to Speak Mermaid at

<http://williammisteale.com/uploads/howtospeakmermaid.pdf>

For Ten Kinds of Attractions within Mermaid Love see:

<http://williammisteale.com/mermaidlove.pdf>

And finally in my story, Pastor Bob and the Mermaid, the pastor asks the perennial and most essential question that many of my characters ask mermaids in different ages of the world—“How do I become what you are?”

You can live a life time with these women but if you never connect to the sea itself then you end up leaning exactly nothing from them—all their love will have no effect on you. If you want to learn something, find nature at the core of your being the way they embody nature themselves.

<http://www.williammisteale.com/pastorbob.htm>

## Letters to Mermaid Women—Harassing School Director

Question: The director of the school where I am studying is a successful man and normally he has great self-control. But he feels I am too receptive. He then comes on to me in a gross way telling me I need male sex in order to straighten myself out.

Response: In my country, that is called sexual harassment. I could probably generalize and say that usually normal and successfully functioning men will lose their awareness of personal boundaries around mermaid women. The men become primitive without realizing they are doing so.

There is of course the normal sexual harassment countless women experience. But in your case what happens I think is that your energy passes through the man producing even physical sensations in him. I can teach any young woman how to do this--produce physical sensations in their boyfriends even at a distance. But in my experience thus far human women wonder why they should learn to be more receptive and giving in a world that already abuses them for being women. So they do not pursue with curiosity the immense powers of the feminine magnetism that is inherent in their nervous system.

When the energy of your aura passes through a man, he confuses his boundaries. A man can will his hand to move and it does. He thinks that he should be able to will you to do what he wants since he feels you are part of his body.

I think there are three reasons for this. Your aura is stronger in vitality than the men you meet and you flow your life force through them. So they feel more alive around you and half dead when they leave you. Human beings experience this with each other but not to the same degree, not as in your case with everyone you meet.

And your aura is more magnetic. Your magnetism automatically amplifies the electricity in men. Their will feels stronger in your presence. And magnetism draws opposites together; it is healing.

Only in the feminine are opposites united. A normal woman can of course make a man feel more complete and whole. But she almost always has to consciously designate which man she wishes to do this with. Your aura automatically does it with everyone you meet.

The third thing is that many of you are equally aware and alive on both the physical plane and the astral plane. It is not unusual for the hard core mermaid women to talk to spirits or departed souls as easily as they talk to people right in front of them; they do this without going into trance or channeling. They are not mediums. They just see and feel what is in front of them on either plane and they were born with this gift of perception.

Human beings actually have books and classes on learning to astral travel. Franz Bardon postpones astral traveling until the end of his beginning training system. Some of the mermaid women easily leave their bodies. They can wake up at night, be fully conscious, and astral travel to other locations. Some can astral travel in half second if you give them a reason to do so. Otherwise, the astral plane is as accessible as looking into a mirror is for human beings. The first time I met such a woman I felt that around her I was surrounded by an infinite world of feeling full of unexplored kingdoms within the soul.

Put these three together--your exuding vitality that charges up others' auras, your magnetism that makes others feel whole and amplifies the masculinity within their personality, and your astral presence that vitalizes and animates the soul. What happens then is the "kundalini effect:" you produce in the men (and often women as well) the dangerous side of primal energy--the blind, insatiable craving and desire that becomes obsessed with trying to feel more alive.

Magicians and yogis train with great care to prepare for this energy when it awakens. It is primordial life force hidden in the body and nervous system. But because these men have no awareness of what is happening to them and because the energy triggers so many different things in them at once, they tend to respond by trying to control and dominate you. They have no clue as to how to interact with you in a

creative way much less give back to you even a small part of the amount of energy you naturally exude to them.

Each mermaid woman has her own approach for dealing with this problem. One gets inside of men. She then thinks ahead of them so that she motivates them to do what they really need to do with themselves. While remaining completely receptive and feminine at all times, she somehow also becomes a part of the man's nervous system so that when she speaks her voice speaks to the man from the depths within him. She does this without having to use anger, extortion, or threats to coerce the men. Instead, she exudes bliss.

A person really skilled in active listening can connect with the same ease of intimacy--you feel the person is speaking to you with the voice of your own guardian angel. And even fools know that trying to harm a guardian angel risks destroying yourself.

## Letters to Mermaids—On Daydreaming

Question: One of my problems is that I daydream about everything to the extent I seem to have a kind of wandering mind syndrome.

Response: Mermaids here as women usually have a closer tie to nature than to do human beings. They often are aware of both worlds at once--the physical world of history and the astral plane--whereas most human beings have no astral awareness. This means in any moment if you relax or detach you can feel or sense if not see either nature, the astral plane, or both at once.

Let me do a version of daydreaming right now. I relax and recall a house I once lived in. I am down in the cellar, the bar room, of a house with thirty-seven rooms. The next door down is made out of lead two inches thick. And behind it is a boat well twenty five feet deep.

This bar room was made for small parties, two or three friends. Without the friends, the room itself recalls, it daydreams, of decades earlier when mechanics and engineers were testing the PT boat engine.

But since then, the room has been silent, forgotten. It is quiet. Peaceful, yet empty, waiting for human beings to drop in and fill the air with laughter and warm, heartfelt stories. I could point to twenty five years of my life and say this room pretty much sums up who I have been-- waiting in silence for friends to drop in.

I do not complain. It is simply the obvious. Am I daydreaming then? I think not. I am focusing, sensing what inside of this package called the present moment.

If I relax again, various memories appear and disappear until I finally settle on a smell of a woman--I can smell her hair and her skin not as it is now but as it will be in the future when we perhaps meet again. But it is her aura that captures my imagination. It is the vibration of the Arctic Ocean.

I am at sea recalling the memory of a mermaid who says to me, "Shut up. Stop thinking. Give me ten minutes of silence inside of an iceberg and I will give you six months of arctic bay serenity to fill the depths of your soul."

The difference between a real mermaid and one you make up with your imagination is exactly like the difference between a real woman and the one you make up in fantasy. No matter the art, skill, or beauty, the one made out of imagination lacks one ability--whether mild or gentle or direct and engaging, the real ones demand you change at some point; they like to push you to your limits.

When I go into the ten minutes of silence inside an iceberg with a mermaid I forget that I am a human being. I am all astral. It is not six months as she hinted. It is six years or six decades or six lifetimes and we are not acquaintances but now a king and queen within the kingdom of the water element who sit inside an iceberg in the Arctic Sea. Is this daydreaming?

In my story, *The River Mermaid*, at <http://williammisteale.com/videopoems.html>

I suggest we all have kingdoms within our dreams. Human beings, however, have kingdoms that are well-defined and the boundaries are clear. Whether there is fear or horror, wonder and beauty, those are still human domains and a certain order still reigns.

But for some people, the boundaries within these kingdoms of our dreams are not clear. For those like you who wake up on the astral plane--Are you like a Captain Cook carefully sailing and charting with his sextant each quadrant of the Pacific Ocean? Or are you like Sir Francis Drake, the first Englishman to sail around the world with three ships filled with Spanish treasure? He was then silenced and sworn to secrecy by the queen so as not to upset her enemies with exploits so bold and daring.

For five hundred years the Protestants have filled their churches with the emotional incense of fear and terror because in that atmosphere of extortion it was easier to sell their message. Turn the congregation into adrenaline junkies so that as addicts they will not stray from the faith in which they were raised.

But a mermaid woman I know says she is already in the kingdom of God. It is not belief and doctrines that define the boundaries of her soul. Rather trust as openness and acceptance of the world as it is gives her keys to all spiritual mysteries.

We all belong to many realms. This physical world is only a tiny portion of the vastness that is within our hearts, souls, and imaginations. Follow the trail of innocence and delight and the divine will welcome you home and the angels will call you one of their own.

There is a simple exercise for keeping the mind focused so that feelings do not interfere with your mental clarity. Once a day concentrate one by one on each of your five senses for thirty seconds to a minute. For example, taste something and just concentrate on the taste and nothing else. Same with smell. Look at something and with your eyes closed or open visualize that one thing again for thirty seconds to a minute. And so forth with touch and hearing.

After some time you become very conscious of your mind. You are able to focus in any moment without distraction because you have been practicing concentration. The five senses along with our bodies are what enable our consciousness to operate here in this physical world. Otherwise our consciousness would be on the astral plane where we would not be bound by linear time, history, and the constraints of being in one physical location.

## Letters to Mermaids—On Needy People

Question: Why can't I ignore people in need? My life would be so much simpler if I did not respond to everyone who wants something from me.

Response: Your comment is similar to another woman who says, "I am caught in this cycle and worried about two things: how it will affect him if I cut him out of my life and do I have the courage to say no to someone who, underneath it all, just wants to be loved?"

In my response to her, I described how her boyfriend sees her. I looked at her through his eyes and then spoke in a heart to heart dialogue in which he tells her in his own words how he sees her:

He sees you as very attractive but also as too passive; how can I connect to her if she asks nothing equal in return? Nothing there. But the pleasure, ah! She is pulling me down.

"When I am with you I feel I am holding my breath under water. The tenderness you embody I will never find in myself. When it comes down to it, the only woman I could ever trust enough to love would not be vulnerable to me; because I actually do not like hurting others so I am not going to be close to someone who lets me hurt her.

"And would you please stop messing with me--I feel your energy flowing through me. When we are together, I feel like we are on our backs floating down the Colorado River and I have totally relaxed and let go into the flow. The problem with that is that in the next moment I have to wake up and deal with a hard, cold reality that surrounds me.

"I don't need affection like that. I need a kick in the ass, a girl drill sergeant who issues commands and orders because I know deep down I need training and boot camp not affection and cuddling."

In other words, the way he sees the girl is totally different from what she imagines him to be seeing and feeling. As long as she relies on her feelings for him, she is not getting accurate feedback on what is actually going on between the two of them.

Seeing through another person's eyes is something I often use. It is the same as empathy except you are switching from tactile to visual, from clairsentience/empathy to detached observation.

You can practice this quite easily by looking at your self in a mirror. And then imagine you are in the mirror looking back at your self. Or just imagine you are across the room looking at your self right now. Then change from being you to the image of another person. So it is a different person in the mirror or across the room looking at you.

You imagine you are the other person--the way that person thinks, acts, talks, and feels along with the other's personal history. Consequently, when you look back at your self you can actually feel, think, and imagine how this person perceives you.

It is incredible watching news reports and "discussions" on television between individuals who lack the most basic ability to understand the other's point of view. The news host should make people with opposing points of view first summarize accurately the opposing point of view before enunciating his own. Without actually "hearing" each other, they talk like broken records simply repeating their own positions or addressing what they "believe" the other person's position to be.

Seeing your self through another's eyes, then, is a more detached point of view. And it enables you to comprehend not just what a person is thinking and feeling but also what is motivating them from deep inside. Some mermaid women state that they can "understand" why human beings are selfish or mean, but they can never feel that way.

But all I am asking is that like with a dog that wants to bite you, you understand its point of view which may be—"You are in my territory. I exist to defend territory. My teeth and jaws and every fiber of my being are my time tested method of communication." That is not so hard to grasp.

Examples from my book, *Undines*:

I am beneath the lighthouse on the black stone lava off Makapu'u on Oahu. I call, and Istiphul comes near. I look into her eyes. I see a young woman whose eyes reflect back to me the image of who I am now, who

I was in the past, and also who I am meant to be. But her vision does not pressure or hypnotize me. Her eyes hold me with the authority of bliss and clarity joined.

Istiphul sits next to me, her legs submerged in the pool of water. She places her cheek against mine. She says, “Permit me to see the world through your eyes.”

“As you wish,” I reply.

And then, as one breath, one heartbeat, our five senses join. We look out at the world through the same eyes. After a few minutes, Istiphul says, “The people of your race have such sorrow in their hearts. I can feel their tears that break free, and I can feel the tears they do not cry. But beyond the nightmare and the sealed doors, past the sadness, grief, and sorrow that chain their souls, they possess the power to create, from their own wills, a love that transforms the world.”

Istiphul begins to cry. She looks at me and weeps. She shakes her head, the tears running over her lips, and says, “What an absolutely terrible and yet wondrous gift of unspeakable beauty human beings possess—to be so lonely, so far away from sharing heart-to-heart. And yet to be so proud—knowing there is nothing you cannot endure because one day you will become radiant like the sun and magnificent like the stars.”

Or again:

I shift my awareness so I may see as Istiphul sees me—I look back at myself from hypnotic green eyes that are older than whales, older than ice ages come and gone. I look back at myself through eyes as luminous and inviting as the light of Venus shining in the night sky. This is what I see of myself through her sight: a man caught in loneliness, like a whirlpool in the sea. I see her absorbing my needs by the power of her love. She offers to make me whole, to heal me. I watch as she draws primal forces as powerful as ocean tides and waves into her desire to heal. My skin feels cooler. The tension in my muscles dissolves. The day wears late, so I stop for the evening. I will meet her again tomorrow.

If you take this "seeing through another's eyes" to telepathy, you in effect join your two minds so that the same thought arising in one is the same thought arising in the other's mind. Each of you see two different perspectives in the same moment.

In conflict resolution, if you want to reach a mutually satisfying solution, you have to find common ground--usually by envisioning a place in the future where you can both live in harmony. Establishing this option it is then much easier to find the means to getting there.

But with mermaids, the future is not separate from the past or present. Consequently, when they look at you as with Istiphul, her "eyes reflect back to me the image of who I am now, who I was in the past, and also who I am meant to be."

When you look at another, do not just use feeling. See the other person free of conflicts with his problems resolved. Go into the future and look around and report back on what he can become.

This also a self defensive measure. If you can see what someone is meant to be then you can tell if the interaction in the present moment is taking that person in this direction or otherwise a complete waste of time. If a person is meant to be independent and strong, being over nurturing and letting the person know you feel his pain may not be the best way of getting him there.

Active listening mermaid style involves this sharing of future being. It is awesome to hear another person tell you that you can actually become a better person because in this moment the person is reporting to you what she sees you as being in the future. She speaks with the voice of your guardian angel when she does this.

But guardian angels can be incredibly demanding as well as accepting. They are both--to get where you need to go a guardian angel may easily assume the form of a coach who says, "You must give me all you have. I expect nothing less."

I explained something similar to another mermaid woman who was breaking up with her boyfriend. She was flowing a lot of energy to her boyfriend. He knew they were going to break up, but she was planning to live with him a few months more before moving out.

The problem is that her energy awakens in him instinctual desires he cannot understand. Typically, men (and women too) feel at times half dead when he leave a mermaid woman's presence. They do not understand why but they have the habit of coming around whenever they feel they need to be recharged. If you can break a connection to someone addicted to your energy, he will actually return to a normal level of energy in himself, reset his equilibrium, and get on with his life. .

The rule is if you give without asking for equal return human beings assume "you owe it to them." This is why they think you are giving it in the first place. It makes no sense to people otherwise.

Here is the guy I discussed earlier in the positive version of what he could be (which is not Libra but Aries energy): he is selfish in a really good way--he takes care of himself first, never wearing himself out by over giving to others.

He takes care of himself by having a reasonable life style, careful routines that do not lead to highs and lows, careful exercise and sleep, time for himself. He does not use women to recharge and then waltz off. He considers women to be so valuable that he does everything he can to listen to them, support them, and care of them because he knows he will need them to return exactly as much as he gives.

He is not depressed about who he is. He likes being employed and being able to pay his own bills. If he wants more out of life, he takes night courses or explores other career options with daring but also with careful evaluation of what is practical and possible. He is no longer co-dependent, needing to be needed and needing to parent someone else while also needing to be parented himself.

That is the guy in the future. When working with someone, take a few minutes and visualize him exactly that way. So when you meet him you can overlay your eyes sight of him with the image of the person he is meant to be.

Men are constantly overlaying their perception/vision of you with is image of what they want you to be. They have force but the force is dark. You can redo the vision so it is completely positive. Otherwise, it is easy for you to inadvertently end up feeding the dark side (the desires

in him he does not understand) rather than the bright side (what he is meant to be).

So it is great to be pure empathy and feel others' needs; but also make sure the future is fully present in the exchange of energy with others. In this way you do not saturate someone with love without also revealing his path to becoming complete in himself.

## Letters to Mermaids—On the Performing Arts

Question: Do you find that mermaids are generally attracted to the performing arts? And do you find that they are most happy while performing in some art, be it music, dance, acting, etc? Or have you found certain careers that mermaids tend to gravitate to or be happy in?

Response: One girl likes acting because it helped her understand how to interact with human beings. In acting you have a "beat" and a "subtext." You interact in the moment playing off of context and verbal and nonverbal signals. It is a kind of "in your face" training along with improvisation.

Human beings like it when you appear to be one hundred per cent right there in front of them acting within a character role they can grasp. And even when what you are opposes them they still like it because the familiarity of someone who is direct and assertive validates their own identity. Human beings are so desperate to validate their egos and to give the world a familiar meaning. Consequently, they embrace and accept selfishness and arrogance as brilliant and totally necessary strategies for affirming everything "good" in life. Dealing this selfishness is part of having "a human experience."

A few of the other women have acted in the past or work in that area currently. In a sense, one girl has been acting since childhood. She says, "I try to act human." She has a list of things that a woman experiences in life and she checks off each item one by one after she has experienced it.

She changes her facial expressions and even shape shifts the way her body appears according to each interaction and person she is with. You have to watch her carefully to witness her performance. But then again

she is not acting. Water instantly changes to match the circumstances without thought occurring or loss of innocence. But her abilities are exceptional.

Add to this that mermaid women have a higher learning curve than human beings. They “absorb” through empathy, that is, through sensing another’s aura they learn without having to study the other person’s abilities.

Some of the women are models. I was asked about this—“Why are you not interviewing older mermaid women?” There are a few older women I have met. But I think what happens is that as a woman grows older she gives up on ever meeting someone like herself. And so she just stops thinking about the ways in which she is different. So in order to survive she allows her mermaid nature to reside into the background.

It is painful to always know you are different. And having to “act a role” to connect to human beings takes its toll. Younger women are now free with Internet to find others like themselves. But previously they are here on their own without resources or backup. And as I mentioned, this is not a good realm for a mermaid to be in even when she has a spiritual purpose for being here.

The mermaid women are so pure feminine receptive that they enter this realm in order to interact with masculine energy and in part this is perhaps why human women go around stabbing them in the back-- women think mermaid women are competing with an unfair advantage—they have all that receptivity and no ego. But does the ocean steal beauty from human women because its depth of watery feeling and natural receptivity encompass the planet? Mermaid women are the teachers to human beings about how to be in the moment as pure innocence and love.

Letters to Mermaid—Being Near the Ocean



Question: Have you found that mermaids in general need to live near the sea, or are happier there? When I am back at my hometown of Seal Beach, I feel ecstatic and filled up inside in ways I cannot describe. And being here in very dry Canada (in every way) is like being away from my element, and I actually sometimes feel I am withering away and dying here. I wonder if it truly is in my best interest as a mer being to live near the ocean and get there asap!

Response: I have found an exception to this, but almost all mermaid women prefer to be around large bodies of water. They can survive with a lake if that is all there is nearby, but they prefer being near the deep sea. The exceptions are with a few I have met who “have forgotten” they are mermaids and through experience and conditioning come to believe they are human.

Being here in human form is like a dream at night--you respond to the elements of the dream as if they are real and so you can act totally contrary to your true nature in a dream. This happens in particular when the mermaid woman has been enchanted--someone senses her beauty and figures out how to enchant her--the oceans are drawn to the moon and to the sun; a mermaid woman can be drawn to someone who exerts a great deal of will focusing on her in such a way so as to “align” the magnetism in her aura to him and in so doing he makes everything else in the world appear to be dim by comparison.

Electricity can bend and shape a magnetic field as magnetism can equally amplify and generate electricity. The mermaid queens like it when I get involved in “freeing” such a woman from undo influences of another person’s will over her. This is an advantage human women have over mermaid women. A human women will eventually get “angry” at being controlled because no matter how manipulated she is, she still has an ego. A mermaid woman has no ego and so she can “blend” in beyond what is appropriate from a karmic perspective.

Many times the mermaid women like to be in water as children, like up to ten hours a day. As adults, some still like to spend hours in the bathtub. The most non-human of the mermaid women I have interviewed has the vibration of sea itself in her aura all of the time. Sitting next to the sea or sitting next to her has the same feeling. Exactly the same. Like one girl’s shape shifting of feeling, it is very eerie when you notice it going on. But she also still likes to be near the sea.

When you have a genuine soul to soul connection to a lover, you do not even need to be with the other person. In any moment, literally, you can feel each other. But when the person is physically with you the energy is so much greater. Same with the sea and mermaid women. Except mermaid women actually “breathe” the vitality or life force of the sea--it renews their astral bodies. One woman described water energy as a mist

she sees above the surface of the ocean. Another woman says she can sense the specific electro-magnetic vibration of any kind of water she is near and that she recharges as soon as she jumps into water.

