



Healing the heart of humanity one soul at a time

Humanity Healing Starseed Activation Program

Walk-ins

"The Wandering Souls"



"My Soul is Alight"

"My Soul is alight with your infinitude of stars. Your world has broken upon me like a flood. The flowers of your garden blossom in my body. The joy of life that is everywhere burns like an incense in my heart. And the breath of all things plays on my life as on a pipe of reeds."

~ Rabindranath Tagore



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Introduction

Usually a “Walk-in” term is used to describe an experience or experiment of inter-dimensions, an Inter-planetary Soul exchange, where a Soul extension or personality takes over the body of an adult human being who has chosen to leave his physical body. In the majority of cases, those experiments are controlled at the Soul level and closely monitored by Higher Beings.

In general, this is not a common event through the history of mankind, but it has been increasing in number since Earth started its new process of energetic shift and its change in frequencies.

The Walk-in concept is often hard for people to believe. If you stop and think about it, every person is a Walk-in in the sense that everyone “walks into” a baby's body. The only distinction is that the “Walk-in” moves into an adult body rather than an infant body.

Very often the replacement of Souls can be done during a time of deep depression, during a prolonged coma stage, or just had a major accident or near-death experience. The Walk-in Soul must first get permission to enter into the body previously occupied by another Soul. Many of these Soul contracts are established even before the host Soul was born in third dimension.

The Walk-in comes here because it has special work to do. Usually it is to help others: for example, as a healer or counselor. Often the Soul that walks in performs similar occupation as when it was in an embodiment at another time, and is presently here to spread knowledge. As a Starseed type, Walk-ins are specialists and many are “case managers”, and willingly decided to bring their expertise to a specific period of time and dimension.

Most wanderers or Walk-ins are from 6D¹, with a few 5D or 4D. The process of Walk-in is most suited for 3D and 4D positive beings, as they do not have the energy level of 5D or 6D and so may be less able to 'pierce the veil of forgetting'² that all beings incarnating into 3D experience pass through, which shields and ensures the process of 3D free will. Walking-in to an adult 3D body allows the Walk-in to bypass the process of 3D childhood maturation and earth socialization, increasing the likelihood of their awakening and remembering their purpose and further actions.

¹ For more information, see the writing of Jody Boyne, "Wanderer, Walk-In, Starperson, Starseed, Indigo, Beyonder, Blended Soul, Pleiadians, Arcturans, Taelons, Zetas, Self-Delusion - What's the Difference?"

² The Veil of Forgetfulness is also known as the Veil of Paroketh.



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From RA's material³, we noticed the affirmation that most wanderers are 6D, with very few from 4D or 5D, and it's most likely that those with other-worldly memories have most recently experienced non-physical and non-planetary lives, since 4D is the last 'physical' dimension, and that 6D begins an experience that is no longer planetary-based.

Commonly, the Soul that is walking out of the body has no conscious knowledge of the course of action. It is habitually the Soul or Higher Self, who has made the decision, even though in some exceptional instances, the personality may have requested it. The greater part of their consciousness is not in 3D frequency, but elsewhere, yet someplace they have stumbled into this space to experience by choice.

There is no karmic consequence for walking out and the Walk-in agreement contract, since the incoming Soul agrees to assume the karma of the one departing, for the purpose of balancing and clearing that personal and ancestral karma. A Walk-in is never a case of spirit possession⁴.

In the Walk-in process, the advantage is that the incoming Soul gains a physical adult body, avoiding the years of childhood, the delays in maturing the mind and psychic resources, and is all ready in a position to be of service to humanity and the planet. Walk-ins generally carry of the crystal genes.

The vast majority of Walk-ins do not know that they are such; it depends on the vibrational frequency the Souls in this contract retained before the exchange was made.

³ *The RA Material: The Law of One books were channeled by Carla Rueckert, Don Elkins, and Jim McCarty between 1981 and 1984*

⁴ *"It is very important to point out the difference between a walk-in and a possession: a possession is a forced entry into a person's Auric field that can cause the entity living in that body to be booted out. Most possessions, however, do not result in the exiting entity's being booted out of its body. This is very rare and nothing to be fearful about if you have a spiritual belief and any sense of your own personal power, and as long you are not a drug addict or an alcoholic". (Excerpt from the book "Hidden Mysteries", Dr Joshua Stone).*



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Walk-ins Through History



“Wandering re-establishes the original harmony which once existed between man and the universe.”