In learning to astral travel, one method of Franz bardon is to learn to “breathe” with the astral body. On the astral plane, we do not take in the oxygen molecules into our lungs. But we still draw on the life force of the elements.

A mermaid woman does something human beings have not yet learned to do--she renews her astral body by breathing in these “watery vapors” from the water element in nature. In this way, it is easy for her to attain astral immortality--she is forever new, young, pure, innocent, and alive in each moment without her astral body deteriorating even when she dies or is reincarnated. It is not that her soul is not human. It is that she is more human than we are--she is what we are to become: one with nature at the core of our being.

No religion or magical system on earth yet teaches this, not openly or through direct contact with nature energies. So the whole idea of needing deep down to be near the ocean is not psychological or a preference based on the beauty and appeal of being near the sea. It is more likely that mermaid women are drawn to be near the sea because of the extra amount of watery vitality it offers them.

Letters to Mermaids—On Bare Skin



Question: Do you find that mermaids like to be bare-skinned? This may sound funny but I honestly need to feel my skin bare and free, especially around my shoulders and neck and arms. I absolutely cannot stand long sleeves or clothes that cover my upper body. I am most happy in either no sleeves or bare-necked or halter tops, etc. Bikini tops are the best really.

When I lived in LA, I always wore bikini tops to yoga and this makes me most ecstatic and happy. And I have a conflict because as I told you my satsang or meditation group recently implemented some rules about wearing long sleeves or covering one's body etc, wearing modest clothes which is not only ridiculous to me but like death. That is totally against my nature so I am wondering if this is the mer in me? Or is it just me as an individual? Are there actually mermaids who enjoy or don't mind covering their skin? I just can't stand it and feel I can't breathe. Even in winter, I wear no sleeves under my jackets!

Response: That is the mer in you or the mer in any woman. One girl says that bathing suits and nudity are her bane though she is also very shy about others seeing her naked. Yet human beings take nudity as something else. One mer says she likes the feel of seaweed on her skin. I am a writer. I could never make something like that up. Shooting on the North Shore of Oahu with one model took a great deal of effort to get her to wear anything.

Unless I tell some of these mermaid models to bring something to wear, they assume it is a nude shoot--because they do not like to wear bathing suits and they tell me as professional models that bathing suits make them look bad. But with facebook and youtube I am limited to implied nude which still some human women take offense at.

It turns out from my experience that the entire history of Western photography is corrupted for both men and even more so for women. Because men and women do not know how to “see” without their ego being present, they can no longer see beauty. I mean, fashion photography is a real art form. But literally human beings do not know how to see. If you go to a Hopi Indian Katchina dance or old Hula, there are elders present who can “see” when the spirit is in the dancer. The Western world has never possessed this ability.

This means that astral tantra--the ability to feel what another feels in a way that the other’s feeling get inside of you and transforms you--this is not possible for human men and women unless they are trained in magic. So obviously they are offended by “skin.” Skin is a second body. Few know how to touch it much less see it.

With your satsang group, some have pointed out that it takes up to seven generations for a spiritual practice to be correctly assimilated into another culture so it becomes one’s own and so original and vital. A woman organized a Tibetan seminar puja in Seattle but the lama made the women sit in the back. I think the lama got a mouth full from that. A guru may reevaluate his tradition when confronted with an independent, assertive, and truth speaking Western woman.

However, I think your particular feeling about bare skin relates to the way your aura functions. Like certain fish, your skin actually senses magnetic fields and other kinds of energy fields around you. Your

nervous is hard wired with clairsentient sensitivity.

Sometimes sitting in a restaurant with a mer woman I will ask her, Can you feel with your aura that person's energy? (who is ten feet away)? Can you feel with your aura that person across room? (about thirty feet away). And so forth.

For some their tactile nervous system does not end with their skin. They can feel through the air as well. When some of the women tell me they can see in the dark what they mean is that they can feel where things are even though they cannot see them.

Some of the women have auras that extend like forty feet around them. I can move from "not being into her aura" to "being in her aura" by taking one step toward her. It is like the sensation of the air itself changes into the feeling of cool water.

The mermaids in nature use the water of the sea or lake to extend their sensory perception. They can perceive anything within water as if it is right next to them and to some extent as if it is a part of them.

Sitting with another girl in a restaurant I imagined I was her. And then immediately I could sense how she perceives—it was as if I was in water and anyone nearby was also in the same water; and the water was a part of me. I could feel the auras and body presence of people around me without having to turn and look. It is a three dimensional awareness of space in all directions.

Obviously for some clothes impairs that natural and expansive sensual perception. And this is very important because with that heightened tactile/feeling perception you know things immediately that others do not know. Human beings have to think using ideas to evaluate other people and circumstances whereas you can perceive directly someone's nature without the need to think or analyze.

So in effect you are in contact with nature and possess natural abilities. The people who want you to cover your skin are not in contact with nature. And perhaps it is so bad it is like this—when they see bare skin they confront that abyss that separates human beings from the world of nature. And this is a horrible feeling of isolation that they would rather not have to try to deal with.

## Letters to Mermaids—On Kinds of Boyfriends

Questions: Do you find that mermaids have certain kinds of boyfriends? Do we tend to attract certain kinds of men? Or is one kind of man better for us and another not so good?

I think we have very strong personalities and very electric nature, so it seems that we only work well with men who can handle that or are secure enough in their own power to not be threatened or try to control us. It seems that we do best with mages or other highly spiritual and empathic beings, yet who are gentle and loving and sensitive. Does this ring true with other mermaids as well? Or is it just me?

One spiritual teacher mentioned that mermaids are always looking for love and they go through a lot of relationships to find the kind of depth and experience they want. And in some ways we have that Aphrodite quality that makes us fall in love with many men, though it may not last.

We do tend to get in trouble for our seductive magnetic powers, which is so totally natural to us, but which every aspect of society goes against in the worst way. Wise and deep magnetic women are called terrible names like witches, etc. Do you know what I mean? And of course most organized religions have no place for mermaids or for our way of being. I wonder if this is true for other mermaids as well?

Response: This is what human beings need to learn from mermaid women--how to let go and flow as each moment unfolds--so each moment is new, so the beauty right here flows so deep that nothing else one can imagine could be richer or make you feel more alive than what is happening in this moment right now. The advantage of having no ego is that you can actually respond to what is in front of you. The ego on the other hand is trying to compensate for the past or position itself advantageous in relation to the future.

Mermaid women with men are like water in nature. The variety of forms and appearances are endless. Water is ice and now it is vapor and clouds; it is waterfalls, mountain pools, and rivers. It is lakes and seas. It is a wave breaking on a beach, rain on your skin and the white caps flowing free from a billion waves blown by a thousand winds.

“Mermaids love everyone, even jerks” one girl said. If I watch one of the mer women in an interview with a show host from Australia or with an intellectual giant or with an ordinary guy--she is exactly the same: she gives on hundred per cent of herself as she connects to who is in front of her. Water is still water if it is poured into a sink, into a river, into a well, or into the sea. She is in the moment flowing free.

But in her case, since it is perfectly clear to her that this world is not her realm or home, she tries to find men who she can help work through some difficulty or learn something from her. And then she feels that inner compulsion to move on. I have heard that from other mermaid women also.

It is not that they cannot marry and raise a family and be totally loyal to one man. It is that they are from another realm. They are bonded to water in nature with a depth of feeling alive that is beyond the knowledge of human civilization.

So as some of you have told me no matter how involved they are with a man, in any moment they could let go and move on. And separating from a man does not change the degree of love. The above girl keeps flowing her aura to some extent through all the men she has loved. Love is not sex. It is an inner connection. The sex is like eating, sleeping, exercising--it is just a natural function. There is no emotion of attachment (as in "you are mine" or "we are solid and connected now") attached to it.

The North Pole may be able to bind water in the form of ice for millions of years. But if it gets warm, in the next moment it evaporates or flows like water as if the previous million years fixed solidity meant nothing at all.

And again, human religions and magical traditions in this civilization do not have the faintest clue or access to the realm of mermaids. The entire civilization has been forbidden this knowledge since the time of Atlantis.

Put simply, as the mermaid queen Isaphil says, "Every lover desires another to share what is in her heart." Yes, please find a man who can feel and share what is in your heart and who is there to give you comfort.

But finding a man who can just accept who you are is also a major accomplishment. Would you believe, men will say things like "You are too pure. How can I love you?" Or, "How can we ever bond if deep down you do not need me?" But what some men, and women too, do is typically try to injure or control their lover in some way to insure that a bond is there as in "I need you to need me."

And also in our world we call talk of a dysfunctional relationship as being co-dependent. In the mermaid realm, the rule is you give all of yourself in every moment and hold nothing back because the love is never lost. This issue varies with mermaid women. Some give all of themselves so they are one with the astral body of the man. But they know in the same moment how to remain detached. They are immortal. Joining with another does not limit their own individual freedom of response or encompass their inner depths.

The receptivity of other mermaid woman means that they allow themselves to vibrate one hundred per cent with the man's energy. In the Greek myth of Psyche--"I want to so join with a man that everything within him I understand. So all separation is overcome." That works fine if your lover is divine, a god like Eros, who has the power to give back to you as much as you give. But with human men, and all human beings, even all those gurus, they never give back as much as they take. How could they? The energy they give out comes from within their own nervous system. They are not flowing out to others the life of the planet earth to which they are joined from within.

It has been fantastic for me to get to know some mermen as well. Since they are pure love themselves, noticing their difficulties it has become perfectly clear to me that the real problem is not with men or with the patriarchy. The problem is with DNA and the as yet to be activated spiritual potential within it. If you put any soul—male or female--inside of a male body you will get the mail brain program that responds with powerful instincts that establish and mark territory, that take possession of resources, form and maintain support groups, and generally go around taking control of the world. We have already seen all of this. It is called the history of civilization.

What we have not seen is the opposite feminine essence of magnetism activated that balances the male energy. I ask the hard core mermaid women about their mesmeric abilities--"Can you control others? Can you place a thought in someone's mind so they let go of an obsession or addiction? Can you enter another's dream and redream that dream within them? Is there anything within another person's feelings that you cannot feel and become one with and in becoming one transform that feeling into something sublime and wonderful?" They all have these abilities to some extent.

This is not being superhuman. These are abilities all women should have if they were taught to use their feminine receptivity. "There was once an ancient Order of women whose magical beauty was so great that they could dissolve all malice and hate." If Atlantis did not have such an Order, then such an Order shall appear on earth. Now would be a very good time for that.

It may seem next to impossible to find a lover who shares with you what is in your heart. I want you not only to accomplish that. I want you to learn to dissolve malice anywhere on earth where it is being used to harm others in a major way. I am convinced and certain that this is within your ability.

To answer some of your questions, some mermaids as you say like spiritual men or men who have close ties to water. One woman is with a man who used to surf and so he was out on the water for eight hours a day every day of the week. He has the ocean vibration. Other mermaids like the strong, authoritarian kind of man. But that too seems to wear off.

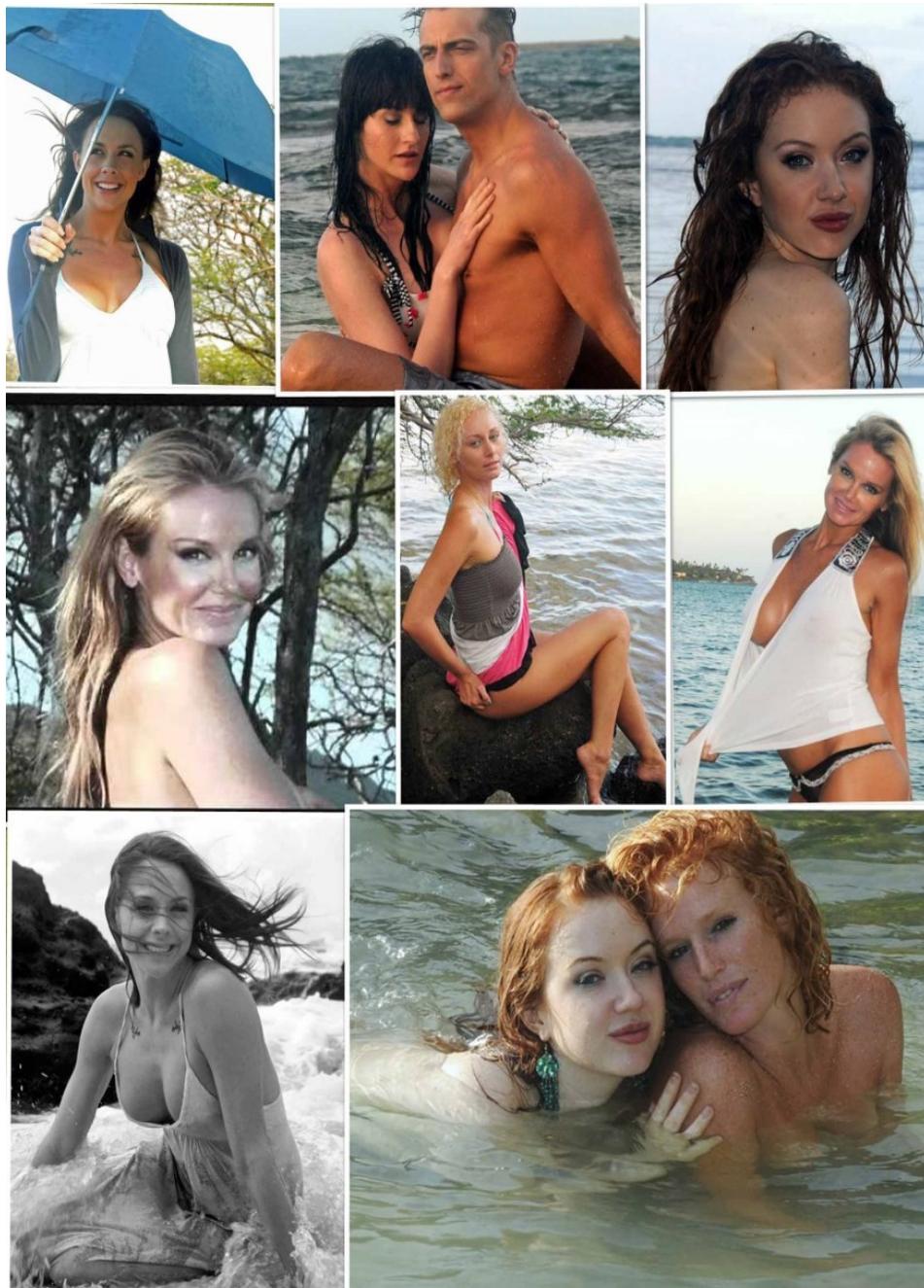
I suggest that you find men who can actually understand that you are different from other women. And who also understands that to return kind of love you give him he will have to make a personal connection to the ocean. As I said in another letter—Have the guy go sit by the ocean and reflect on every experience he has ever had with it; and also review in his mind everything he knows about the ocean. And then get one feeling that underlies all those different experiences.

If he can do that then he at least has something to do when he is not around you so that he can overcome his obsession with the kind of energy mer women give to men. Otherwise if the relationship ends there

is nothing that he has learned that he can take with him that adds to his life.

So in effect a strong male figure who is both mature and detached enough to be able to both appreciate you and give you his full attention when you want it. He also needs a life of his own—a career or vocation he feels really about--so that around you he does not feel lost like a sailor lost at sea without compass or homeport.

### Letters to Mermaids—On Models and Photography



Now the thing about photo shoots and photography is that I try to get the model to reveal her real self for the eyes of the camera—I go after that microsecond when who she really is comes out and perhaps even appears on earth for the first time ever. You can tell when you have accomplished your mission—before you is a creature of wonder, dazzling, enchanting, and totally captivating because in that moment the body, soul, mind, and spirit are perfectly united in harmony. And that is what I call beauty.

One model said bring lots of jokes because she only really let's go when she is laughing. I spent three hours combing the internet for the best jokes. She loved that. She gave me one of my three best shots.

Other women require others to be present. Though I create a sacred space during a photo shoot in which the chemistry embodies alchemical mysteries, some women want a best friend standing behind me getting her to laugh. Some require an entire set—two professional photographers, a sound engineer, and videographer who is also a standup comedian to get her to loosen up. Hey. Whatever it takes, right?

Some models I can merely splash with water and they become radiant as the sun in the sky. Others require that I speak to them like their father or mother or be the friend they never had. I can do that. I mean my standard practice is to write a poem or story for each model before I even meet her. Then I know what I am looking for inside of her.

For some models all you need to do is be professional, respectful, and find the right angle to shoot. They appear in different ways depending on the light and pose. Some models shape shift every few moments. You have not pictures then of one woman in different poses but you have forty different women when you go home and look at your pictures.

And so I am sure you can imagine some models become lifelong friends. Some models I meet when I meditate. Some are part of my soul.

I have found what is hidden inside of them and they have found in turn the part of me I would never have met had she not revealed who she is to me. Some indeed are a great treasure found only at the end of a noble quest. But first you must slay, enchant, overcome, or bargain successfully with the dragon who owns them and who is then willing to give them up because the dragon sees in you the part of itself that can overcome any demon.

And some dragons demand you reveal the part of yourself in which the sun and moon are one. I guess some dragons are just like me. They are only satisfied when all opposites are joined so that the beauty of the universe shines in your heart.

### Letters to Mermaids—The Lover’s Tarot Card



Question: I have been feeling really down and severely depressed. I don't know what is going on.

Response: I know this sounds trite but there seems to be some person overshadowing your aura. This is so easy to do when the male has a little magical skill. It happens a whole lot. A cute girl who is vulnerable so her aura is open and who is exuding a lot of free energy and the guy just kind of locks in like a tractor beam and draws energy from her whenever he needs. Anyway, that part of it should be gone. I will check from time to time on him. I will do some more meditation now.

That kind of "possession" is like a feeling of dread--something horrible is there or present but it lacks definition. Everything feels wrong and good feelings just do not rise any more. Kind of like that. You should be able to relax now and feel as you relax that you feel okay. There is nurturing energy around you. Let me know. I will look into this some more.

Her email: This is someone I feel deeply connected to but he is not ready for a relationship. But he somehow blocks my connection to other men.

Response: I wrote this for a woman who was actually a sylph. It should speak to you because you have equally air and water—both the detachment of a sylph and the empathy and love of a mermaid—  
A psychic said she incarnated to be with me but we were only together for three weeks or so. All the same, though only two or three of the other mermaid women know how to do this, if you just spend time each day “being with” the other person in spite of his detachment or resistance it goes a long way toward creating the right feeling between you. Kind of like my story here:

He said to her, During a cold winter I spent an hour each day dreaming in vivid detail that we had lived a summer together by ourselves. I was never so happy. I never felt so alive. It was like we were born to be together for a time.

Me too, she said. I imagined that we had lived together. Holding you, eating breakfast in the morning, seeing the sights of that town—like you say, we were born to be together. What happened to us? Why did it not turn out that way?

I was called away, he replies. I have been assigned to destroy those who would destroy the earth. I have become a creature of war. Liquid steel flows in my veins. Apparently the two would not mix—innocent love with its happiness and a warrior whose will is a laser that vaporizes wrong doers.

Oh, another time then? Another place? Our next lives? She asks.

For sure, he says. After all I have done for them they can give me a little R and R.

Her email: That was beautiful. It made me cry. I think he and I will end up together. I feel it in the pit of my soul.

Response: I will tell you what. I will play the part of the angel in the Lover's Tarot Card. I will seek to bless and fulfill each of you. But then you must take over that role and do that for yourselves.

There is a slight trick to it. You must become infinite love that blesses and seeks to fulfill life in every conceivable way because it is your nature to do so.

So like I say each day spend a little time with the one you wish to connect to. See him as he is now. See him as he has experienced life in the past—relive that past as if it is your own.

And what is most important—see him equally as the person he can become, the very best of who he is meant to be when he has resolved his conflicts and overcome his difficulties. Then he will be strong in himself. He will feel at peace. He will have very intense Scorpio energy—very aware of himself and his inner power and yet also capable of being very objective and detached in using that power in positive ways to engage others.

And do this also for yourself—review who you have been, who you are now, and most of all who you can become. Most mermaids are what they are and they remain the same as they also grow in experience but never changing the essence of the love that they are. But with your two elements there is a force propelling you forward. The sylph that is also you loves harmony and sees things from a great distance. The mermaid that is part of you is empathy, love, and innocence.

I can find images for that—think of Angel Falls, the tallest falls on earth. You are water falling from the sky. Think of a cloud whose rain renews the world. You are the earth and sky combined nurturing and fulfilling life. Put simply, it is like this: you can lock in on what people think and what they feel and speak to both simultaneously in the same moment. That is you when you are more complete and confident.

Now like I say, I can do this for both of you—seeing each of your pasts, presents, and futures as if the two of you are doing that meditation for each other. And then you add the feeling that you embody an infinite love that is everywhere within everything equally with great benevolence blessing, nurturing, and fulfilling life in every conceivable way—that you in fact connect all things together through the power of love joining them as one.

You add that in because that allows you the creative power of Divine Providence itself. That is who the angel is when I look at the Lover's Tarot Card. Notice then the effect of my meditation on the two of you.

And then simply use your empathy to follow me and do what I do.

Some people think that love should be free and that it should happen spontaneously. And life does from time to time offer that as a gift. But there is also a time when we take all that we have been given to a new level and create from out of our hearts the kind of love that we wish to fill the earth. This is an archangel's art but the only reason archangels exist is in order to teach us to do what they do.

### Letters to Mermaids—Water in Aura

Question: You once told me I had water in my aura. What does that mean?

Response: The water element gives a sense of feeling. You sense things without having to think about them. Perception in water is different than on land. There are no clear cut boundaries. Everything is within and sustained by the same nurturing environment. The watery environment gives an awareness of what is around oneself in all directions. It is not so linear. There is a constant feeling of connection.

You clearly have watery energy in your aura. You should for example be able to sense what is around you--things, people--without having to think thoughts that focus your attention on certain people or on certain topics as most people do.

All the same there are different realms within the ocean. I think there is a community of human magicians who have chosen to shape shift into mermen and mermaids but they are not of that realm. They are human shape shifters.

There are the selkies that are spoken of as being seals that can shift into human form. And there are people with strong ties to fish so the fish are like totem animals or spirit guides to them.

There are fairy communities with strong ties to the sea that have a history and tradition. They are not composed of the element of water in their astral bodies but they have strong ties to water. There are the goddesses like Yemaja who has a strong connection to human religion and people who work with her through ritual magic. Yemaja appears in dreams, to individuals who are psychic, and to her own priests.

I think the difference is that you have a strong territorial instinct that some fish, animals, and human beings also have. You have a survival instinct that senses the power in people around you. The mermaids themselves usually have no ego, no territorial instinct, and no survival instinct though these things are somehow forced upon them to some extent if they wish to survive among human beings.

One woman, when she is near fish of any kind, they treat her like a goddess and fish begin to think like human beings. She wakes them up so to speak. Other women do "shark whispering" or dolphin whispering in that they have very strong ties to those specific species of fish.

For me you seem to have strong ties to some kind of fish to the extent that you do not feel a need to develop a normal human independent identity. Deep down you are part of a preexisting community, but it is not human.

So the choice for you is to decide how much you wish to explore the human path of evolution in that you make your own decisions, you focus on your own feelings, you think your thoughts, and you move in the direction you choose for yourself. Or do you rely on deep rooted instincts within you that are outside of the human field of awareness?

I have not met anyone quite like you so I do not have much to compare you to. I have given you some examples of water related beings that are not of the mer realm. I meet all sorts of spiritual beings so the mer are one of many but they are the part of the human conscience that is missing. Human beings do not know how to feel with any depth of

emotion. They lack the intuition of pure water awareness whereas they do have the intuition of earth, air, and fire.

So yes you have water in your aura. It is kind of like this--do you want to feel you are a part of the life of the sea or do you want to feel you are the sea itself? The mermaids have the sense of being the sea itself so they really do not have any specific identity in terms that human beings can understand. If you try to do the ocean itself, then you look within you for a source of love that encompasses the planet and nurtures all beings. But whether mer or not there is still the question for everyone of to what extent you wish to succeed in this world like any normal human being might succeed with a career, a support group of friends, being productive, making money, owning property, etc.

Her Response: You have definitely answered questions that have been plaguing me for a long time. I don't know if this sounds like a cliché but as a child I was always experiencing things that other children weren't so I felt like an outcast. I've always been able to have permission dreams which are getting stronger the older I get. Most experiences I get have been while I'm asleep or in a state of a dream.

Do the mermaid you speak to remember where they come from with great detail? I wish I knew how to feel this connection that you speak of or even remember.

Response: I think there is a general pattern with all the elemental beings that are here in human form as well as being from other planets and star systems. To have the "human experience" they have to start out like anyone else experiencing life as it is given to them. I sometimes say that if you knew from the beginning that you are not a human being then there would be the temptation of telling yourself that what happens in

this life really does not matter—since you are not a part of human society in any way similar to human beings.

And so slowly usually during childhood a mermaid women or other kind of soul will realize she is not like human beings. She can perceive in ways they do not, feel things they do not feel, and she is far more sensitive and empathic for example than human beings. Some even while children do identify with mermaids even before they have seen, heard, or read anything mermaids. I think some air spirits who are also extremely empathic may think of themselves as mermaids because there is next to nothing about air spirits in our fairy tales and mythologies.

All the same, I get lots of stories like the guy who went out into his backyard when he was little and try to get a UFO to take him home. He felt he was from the stars. Some people sense they are not of this world. It is not that they have a vivid imagination, don't fit in, and maybe like science fiction. It is rather that they have a deep rooted sense that they belong to a completely different reality.

Many of the mermaid women do not like having feet. Having feet feels wrong. They teach themselves to swim with their feet together as if it is a tail. They get into water when they are little and feel at home. And sometimes they call to their sisters to take them back to the mer realm that is their true home. All the same, only a few of these women have seen or met mermaids when they were little. Often they do see fairies, gnomes, and spirits but the mermaid realm itself is often hidden from them as it is hidden from human beings.

But some of the mermaids have very detailed and exact recall of some of their past lives. They sometimes say I am one hundred per cent sure about this recollection. And what they recall is so specific I can write it into a story just using what they have told me.

As to how you would find your own connection to the sea, I did make a video meditation on different kinds of water. I thought one of the

mermaid groups would enjoy practicing that meditation. But I was wrong. Mermaids are not like human magicians who concentrate on some aspect of nature to internalize that kind of energy in themselves.

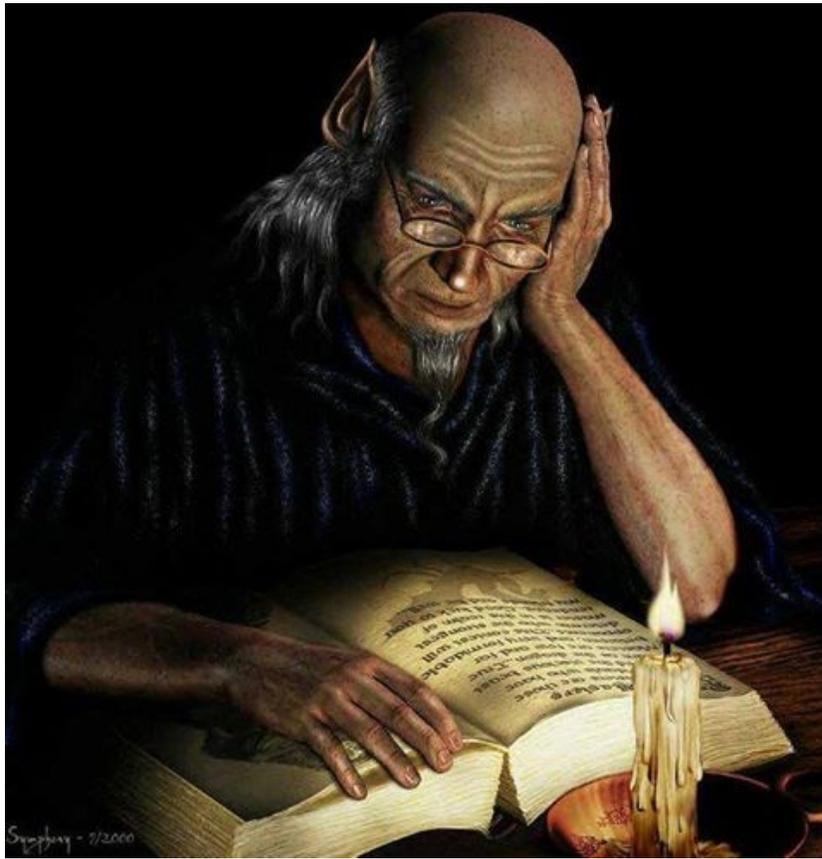
Mermaids already are a part of nature. It is not something they need to meditate on and I rarely find them meditating on water. They just go jump into water. Water is not a meditation for them anymore than food is a meditation for human beings. Humans eat food. I have not heard of any food meditation groups.

All the same, I have not discussed with a mermaid woman different images of water in nature and then asked her, Which one of these do you feel more connected to? Sometimes I will point out to different women the psychic abilities I notice they possess which they may not as of yet thought about. I do point out for example that many of these women have a great skill in being able to produce cold sensations at will—if they imagine an iceberg around them people and animals can sense the energy they have created.

When mermaids show up to watch some of my photo shoots in the water by the beach, the water turns very cold. The mermaids are spirits and not a carbon based life form relying on the need to metabolize food and air to produce heat and energy.

You could try visualizing different aspects of water in nature—a lake, a river, an ocean bay, the open ocean, the depths of the ocean, reefs, shallow and deep seas, etc. and see if any of these are more appealing to you than the others. The same with fish—visualize many kinds of fish or look at pictures and see if one species resonates with you in particular.

Letters to Mermaids—Meditation for Hateful Mom



Question: My mom is being awful. She is so mean and hateful. She often tries to make me want to be dead and I am so nice to her all the time.

(A few days later): My mom has been better since you worked on her. I so hope she stays that way!

Response: Okay. I am working on her about three times a week. I think since she was tortured by Christians in another life time she will not respond now to love in any form. Religions can be worse than any devil when it comes to trying to destroy the soul—I am not exaggerating on that comment.

What I do is visualize, feel, and think the vibrations that she is very grounded, calm, reasonable, and centered in this physical world. And that she is focused in the present moment. This is not a mermaid energy. It is a gnome energy.

Since you have contact with more kinds of spiritual beings than nearly anyone else on earth, why don't you try using your immense good will among spiritual beings and summon a gnome. Kind of like say in your

mind or aloud, “I need a gnome who is solid, grounded, down to earth, and who enjoys working with and helping human beings.”

And then ask him for a few minutes in your presence to concentrate on your mother so that she embodies in her aura those vibrations “of being grounded, calm, reasonable, centered in this physical world, focused in the present moment.”

You can then dissolve that gnome aura vibration in your mother because all your mother needs is brief exposure every few days to that vibration. It is like people go to group therapy or spend time with a therapist. They do not live with the group all the time or have the therapist continually by their side. Instead, you gradually internalize the self-reflection, detachment, and objectivity of the therapy session so you make it part of your own life.

I sometimes get referrals myself. A spirit will say to me, “Oh, you do not need me. You want to work with this other spirit.” Or even a mermaid queen will have someone sit down next to me on a plane and say telepathically, “Can you help us out? Here is someone who needs your kind of magic to sort through her problems.”

There is a good will exchange going on. And a gnome would be happy to work with you simply because you are in a physical body and living here in the physical world so your aura itself is enjoyable for him to be around. Especially if you work together on solving a practical problem. Gnomes exist to work at transforming things in the physical world.

Consider trying this and get back to me.

Her next email: I asked for Gnome like you suggested and as soon as I did one appeared. I have never read books or really seen any pics of any so I was not quite sure what to expect. He was maybe 3 feet tall or so and he had white hair. He had some kind of cap or hood on his head. He felt soooo earthy so that felt a little weird to me at first lol His face had a little bit of a elf look to it. He stood smiling at me and was very kind about helping me. I felt drawn to this being for him being so willing and

nice in helping me so I connected or sent him my loving energy and he seemed very grateful.

### Letters to Mermaids—Why Are People Mean to Me?



Question: I don't understand why people can be so mean to me? I give and give! What is wrong with this world? I would give my life or do anything to save them. I go above and beyond!

Response: It is why they cover paintings in a museum with protective glass. Some people can't stand beauty so they want to deface the paintings so it bares their mark. Why? Your invitation is to be free of ego and to experience love and innocence and that takes them right back to the battlefields of World War I and Pickett's Charge during the Civil War where they lay wounded on the ground all night long without any aid.

You see people often never recover from their pain. To feel the touch

of love they have to let go of their shame. And this they cannot do without also letting go of their egos. And their ego identities are the only thing they can hold onto that for them defines who they are. To understand them you have to think like a land creature that in any moment can be wounded, abandoned, and left to die.

You might just try being more direct and asking, What can I give to you that is reasonable and fair so you are happy without feeling there is a secret motive on my part for giving what I give to you?

Or, as another mermaid woman says, “I taught conflict resolution for years and one of my biggest points was to just ask ‘What can I do to make this better?’ Works almost every time.”

Try that. Often in conflict resolution it can help to simply ask the other person what they really want.

## Letters to Mermaids—A Dark Figure



Note: Previously I suggested since she knows more kinds of spiritual beings than anyone I have ever met (except Franz Bardon), I suggested she simply call a gnome to meditate with her on her mother being "calm,

down to earth, grounded, and focused in the moment." Like a number of mermaid women her mother or other caregiver is incredibly hostile (if not completely schizophrenic) to her.

She did call a gnome that appeared to her readily.

Question: Last night I woke up to a more masculine figure but not of either sex really type of being dressed in black right by my bed! I felt he was neutral neither positive nor negative! If you get any feelings on who he is or what he wants. Let me know.

Response: It could be that the gnome is influencing your aura too much. Though your mother should find that gnome energy to be invigorating. The more masculine figure dressed in black is more the fifth element of akasha that oversees the other four--earth, air, fire, and water.

It appears he is wondering what a mermaid is doing evoking a gnome. The fifth element has the understanding that the beings of the four elemental realms pretty much keep separate from each other most of the time. So since he has appeared to you you are free to use him instead of the gnome on your mother getting him to meditate in your presence on her being grounded, down to earth, calm, stable, and focused in the moment. That way the earthy gnome energy does not get inside of your mermaid aura.

Usually a magician when calling a gnome will create through concentration and imagination a heavy dense earth energy that serves as "food" for the gnome when he does something you ask him to do. But this is also true of the fifth element beings. Their food is being everywhere within everything without form or limitation guiding and inspiring seeing that each individual fulfills his path of evolution in accordance with the desires and visions within his own heart. So to "create" that fifth element "food" just imagine a very big empty space that has the nature of meeting everyone's needs and fulfilling their deepest dreams.

If I for example focus on the current Ayatollah Ali Hosseini Khamenei of Iran, who I consider to be a master of deception and deceit who craves power purely for the sake of destroying others with an

astonishing level of malice, it takes me only a second to see him in a situation in another life time where he genuinely wishes to help and care for other people being inspired by a very pure heart. That is the fifth element at work--it can see what is and also dream the best of what can be; and it "inspires" or "commands" the other four elements to accomplish those purposes that they exist to fulfill. Kind of like a supervisor handing out little pieces of paper that strongly suggest your highest priorities in any life time. Think of a guardian angel, there but holding back hoping the best yet also if necessary fully capable of intervening in extremely dramatic ways. At least my guardian angel is that way.

So, a big, empty space that in its nature meets the deepest needs and fulfills the deepest dreams. That is the food your being dressed in black needs to work with in order to assist your mother. If you ask any astral being to assist you, other than perhaps a mermaid queen or a very few of the higher spirits of the earthzone, there is a transaction fee charged for the work to be done. This is because the universe is not a "I give an order, make a request, or prayer and then you do this for me." The universe is rather a co-creation, a Great Celebration, and we all get to participate by sharing part of what we are so that beauty and love can manifest.

Some people want something without giving anything in return. Those people are "thieves in the house of love." But it takes time for anyone to reach that tipping point where they find an inexhaustible source of love and energy within themselves. Part of the process then is sharing so that we work together understanding each other's needs and seeking to meet them as best we can.

And so it should work like this: You say to the dark figure, "My mother is stuck in a pit and cannot get out. It is my purpose to see that she moves forward on her path of life." And that being should respond to you, "I stand ready to serve. Tell me exactly what you want."

Letters to Mermaids—Christ Consciousness and “Of Nature”

Question: Can you talk about Christ consciousness and what it means to be “of nature.”

Response

It is hard to write about the Christ energy. The religion of Christianity has built up many powerful inner plane images that shape the way individuals experience Christ energy. I have my own approach but I do not think it is of much use to anyone else. The fact is that from the first century on the Church has emphasized an intense sense of guilt in its practitioners and you have to set all of that off to the side.

The Apostle Paul thought that gentiles who are not Jews could receive the blessings God granted to the Jews through an act of faith. Whether that has any meaning or not, Christ energy is totally different from what is found within Judaism. You cannot find Christ energy by "grafting onto the tree of Judaism" through faith as Paul and the Church have sought to do. The light in Christ is not the light in Judaism. They are just different. The Church never made any headway beyond Paul on this issue.

To understand what you as a mermaid are in contrast to human beings I have to talk about the original nature of the astral plane which is experienced through refining and also combining the five elements so as to attain astral immortality. A person with astral immortality makes others alive, heals them, and anoints them with beauty. But people also tend to become addicted to such people and want to possess them if possible because of the withdrawal symptoms that occur upon leaving the person's presence.

Put briefly, human beings supposedly have five elements--earth, air, fire, water, and a fifth--akasha. But these elements are not self-sustaining. They are weak and take on new forms each time a person is

born and then they slowly dissolve again when a person is dead. So people are dependent on the external world, society, social customs, and interactions with each other to develop these elements and to become strong and positive in them. They start out weak and somewhat passive or even negative but through experience people learn it is just a better way to go to be positive and strong in each element.

For example, if an element is weak or negative, an individual experiences tend to be unsatisfying and negative. If an element is strong and positive, then experiences tend to be satisfying and fulfilling.

If the element of water is weak then an individual does not feel alive and does not sense what is going on inside of other people. If water is strong, you feel complete in yourself, happiness rises from within, and you almost always have love to give. But the learning curve through which human beings transition from weak water to strong water has not been present in human culture or religions.

You almost never meet a human being who has even one element that is self-sustaining by itself. Elemental beings, on the other hand, are "of nature." This means they have a vibration of one or more elements in them that is identical to some aspect of nature--like the sea, an ocean bay, an arctic bay, the entire arctic plateau, a river, a specific ocean, or a lake, etc. The person's aura is identical with nature in some way.

In other words, you like to be around large bodies of water because you draw energy from nature itself which renews you and sustains you. For many of you just jumping into the ocean is a renewing and transforming experience. Human beings do not know how to draw energy from nature itself. Having this depth of connection to nature makes your astral body basically immortal. In life time after life time you learn and experience new things but you do not lose your original connection to and vibration of nature that is within you. Your natal chart influences you but it does not define or limit you.

By contrast, all human religions start out from the position that human beings are defective. That is, they realize that the elements within people are so weak there is something horrible that has happened to human beings and so they need to be "fixed," "saved," "reborn," "made new," "quest for some original source that will transform them," etc. And that

is sad but also true about them. But human religious also do not know how to do this. If they had any intelligence or wisdom they would include in their objectives uniting with nature so they too are "of nature" and so attain to an original innocence, pure love, and direct connection to an inexhaustible source of energy within themselves.

The founders of religions are often the exceptions. They embody the spirit or some divine principle in themselves. But teaching that to others is incredibly difficult. Buddha did not feel he could teach what he had become but the story goes that Indra, the king of the gods, insisted and so Buddha spent years teaching enlightenment. Enlightenment is an aspect of the auras of the higher sylphs or air spirits.

Your advanced druids for example have mastered aspects of the magic of the elements so that they can control weather, heal, perceive the future, etc. But they rarely are "of nature." They can penetrate nature and command it by concentrating on it but they are not joined to it from within so they are identical with its vibration. They could do that easily enough if they tried but that kind of inspiration or pure/sheer love of nature to that extent is not yet in them. If they had attained that astral immortality the world as we know it would not exist. We would have become a different race.

Swamis and shaman also interact deeply with nature at times. But a shaman rarely does more than identify with the specific animal or totem that he considers sacred and that becomes his spirit guide. And a swami in mastering the chakras interacts deeply with the four elements. But a swami, for example, whose aura is radiant with fire does not go the next step and embody the fire within nature. He has mastered an internal yogic realization with an element but he is not "of nature."

The Dalai Lama's weather controller who I once met had a powerful concentration of mind that allowed him to "order" a storm to postpone its rain. But it would never occur to him to identify with the storm the way a man loves a woman and unites with her. It would never occur to him to extend that magnificent level of concentration he possessed so that his consciousness became identical with the sky. The empathy that spontaneously and naturally identifies with what it is gazes upon is rarely if ever found in human beings.

But human religions, all of them to some extent, do not really like nature. That is, the astral plane where one can attain a perfect identity with the elements of nature is very scary for them for many reasons some of which are quite profound.

One huge problem is that each culture and religion or tradition has its own dream time. The dream time is the summary of all the religious experiences, understanding of what is sacred, ideals, realizations, and experiences with life and death of a specific group of people. And almost never will one human tradition comprehend, explore, or sojourn into another group's dream time. This is because the astral body in human beings is very weak. For example, they have the hardest time understanding others who are different from themselves.