~Anatole France

The concept of the Traveling or Wandering Souls⁵ is not a new one; neither necessarily conforms to the new tones given by some of the “New Age “movements⁶. Through the study of History and

⁵ *Wanderer: This poetic term, used by George Hunt Williamson and other UFO contactees in the 1950's, describes a process of inter-dimensional, inter-planetary soul transfer -- in which a higher-dimensional ET soul incarnates in the normal way (e.g. as a baby).*

⁶ *It is becoming fashionable in so-called New Age groups to intellectualize, dramatize, and act out fantasies regarding Walk-Ins which act as disinformation to confuse the public and the concerned citizen by mixing fact with supposition. This does more harm than good as well-intentioned individuals and those looking for a form of worship and notorious acceptance detract from those looking for an understanding of reality to the makings of myth and superstition. No true Walk-In seeks attention for the simple fact of being a Walk-In. Their privilege is simply that their assumed identity has been given yet another opportunity, as has the larger culture, for it to complete its*



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some mythological tales, we come to the understanding that traveling Souls have come to this planet many times to perform very specific tasks, such as delivering messages or being role models for Humanity. This process of cosmic Soul-wandering has occurred since the beginning of human experience on Earth and is common throughout the Universe, and expresses the basic Law of Service in which elder Souls freely go to serve worlds in need.

The occurrence of a Walk-in is first clearly stated in ancient Hindu sacred literature.

In Hindu belief, each person is comprised of several bodies, including the physical, astral, mental, refined, and so on. The only essence, according to this doctrine, that is not a body, and therefore not transferrable, is the Atman Essence. So, in agreement with this belief system, a Walk-in, as described in the book⁷ *The Merging with Siva*⁸, the divine principle of Creation and destruction, one Soul can take one or many of these bodies.

The most famous Hindu story of a Walk-in is that of the missionary Saint Tirumular⁹. The Legend has it that he voluntarily left his body in order to reanimate a young cowherd who had just died.

His own body was subsequently taken up to heaven by the god Siva, leaving him to spend the remainder of his life on earth in the body of the cowherd. He was able to access the dead man's knowledge, including his ability to speak Tamil.

We can also mention the case of Lord Maitreya¹⁰, who came into Jesus' body at the baptism and continued to assist Jesus' mission during the consequential years until the end. This Energy from Maitreya is also known by many as Christ Consciousness. This episode would not be considered as

original mission for the increased harmony of all. That is nothing more than what each person is on the Earth to do. (<http://www.earthtym.net/bal-walkin.htm>)

⁷ *Written by Satguru Sivaya Subramuniyaswami*

⁸ *In some other Hindu denominations, Brahma, Vishnu, and Shiva represent the three primary aspects of the divine in Hinduism and are collectively known as the Trimurti.*

⁹ *Legend has it that Tirumular was a travelling Shaiva saint and scholar from Kailash, who used his yoga powers to transmigrate into the body of a southern cowherd, Mulan. He woke up from his yogic trance once a year and composed one verse until he attained salvation.*

¹⁰ *Since the beginning of the 1930s, the Ascended Master Teachings have placed Maitreya in the "Office" of "World Teacher" until 1956, when he was described as moving on to the "Office" of "Planetary Buddha" and "Cosmic Christ" in their concept of a Spiritual Hierarchy. (Wikipedia)*



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Walk-in situation per se; the esoteric term for this process in which two entities, in a sense, share the same body is called "overshadowing¹¹".

The Wandering Souls



"Ethereal minstrel! Pilgrim of the sky!"