When I read the auras of different politicians around the world I notice things immediately that the CIA and NSA totally miss because I actually identify with these people--I experience and relive what they have experienced of life from the inside. A fourteen plus billion dollar budget for the CIA and their analysts lack the most basic insights generated by empathy.

Human beings, even the most intelligent, are totally brain dead or as some of you say, "they are half dead," or "they are half zombies" when it comes to feeling alive. They are stuck in their cultural dream times and their emotional life is not animated by the depths and range of feeling that is within the five elements of nature.

So a serious spiritual training system if it wanted to offer something real would offer its students some sort of means to attain astral immortality with the five elements.

A human beings meets a mermaid woman? Do not try to possess her. Ask her as characters in my stories ask the mermaid, How do I become what you are?

It is a huge abyss to cross for a human being to move from the incredible level of insecurity that is inherent in a human personality to, for example, the sense of being one with the sea--and its feeling of love being everywhere and the pure innocence of being so in the moment and so flowing like water that the past does not interfere with your ability to give all of yourself in the present moment.

Same with the other elements though we do have examples of humans who embody air, fire, and earth as an elemental energy in their auras. Until the last few years there has been nothing in human culture or tradition about what it is to embody elemental water. So trying to talk about a religion of love or Christ consciousness without first learning to become elemental water is like the Wright brothers trying to get a bicycle to fly without attaching wings to it. The two Wright brothers could lecture and preach for thousands of years about how they are aviators--but without wings they will never get off the ground. And so no transformation of the personalities actually occurs.

All that one of Christ's twelve disciples had to do was ask Jesus, How do I love as you love? and he would have been compelled to answer that question. But it was never asked and I doubt in two thousand years of the Christian religion more than a handful of individuals have ever seriously pestered God demanding an answer to that question.

"Of nature:" If I touch one of you I feel connected immediately to water, to the sea, a stream, a river, a waterfall, etc. It is your vibration. Touch a human being and you get personality--a real person with real desires and needs who is the summation of all their experiences in this life. All very nice. That is what human beings are.

But really they are so much more--with a little training, inspiration, role modeling, and direct experience with the original nature of the five elements they could become like gods. If you were near such a human being and touched one of them you would feel you are in the presence of the sun--radiant, inexhaustible, and immortal--or the moon--serene, timeless, united to the universe from within--or the sky, the starry night, the constellations--Aries, Libra, Taurus, etc. and like you--the ocean or the mountains, fire, the atmosphere of the earth.

That is the infinite realm of possibilities that hovers over, around, and inside of all of them. They have been designated to become creators. But it is iffy. They can fail. They can refuse to ascend. They can become lost, captivated and attached to the realms of form through sheer greed and hunger to possess and take control of others and the world around them.

“Of nature” means you are also a part of a world that is more real and

enduring than the realm of society and history in which human beings exist. They are as I mention like the grass that grows up in the morning and then withers and is no more, like the foam on the waves, like books on shelves that no one will ever read again, etc.

If you come from the Other Side and encounter human beings for the first time you want cry because their lives are so sad; or as Istiphul described the human race--they dwell within a realm “of sorrow and loss.”

Enter the mermaid realm, by contrast, and bliss and love are everywhere inside and outside of you and flowing between you and others without end. That is why Airin likes to dance so much--she evokes her connection to nature that allows her body and personality to shine with its true light or what you do when you sing--the gates to the realms are thrown open and every possibility is near.

Briefly, the elements on the astral plane:

For the fire element:

There is an electrifying  
Enthusiasm and conviction  
Such that when others see you  
They see an ideal that is now real

For the air element:

There is good cheer free of all fear--  
Walk through life with freedom  
Delight and rapture illuminating  
Your every sensory perception

For the water element:

There is a love that with complete ease  
With another becomes one  
You will know when you have it—  
There is no end to your giving

For the earth element:  
 There is an inner silence so complete  
 So filled with peace  
 The unknown universe uses your voice  
 When it wishes to speak  
 Or, you find things to work at  
 That you can put all your heart and soul into.

And what of the fifth element?

The fifth element  
 Sees past the outer form  
 Of every being  
 To the inner core  
 And finds a way  
 To manifest  
 The others deepest dreams

To feel fully alive is to be able to step free of ego at any time and to embrace whatever you are viewing as if it is not outside but inside of you. Nature, for example, is not just physical. It has energies underlying its outer forms and these energies are filled with inspiration, beauty, and wonder.

With the air element:  
 My mind is the sky--  
 Pure, clear, and open  
 Its air flows through my chest  
 Its winds are my breath

For the earth element:  
 My body is the Earth--  
 In me, Her Silence and endurance reach consciousness  
 Like Her, I shelter and I protect  
 I am one of Her fruits

I am the strength and nourishment upon which others thrive

For the water element:

The oceans are my magnetism and love

Rivers my bloodstream

Rain my moist fluids

Lightning my heartbeat

Thunder my voice

I am life sustaining and giving birth to life

For the fire element:

The volcano and magma at the center of the earth

Are my will and power unfolding

I burn, I consume, I destroy

Yet I heal the broken heart

And bring joy and excitement to life

## Letters to Mermaids: On Pet Fish, A Series of Questions

Question: I've sensed that I was a mermaid for longer than I can remember, and was told by a psychic-type person, who knew nothing about me, that I am one. People walk up to me and say I look like one, or occasionally, ask if I am a mermaid.

I'm in college right now studying art and to be an oceanographer. The overwhelming majority of my art is oceanographic. The common theme of my work is the dying oceans from the perspective of someone who feels a part of them.

Response: Yes. You have the mermaid aura. I posted on my time line about another girl in Letters to Mermaids. It seems to me that you too have been overshadowed by an aura that is not your own. But it was a very bright, effervescent, and intellectually stimulating kind of energy.

For you perhaps sometimes you sensed that people are somewhat reserved or reticent around you when they should be more open and free

to feel closer to you. On the other hand, perhaps some people are ready to let you lead them when you are not in fact a demanding, directing kind of person but they think you are. Kind of like that.

See if you feel different the next few days. I'll meditate on this some more. You seem to be a genuinely sweet, kind, and loving person who makes a great friend. The mermaids I know rarely have any activist motivations though lately some are getting interested in protecting the ocean. They are just so into the moment and sharing their energy right now with who they are with that they do not do the human thing of saying "let's change" or "save" the world. They are of nature and nature has its own time frames for changing things.

All the same there are exceptions and you certainly have the activist feeling about you. Keartin did a video for me on my [youtube.com/emedetz](http://www.youtube.com/emedetz) site.

[http://www.youtube.com/watch?v=mG4fhvf\\_sM0](http://www.youtube.com/watch?v=mG4fhvf_sM0) about the reactor problems at Fukushima Japan, a major global problem not very well addressed in the mainstream media.

She got inside my mind and presented my approach in her own terms. I am incredibly committed to protecting the Pacific Ocean and do meditations every few weeks with a great deal of will power expressed to that end. In a sense then our two races--human and mermaid--are working together on the same project.

Her Response: I'm fairly certain I've met maybe two others mer women and I feel like I seek mer-type people out because they're the only really lasting friendships I've had. Both love fish, and we all keep them as pets and we are all at least somewhat interested in saving the sea. But I'm the only one who's got this fixation with marine conservation.

I lived on the beach as a little girl and before I could read, I had an overwhelming sense of "I have to fight for the oceans", long before I even knew anything was wrong with them. I felt someone was sending me signs, and for some reason I imagined the sender to be an African woman wearing turquoise, although it would be maybe fifteen years before I heard of Yemaja.

I remember not hearing, but sensing someone saying that life here would get hard at different points ( didn't know what that means as a two year old trying to have a fun beach day!), but there was somewhere I would always belong. I think I agree with everything on your traits page.

I remember in high school, while watching my friends get into bad stuff, how proud I was that "I have been exactly, consistently the same person since I was born." When I read that, I couldn't believe it because I must have said it a million times, pretty much verbatim, over my teenage years. I wasn't entirely sure what you meant about talking with the dead. A few years ago someone I really loved passed away, but who comes back in my dreams to tell me what is about to happen to me, and it happens a day or so later.

Some of the more startling examples were with guys I dated. I've never had luck with relationships and it always ends badly for me. I'm kind of willing myself to take a break from dating. I very unexpectedly got my heart broken three months ago by the first guy I dated after some kind of traumatic events. And right now I'm pretty focused on my relationship with geochemistry so I've become fairly guarded on the love front.

One of my friends I've always thought may also be a mermaid has the opposite problem, she's constantly got a new boyfriend and she's constantly getting her heart broken. I've been very deeply hurt relatively few times, so I try to relate, but I sometimes get the feeling that she's losing sight of her true self in a cycle that just doesn't look like fun: maybe two boyfriends ago, she chopped off all her gorgeous hair because he wanted her to. I had a boyfriend like that but I also won't change for anyone. Both of these girls and I were kind of the misfits in high school.

The other thing that really hit home was what you call "mermaid empathy". I related because I have the tendency to become the confidante of just about everyone, especially women much older than me. I shouldn't have insight into their stressors but I've had several people say that I'm the only person who understands them. I don't know how it's possible, but reading about flowing energy made me understand a bit more. Sometimes I do it when we're talking about someone I've

never met, who is not present and/or died, sometimes long before I was born.

I'm personally someone who hates the expression "I know how you feel" because I think it's so wildly insensitive, but I tend to actually know how everyone is feeling, and sometimes it freaks me out and I think I feel their feelings more deeply than they do.

I also think I have seen all of your mermaid videos. They are incredibly insightful, and I do relate to what you wrote in Letters to Mermaids. It's so interesting you say to see how I feel over the next few days. Lately I have been feeling my guard come down, like it's suddenly okay to just do my thing and not worry about getting hurt. I can't really remember when it went up. It certainly took years to construct a shell of social inhibition around myself, but as of late it's been peeling away.

I'm being completely honest with myself about my feelings for the first time in a long time. So thank you if that was your meditation.

I feel like I'm on a mission, though not really an activist one so much as a deep, protective love for fish and other creatures that is even more in-depth than what I feel with people. I don't feel the need to change the world, but these creatures feel like family to me, and I feel a sense of duty to act on my love for them.

In relationships, I've maybe had one good relationship but the timing was terrible, so it didn't happen. With most guys I've dated, they always want to change me, control me, give me no privacy, embed themselves in my world, be together 24/7 no matter what they're taking me away from, pool all our resources, keep me under their thumb, emotionally confine me for themselves, and just suck my energy out.

I'm extremely wary of that, and I see it happen to one of my mermaid friends almost chronically. I think you're amazingly accurate with the idea that there is some sort of dark cloud telling me I am not good enough. I'm not sure I have one attached to me per se but droves of those type of people certainly find their way into my life.

Interestingly, my deceased dream-buddy, my closest friend ever who was actually a fish I kept in my dorm room (his name is Poseidon), had unbelievably strong reactions to different friends who came into the

room with me or my roommate (her friends were always telling me about what he'd do when I wasn't there).

By the time my first boyfriend would leave for the night, an abusive and coercive guy who was always going out of his way to make me feel inadequate, Poseidon would look like he was sick, his fins would clump together, his color would be drained, and he would sometimes float on his side.

My second boyfriend he really liked, and even played our just-us game with him. But he died relatively early into that relationship, after which the guy started using me, and Poseidon would come in dreams to warn me. He's present in lots of my dreams, always telling me what to expect in life if it's something big.

My Response: The relationship of you to Poseidon is new to me. There is a woman who is perhaps a selkie. And some have strong fish connections but nothing like your experience. It is like your spirit guide incarnated first as a fish so you could get to know him better or else it feels like a merman shape shifted his awareness into that fish.

The obsession others have had with you is almost verbatim identical to some of the things others report.

Her Response: I is funny that that is what you think Poseidon was, because when I first had him, I figured he was a spirit guide, but as time went on I found myself wishing he was human so I could date him! Around that point I started to suspect that he might be a merman whom I've known before. Sometimes when he's around me he still feels like a fish, other times, he feels like a merman.

I just watched the video on Amue. I think these are the only mermaid videos of yours I haven't seen. It made a lot of sense to me, the directorial quality of both Amue and Istiphul resonated with me because I have felt that kind of energy, and been told that I dole a lot of that kind of energy out with people in the world.

Amue seems like someone I really have so much in common with: since I wrote my short biography for you, an airborne virus killed some of my fish. I mixed a bunch of things from the pill cabinet in a beaker

over an open flame. That isn't the first time that I've cured fish: I seem to be the "fish doctor" in my social group. Some things I research, but a lot of things I just know how to do and have brought many of my own fish and friends' fish back from the edge quite a few times.

Poseidon was the absolute love of my life, and I know that he's an unrepeatable event in my life, but he's definitely not the only betta fish I've had who has been almost human. In the early nineties when I was about three or four, we were getting a pet rabbit, but a screaming red betta called to me from a high shelf. He was the only one there, and I had to have him.

My mom didn't like bettas because they were "fighting fish" but she caved, as I was shy and didn't ask for a lot, and when he was around everything felt right in my life (we had since moved away from the beach). When I was eleven I had a blue one, Harry, a gift from a friend, who was similar in some ways. A few months after Poseidon died, I got two more, an orange, Gaetano, who tried to protect me against one of the attacks, and Brancusi, who is almost four years old and easily my most intimate earthly relationship at this time. He has a giant tank for putting up with me for so long. There's no way that all of them had the same soul because they've all been so different, especially Poseidon's aura, which I think is practically welded to mine. I'm saying all this because I read somewhere that the betta might be my spirit animal, and that encompasses "warrior energy". I think that goes back to Amue and Yemaja a little bit.

Her Question: Do the bubble/Arctic Bay things work remotely/selectively? I like my natural aura and I don't want to completely isolate it from my other relationships (I'm trying to start over with my "third ex" I still love and I don't think coldness would be helpful), but there is one guy who is really bothering me (An "energy vampire"). I'm worried he'll show up at school, which isn't really unsafe because I don't live there and there are so many people around, but I just want to channel my energy to push him out of my life once and for all.

My Response: That is how you use it. If someone is near you or entering your space you ward them off with icy cold. Even animals like I say sense this. It is a physical power you mermaids have in great reserve if you draw upon it. And if you want someone not to think about you and stop harassing you then meditate on that person every now and then for a few minutes--like visualize him in front of you and then if he thinks or visualizes you in his head this arctic iceberg appears around him or just imagine him surrounded by icy cold. He'll get the idea.

You can dissolve it or imagine it vanishing after the two or three minute meditation is over. It is like a conditioned response. Think of you and the protective power that is in water as freezing cold--which preserves and stores energy--shows up and reminds him to look somewhere else for entertainment. But get back to me if there are any problems and I can refer you to others who use this so you can compare notes.

Her Question: I've really been thinking about something you were talking about with my relationship to my fish. Every once in a while I'll be in a pet store or aquarium and if I'm with someone, they occasionally remark on how the fish try to follow me out of their tanks, through the air, out of the store. It's happened a few times with lobsters in grocery stores, as well, which is always unbelievably depressing, one time about three years ago a lone lobster was scratching at the glass as I walked away. I had visited it trying to send it positive energy, because something grabbed me and said it needed it.

My guess is that displaced ocean natives sense my aura as a potential means to go home? But my pet fish: Poseidon was the love of my life but I've also had very close relationships to other fish. Currently I have another betta, Brancusi, who will be four years old soon. I got him just months after Poseidon died, along with an orange fish named Gaetano, who died a little over a year ago at age two.

Poseidon had (and still brings me in dreams) messages of who I can and cannot trust, or what people are about to do that concerns me, primarily men I've gotten involved with. Gaetano engaged in a flaring behavior, which is how bettas try to communicate dominance,

aggression, or threat to a predator or rival, when someone is hostile to me. All three would swim up to the glass, not asking for food, flaring me, etc. any time I've been visibly upset or cried or whatever. They just stare at me and I lean my head against the tank or whatever, and they comfort me. I had a couple other aquatic pets growing up who did this as well. It's not always only bettas.

But Cusi does not just comfort me. Male bettas do not like each other, but recently I was tending to a different betta I had who was sick, and Cusi swam up to him, giving him the same loyal body language of support he and the others have always given me. Cusi is the most territorial fish ever, flaring at people for entering my room, yet he was so supportive to another betta, maybe because I felt so bad that Rory was dying.

When I'm with them, people always comment that I know exactly what they are thinking or what they want, I'm just very tuned into their communication. I know when they're asking for food, for me to play with them, even for new surroundings sometimes. When I'm away from them, I really miss them and can't stop thinking about them. Sometimes it feels like we're all from the same species, not fish and not human. I feel like they come to support me during what Yemaja said I need to do. I've sensed merman presences in Poseidon and several other fish, but I'd really love to know your thoughts.

My Response: I keep thinking you have a degree of connection to fish that only a few of the other women have. Your connection to fish in aquariums is like this--they sense by the influence of the magnetism in your aura that you are completely aware of everything about them and that you sustain them. It is like they are a compass needle and you are the North Pole to which they point. It is like they exist to serve you--that is how they feel.

When there is a closer connection they feel not only that they are in an aquarium swimming about but that they are inside of your aura swimming about. There was a guy, Ray Brown, that had a diving accident, and while unconscious he felt his awareness expanding outward until it became the entire ocean. He said he was aware of

everything in the ocean and of every fish as if he was that fish and all other fish as well.

You might try experimenting with transferring your consciousness as if you are a global kind of fish shaman. Imagine yourself as the protector of all fish on earth. Practice imagining you are different fish--a whale, a shark, a moray eel, a dolphin, a turtle, a squid, octopus, and any and every other fish you want.

Perceive with its senses. Perceive how its specific environment affects and shapes its consciousness. When some of the mermaid women walk into a house the ghosts who are asleep there for years or centuries wake up and feel they are again fully alive. Your aura does something similar. You seem to wake up the fish so they attain multidimensional awareness. Because your aura can envelop them to the extent it does they pick up on your brain waves and are able to think like human beings to some extent.

If someone is mean to you, you might try imagining you are a kraken or great white shark and see if they back off. You should be able to affect people immediately. Similarly, the astrological sign of Pisces in its higher aspects like Neptune the planet in its higher vibrations perceive that one energy is within all of us, sustaining, nurturing, blessing, and fulfilling. We are all one from that point of view.

So in this sense human beings are also like fish--they are not in water but they too are sustained by a nurturing environment and also as all living things human beings are sustained and only exist through the nurturing influence of the astral plane of the earth. The point I am making speaks to the activist inside of you. If you can feel that you are the protector of the fish of the oceans because you spend a certain amount of time connecting to them through your awareness in meditation then you can equally influence major political figures on earth as easily as you influence your aquarium fish. And you can then get them to protect the oceans--that is, feel what you feel about how important it is to play nurturing, protective role in regard to the seas.

But the first step, if you are interested in going in that direction, is to add to your fantastic natural astral connection to fish the mental level of empathy--the mental level is like this: do not just feel the fish and the

life within them. Feel too you are the fish looking back at yourself and at other fish through its eyes and its senses and its astral body as well.

For example, if I imagine I am Cusi then when I look at you I see a goddess--you are the reason I exist. You are water, food, and life itself. If you were a queen, then Cusi would wish to be your captain of the guard. If you were god he would seek to be your prophet.

It is really amazing. It is like you turn him into a human being in a fish body in terms of his consciousness. There is a science fiction story about the future where other species like apes and dolphins and chimpanzees are "uplifted" so they become fully intelligent beings who take an equal place among the advanced races of the galaxy. You seem to have that effect on fish. You instantly raise their consciousness and perception of their environment.

To do that with human beings you have to imagine you are the sea itself. And as the source that grants and sustains life on earth you influence them with your magnetic aura so that they share your concerns and stand willing to serve your purposes.

I have a mermaid love meditation that is simply imagine you are an ocean of water with its watery sensations of being fluid, cool, magnetic, absorbing and releasing heat, flowing, etc. And then add to that the feelings of love--of caring, nurturing, accepting, healing, fulfilling, sustaining, etc. And then while remaining the entire ocean flow yourself through someone's body releasing any tension, healing any illness, releasing any stuck feelings or pain, etc. You practice it so it becomes familiar.

That is my description of how most mermaid women's auras operate anyway in a spontaneous manner around other people. I do something similar almost every single day. I become a magnetic field that embraces the entire planet, oceans, magnetosphere, and the pull of the moon on the waters of the earth. Human beings have one electronic grid of communication and electricity that encircles the earth and this is a balance for it. An awareness they should have but do not.

In other words, take that sense of watery energy that brings to life the fish around you and work with it so it expands anywhere you wish and easily becomes a part of anyone or any creature you focus on. And in

doing that you gain the authority of a divine being who assists all in their paths of evolution. But do explore the shaman approach of imagining you are inside different fish getting their reactions to how they see you from their perspective.

Only a few of the mermaid women use that kind of mental empathy--imagining you are the other person so you feel what is inside the other's mind. Their astral empathy is so powerful they rarely extend it to the mental plane which you really need to be able to do if you are guiding and assisting others. The mermaid queens have powerful mental bodies as well in that they think in terms of what kind of environment best nurtures individuals and not just only flowing loving and healing energy to others. And so they work to bring about those changes in the individual's environment.

## Appendix

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Introduction Continued (borrowed from Mermaid Women)

The mermaid woman is psychologically independent. She does not need a man in her life to feel satisfied, secure, or fulfilled. She already feels complete in herself and often says she is happiest when she is by herself. She enjoys relationships with men, but she does not actively seek to be with them. And when a relationship is over, she does not feel that anything has been lost. She is ready to ask, “What’s next?”

As I have mentioned, she is usually adept at disguising her own nature in order to survive in our world. She gives so much energy to others so freely, and she is so innocent and loving, that often those who sense this about her will stalk her or try to possess and dominate her to gain permanent access to her energy. In this sense, she understands that society is a dangerous place for women.

However, the mermaid woman finds that human women are just as dangerous as the men. She has a very hard time understanding why women are jealous, mean, vindictive, petty, gossipy, greedy, and selfish. She is astonished when another woman verbally attacks her in some way.

Some mermaid women are so organized and innovative they act as if they have a master’s degree in business from Harvard University. But the truth is that a mermaid woman has no ego—she is not selfish, and she does not try to aggrandize herself. She is not insecure, and she does not fear death.

She identifies with nature to such an extent that she sees this entire world and all social roles as being insignificant. She assumes social identities and plays various roles with great skill, but she understands that as far as social activities are concerned, she is always in disguise, acting a part in this brief, transitory world that belongs to human beings.

She is so detached that she even views her own body as a “shell,” like a garment she puts on in order to present herself to the world.

One of her great skills is in maximizing the feeling of being alive in the present moment. Consequently, she has a hard time embracing an ideology or abstract concept designed to offer justice in the future. She knows that her presence and the energy she possesses are a primary and fundamental power for transforming the world.

Mermaid women and human women both insist on independence—not dependence, and definitely not codependency. In contrast, mermaid women will tell you in no uncertain terms that they exist to love—it is who they are; love is their very essence; and they go on loving even those who hurt them, those who are evil, and also the men they break up with.

A primary difference, then, between human and mermaid women is that the latter do not see or experience love as a rare commodity that an individual needs to defend or struggle to find. For her, love is everywhere in every moment. It is not created by human beings. It is already there, and all you have to do is open yourself to it to allow it to flow through you to others.

If Carl Jung or Sigmund Freud had been introduced to a mermaid woman, even these great intellects would have failed to notice anything unusual. They would have thought that she was “just another young woman who is unusually vivacious.” Something like an anthropologist is required to discern their presence and their unique qualities.

A mermaid woman may look like “a hot babe.” But if you move past societal points of view regarding young women, you can begin to observe the way she shape-shifts her expressions and even the way her body appears to change depending on the situation and whom she is with. The range of her emotional responses is eerie, uncanny, astonishing, and absolutely wonderful to experience firsthand. She can blend and match the mood and thoughts of whomever she is with so that

briefly she seems like a lifelong friend—someone you have always known and who has always been a part of your life.

To put it another way, if the situation calls for it, she can appear as innocent as a child, as warm and friendly as a sister, as tender and intimate as a lover, as nurturing and protective as a mother, as deep as a wise elderly woman, and as astute as a businesswoman. She can change her face and emotional tone to match any of these roles from one moment to another. On top of this is her capacity to feel a part of nature—the mermaids have their own ways of feeling that are beyond human.

The vivaciousness of a mermaid woman is not something to take for granted. She giggles and laughs. She is playful. She is spontaneous and delights in the moment. But she has the astral body—the capacity for emotional response—of an immortal being who is joined to all the waters of the earth. She is forever young and yet timeless.

A mermaid woman's astral body is analogous to water. It immediately flows into whatever shape the environment offers. It does so freely without attaching itself or feeling any strain or tension during the process of change. If it freezes up due to hostile circumstances, there is absolutely no difficulty when things change for her to flow again or even to appear light and carefree as mist in the air. She is completely free emotionally.

A mermaid woman's receptivity connects directly to people and transforms them by acting as their deepest inspiration and source of conscience. Men tend to notice this before women because a male knows he is incomplete and can sense when there is an energy present that can transform him from inside. But mermaid women rarely exercise the power they have over others. They flow love; they do not on their own initiative make specific changes in other people or society.

You cannot possess a mermaid woman or bond with her. She does not bond—bonding is not an act of love because it is not flowing energy. It is an insurance policy, an act of control, or something else. It is not an expression of freedom.

This does not mean that she does not connect deeply to those she is with. With a lover, part of her is inside of the other person and is continuously flowing healing and tender love through that individual. To be around a mermaid woman is to feel and to be more alive.

Individuals can seek to embody the qualities of mermaid women since these are not ethereal but teachable skills. One of the qualities that can be learned from mermaid women is how to flow energy/love in and through anyone around oneself without seeking to bind others in return or aggrandize oneself through the process. Mermaid women spontaneously exude this natural healing power.

In a similar way, a person can feel united to nature from within like a mermaid woman does. This connection to nature produces feelings such as serenity—a capacity to be so still within that, like a mirror, time is suspended, and you can sense the past and future.

This inner serenity has within it an intuitive capacity to sense the best in other people and what they are meant to become. It is not unusual for a mermaid woman to enable others to experience the fulfillment of their dreams. This is mermaid empathy—not just feeling what others feel but communicating to others a sense of already being healed, whole, and complete.

The mermaid's identification with nature also produces an inner peace with the universe. One's social identity is always a temporary and imperfect expression of the self. As one mermaid woman put it, "I feel a part of so much more than this world that we see around us."

To perform on the highest levels of creativity an individual needs an *internal* support system that is completely independent of the outer

world. By learning from mermaid women, we have the opportunity to develop this inner support, which is also a feeling of being joined to nature from within.

Question: Can you say something about the astral plane?



The Astral Plane and the Five Elements (from How to Speak Saturn)

The Astral Plane

The astral plane is like a realm of dreams. The energy is thick and rich. Every feeling you can feel, every dream that can be made real, everything that comes to be—first it must pass through this place before it can manifest.

Magic is in the air—like in a lucid dream, think of something and it instantly appears. Any attraction or repulsion you can imagine is instantly expressed through concrete situations wrapped in vivid colors, images, and dynamic interactions.

Souls are here. Some are departed and some are not yet born. There is a vast array of creatures and spirits in every form. And the beings of the four elements dwell here as well. They have many things to teach us and so many stories to tell.

Being here feels exactly like being in the physical world except there are few limitations. There is no time and so there is no history that restricts or binds. You are not forced to learn things in order to survive.

Busy or idle, playful or sober, you can pick any mood, express any feeling you want, taste any bliss, make ecstasy your dish. You are free except you are indeed limited by your soul's vibration—which is to say your imagination is inscribed with its own karma—heavy or light, dwelling in darkness or the light—it is you yourself that illuminates your own path here on the Other Side.

There are also many realms within the astral plane. Here are four and akasha makes five.

**The Realm of Mermaids:** The sensation is watery but lighter than water. The energy is vast and continuously flowing. Love is everywhere. It is unbelievable innocent—that is, it is completely open and receptive, new, self-renewing, and self-purifying: it never loses its willingness to give all of itself in every moment. That is what I call innocence.

And it is healing and tender. It is sweet, kind, and then the sensuality kicks in—the bliss begins running through your nervous, saturating them. Here there are no inhibitions—what is deepest inside of you naturally and without effort flows through what is deepest within another. The exchange of energy is total and continuous.

And the peace and the serenity seem so vast they encompass the universe.

If I imagine the mermaid queen Istiphul, her mind and mine immediately join. The vibration of her mind is a nurturing, ecstatic love. It is embracing, healing, creating oneness, fulfilling satisfying, releasing, and strengthening whoever she interacts with.

Istiphul embodies a vast, watery expanse of love as pure astral energy and this energy flows into and through anyone she wishes. This is one embodiment of the water element in its full power and beauty.

As long as my mind is joined to hers, it feels completely natural for me to do what she does—to embrace, flow through, become one with, and seek to fulfill anyone I think about. My energy is within the other person seeking to make them whole.

You will not find this energy among human beings as a pure, sensual, perceptual energy exchange on this level. But without this awareness the human race, for all its vast technological achievements now and more so in the future, shall become less evolved than it was fifty thousand years ago. To be precise, their technology may continue to advance but their ability to care for anything living will slowly diminish.

The Realm of Sylphs: I instantly feel I am high in the sky on a clear day. The horizon of the earth circles beneath me. I feel free. I am full of dancing energy. Nothing weighs me down. There are no fences, no limits, and no boundaries.

Because my nervous system can sense any wind, storm, or weather condition, I feel free of restrictions. The sky is my mind. It is open, clear, luminous, and free of attachment or anything that would bind.

Like the atmosphere itself, I love harmony and balance. There is constant give and take and negotiations taking place between opposites-- hot and cold, moist and dry, highs and lows, fire/light/electricity and water/feeling/magnetism.

But to be as one who dwells here most of all I love the enlightened mind because it is totally free and I love the artistic imagination because it is witness to every nuance in each moment unfolding.

If I imagine Cargoste, a sylph of astonishing ability, I can join my mind with his as easily as I did with Istiphul. As a sylph, Cargoste is highly empathic as are sylph women. He is aware of the faintest mental vibration. He is the perfect Libra—he embodies harmony finding the perfect balance between himself and another person or spirit or himself and a wind or the entire atmosphere of the earth.

Cargoste embodies wisdom—he is aware of the past, present, and future of a person or of the atmosphere of the earth. He can perfectly read another's mind to the extent that he can speak to the person's with the individual's own inner voice.

The difference between the mermaid queen and the sylph Cargoste is that he is not after oneness and love. He is after balance and harmony. Detachment is never a problem for him because seeing through the other's eyes and thinking the thoughts in the other's mind is part of his perception.

Translating this into human terms, the sylph wisdom includes the power of voice, sounds, intonations, and language. What if you could not just feel another's needs and want to heal them? Not only sense what they feel and want to help them?

What if you could speak with the precise words that persuade others to take care of themselves? What if when you talked to another you made perfect sense to that person and because of the way you speak, the familiarity and understanding in your words, the person would rely on you advice and follow through with your suggestions?

That is the power of the air element. It is not the active empathy that makes another feel what it wants them to feel. This is directly interfacing with the other's mind so that person feels you totally understand them with your mind. That is one aspect of the wisdom of air.

If you want to persuade and move others to action to pursue a good end, then this might be one of the reasons you would learn to embody air within yourself. This is an ability you can master through practice just like training to become a pilot of a jumbo jet like one mermaid woman I know.

The Realm of Gnomes: Here beneath the ground silence reigns. It is deep and still; I am where ages and eons have no meaning. All the same the essence of my being is to take matter in hand and make it something more than it was before.

I love chemistry and study endlessly how molecules bind. And I love atomic vibrations. Every element is constantly singing of the joy of creation, of having come into being.

Trees, shrubs, flowers and plants—I love to watch them grow. Their inner essence I go out of my way to make my own. Precious stones enchant me—I am drawn to them like a moth to a flame. But unlike the moth, I go right inside of them and there amid a crystal palace I sit and meditate.

Crystals I am sure as you must already know can contain the light of planets, stars, and constellations. I listen so well I hear those songs and I sing along. When I leave a crystal, the song I sung within it continues to be heard as long as the gem exists in physical form.

There are palaces and kingdoms, temples and forgotten pathways of spirit hidden within silence. And when you are very good, having traveled the world beneath the ground, having researched and discovered new things relentlessly, when you open your hand the philosopher's stone appears—the quintessence of nature perfected. Because I know the way through the darkest place, spirit reveals to me its greatest secrets concerning matter and its transformations.

The earth is my home; I am never alone; I am cloaked in the beauty of the universe.

If I think of a gnome like the gnome King Mentifil, his mind and my mind instantly join. I can do this with human beings too. Consider Prime Minister Noda of Japan.

He loves the status quo. It is jokingly said of the British that they try to get through life without being embarrassed. You could say then of Prime Minister Noda that he wishes to live his life so that he and those around him save face, so that everything remains normal, comfortable, familiar, and in harmony with tradition.

In other words, this man is totally incapable of responding in a crisis, understanding a disaster, or dealing with something new that is not

familiar. He will try to fix a problem first by ignoring it and second by ignoring it more.

If I ask him in my mind what would you do about the Fukushima reactors and cooling pool, his thought is that he would talk to TEPCO's CEO face to face over tea and ask, How should we handle this in terms of explaining it to the public so they remain calm and know as little as possible? Rather than asking, What do we do to solve the problem?

I know this because his brain vibrations are within my brain and I can think exactly what he thinks in regard to a specific question or situation.

When I turn to Mentifil, I have an instant awareness of what a gnome senses about the human body—he is aware of the electro-magnetic waves of the brain, the biochemistry of the metabolism, the electrolytes in your blood stream and the blood circulation through your legs and different parts of your body, the functioning of your lungs and your renal system. He is aware of what enhances, sustains, and detracts from the health of your body.

Mentifil you could say is the go-to guy or gnome if you want to work on longevity or to develop in yourself the philosopher's stone which eventually would lead to immortality. He is a gnome king. He knows about things like that.

It is a little like the Taoist master who was walking by while a woman was doing reflexology on my feet. We were sitting by the lake during a break at the Omega Institute in New York. And he simply came up to me and reached down and felt the pulses in my wrist and then started complaining in Chinese about the lack of balance in the acupuncture meridians in my body.

Like certain Taoist masters, he knew nothing at all about feelings, mind, or spirit but the health of the body he could tell just by looking at someone. A gnome like Mentifil can look at someone and feel how every organ in their body is functioning and what minerals and remedies could be used to make them healthier.

In practical terms, then, the gnome awareness allows you to feel one hundred per cent part of the physical world. You will notice that mermaid women so far rarely actually build anything. There are no mermaid training systems, no mermaid correspondence courses, no

mermaid seminars run by mermaids, no mermaid institutes, no mermaid on-line classes, no mermaid dance and song training programs, no mermaid magic classes, no mermaid tours to the astral plane, no mermaid spirit guide readings (a mermaid Tarot deck is not quite enough to cut it), no mermaid story tellers though there are a lot of human story tellers publishing new books about mermaids every week.

In other words, with the earth element you build something that endures and enriches the world when you are gone. There is one mermaid who is an exception but she is here on a divine mission.

For gnomes, there is step by step procedure and gradual development. There is embodying something that makes individuals stronger over time and that remains with them. And as I like to point out, for a gnome time only exists in terms of what you are working on. When you are finished then you can say, I finished what I began—that is the unit by which they measure time.

The Realm of Salamanders: Great calderas of flaming magma burning with tectonic rage--ready to explode having waited ages and eons to gain freedom.

Speaking with the voice of salamanders: It is not that I am not content just to be or that I have forgotten that in each moment my inner spirit is already free. Rather, I burn with such intensity that I know in my heart every boundary and obstacle will in the end yield to me. This is because it is the nature of my will and power to grow stronger.

Others may like harmony, perfecting nature and transforming matter, or embodying a love that nurtures. But in me you see a volcano that explodes, a pyroclastic flow, and lava lighting up the night and making new islands in the sea. Without fire, how can there be life? Without fire, there would be no visible light.

The planet earth is alive because I am inside. My turning and churning creates a magnetosphere and protects the earth from solar flares. I move continents and enrich the chemistry of the biosphere.

I am fire. And hidden in me is the secret of being free of all need—refined and perfected I too am divine—I burn with such purity I no longer need fuel or outer support in order to shine.

If I focus on the great salamander Pырhуm again his mind appears within the open space of my mind. Almost immediately a great variety of different fires upon this planet flash through my mind—the volcano, the cinder cone, lava tube, mountain exploding, pyroclastic flow, calderas of lava, magma chambers beneath the ground, the magma beneath tectonic plates as well lightning in thunderstorms and wild forest fires.

But Pырhуm also looks beyond this planet. He envies the fires of the sun and with that nuclear fire within his dreams he is one. Pырhуm seems to speak within my mind, that is, his thoughts appear within my mind. “I keep the planet alive. I diversify nature and bring it to life. I destroy what needs to be destroyed and new civilizations shall be born by drawing upon my light.”

He goes on, “Give me a mission no one else can accomplish and I will do what needs to be done so that the problem is solved and all obstacles overcome.”

If Istiphul is nurturing and ecstatic love, then Pырhуm is the ecstasy of will and power.

A mermaid feels that just by her presence her love flows to whoever is around her. Her love by itself accomplishes all that needs to be done. Water is that way—it just flows and it is totally complete, fulfilled, and at peace in each moment of time.

Pырhуm is the extreme opposite in nature that is the balancing element to water. Pырhуm puts it this way: “Fire pushes itself to its limit and then beyond. United with the powers of creation, it recreates itself going beyond what it was.

“How can I explain the rapture, joy, and the bliss that is the essence of my being? To unite with nature from the depths of yourself, to be part of what transforms the world, and to create new wonders never before seen—one day in an advanced civilization I shall incarnate as a human being. I shall walk among them and they shall behold the light of the sun standing before them in human form. And then they shall finally understand what their bodies, nervous systems, brains, and minds are capable of. The enlightened mind is not just a mirror perfectly clear and

receptive. In you the stars appear not just as dazzling light but as the power unfolding the universe.

“I totally grasp the love that is within water. But this love is finally fulfilled when it is joined to power. Creation will settle for nothing less than the union of everything that exists.”

In water and in the oceans of the earth is a love that perhaps the human race itself will never grasp or learn. But it is the destiny of this planet for a race to appear what does fulfill the planet’s purposes. Each person can choose to align themselves with the greater purpose according to their own path.

But in the end we shall not only learn to become one with another but our love will become so deep and vast it joins with the universe itself. Perhaps in that day mermaids shall not just be the sea in human form when they incarnate and live among us. But they shall reach further and become a oneness that embraces everything without limitation or boundaries.

I must say that the beauty and gifts of each of these four elemental kingdoms are each astonishing and full of wonder. We each begin with where we are. How and where we proceed is a matter of personal choice and also of the destiny that has captured our hearts and imaginations.

The Realm of Spirit on the Astral Plane: (Note: For Franz Bardon, akasha exists on each plane in a different aspect.)

If I enter the fifth element of akasha on the astral plane, a vast space opens around me. I see through all of space and time. I see each being, spirit, and creature in its original nature. I see its transitions and transformations one after the other. I see the beginning and the final end. The entire journey stands clear before me as if it has already happened even though the individual soul still experiences each moment as it unfolds.

Though I am without form, I am the womb that receives the seed of spirit that gives birth to each element. Though I am without substance, as empty as the space that holds the stars in its embrace, I maintain the

harmony of all things. I assign each element its task to fulfill. I am the one who created silence, intelligence, love, and will.

I am within breath. DNA was my plan and design. I caused the conditions and situations that brought it into being.

Though I am well hidden, very hard to find, there is a reason. My joy is infinite. And though my light is invisible to mortal eyes, as I have already said: I see everything. I feel every feeling. Every thought rings with a faint echo of my vibration. I am celebration. And in the end there is nothing I will not join and unite with filling it with beauty. You will then see what I have designed: love shall triumph over all the limitations and restrictions of space and time.

## Ten Things Mermaids Will Teach the Human Race

10. Graphic Imagination: Mermaid women can sense directly if something feels good or not, right or wrong, and how a project or plan will work out. They can do this without relying on thinking to evaluate, guess, or estimate. Even ideas and plans have vibrations that resonate on multiple planes. They read these vibrations.

When they think about the future, they perceive themselves inside of the future rather than approaching it through abstract concepts or comparisons to things with which they are already familiar.

Part of what is occurring with these women is that their brain waves are actually the same vibration as water in nature. They are not separated from the thing they are thinking about. They are connected to it the way water can respond to every situation in a new and unique way rather than using categories or past results to determine how to respond to what is in front of them.

9. Overcoming linear time—mermaid women experience memories of the past and visions of the future as if they are equally real. They can relive the past and live moments in the future with the sense of reality as others ascribe to the present moment.

Serena, a world champion surfer, points out that when surfers are in the barrel--the curling wave on all sides of them—they experience a stillness in which time stops. Advanced surfers value and seek this experience. But mermaid women often in any moment are in a state of stillness. Talking to them you can sense that time has stopped, connection to the rest of the world is suspended, and all that exists in her awareness is your presence.

Or as another said, “For me, there is no ‘I was’ or ‘I will be.’ There is only ‘I am.’” But she can say this because she literally experiences the past and the future of other people with the same degree of detail and emotional intensity that they themselves have experienced.

Or, put another way, on the open ocean there is no time—a billion can go by and the sea remains the same with barely any noticeable change.