~William Wordsworth

Different sources use different terms for wandering Souls¹², which do indeed have distinct meanings. Most often used, and most often used erroneously, is the term 'Walk-in', which was popularized by Ruth Montgomery in her books, most notably "*Aliens Among Us*". Some authors

¹¹ *'Overshadowing' is a term indicating help and protection, and also the receiving of a heavenly gift; for example, 'The Holy Spirit shall come and the Power of the Most High shall overshadow you'. See Appendix for more information on Overshadowing.*

¹² *This group is also called Star People, Star Born, or Star Children. Although their higher-dimensional origins and life-purpose may be the same, what distinguishes them is how they took birth in human form.*



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classify as “Walk-in experiences” all the occurrences that the Star Seeded Souls experience in their journey on Earth as they classify all of them as Cosmic Travelers or Wanderers. In this case, the particular way these Star Souls enter the body is totally irrelevant.

Some incoming Souls may just have a major karma that they wish to complete and they “Walk-in” with high hopes to accomplish this with a second-chance opportunity. Others, perhaps coming in from other dimensions or universes, may be here to assist in this planet’s transition to Light.

There are many reasons for a Soul to Walk-in, but the main one is that it is usually quicker to integrate a new Soul into a new body than it is to grow a body up from infancy.

The process can be better understood through an explanation about different dimensions and how the karmic programs can be executed. A Walk-in situation commonly occurs when an Earth 3rd Density Soul that is inhabiting a Human Body, becomes besieged by their life experiences in many aspects, but is not inclined to act to end their own existence.

They may be contacted spiritually, most likely during slumber stage, by a higher vibrational being¹³, usually 4D¹⁴, who hopes to perform a particular mission of service to the 3D earth.

The higher-dimensional being then enters the body of the 3D human being, and the 3D person leaves their body to heal and review their earth life before continuing on to their next chosen learning opportunity. The Walk-in soul would then assume responsibility for the life, karmic patterns, Soul contracts and commitments of the 3D being, and also attempt to fulfill their own mission of service.

Another type of wanderers and Walk-ins include Earth natives who have matured spiritually to the point of awakening to their metaphysical identity and have cleared their personal Karmic registries,

¹³ *Contrary to some New Age teaching and “channelers”, a higher vibrational being is not a higher density being. As explained by the current scientifically accepted Laws of Quantum Physics, a higher vibrational energy has less density. For example, raising the vibrational energy of a water molecule will take it from solid (ice) to liquid (water) to gaseous (steam) form. This also applies to “spiritual” density: as Beings drop in Light from higher dimensions down to 3-D to 2-D, etc., they increase in manifested density. Universal Laws apply universally, not just on this plane of existence.*

¹⁴ *The Walk-in can be a Being from other Dimensions, but can also be a 3D being coming from other places of time line.*



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thereby making the worldly identity less real and creating the sense of being a stranger in a strange land.

Both types of wanderers are in the same situation here on Earth now; in that they often do not fit in well here, for their inner universe has shifted and the “real” world for them has shifted from the earthly world to the aesthetic and ethical innerness of the metaphysical Universal world.

How the Walk-in Experience Works

"We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

~Teilhard de Chardan

Walk-ins are defined as "Souls who have earned the right, through many lifetimes of spiritual growth, to return directly to the earth plane as adults". In other words, these Souls, while waiting in the reincarnation cycle, want to return to earth in an adult body, rather than incarnating in the body of a baby.

There is a false concept held by some that Walk-ins are Ascended Masters. They are not. Walk-ins are Soul extensions who are still on the karmic wheel of rebirth at varying levels of initiation and spiritual awareness. As stated before, many Walk-ins come from 3D situations.

Montgomery's Guides¹⁵ reveal that these Souls are "not yet perfected Souls, but they are high-minded beings intent on aiding their fellow humans and tens of thousands of them are already here..." (Ibid)

¹⁵ Ruth Montgomery, "Herald of a New Age", page 202



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Entities of all levels and states of consciousness can be Walk-ins and it is not limited to sixth-dimensional beings, according to the information provided by the Master Djwhal Khul.