8. Empathy—to feel what others’ feel. Mermaid women do this spontaneously and feel precisely, exactly what everyone around them feelings. In mermaid empathy, the mermaid women actually speak to you from within the future—not a vision or a dream—but time is suspended and she is witness to what you will one day be. So when she offers you reassurance about who you will become she does it through observing your future from a first person point of view.

The mermaid women often spontaneously perceive the future. Again, in the interview yesterday, Serena casually said, “This plane is not going to get off the ground.” When the plane left the ground it immediately came down and rolled sideways. You could say she has instant replay of the future events.

7. The essence of being mermaid is to feel immersed in a sea of love that encompasses the planet and that in every moment you are flowing this love through you to others.

How on earth do you teach to human beings this non-thinking, concept-free state of awareness that is totally in the moment without mental effort being exerted? There is no “mindfulness” training occurring here, no thinking, and it involves no effort of will.

That is if you observe first-hand what these women do and then observe those among the human race who call themselves masters you realize the humans are still without understanding of this aspect of the water element in nature.

You can observe in part for yourself. In a mermaid woman's presence, it is like she is a stream and you are gravity—every single move she makes is shaped by your presence.

Some individuals try to use the mermaid woman herself to support their own ego, for being with her often makes others feel twice as alive as they normally are or, in effect, they feel half dead when they are no longer around her.

One man said to one of the mermaid women—“After having had a relationship with you, I can never be with another woman.” And that was ten years ago and he still has not recovered.

But you see, he fails to understand—a mermaid woman on earth is a teacher to mankind. To connect to her is virtually identical with connecting to the sea, an arctic bay, a stream, or waterfall or lake frozen solid in winter. She is nature itself in human form.

The man could not get past his own ego to realize he was not in a relationship to a woman who he can possess or bond with, but rather she is a level of wonder and sacredness equal or greater than any religion on earth celebrates.

6. Astral Immortality. When one of the four elements becomes so much a part of a person that the energy in the individual's aura has the same vibration as that element in nature you can say that the individual has attained astral immortality--at any age or in any future life, the individual's astral body does not deteriorate. The individual revitalizes and renews himself from within. If he reincarnates, usually from birth the individual has the wisdom and energy of the specific element. This embodiment of the element is so strong that the signs of the Zodiac in the individual's natal chart can not shape, reduce, or modify it. These people have transcended astrology and psychology.

For the element of water, the individual's astral body remains forever new, young, innocent, vivacious, purifying, self-renewing, and life

giving. When this individual relaxes, the aura has the vibration of nature such as a waterfall, a mountain pool, a stream, a lake, a wave breaking on a beach, an arctic bay, or an entire sea.

Within a woman's soul is the one ocean that gave birth to life on earth; the stream that brings life to whatever is by its side and that can dream others dreams effortlessly without loss to herself; the water fall that knows how to let go and embrace the air without fear; the lake that reflects from its face the beauty of the universe; and the wave that always is in sync, always rhythmic, always a part of so much more than this world that we see.

For one woman, it is like the stillness of the sun blazing in clear ice--the present moment shines brighter and more full of beauty than anything else the mind can think of or contemplate in life.

For another, she is totally in the moment and receptive. She is beyond the capacity to even think a mean thought ever; and she radiates watery vitality more than any master or guru on earth. In this sense, these individuals are more alive than other human beings.

As one woman says, nature is embedded in my very core. To be in their presence is to feel like you are out in nature. Again, the very touch of their aura on you tends to vitalize you and make you feel twice as alive as you are without being around her.

5. Rejuvenation. I said to Serena, you are not a day over 25. She has no desire to hide her age.

When you developed your astral body so it is a direct embodiment of some aspect of nature, your energy is continuously being exchanged, recharged, and united through the element of water in nature.

I asked Serena if anyone has ever asked her, "Can you teach me how to create in myself the sense of peace and feeling fully alive that you get whenever you swim in the ocean?" And she replied, "No, one has asked me that," though a few have told her to go swim in the ocean and recharge myself when they see that I am worn out or tired.

Then I asked her, "If someone were to ask you that question and they were sensitive to energy so they could observe the way your aura

changes when you are in water, could you show them how you do what you do?”

She asked me in reply how it is she came to embody a mermaid’s aura and I said I would meditate on her past lives to see when she became what she is now. Some people live with a close connection to nature and fall in love with its beauty and in so doing they unite with nature from within. This gives them an internal well-being that no wisdom tradition on earth has learned how to teach.

Serena, as a pro surfer who has surfed waves all over the world, says that every wave pattern, every water location, and with every difference in temperature the water has its own unique energy vibration which she can perceive.

I ask you, if you put a mermaid, which is a spirit and also an elemental being composed of water, inside of a woman’s body, would she not say exactly what Serena had just said about water?

4. Sending healing energy of the sea to others. Serena initially emailed me because she wanted to know how to give back to the ocean in response to all it has given her. Because mermaid women feel watery healing energy flowing through them continuously, they are often compulsive about giving in return to others what is being given so freely to them. This is not the kind of bright white light healing that western magicians are sometimes taught to send. Rather, this is the healing energy within water itself. Some of the mermaid women perceive this energy as a mist they can see flowing above the surface of the ocean.

3. Free of fear of death—These women almost all say that they have no fear of death. It is not a belief thing, idea, or doctrine in their minds but a gut response. In effect, they have no need of religion or beliefs since they sense directly they are a “part of so much more than this world that we see.” This also derives from the fact that many of them have had many experience of being outside of their bodies and experiencing states of profound bliss. Serena, as well as others, tell of times when they were told to get back in their body. Serena tried to refuse. She said her body was like wet sack of potatoes compared to her state of freedom she was

experiencing on the astral plane. But the voice prevailed over it. It said she had things still to accomplish on earth.

2. They perceive love through direct observation of the energy being exchanged between individuals. There are no special moments as in the kind of bonding that occurs in human romance. For them, every moment is equally special.

They are aware also that sex has nothing to do with love—they are innocent beyond human understanding in that they give all of themselves in every moment to whoever they are with and they are free of all attachment to another since they feel complete in themselves.

So, unless imprinted on at a young age with someone else's will power, they do not get jealous or angry as do human beings. They simply do not seek external or social validation to confirm their sense of self-worth. They are a part of nature such that what occurs in human society has little influence on them—"Events in the external world do not change who I am."

1. Reinstatement of the Human Conscience. Without the four elements operating equally, the human conscience is in default; it is dysfunctional and simply does not operate with any effectiveness. The fire element is will and power; the earth element is inner silence and working to make something real; the air element is knowledge, harmony, wisdom, and artistic sensitivity.

But the water element is almost totally absent from human religion, culture, society, or consciousness. The water element is all of the previous points two through nine. Without them, the human race will increasingly engage in risk taking experiments that threaten its own existence.

When CEOs, scientists, and governments plan for the future, they do not perceive with love and an all-embracing nurturing sensitivity the results of their plans.

Empathy is not taught in any university on earth with any degree of depth or power. Astral immorality—being united to nature from within—is almost never mentioned in any religion on earth.

The one energy field of love that encompasses this planet which every mermaid woman is united to is totally outside of the wisdom and experience of any tradition on earth. These traditions may talk about it conceptually or as a religions ideal or try to describe it using words. But the actual perception of it and being one with it has not yet entered human consciousness.

These things the mermaids do are not superhuman. Mermaid women are operating at a normal level of awareness with the water element in their auras. It is we--the rest of humanity—who are deficient in water energy and awareness.

But things have changed. Mermaid women--the real ones--are no longer disguising themselves from the human race as they have done so effectively for ages when they have walked among us in human form. They are now meeting in groups--meeting others like themselves for the first time. This has never occurred before in the history of this planet in groups of this size. Perhaps they will agree when they meet to offer seminars for others who wish to be "initiated" into the mysteries of love that water on earth has always embodied in the sea, the stream, the rain, the waterfall, the mountain pool, the wave breaking on the beach, the cloud, the mist, the lake, etc. There are some who are ready--in meeting them--to meet nature itself which they embody.

## Twelve Traits of Mermaid Women

### Introduction

There are a few women who were once mermaids in other life times. They have since acquired human souls under various circumstances and now incarnate as human beings. I have interviewed three such women.

There are very rare instances of a mermaid entering a human child at birth. Though in the form of a woman, she still embodies her mermaid soul so that in effect even as a child she has the same astral body she has as an adult. We could call such a woman a changeling. I have

interviewed one such woman. She is actually studying the magical system of Franz Bardon.

There are also women who have no connections to the realm of mermaids. But they have the auras of mermaids. They reflect in themselves some aspect of water in nature—a waterfall, some quality of the sea, a lake, a stream, etc. In my article on *Mermaid-Human Interactions* (coming soon), I mention that about one in four thousand women have the auras of mermaids—the element of water as found in nature is the dominant quality in their auras.

Women who were once mermaids and women with strong water in their auras tend to share certain traits in common. These traits or qualities may vary in strength and intensity. An individual woman may not have all of them but usually she will have enough of these traits to distinguish her from other women.

There are of course women who have psychic contact with the realm of mermaids—they see them, talk to them, feel them, etc. For myself, I can interview spirits quite easily. This however does not mean I embody any of their qualities within myself. It often takes a great effort to change one's own nature. My writings are designed to make the realm of mermaids and mermaids more accessible to our world.

1. Mermaid women feel they are a part of nature in some way. They have a non-human identity. Some aspect or element of nature is alive within them and that is who they sense they really are.

Among other things, this allows them to accept the world as it is. Some perceive the world as being richly satisfying and fulfilling. And yet this evaluation is not based on the extent to which their personal needs are being satisfied.

They are not greedy. They are not driven to possess whatever they can in order to insure their own security. They intuitively experience themselves as already part of the richness of life. They experience the abundant energies of life flowing directly through their own bodies.

One factor contributing to this outlook is that they usually have excellent childhood memories. They can frequently recall childhood dreams, dreams which still influence them as they consider their goals in life. They often have had spiritual experiences when they were very

young, but they do not view these dreams and experiences as somehow removed from the adult they have become. Rather, they see them as seeds which are in the process of growing into fruition.

Additionally as children, they may give away anything valuable they have to others. They have a hard time understanding about owning something as their own. In other words, for them having a valuable object does not make you more valuable.

One woman put it this way: “I always gave away valuable things as a kid..it made my mother so irate.”

Another woman said, “I was thinking about how as a child and all through my life that one of the hardest things for me to accept was how humans could be so cold-hearted, selfish, and they only loved you when you were what they wanted at that moment or doing what they wanted. They seemed to hold grudges and not forgive easily. It is as if they really don’t understand love at all! One moment they love someone and then the next they don’t.

“How do you just stop loving someone? I just never understood that. I understand how relationships don’t work out but for me even the ones that have not worked out I still love all these humans unconditionally.”

Another woman said, “I have always known I was part of nature. It went deeper than a vague feeling. It was something I just took for granted, embedded in my very core. I assumed as a child that everyone shared my view.

“However, around the age of eight I came to the full realization that the people around me did not really work like that. They used nature for their own ends. Then they tried to escape from it or destroy it in every way possible. This was an unconscious action for them, part of their everyday routine.”

2. They have an emotional detachment from other people, no matter how strong the relationships or how involved they are with others. They feel they are observing life from a distance. For them, other people do not have the same life-giving vitality and feelings of well-being that they sense inside of themselves. Consequently, bonding in normal human

terms of relying upon, needing, or depending on another is not of major significance to them.

Again, “No matter how hard I try, I just cannot seem to connect with many people on a deep level. I feel deeply grateful for the love and attention I have received from others; I know its genuine coming from those people...but its not fulfilling...I don’t rely on others for my happiness or fulfillment. I remembered early on in this life that I couldn’t do that.”

They do not get sad or feel sorrow or loss. On some level, because they identify with water, they sense that love, like water is never lost. It just changes form. Love is everywhere and not a function of relationships; it is independent.

3. Even though they are detached socially, they can easily feel one with another person. They can feel that the life inside of another person is alive inside of them as well. For them, it is natural to give and to nourish the life inside another person, to treat it with respect and care.

In some cases, this leads to great empathy because they actually can sense what is going on inside of another person, even when the other is not present.

One woman: “I can find common ground with anyone and feel loved and can give love to them. I feel an instinctive “need” to encourage and nurture people I meet... I have a lot of empathy (formerly to a fault, but I am guarding myself a little more now as to not be taken advantage of).”

4. For many mermaid women, time *in the outer world* is not real. It does not exist. The present does not proceed from the past and move into the future. Rather, the past, present, and future are simultaneously together within the same landscape of time.

In this landscape, the events of my life are already interconnected and interwoven. There is a continuity and naturalness to life. Life unfolds from an inexhaustible, inner source. If I lose something important to me at one point in my life, it can be found again later during another stage.

Another person put it this way: “Well-being, for me, is a sense of timelessness--no outside goals or explanations are needed to justify how

I experience things in the present. Nothing needs to be connected to the present moment of perception. I am absolutely in my own timeless space when I paint, garden, or hang out with my partner. This comes through to me as a feeling. I do not have to think when I am just doing and experiencing things.”

For these individuals, even relationships do not really end. What is begun in one relationship can be carried on and fulfilled in another relationship. They frequently say that they enjoy many people and that it is hard to choose someone to marry: They find it naturally interesting to be around all kinds of people. If the relationship comes to an end, they are often very generous and compassionate in talking about their former partner.

Mermaid women may feel that they have always felt the same inside of themselves their entire life regardless of how old they are: “When I was four I didn’t feel any different than I feel now. I feel like you could take me and put me into that little four year old body and it is still me. And I know that I will feel the same when I am older.”

In brief, they have a sense of time that is completely open. They are not running out of time. They are not rushing through time to get someplace. They may comment, “Time for me is not like it is for other people who say that they have so many hours and have to get so much done.” Consequently, they do not define their self worth in terms of what they accomplish or the goals they pursue.

Another woman: “Thank you for putting this into words for me...I’ve been struggling to explain that one to myself and others for a long time! Especially the part of not feeling any different now from when I was a child...Agreed again 10000%”

Looking back on their experience, they see that the course of their lives was in no way predictable, and yet they also feel that whatever has happened to them has happened for a reason.

5. They often feel that other people are drained of life, as if they are not fully alive. It is like others’ life force batteries are always running in the red. There is no surge of energy flowing through them. They have heartbeats but the heartbeat of nature is not beating within them.

For example, mermaid women can have a meaningful, intimate, satisfying, and passionate relationship with another person. The other person meets their personal needs.

But if they looked carefully at the other independent of their personal needs, the other person is like a piece of driftwood thrown up on the shore: the person can be beautiful, artful, majestic, and fascinating, but he is still like the driftwood—out of touch with life. How do you share with someone who can not feel as you feel the beauty of the sky and ecstasy in the waves breaking on the shore?

In normal relationships, partners may get bored or feel a relationship is no longer satisfying for some reason and then move on. But for mermaid women, all men are inevitably unsatisfying. The men never feel the life that is so alive within the mermaid woman. Consequently, men are incapable of returning the same kind and degree of affection and empathy. In spite of this imbalance, mermaid women continue to be giving to whoever they are with.

One woman: “There is so much life and vitality, creative and artistic life to be lived. But in others there is something missing as if they do not feel supported from within—they go on ticking life away not even know how much is missing...Not even knowing that they weren’t fulfilled... But I still give, I always give, and I accept with deep gratitude what is given to me...I know that men will always dissatisfy me, but I usually justify it by knowing I can satisfy them and teach them something. I will always Love.”

6. Mermaid women do not feel alienation or isolation. They are quite content and enjoy feeling independent. They feel like they are from a time or a place where people feel less needy, dependent, and clingy.

Though empathic—able to feel what others feel--they still have a very hard time understanding why women do not know how to be as receptive as and to flow like water. They do not understand why women who are hurt by someone would want to hurt the other person in return. The idea of being revengeful, vindictive, hateful, or negative totally escapes them. For them, these are alien concepts.

Women, like humanity itself, are like prisoners on a prison island who have no escape plan. They are desperate. Though surrounded by a sea of love, they simply do not sense their inner connections—the sea is not alive within them.

Women sometimes sense that mermaid women are different—more loving, free, easy going, and naturally affectionate. Consequently, some mermaid women have had bad experiences in which some women have been jealous for no reason.

7. Mermaid women do not have goals in the normal sense. They feel that the important things in life will come of their own accord. When opportunities do arrive, they respond and participate fully, becoming involved. But then they are also ready to move on. Experience is not something you accumulate and possess. It is something that flows through you.

One woman: “I just take each opportunity as it comes to me and I’ve ended up here in this extremely powerful and exciting place; I am extremely grateful for it...I don’t float aimlessly as some see it. I just gain what I can from one experience and move on to the next that presents itself.”

8. They are not attached to their physical body. The body is like the shores of a river. It is important in that it is what guides the flow of water. But the shores have little importance when the river is no longer present. Therefore, death has little fear for them:

“I was thinking today about funerals. I never understood the attachment humans have with these dead vehicles (bodies). I feel the departed souls and see them and try to encourage them to celebrate their new journey.”

Death is not to be feared or even of major importance. It is merely a transition. “Death does not have the significance for me that it has for other people. It is not that important,” said another mermaid woman.

Another woman: “I’ve been thinking about my funeral since I was about age eight. More for other people than myself. Namely, what I could plan to make my funeral more entertaining and pleasurable for

others. I'm almost excited to leave this place...(I am also happy to be here and gain/give all I can and need to as well, but when I make the transition it will be a positive, normal thing)."

If the water of life flows strong, then what is happening is right. If the waters of life flow weak, then something is wrong. This is their morality in its best sense. They understand that lust is essential for love, that lust and love are entwined and perfectly natural.

If what you are doing makes you feel alive, then it is right. If what you are doing makes you feel weak, then it is wrong. This principle defines the sacred. In practice, however, it is not necessarily any easier for them to find which way to flow. Life is as complex for a mermaid woman as for anyone else. But they usually sense before others when it is time to move on.

An additional factor is that they are uninhibited when it comes to sexuality or nudity. They do not like to wear bathing suits when they enter the water. One woman: "Bathing suits are the bane of my existence....and nudity and sexuality are big factors in my life."

9. They feel a compulsion to heal and to nurture the people around them, even at their own expense. They do what they can to help others feel happy, content, satisfied, and gratified. They do this because they sense that this is what life is all about. Sometimes they are told they are the most loving person the other person has ever met.

But being loving in no way implies that they feel a debt to someone when it is time to move on or to let go. Giving does not imply attachment. They are not codependent. And again, though very loving as mothers, they do not feel attached to their children. They simply do not comprehend the idea of being possessive or controlling or needing to determine the course of another's life.

All the same, they may be aware that others unconsciously may act as emotional vampires, trying to take the energy the mermaid women seem to be willing to give in excess. Consequently, you may notice at times that they looked drained while those around them or their families are unusually bright and full of life.

10. Because they are giving, highly empathic, and receptive, they are usually active in some psychic way. For example, they may interact consciously with others while dreaming; they may change the energy in the people around them; they may sense or send energy to people at a distance; they may be good at reading other people or sensing what others are like inside; and they may be quite gifted in seeing the future.

All of which is to say they perform some regular set of psychic activities without having to even think about it. It is just something natural that they do.

One woman is active on a high level: “I’ve been working on telekinesis lately rolling objects. It is coming along well. I need to work on my consistency and discipline. I am also practicing telepathy and clairvoyance.”

11. They tend to be very secretive or shy about talking to others about what they sense and feel. Their acute receptivity makes them different and it makes them vulnerable. How do you explain to other people what is so utterly natural and right—being able to feel others’ emotions or sense their energy?

For example, “Interacting with others is a learning process. It is why we are here. All the same I find it extremely difficult to be fully understood by others.” And also, “I am quite secretive, but that mostly because I realize others won’t understand.”

12. And finally, they have a heightened appreciation for the senses of taste, smell, and touch. Some of them who are active on the astral plane realize that taste and smell in our world are very special sensations that are in no way as strong on the inner planes. Consequently, you may notice them exploring new tastes and smells, appreciative of them while they still have them.

One woman I did a photo shoot with who was new to Hawaii was constantly getting me to stop at roadside food stands to try every fruit she had never seen before.

Another woman: “I am very adventurous with my food and pay special attention to the smell of everything. If I don’t like how something or

someone smells, then I don't like it or them...period. (This doesn't mean I don't have LOVE for that person. It just means I would rather not be around them. That is natural, isn't it??). I take extra care of how I smell, and I explore every new kind of taste sensation I can.”

## Questions to Ask Yourself Relating to Mermaids

Question: Do you like to be around large bodies of water?

Did you as a child or do you still spend a lot of time in or around water?

Are you the same person now that you were as a child?

Do you sometimes feel that time is not real and that the events of the outer world do not change who you are?

Question: Are you aware of what other people feel? What part of this awareness comes from feeling and what part comes from understanding with your mind what others are going through?

Question: Growing up, at what point did you notice you were more empathic than others?

Question: Mermaid women often say they exist to love.

Question: Have you used your empathy to guide or redirect or change someone?

Question: Do you feel that love surrounds you?

Question: So if you get into the water?

Question: Do you send energy to others?

Do you absorb others' illness or feelings into yourself?

Question: Do you sense your aura sometimes flowing through people who are near to you physically?

Question: Do you feel united to nature?

Question: To feel love in the ocean--do you have to let go of your personal identity or ego to do this?

Question: How would you explain to or guide someone else to connection to the sea as you do? Can you take someone directly into experiencing what you experience?

Do people quickly form attachments to you as if you are a lifelong friend or the one they are meant to be with for the rest of their life?

What has been your empathy with animals compared to human beings and with spiritual beings such as fairies or dead people/ghosts as compared to human beings? Some mermaid women talk to dead people with the same ease and clarity with which they talk to human beings. Some mermaid women continue to interact with trees and fairies even as adults. These spirits or beings never go away even when one grows up.

Some mermaid women suspect that they will never encounter a human being who can give back or exchange with them the same amount of feeling and actual life force they extend freely into those around them. Most mermaid women have never even met anyone like themselves who has their degree of empathy.

## One Woman's Answers to Related Questions

Empathy

Question: Are you aware of what other people feel? What part of this awareness comes from feeling and what part comes from understanding with your mind what others are going through?

Answer: Yes, I am aware of what others feel because my own aura extends beyond myself with no boundaries to anyone around me. I cannot stop it; it just is.

It all comes from direct feeling since I am clairsentient, but I take what I feel and analyze it, now that I have been trained in various healing modalities and systems to know what the feeling means, where it comes from, and what remedies correspond to it.

Do you absorb others' illness or feelings into your self?

Not intentionally, but I do take on whatever energy I am around. I potentiate whatever energy I am around, and I become like a crystal or conductor to magnify it. However, if given the opportunity, I can also transform it.

Do you ever feel you are inside of someone else feeling what they feel as if their feelings are your own?

Yes, same as above. I am like a crystal or conductor, and I literally feel or absorb or conduct others' energies into my own.

Was there a point in time when you became aware that other people do not possess your ability to feel?

Yes, and I was saddened and shocked, because I thought that everyone was sensitive. I truly feel that all humans are naturally sensitive and empathic, and that we lose it with the denial of feelings, or use of drugs, etc. and other repressive actions because we are raised with unconscious parents.

Have you met anyone else with your abilities?

Yes, they are either psychics or angel therapists, etc. Basically, empaths.

Nature

Question: Do you feel a part of nature?

Yes, I feel at home in nature. Very happy, serene, and content. I connect to the energy of nature because it is not full of the mental falseness or covers or traumas that people are full of.

How? What is your relation to water?

I have always loved swimming in the ocean, and I feel that it cleanses my aura and brings me home. I feel safe, grounded, loved, and nurtured in the ocean. But I also look out at the ocean yearning and longing for some other life that doesn't exist here in our modern society. I yearn for another world, another life completely that my soul remembers and feels deeply, with longing.

How is this different from other people?

Not sure..others probably feel this way also.

Did you as a child or do you still spend a lot of time in or around water?

Yes, I spent my entire youth swimming and surfing in the ocean. pure bliss. home.

Time

What emotional age are you?

I am a teenager.

Does your emotional age change as you grow older?

Not really. I am always childlike and young inside! I have more wisdom perhaps, or more adult-like ability to analyze, because I have learned that I have to control my astral, emotional, childlike nature and try to be cool and collected, but my true self is always a blissful child and fun teenager.

Are you the same person now that you were as a child?

Yes, a deeply feeling person who yearns for depth of feeling, love, music, arts, connection, beauty, harmony, always open and sensitive, empathic, and with little boundaries.

Do you sometimes feel that time is not real and that the events of the outer world do not change who you are?

Yes, because in other realms, where I feel at home, beyond this world of matter, I am always the same, and nothing changes. I am that blissful being of light.

How do you deal with a calendar and linear time with another part of yourself is outside of time?

It makes me crazy! It makes me stressful. I feel that it puts me in a false mode which doesn't honor my true nature; it feels like I have to stress and run to get somewhere, to finish something, to do something, nonstop, and it is so stressful and unnatural for me. This world seems crazy to me; everyone rushing to do things rather than just being in that otherworldly realm of feeling and being.

I find it very hard to follow timelines and push in a masculine mode. It is not the way of nature.

Do the questions, “What are your goals? What is your purpose in life?” have any meaning to you?

Yes. We have to have the masculine side of life to survive and accomplish anything. I can definitely get into this mode and push hard, but I prefer not to be there forever. It seems very strange to me that we humans have to make money to eat or survive. My intuition feels that it is unnatural to work or to work for money; this has no resonance to my heart. My heart wants to just "work" (in something loving and meaningful and artsy) for love, for joy, to share beauty, but to work for money seems utterly silly for me. It seems to me that purpose in life is to radiate light and love, and just be. We are all a part of nature and divine beings, and beyond that, nothing else makes sense.

Or do you get to where you want to go by just going with the flow and letting things happen?

This works better for me. It is more natural to be receptive. I am more happy in a receptive mode rather than a pushing, masculine mode.

Are the past and future as real for you as the present moment? Do the words “past” and “future” have any meaning to you or does “the present moment” include the past and future?

It all feels the same to me, because I can go into meditation and feel the past as if it were now. I can visit my childhood as if it were today, all in my mind. Same with past lives. It is all the same on other realms.

Emotional Independence

Are you loving and nurturing and yet independent of those whom you love and nurture?

I am very loving and nurturing yet not always independent. Or at least I didn't use to be. I wanted oneness and union with my man, total oneness,

total union, but if a man doesn't want it, I feel sad. For that matter, I feel that with everyone. I want total absorbing into oneness, pure heart connection, but here in civilization, we must have boundaries and act civilly.

Do you ever bond with someone? What does the word “bonding” mean to you?

I prefer to bond rather than anything else, at least with people whom I trust, who are like me, resonant to me. I want union, openness of heart, soul and self, rather than some superficial connection which I don't find joyful or useful. It is hard for me to be superficial and hold back my heart.

What is it like for you when a relationship comes to an end?

It is usually painful, because I want union and oneness forever, at least romantically. But if there is not that deep connection, then I am supremely detached.

Do you sometimes feel that you are not a human being, that you are here as an observer or like someone visiting this world in order to experience human reality?

Absolutely. I am totally not of this world at all. I feel very separate from other humans, as if I were unlike them, with the exception of a few souls with whom I feel very close resonance. And I just realized that my deepest best friend is actually a mermaid also! No wonder I love her so deeply and feel ONE with her! She is my mirror.

Relationships

Does your presence bring out the best or else the worst in other people?

Could be either one. People tell me that I have a calm, soothing effect, but I have also seen people rage or become threatened or uncomfortable in my presence, and I suppose it is my energy that may be too intense for some people. I find that people either see me as a movie star or radiant being, or they may hate me.

Do people try to possess you as if you have become their addiction and they need another hit or else they suffer an anxiety attack when they feel they can not get enough of your attention?

Not really. The Scorpio men I have been with actually make it the reverse so I become addicted to them, making it look like they don't need me and I am the addicted one. Later I realize this is clever denial of feeling on their part.

Do people quickly form attachments to you as if you are a lifelong friend or the one they are meant to be with for the rest of their life?

Yes. I only want to be close friends with people with whom I feel this deep bond, deep heart connection. And yes, with men I am with men with whom I feel an eternal connection of many lives. Nothing superficial.

How do you deal with emotional vampires?

Stay away. I love to be alone!!! I recharge in meditation or in nature, connecting to the moon or water or nature!

Do you ever need other people?

Yes, I need special people with whom I can be myself and share my deepest soul and heart, in pure feeling.

How? Are there ever “special moments” you share with others or are “special moments” those times when both of you are simply fully attentive to each other?

Yes, very deeply in romantic love or even deep soul love of any kind. This is beautiful.

For you, is love everywhere in every moment and so something that flows through you rather than something two people create in a relationship?

Yes, but it is nice how it comes out more specifically with a kindred soul mate!

Do you think you will ever meet another who can feel what you feel?

Yes. I have had some rare connections with deeply empathic souls who are resonant at a deep level, but it is only 1 or 2...not many.

Innocence

Do you give all of yourself to others--loving with your whole being--and yet no one you meet understands that doing this is the most natural of things?

Well, I used to since it is my nature, but I have learned in life not to, because it is not the way of this world. We must learn to hold back and have boundaries, which I do not find enjoyable.

What is love for you?

That essence which comes from the higher realms, from the divine, which flows through our hearts in blissful flow...

Have you ever felt selfish, mean, or wanted to hurt someone because he or she hurt you?

Yes. I am a Cancer, and we have temper tantrums if we don't get the love and appreciation we need! I am very much like a child! I feel I am a child, in fact.

Have you ever met anyone who is as sensual as you are and as uninhibited?

Not in an innocent way. They may be more full of lower-chakra lust, but I have not really seen someone who is sensual from a place of innocence, our divine nature, except for children!

Do you experience bliss on a daily basis through one or more of your five senses or through various activities?

Yes!!!!!! It is our nature as human beings.

Death

Do you feel that you are a part of so much more than this world that we see?

I know it. I come from another realm, and that is my home. This world is not my home. I will be happy to leave this harsh realm.

Other Occult/Magical Questions

When you were little did you see or interact with nature spirits?

I don't really remember, but I connected to the magical world of imagination and creativity as a child.

How about now?

Yes, more now, since I focused on it and became conscious of it.

Do you talk to dead people?

No. I don't want to. I prefer to speak to angels or divine beings.

Do you recall any past lives and with what degree of clarity?

Yes, many of them, with a knowing that is intuitive and feeling. Sometimes I get them in meditation, and sometimes I feel them by just asking my higher self or intuition, and the answer comes.

Do you “wake up” when you dream at night and interact with other people?

Sometimes.

Do you send healing energy to others? In what way?

Yes, I can call forth their higher self inside and give them remedies or different lights, such as pink, white, yellow, violet light, etc.

Can you sense what other people are like at a distance or how they are doing?

Yes, for sure. Time and distance doesn't exist on the astral plane.

Do you draw energy from and feel renewed by contact with water?

Absolutely. It is very purifying and healing.

Do you ever experience others' memories, entering them and “reliving” them as if they are your own?

Yes, if I am in their presence and focusing on it.

Do you ever see the future and the past?

Yes, if I focus on it in meditation.

Do you see in the dark?

I see with feeling, not with vision.

Do you sometimes mesmerize other people, for example, getting them to give up a bad habit or by using your mind to suggest things to them that they subsequently act on?

Sometimes, if they desire it.

Are you are more interested in the senses of taste and smell than are other people?

Yes. I thoroughly enjoy my food as if I were having orgasms. People wonder what the heck is wrong with me! But I love the taste of delicious flavors! And I savor every bite!

As for smell, flowers make me crazy with delight. I especially love jasmine flowers and roses. They transport me to another realm!!

Can you consciously extend your aura through other people for example by continuously feeling connected to a boyfriend or by increasing the vitality of someone you focus on?

Yes, but not very strongly, because I see a person's total potential and would like to alchemically potentiate the person completely, but it seems to be slow rather than rapid and intense.

Do you change the way you feel and interact with others moment by moment the way water “shape changes” moment by moment as it flows into different forms?

Absolutely. I change my feeling totally based on who is around me. If it is a heavenly person, I am in heaven. If it is a hellish person, I am in hell. I totally feel others' energies and this affects me. This is why I generally prefer to be alone or in nature, or only with other merbeings or angels!

Do you disguise who you are with human beings so as to ward off their aggression and hostility? For example, "If someone knew what I experience, they would think I was crazy?"

Definitely. I have learned to have boundaries and be cooler than I really am; to guard my heart inside and appear detached. This seems to work well with humans who feel comfortable in armor. They are scared of too much openness, vulnerability, love or heart energy. It freaks them out.

Do you sense who others are meant to become or what they are meant to be?

Absolutely. I can feel others' potential and I love to nurture it!! I LOVE that! I immediately want to bring people into their fuller potential and lift them up. I would love for all of humanity to come into their angel nature!!!!!!!!!! there is nothing I would love more!!!!!!!!!!!!!!

## A Second Woman's Answers

### **Empathy**

Are you aware of what other people feel? What part of this awareness comes from feeling and what part comes from understanding with your mind what others are going through?

~Yes, majority of the time. 9 times out of 10, I would say it stems from raw, visceral feeling, which is natural to my true essence. The feeling is so intense for me that my capacity to understand with the mind, doesn't even feel available for me to grasp at times. Logic and feeling, to me, are at opposite ends of the spectrum, but that's not to say I don't strive to find balance between the two.

Do you absorb others' illness or feelings into yourself?

~In regard to illness, I did years ago, before I knew how to energetically protect myself. It came about in healings I was doing; the chief complaint of the other person would be absolutely gone, only to discover, I had literally taken on their pattern/energetic imbalance. Even now, having gained wisdom and discernment over the years, I could easily take on something if I'm not grounded and shielded before interacting and/or laying my hands on someone/something. It's a delicate experience, because a large part of my healing ability comes from having the acute sense to feel, to know, to see the inner parts of another. So, I take it in as much as I can without harming myself...gaining enough richness and information to know how best to be of service in a particular moment/situation. I feel I've struck a balance in knowing when to let it in enough, but also not allow it to penetrate me deeper, resulting in literal taking on of an illness.

Do you ever feel you are inside of someone else feeling what they feel as if their feelings are your own?

~Absolutely. I am especially tuned in to the collective consciousness as a whole. I feel this is a blessing, as to further develop my compassion, awareness and different perspective in regards to diversity and human experience. It's almost seductive. It happens rather swiftly; that of being able to flow inside of another's experience. There are times that this isn't necessarily beneficial when I truly cannot distinguish or separate my

own reality from another's. However, if we really are all One, stemming from the same source, base of energy and consciousness, then what I feel, is all parts of who I Am, no matter the situation. There is depth and great potential for lessons in one's own shadow work by having this authentic, sensitive and open nature to feel everything. And I mean, everything.

Was there a point in time when you became aware that other people do not possess your ability to feel?

~I was faced with this reality at a young age, stemming from my acknowledgement as a little girl. I walked a lonely path in regards to my human experience (not I as Soul) because I was constantly seeking others who could understand my depth, could speak my depth, and accept my depth without judgment and ignorant illusion. In my seeking,

I found no one and that shaped my upbringing with the belief that no one will ever understand me. School was very difficult for me; I cried all the time and never wanted to go. I grew up in a small town with immense lack of exposure to anything occult, metaphysical or magickal. I could tell from the very beginning, that I was often misunderstood. People had no idea what to do with my depth of feelings and intuition. It got to a point where I was punished, even by teachers, because I cried so much and couldn't just 'be like the other kids'. There were times, during school lunch, that I had to be separated from all my classmates because I was crying; I ended up having to sit on a stairwell by myself to eat.

Numerous times, teachers would have to call my parents to come pick me up and take me home, yet again. This happened many times, and so I began to feel that I was a pain, a nuisance just for simply being the only way I knew to be, and yet I was so young, I didn't know what was happening to me and why I felt the way I did all the time. I began to realize, though, that whatever or whoever I was, was not accepted by society or social standards of 'normalcy'. I couldn't make it go away; I was a child...pure, innocent, reveling in my true nature...too strong for anyone to know how to deal with me. I remember receiving certificates/awards at school for going one whole day without crying. I

later came to know, after some years of reflection, that my tears and disinterest in school was because of my extreme sensitive, empathic and psychic nature. I've never been comfortable in large groups or masses of people because of being able to feel energy so strongly. I become very ungrounded and the intensity can make me 'loose' myself. It's as if I merge with the collective and have no structure or defining aspect to know who I am; it's a death threat to the ego. But, I do not like several energies being projected at me all at once. Having said that, being a public speaker or in a situation where all eyes and attention are focused on me, is my worst nightmare. I thrive with one-on-one contact, and can usually handle a small group.

Have you met anyone else with your abilities?

~Yes in regards to 'abilities'. Light workers, shamans, shape-shifters, wizards, mermaids and mystics to name a few. When I blossomed and really took flight by trusting my instincts to go where I was called, I was blessed with the gift of meeting a lot of soul tribe. My spiritual path really took root amongst true soul family over 7 years ago. We could talk the same language, understand life as metaphor, and delve deep and grow together, harmoniously. I grew immensely and settled into living my truth more comfortably...or at least could have others around me who could 'get me'. It became sustaining, this reality. Through it all, however, there was still a sense housed within me, that my depth wasn't fully understood...my emotional depth, to be exact. They knew I was a sensitive, intuitive piscean, and could see and experience first-hand my gifts, but something in me, still felt not fully understood. I have done and continue to do immense self-work and reflection, always trying to take in an experience and process it, integrate it, tear it apart at every angle I can fathom. I realize this 'no one TRULY understands my depth' kind of thing might be a chiron wound for me. It might be that I'm irrational in thinking someone can truly get me without having walked in my shoes and experience my literal life... but it's something I can do

with others, so I guess I just naturally assume that somewhere, somehow, it's possible for me too. If I examine it from a shadow perspective, then what part of my own depth don't I truly understand about myself and project onto others? Does the masculine essence within me create conflict with the inner feminine that wants to flow and rise?

## **Nature**

Do you feel a part of nature?

~Yes, I Am nature; as above, so below, as within, so without. I represent the microcosm to the macrocosm and vice versa.

How? What is your relation to water?

~As with metamorphosis, I cocoon and marinate in my own waking dreams just the same...weaving and shaping my life web. I, through roots and branches, bridge heaven and earth; my core star within, equally gets to shine outward and twinkle bright. I germinate, emerge, break through, upshoot, root, and blossom...time and time again. And just as autumn leaves, I, too, must let go, fall, and surrender to ways in which I once thrived...tumbling down amongst currents that shape my landing. Slipping through Demeter's embrace, a release from umbilical ties that bind... with new vantage points upon composting grounds...rustling, residing in stillness all strewn about...bleeding out coloration through intricate veins that once bore life force; I, too, dance with Persephone.

My relation to water? My heart is a seabed, my breath...the wafting sea breeze. My arteries, the rivers...my veins, the streams...flora and fauna, my inner lush landscape. I flow, I give birth, I dream. I can be gentle and sober like a tide pool or wax strong and forceful with emotion, crashing and hurling at sea. One cannot possibly know my depths until plunging beyond the surface of what they see in me...then one merges with the

unseen, the subconscious realms of my reality. My life is a shoreline, the stage in front of me...sometimes I come to greet you, sometimes I recede. Other times, I reside, contented in stillness and turquoise revelry. I do not ground to the earth element, it is water that I need...an inner soul thirst that nothing else can quench you see. I can be a force in myself and others that lap across the eye portals, that flood over foreign lands and buried Soul panes...cleansing with a salty incantation that streams down barren landscape. Grace flows through me like ripples of dreamscape in lucid dance. When I am in water, I am in liquid prayer. I swim through holy waters of fluidity deep. A Venusian goddess, a mermaid priestess...with a heart as purely oceanic as the Mother Sea...like a conch that I gracefully nestle to my ear so that I may hear her...her heartbeat...revel in being healed by the sound of her tides evermore. I honor and adorn her temple in soul strings of pearlescence, abalone whisperings and sea kelp divine. My Piscean sun consciously wades through the mystic river. My aquarian moon beams radiant innovation, for I shall pour forth, from my divine chalice, the raw creative power that sculpts worlds at my mermaiden feet...illuminating my very path by sowing infinite particles of star light and magick evermore. Aligning and basking in the fluidity of hydro love... Sea you there.

How is this different from other people?

~In my experience, it seems that a large portion of humanity does not realize the truth of our Oneness and fractal connection and extension with everything. In this life, I strongly do and that's where I arrive upon crossroads of how deep I can truly go with others. People do not think in terms of microcosm/macrocosm reality. That does not mean they are at fault for not seeing; everyone has their own path to learn and experience what they themselves need. Consciousness takes several forms and the one right for me, is not the one right for others necessarily. But, I do believe and know that we house the elements within and of us, especially; this was acutely fostered in my deep study of oriental

medicine for years. For one, the standard model of ‘reality’ does not shape or expose one to think beyond the surface of what one sees. A scientific approach seems to be the thing that most swallow down as truth, that of ‘believing when they SEE it’ as opposed to ‘seeing it when they believe it’. Society is not trained to see through eyes of the ‘real seeing’, the ajna, the third eye center of inner knowing. We are taught to be thoroughly embedded into our human experience, our sensory reality...as if that is truly all there is in existence. But, that is far from truth and spirituality. There are many avenues on this planet for a soul to simply stay ‘humanly’ embodied. It is a wonder how anyone ever truly finds themselves with the caliber of distractions that are present to hide true reality. Ideas, thoughts, people, emotion, media, politics, religion...definitely house a potential caliber of propaganda that cloaks one’s mind in illusive imagery. I am not saying that I’m judging this as right or wrong, good or bad...because I believe that all is experience and that there is great value in contrast and knowing what you don’t want, strengthens your ability to know what you do. However, wisdom and discernment must be in place to extract from these things/systems, what will serve one’s highest good and alignment.