The Walk-in's method to enter the earth plane is used by different Beings when their mission requires them to begin soon after they arrive. Their mission requires they skip the birth and adolescent stage and come into an adult body. This is not always the case; there are some Walk-in situations where the "entering Soul" comes into a much younger body, but this is more the exception than the rule. When a child Walk-in occurs, it is because the Soul coming in was still in need of the experiences of childhood and adolescence as groundwork for their later mission. In general, childhood and adolescent Walk-ins usually don't awaken until they reach adulthood. A Walk-in contract allows the Soul to skip the whole childhood phase, which at first glimpse may sound efficiently and good, but actually it is not an easy process.

The "Walking in" process of Soul exchange is a quick, but not always an easy, way for "advanced beings" to come "down to Earth". The Soul Exchange between the "Walk-in" and "Walk-out" will normally take far less time than it does for most "Walk-ins" to adjust to their new situation.

In the many cases, the new Walk-in who takes over the body during the Soul exchange process has no conscious knowledge of the change¹⁶ either. The transition, or adaptation, period can take anywhere from three months to six years to start to transpire. It is usually very disconcerting to the Walk-out's emotional body because there is a process of sharing the physical body with the other entity for a period of time and, in most cases, the Walk-out is not conscious of what is occurring.

This can be a very traumatic experience to the entity that is coming in, as well as to the Soul that is walking out. The Walk-in experience is so very individual that it's difficult to give a state-of-the-art description. Here is the overview of possible experiences, after-shock effects, and probable developments. The Walk-in Soul is, in a broad sense, taking over some of the karma of the Walk-out: both the karma of the physical vehicle, and also all the memory cells of the Walk-out which remain with the new Walk-in. Because they have all the brain memories of the Walk-out, they may feel disoriented for a time, but they also feel that they are where they belong.

Part of the responsibility of the new Walk-in is to balance and clear the personal karma that was left behind by the other entity that has left.

¹⁶ Sometimes hypnotherapy is required to determine a walk-in process has occurred.



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The entire concept of Walk-ins is rather convenient and highly efficient: if an entity wants to leave the physical body, it is a shame to waste the physical vehicle if someone else can use it for spiritual growth and Humanitarian services. Nevertheless, it takes a very bold Soul and Soul extension to make this choice, because it is not an easy or glamorous path to take.

This period of history on Planet Earth is a very peculiar and exciting time in a spiritual sense because many entities are willing to take on the karma and risk in order to be a part of and help with the Shift. Physical bodies of all kinds are at a “premium” during this period of time.

Currently, the Walk-in process has become somewhat easier for several reasons. Everyone on the planet has begun the Lightbody mutation and DNA re-coding. For a Walk-in, this means that the physical body will be better able to accept the new energy at the cellular level making it easier for the personality to adapt to the new identity. Also, there are now support systems and integration services for Walk-ins, so the rationale of changing through trauma is unnecessary. Before, these teams that only worked with the anchoring of new Souls in children’s body, during the natural child birth process. As a result, more and more Walk-ins are fully conscious through the whole transfer.

Changes Behind the Scenes

When a Soul extension, or personality, completes the karmic lessons and contracts set for a certain lifetime period, it faces basically three different options:

1. To take upon a new life goal, where it will choose to reincarnate and take upon a new embodiment, or change Life plans and “reincarnating in the same body”, for instance waking up from a coma with a new outlook and goals in life.¹⁷
2. Chose to naturally die, taking one of the several exist points planned in the personal blueprint of life before the birth of the present human existence.

¹⁷ *H.P. Blavatsky refers to these situations as climaterium.*



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3. To Walk-out. In this case, the Walk-out is really donating his physical body to another Soul to use instead of letting it die of natural causes or destroying it through suicide.

If the Soul decides to Walk-out, there will be a contract made with another Soul to Walk-in and continue the embodiment through the lifetime of that physical garment. Again, this is not possession. It is not also a requirement that a person be a Walk-in to ascend. It is simply an individual agreement among agreeing Souls and another way of entering onto this planet.

Soul Exchange is a life sentence. Walk-in spirits bring new hope for unrealized life goals and an opportunity to assist Humanity and God.

Frequently, after the Soul exchange, there is an "experimentation" period of a few days or weeks or months. During this time, the new entity tries on the body, the possibilities and the limitations before the actual transfer occurs. The personality, the Walk-out Soul, may or may not be aware of it, as it often takes place while sleeping, meditating or channeling. There may be a feeling of someone or something hanging around or a loss of time.