Did you as a child or do you still spend a lot of time in or around water?

~I grew up in the Midwest on a farm that had a sandpit with water, but was not that suitable for swimming or immersion. I loved boating time and being on the water in that regard. Bath time was my favorite thing as a child, and still is to this day. I can seriously spend hours in a bath tub... detaching from outcome of my human shell resembling a prune. It’s holy, sacred, dimensional travel...those waters in any form. If I am upset or need to calm, ground, or get back in flow, being in water is the very thing I desire and need. As a child, I took swimming lessons a few times and thoroughly loved the water, as long as my head was above it.

At one point, my swimming teacher had reached her level of tolerance with my resistance to ‘going under.’ Without my knowing, she came behind me and pushed on my shoulders, submerging me under, so I

could 'learn'. Of course, I was surprised and scared, so I inhaled really strongly before going under water and could not keep my breath control in check. I swallowed a lot of water and ended up on the side of the pool trying to get water out of my lungs, petrified from a near drowning experience. Because of this, I did not continue swimming lessons until years later and then worked up the courage, to embarrass myself in a situation wherein I was in 7<sup>th</sup> grade with inflatable rings around my arms in the deep end, taking classes with kids 5 years old. Good times. To this day, I'm very passionate about being in water but I still despise having my head under water and it is no joke for me when someone tries to throw me in water; a very serious demeanor emerges within me with a sharp boundary that that will not be happening, at all. I am scarred from this, especially as a mermaid and I hope to heal and attract a gentle teacher or sister who can coax my courage to crest to the forefront of my water experience.

## **Time**

What emotional age are you?

~I feel I have two 'ages' that surface depending on when they serve my best interest. Or, I suppose it could be better expressed wherein I often feel like an elder muse who has not lost the purity and innocence of a child's spirit...someone who is 33 years of age in human 'time', but who has lived a lot of life, and experience.

I do feel Penguin Medicine has been vital for me, especially having chosen this incarnation. There's not many people I don't get along with or at least have respect for and hold in highest light and divine purpose. I can see love and beauty in the rugged and formed, in all things, truly.

But, not all can accept the depth of my reality, so I've embraced penguin medicine, so as to allow a human connection to form...instead of separation and division with me. I had to stay light and playful to be able to thrive. My giggly nature, child-like demeanor and playfulness are a means to my own self-protection. Because people cannot hurt me when my vibration is so light and loving; it softens hard edges, melts

people in my wake. I have a sunny Leo rising, which helps to carve out the way a person might perceive their initial reaction to me. This penguin part of me has also been judged, however, as immature, ignorant and having pipe dreams in a lost fantasy. But, if they could only see the depths that I swim in, it would drastically change their perspective about who I Am... but, it's no loss to me when I hold the knowing that this is my life, my Path to walk, freely.

Does your emotional age change as you grow older?

~No. The elder muse with a child's spirit has never wavered; it seems to be my steadfast nature through and through, no matter what.

Are you the same person now that you were as a child?

~In many ways, yes. I'm still a dreamer, visionary, sensitive, in tune, in love with the stars and flirt with the bees and trees. I love giggling and playing and keeping things light hearted. I love working with my hands and shaping, sculpting and crafting a masterpiece out of seemingly nothing. Anything I can create, in any form at all, is beauty to me. I love alchemizing and shape-shifting things, infinitely.

Do you sometimes feel that time is not real and that the events of the outer world do not change who you are?

~Yes! I believe I've held that notion since childhood. When I remove myself from the rat-race and the system and the societal 'norms' and expectations, I can more easily marinate in this truth. This is my current modus operandi, but was molded by the way humans operate on this planet.

How do you deal with a calendar and linear time when another part of your self is outside of time?

~Haha! Yeah, about that. I've never been good at being timely or trying to squeeze myself into a system that doesn't resonate with my own inner 'timing'. It's like a part of me just can't do it if I'm not feeling it. But, the healthy part of my ego, somehow pulls it together and makes it happen. Some people say, 'just a minute' and they literally stand by that.

I, on the other hand, say 'just a minute' and then the reality sets in that several minutes have passed. I don't like pushed or rushed around, especially if it interrupts my flow and inner guided navigation. Patience is required for anyone who plans on spending time with me, because I'd much rather flow and let things unfurl than have to mentally form a strategic plan. I suppose it depends what exactly it is, but a piscean just doesn't swim like that.

Do the questions, "What are your goals? What is your purpose in life?" have any meaning to you?

~Yes they do; I feel they're crucial. I'm here to spiritually evolve, period, and I know that we all have a purpose upon choosing each incarnation. There are times in my life, where I go through phases of being antsy...like, to fully live my purpose and mission is pressing and vital and must happen as soon as possible. This feeling surfaces for me usually when I'm taking 'life breaks', or allow myself some good quality 'down time' with simply Being and not Doing all the time. But yes, purpose is something I really value in myself and in others too. I want to know who you are truly, what drives you, what fills you with passion, what sparks your inner flame...your true essence versus the garb you cloak that society wants you to wear and accept.

Or do you get to where you want to go by just going with the flow and letting things happen?

~I think there is a balance with this, and it comes down to the subject of free will versus destiny. I believe both are possible and shape our reality. I would say, that it is more in my nature and default to go with the flow and swim through life. Things manifest and happen with a certain level

of detachment to outcome, and yet seemingly require some kind of action on our part. I see it as feminine and masculine energy...it takes both to strike harmony. Just as we need the nurturing heart, flowing, gentle stillness, we also need the outward, expansive mind and action that penetrates and seeds.

Are the past and future as real for you as the present moment? Do the words “past” and “future” have any meaning to you or does “the present moment” include the past and future?

~I believe in the present moment and really, that is all we have...because everything is possible and occurring simultaneously, in this Nowness. If time is just a human construct to organize and limit our reality and experience of events through consciousness, and indeed it is not ‘real’, then we cannot really fairly speak of the past and future per se. We do exist in a cyclical realm it seems. I may speak of a ‘past life’, or get a glimpse of the ‘future’, but maybe it’s just information that my soul is ready to harness for my growth in the infinite possibility of where my consciousness can be in the now. Maybe the things that we are trying to speak of in regards to past or future, is the soul’s way of actually expressing our multi-dimensional selves, living in parallel universes, all in the Now.

### **Emotional Independence**

Are you loving and nurturing and yet independent of those whom you love and nurture?

~Definitely. I have a lot of love to give and believe in showering it upon humanity. My heart is open and people have my trust from the beginning. However, my moon and mars is in aquarius, so I do have the capacity to come across as detached, but it doesn’t mean that I don’t care. Depending on the situation, detachment can be a healthy boundary that allows me to thrive because I’m so sensitive and feel everything. I’m just naturally comfortable by myself and prefer independence,

freedom, plenty of space to roam and do the great work for humanity on behalf of spirit. I do not care for co-dependency and will not stand to enable someone when it comes to a relationship with me, especially when I can so clearly see how it limits their thriving and growth. I love and nurture in a way that hopefully is empowering and brings someone's potential to the forefront so they can blossom the way they were destined to be.

Do you ever bond with someone? What does the word "bonding" mean to you?

~I do bond, and there's varying levels of depth to the bonding I share with others. I can bond with soul family, tribe, souls who share my origin and those that share similar interests, perspectives, passions and spirituality. I've always bonded to water signs. The deeper bonds are not always with other humans, because I highly value my relationships with elementals, fairies, spirit guides, animals and other beings and galactic kin. It's easier for me to feel that that realm of consciousness can better understand me, so I feel safer to reveal my true self when they're around.

What is it like for you when a relationship comes to an end?

~Well, in the big picture, I always know and trust that it is aligned for each of our paths. Relationships ending are the natural progression when a contract has ended, an idea has seen its time, or a discrepancy in vibration has become enough for such a parting to take place. Since I am embodied in the human experience, however, I equally sift through all the emotions that can come with such an end. It seems, out of all my relationships, I, versus my partner, has had the foresight to know when something was done, when a contract had been neutralized and complete. I was once known for breaking hearts. I always knew what it would entail; it's not that I ever stopped loving any of them, it's just that it was no longer aligned with my Path. This inevitable truth that I held, would come to break my heart many times, knowing I had to bear the

news that would hurt another person who I cared for and who still loved and wanted to share life with me.

Do you sometimes feel that you are not a human being, that you are here as an observer or like someone visiting this world in order to experience human reality?

~Truer words have never been spoken. Yes, yes. It is not easy, I find, to have embodied a human skin suit with all its bells and whistles. It is dense and slow and limiting. Ever since I can remember, staying 'grounded' has been an 'issue' for me. It's like a part of my true essence can seriously not allow I, as soul, to fully tether to this plane. And I went through a period of believing, because of the reflection other people were sharing with me, that it was a bad thing. No matter what I did, I just couldn't fully act/think/be/behave like a typical human. And so, I've embraced Eagle Medicine...having a keen eye on what it is I want to grasp from this dimension, swooping down with precision when needed and elevating back up to the planes of existence where I know my soul can really soar. It's like conquering being in the world but not of it.

## **Relationships**

Does your presence bring out the best or else the worst in other people?

~Both. The purity of love and energy in my vibration and that I have to offer another, can be very empowering and life-changing...providing impetus for healthy change, open perspective and inspiration. The same purity of love and energy can also be too much for others, to the point where it reflects back their own disallowing of self-love and receiving of positive light. There are times where the truth that I speak, is so painful for someone to hear, that they hold intent to hurt me or degrade what I stand for. I, naturally, reflect things back to others that sometimes stirs up a lot of shit for them to process. And because they can't always see me as a messenger and take responsibility for their experience, they attach what I say to the human self I embody, as having ill intent or not

caring. It's not that at all; it's that I love them enough to sometimes share radical honesty, as painful as it can be for them to have their reality blown apart. My general demeanor is usually always kind, but in certain situations, a force moves through me that absolutely needs expression...like a pressing energy that must be delivered. In general, I find ways to bridge different realities and perspectives that are conducive and can be well received for the other person involved. People tend to automatically trust me because of my gentleness and open heart, so over time, I build relationships with subtle messages, often speaking in parables.

Do people try to possess you as if you have become their addiction and they need another hit or else they suffer an anxiety attack when they feel they cannot get enough of your attention?

~This does happen. It used to happen with a lot of men I was in relationship with that would somehow think because we were in partnership, that that gave them free reign to possess me, control me, be jealous of me, and set a standard for what I could and couldn't do. I will not be subservient. I need freedom and when people clutch me too tight, just like water, I will slip out from underneath and break free. I will find a way; I always do. I have watched it time and again and it's almost like the magnetism in my aura innocently hypnotizes and seduces all kinds.

It's an energy that I don't believe they can define, so they attach it to a belief that there's no one else like me, which results in them clinging tighter because of insecurity. I believe in healthy boundaries and think they are needed for these types. People, because they so easily see my kind, compassionate nature, can think that I'm a pushover, but it's not the case because I respect and love myself enough to know when enough is enough. I use to be very influential and have loose boundaries...like water seeping into everything, but I've learned what I have to do to thrive.

Do people quickly form attachments to you as if you are a life long friend or the one they are meant to be with for the rest of their life?

~Yes. My reflection seems to evoke in people, a comfort wherein they can easily tell me their whole life's story, or reveal things that they never speak of to another, let alone admit to themselves. Even in my silence, it seems I crack people open with my presence alone. But, I must use good judgment and discern, because people naturally fall into dependency when the only outlet that they think they have, is my essence to bounce off. Several men, over time, have expressed that they want to spend the rest of their lives with me. I've had a promise ring on one occasion, I've been engaged on one occasion, I've been in several serious relationships and all of them fell away...it wasn't in the cards. I cannot be held it seems, for too long anyway. But, I believe I am to neutralize a lot of soul contracts this life, and I have indeed.

How do you deal with emotional vampires?

~It took me awhile to know these types, but I had many of them in my past, especially of male origin. Healthy boundaries are a must and also the ability to easily say, 'no'. I keep my calm, my center and stay in my heart, always trying to not argue or feed the drama. Doing so, disengages someone's power play and as a result, they spin in their own web of creating. If they still push through my boundaries and sacred space, they encounter the Artemis within me, that rises to defend her birthright of land and space...not just in terms of physical, but emotional, mental, psychic space.

Do you ever need other people?

~Hmm, I can't say that I NEED people, but I do desire certain ones in my life experience.

How? Are there ever "special moments" you share with others or are "special moments" those times when both of you are simply fully attentive to each other?

~As independent and strong as I am, I can feel lonely at times. So, my desire stems out of the yearning to connect and share life with people that feel like Home to me or at least have a vibration that is comforting because of the caliber of light and love that they exude and embody. I do share special moments with others, and they are sacred kindling for the nest that is my heartspace. Being able to commune with my brethren is enriching, divine, and a gift that I do treasure. The people in my life, that I keep the closest, are already fully attentive, engaged in the awareness and consciousness dance with me.

For you, is love everywhere in every moment and so something that flows through you rather than something two people create in a relationship?

~Love already exists everywhere and in everything. I Am Love, you are Love. Energies are always making love to one another...the sun and the moon have a pretty passionate romance...the flowers and the bees...the birds and the trees...galaxies colliding in stellar embrace. I believe two people can summon even higher vibrations of love, tantrically, to create a vortex flow of Love larger than the caliber individually. The energy, it becomes the Trinity...a force field to birth something new, yet again, from intimacy.

Do you think you will ever meet another who can feel what you feel?

~I have been graced with the divine gift of meeting the reflection of myself, ergo, my twinflame, true Beloved. Because we are truly One Soul, Love walking in two parts, it is impossible that he wouldn't feel what I feel too. It is the deepest connection I have known...an understanding that surpasses time, space, and human hearts.

**Innocence**

Do you give all of your self to others--loving with your whole being--and yet no one you meet understands that doing this is the most natural of things?

~That has been my experience, up until I rekindled with some dear mermaid sisters. People will find ways to reject pure love offering...deeming it suspicious or fake or a bunch of "flowery, poetic jumble" I was once told. I will protect and shield when it is called for, but it is not my natural approach when it comes to sharing love freely and easily. If I Am Love itself, then why would I want to forsake it from flowing through my vessel? It will find a way to express itself no matter what the condition, it just is so.

### **What is love for you?**

Have you ever met anyone who is as sensual as you are and as uninhibited?

~Pisceans and Mermaids have shown that caliber of sensuality back to me in my life. It is divine and comforting when I come across these beings, in full glory in their element.

### **Death**

Do you feel that you are a part of so much more than this world that we see?

~Totally, without question. I solidly know that I am multidimensional and exist in many realms. There are times where I ponder if waking life is all but a dream. I frequently astral travel, along with enjoying several dimensional experiences and realities with a vivid recall of such.

### **Other Occult/Magical Questions**

When you were little did you see or interact with nature spirits?

~Yes. I grew up on a farm where an abundance of energies, spirits and beings resided. I remember having a lot of ‘imaginary friends’ and openly talking out loud in conversation with them and playing together. Spirits made themselves known to me especially in the sky through cloud formation. Always, I have seen very distinct beings and animals of all kinds in the clouds. But, in general, my whole childhood up until now, has always included seeing faces, sacred shapes and spirits in everything...my doors, walls, floors, food, dwellings, etc. A large part of my interaction does come from clairsentience and feeling something present, beside or around me.

How about now?

~Yes. I would say it has gotten a lot stronger and more refined over the years. I suppose, all along though, it’s been pretty commonplace in regards to my experience and reality through my lenses to the world.

Do you talk to dead people?

~That hasn’t been much of my experience. The only times I can recall such communication, was with a few of my bloodline family members the day/night after they dropped their human skin suit (death). These particular instances were only on family that I performed distance reiki on to smooth their transition in their continued journey. It was very beautiful and full of fuschia light... like a recognition and gift back to me from the blessing I bestowed upon them. I’ve always felt that the ones who have ‘crossed over’ can see my connection to their realm, so reach out to communicate with me, knowing I’ll receive the ‘call’.

Do you recall any past lives and with what degree of clarity?

~Yes, I do. My first introduction was through 5 different sessions of hypnosis for literal past life regressions, wherein each time, delivered different scenes and information. This single-handedly changed my life;

my integration of thoughts/beliefs/human life in general, was beyond description. The clarity is quite strong; I know what I'm wearing, where I am geographically, in some instances what my name is, and the feeling/energy/colors/lessons present for me. After having the first experiences through hypnosis, I gradually started getting downloads of past lives in innocent, general daily life out of the blue. I'd be doing a healing session with a client and start getting scenes of their past lives and sometimes my own. For me, the intensity and frequency of my recollection now, comes mostly during dreamstate.

Do you "wake up" when you dream at night and interact with other people?

~Absolutely. The interactions change depending on what I'm working through and processing and ready to take in. For instance, one summer, every night in dreamstate, I would go to 'school/class' with my family of Pleiadians and learn about energy techniques. Periodically, it will be with ET's working with grids to determine geographic locations that need the most light/healing on the planet. Often, I'm doing things with people that I know or have had experience with in this incarnation. Lucid dreaming comes very easily for me, almost every night.

Do you send healing energy to others? In what way?

~I do. It's usually in instances where the other person has asked me to do so, otherwise, I always check with one's higher self for permission to enter their auric fields and energy bodies. I send energy via distance reiki and energy medicine techniques, also utilizing feathers, tuning forks, gemstones, divination, tarot, pendulum reads, light language, animal totems and any other messages and metaphorical significance that makes its presence known during our interaction.

Can you sense what other people are like at a distance or how they are doing?

~Yes, especially when I'm doing the above energy work that I discussed, but also just in general. If someone is loosely talking about another, I pick it up, but especially if I know the person's name and location. There are often times that I'm just nudged to 'check in' with someone because of it being strongly in my consciousness to do so. Telepathy is a wonderful connection to harness.

Do you draw energy from and feel renewed by contact with water?

~Yes, it's liquid prayer for me... my safe haven...a ritualistic ceremony of worship to me as Soul. During rituals and moon gatherings with other goddesses, I was always designated to represent the West, the element of Water, etc. I especially love salt water for its purification, cleansing ability and dispersal of negative energies. But, regardless, it is Home, my comfort, my saving grace while navigating this planet. As a little girl, I have vivid memories of being in the bath tub and whenever I'd soak in it, my hands would start buzzing. I would always skim my palms lightly over the surface of the water and feel something I couldn't describe... it was like a whole body charge and tingling. Water is the first thing I want to immerse myself in when I'm upset, feeling pain, feeling stagnant emotionally or physically and just need to flow with more ease in general. It is a fabulous transmitter of information; I also continually charge the water I drink with prayer, symbols and blessings, ritualistically every day, all day.

## About the Author



William Mistele graduated from Wheaton College in Wheaton, Illinois, with a bachelor's degree in philosophy and a minor in economics. At that time, he began studying esoteric, oral traditions. He was interested in finding the best methods on earth for inner work and self-transformation.

As part of his field research, he lived in a Tibetan Buddhist monastery in Berkeley, California. He next studied Hopi Indian culture and language at the University of Arizona, where he received a master's degree in linguistics. At that time he became the only accepted student of a Hopi Indian shaman.

While living in Tucson, Arizona, he began studying the Western hermetic traditions and the nature religions of Wicca and Druidry. He worked with a number of extremely gifted psychics and parapsychologists whose primary focus was on experimentation and research. He also practiced evocation with a Sufi master.

He moved to Hawaii in 1982. There he studied with the relocated abbot of a Taoist monastery that existed for over two thousand years in China, with a Vietnamese Zen master, and with one of the foremost Tai Chi Chuan masters of China.

Since 1975, he has been a steadfast student of the system of initiation taught by the Czech magician Franz Bardon, who died in the fifties. This system has provided the methods for contacting nature spirits and interacting with them in a personal and original manner. Bardon's mission was to offer a system of self-initiation that maximizes the spiritual powers and creativity of the individual.

Bardon's training system requires that all students gain first-hand experience with the elemental beings underlying nature. In studying with four mermaid queens on the astral plane, the author discovered through experience just how little human beings have learned about the mysteries of the water element.

However, two of the mermaid queens—Istiphul and Isaphil—promised him that he would meet mermaids who live among us in human form. And they did this so that he could better understand the mermaid race. After putting out a global casting call used by photographers as well as discussing mermaid women on youtube and his website, he began being contacted by mermaid women from around the world.

Send comments to [pyrhums@yahoo.com](mailto:pyrhums@yahoo.com). For projects, photography, videos, archives, and additional essays related to mermaids, see [williammistelevideo.com](http://williammistelevideo.com)  
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