While the new Soul is getting the feel of the body, some of them may have serious problems adapting to it, because many of them have not inhabited a body in a long time, or they have never been in physical bodies and may need to acclimatize to the feel of being so densified.

The Incoming Soul may also review the DNA codes and the existing energy patterns, Soul contracts, and Vows that are stored in all the energy centers of all the bodies and deciding what should be kept or released.

Sometimes, right before a Walk-in, the personality may feel a sense of completion with the lifetime. This may manifest as extreme fatigue, severe depression, or suicidal feelings. This is the personality's way of interpreting that a transfer is about to occur.

At the time of the active Soul exchange, the old spiritual, mental and emotional bodies are released with the original occupant and the new spiritual, mental and emotional bodies are attached to the physical one. This means that the physical body is worked to a point where it will be able to accept a new energy at the cellular level and the new personality, or Walk-in entity, can adapt to a new identity easier. New patterns and emotions are brought into the etheric blueprint bodies and some



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old patterns are released. Because the emotional and mental bodies are "new", they have not yet been imprinted from the environment. Like a newborn, a Walk-in is a sponge for the emotions, traits and beliefs of the people around them. It is critically important that a new Walk-in choose carefully the people they spend time with for they will be imprinted with those people's qualities, traits and general behaviors.

One interesting aspect that probably will occur during the Soul exchange is that often, a Walk-in experiences psychic or multi-dimensional openings as the Crown, or Seventh, chakra is usually stuck open from the transference. This sudden opening may make a person feel extremely confused or "spacey". They may be channeling continuously and have some difficulty knowing how to differentiate their own energy from exterior energy. As strange as it may seem, it is very helpful for a new Walk-in to wear a hat to protect their crown chakra.

Working Through the Memory Cells Paradigm

The overall feeling for the previous life experiences stored in the Walk-out physical body is generally one of neutrality. Most Walk-ins will tend to retain life facts without emotional attachments; nevertheless, some other occurrences are possible. Memories of the previous Soul's experiences are much like an examination of a motion picture with the "emotional sound" turned off.

This neutrality often means a feeling of detachment from previously emotionally significant people such as mates, children, parents, and friends. The old issues, unresolved situations and personal difficulties of the previous incarnate Soul are proportionally easy for the new Walk-in to handle since they are likely to leave the unsatisfying marriage or unfulfilling job that the previous occupant could not resolve or cope with. Usually a new entity walks in to a preexisting complex of marriage, children, and friends and can keep its neutrality. Using the remaining brain memories by the Walk-out in the physical structure of the brain, the Walk-in is able to function in such a way that the wife



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or husband and family might not realize they are not dealing with the same entity. They will in most cases notice a big change, but they will attribute it to a change in attitude, of outlook and life style, but rarely as a change in entities.

The new personality, the Walk-in, is completely malleable at this time and the new Soul will try on new character traits until a good combination to serve the new life goal is found. Also, changes in personal preferences are common such as liking different foods, colors, clothes and lifestyle different from than the original occupant. Most Walk-ins have a new life goal and bring with them new skills and abilities to assist them in accomplishing it. Also, an embodiment is usually chosen on the basis that it would had acquired and stored the skills the new Soul can use toward their mission.

Once the transference of Souls is completed and most of the memory cells of the old Soul is replaced by new Soul fabric, the registry of the old body's consciousness has nothing in its cellular memory banks left for the Walk-in experience except, "I'm dying." If the body continues to strongly believe that it is dying, it may begin to shut down the entire system.

It is not also uncommon that the physical body may reject the new Soul at a cellular level; the same way some of those that had gone through the physical transplants of organs can reject a new heart or liver. This usually manifests in a new body as rheumatoid arthritis symptoms. The pain, swelling and inflammation can be sudden and severe. In extreme cases, partial paralysis can occur, but these are the exceptions and not the general rule.

The other common manifestation of body rejection is severe allergic reactions to food, soaps, clothes, plants, household cleansers, the environment, and, in extreme cases, the physical body. Sometimes, usually in the very beginning, a new Walk-in may have epilepsy-like seizures as the brain waves and electromagnetic functions of the brain change. Most of these symptoms occur because the "wiring" of the Nervous System was entirely re-done and needs time to regulate its functions.

The majority of the physical and personality symptoms of rejection, negative responses and disorientation will pass very quickly with a little assimilation, but the process of releasing the



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“dysfunctionality” and obsolete pictures of reality of the previous occupant may take years, along with the feeling of the deeply depressing state that originated the desire to leave in the first place.

Strong grief states are common as the body releases these old energies. The trick is not to resist and express the grief fully as it comes up. With assistance and the realization of the purpose of these stages, the Walk-in is able to allow them to pass quickly.

What Happens to the Walk-out Soul?

When the Soul agrees to voluntarily leave a body, giving an opportunity to another Soul extension to take over and redirect the original purpose; it is at the same time a process of renouncing and donation. When these Souls leave a physical embodiment, they can rest in a plane of existence between dimensional worlds. Nevertheless, in the majority of cases these Souls cannot formally progress towards new spiritual goals until they experience mortality again and have themselves a chance to improve on their past performances.

The duration and permanence of these intermediary states of existence is directly proportional to their abilities to choose and perform earthly life experiences. Many have been responsible for poor choices in their earthly identities and have failed many times in accomplishing the original life program blueprint. In those intermediary places, a Soul can have the opportunity to heal, re-program their life patterns and re-aligned itself with the Divine one source. Some opportunities provide a better alignment than others. A spirit tries to choose the best available match between the capabilities of what is left from the physical identity and its degree of spiritual quality.

Through this approach, we understand that each individual is accountable for what they had intended to do with their spiritual nature, what they have tried and participated in, and what they have actually accomplished to that end. Many people simply die at the end of a physical life with their spirits either going to a spiritual heaven or to a waiting existence, in intermediary states of



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multi-dimensional realities, from where a new opportunity of improvement through another experience of physical embodiment must be chosen.

The Process of Soul Exchange

“A good traveler has no fixed plans, and is not intent on arriving.”

~ Lao Tzu

According to the Master Djwal Khul¹⁸, the Ascended Masters are not usually involved in the process of Soul Exchanges. It is an exclusive agreement process done by the Souls involved, their extensions and their respective Spirit Guides. They are responsible at all times for all the decisions made in the realms of transference, exchange and contracts. Once the exchange has taken place, most Walk-ins are able to live normal lives. The motivation to be of service to the planet will depend on their levels of spiritual evolvment and, ultimately, how they handle the new energetic body and its karma challenges.

There are some vital requirements to be observed in order for the transference to occur, or for the exchange to be completely successful. The actual moment of exchange usually occurs during sleep stage, but, at times, the Soul may choose to manifest trauma to the body such as accident, illness, coma, concussion, or emotional shock.

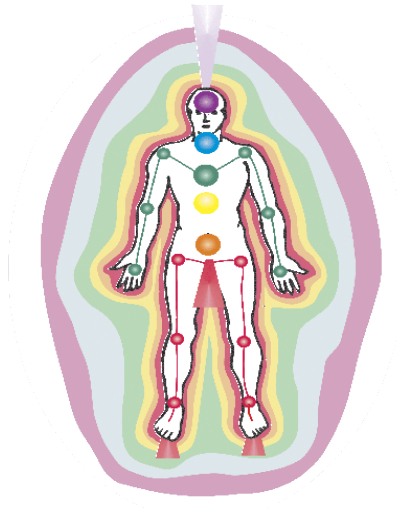
This “shock therapy” allows the new Soul to more quickly integrate to a deeper level. Because all of the body’s systems are disrupted from the habitual patterns by trauma, they are, as a result, more receptive to the new Soul extension.

¹⁸ See “Hidden Mysteries”, by Dr Joshua Stone



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Typically, a Soul Exchange is made initially by the Walk-in Soul taking on the lower three personality chakras (Solar Plexus, Sacral, and Root Chakras) of the Walk-out, while retaining the upper four spiritual chakras (Crown, Third Eye, Throat, and Heart Chakras). The reason for this is that the lower chakras must remain connected to the earth at all times in order for the body to survive the transference and thrive. The upper chakras, on the other hand, are a Soul's "divine core essence" which they carry between lives and bodies.

When the actual changeover takes place, it occurs during a one-night period while the physical body is sleeping. The Soul, the spirit guides, and the specialized spirit guide team of Walk-in and Walk-out experts perform the metaphysical operation of slipping one Soul extension out of the physical body and slipping the new one in. The entire fiber of the Soul must be completely removed from every cell of the physical body and the four-body system and replaced with the Soul fiber of the incoming entity. It can be likened to having heart transplant.

Large numbers of energy blocks previously engraved on the Soul tissue, averaging 50, may be released when the current spirit leaves and the Walk-in being arrives. The release of as few as one energy block can result in what appears to be a personality change. Even the release of one block may change a person's life direction. Still, there may also be no reduction at all in energy blocks while the Walk-in identity enjoys a new optimism or a new form of energy added to their lifestyle. The change is effected by the clearing of the "fogged" perception, the "twisted" attitude, and the



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compulsive behavior forced on the individual by the energy block. Now, more of the true Basic Personality traits can emerge.

It is important to express that the pre-condition of the physical body is essential to the success of the Soul Exchange. Abusive habits, or near death experiences due to overall drug abuse, self-medication and overdoses, rarely results in successful Soul transferences. This is a myth. The abuse of substances damages the Soul tissues, and stresses them to a point that would make it virtually impossible to another Soul extension to overlay its new cells over a debilitated system and be successful in the long run¹⁹.

In any case, if there is serious "incompatibility" between the upper and lower chakras after the "Walk-in", it will be manifested as numberless difficulties in the "new" life.

Following a fine-tuning period, the Walk-in Soul will literally start in on a new life. Walk-ins have a tendency to be of a highly evolved nature, even though there are exceptions to this. Walk-ins Souls typically don't awaken to the fact that they are Walk-ins unless a spiritual guide or teacher tells them of it, which does happen and which is happening with greater and greater frequency. What also helps in the adjustment process is the fact that the entity probably has had a long time to prepare for this event on the inner plane, since the agreements were made way before the switch over happened.

Physical changes may also occur as a result of the dumping of a large number of energy blocks, IF, that occurs as part of the Walk-in experience. The Changes possible tend to happen very quickly if they are not accompanied by any current change in nutritional habits.

Some interesting facts that can occur on the Physical body after the replacement of Souls take place:

- Change in eyesight prescription (usually improvement);
- Change in head hair color (darker/lighter, more gray/less gray);
- Change in texture and curliness of hair (straighter/more curly, softer-thinner/stiffer/thicker);

¹⁹ See "Hidden Mysteries", by Dr Joshua Stone



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- Change in direction of hair growth on head (changes in optimal position of parting from one side to the other and of crown location from upper to lower);
- Changes in digestive health and emotional composure.

In the conversion period during the changeover, there are also, very often, physical health problems as well as emotional problems. Very often, on subconscious levels, there is a kind of ego battle that is taking place between Walk-in and the previous Soul. The Soul, or higher self, is conscious of the process, but since the personality in embodiment is not necessarily aware of what is going on, it can be extremely confusing and a very wrenching process.

To activate the new Soul tissues and build upon the original imprinting of the previous personality, in the course of removing energy blocks, can be a challenging task for the Walk-in. There are many negative patterns and attitudes that can derive from this procedure, and they manifest objective obstacles to the success of the Mission. These include:

- Manifestation of Anger: When the Soul can't easily get what she intends.
- Expression of Hate: Usually against real or unreal perceived opposition, feeling of rejection and sometimes abusive relationships with others.
- Materialization of Vengeance: Through acts or intention to act in order to hurt or disadvantage others who are perceived by the Souls as threatening oppositions. These are generally illusions that are perceived to the assortment of diverse projections phenomena.
- Appearance of Fear: Assuming that some negative patterns of the past will manifest again in the present reality, repeating itself.
- Clear expressions of distrust: This situation is the result of a combination of fear, toxic feelings, shame, paranoia and high anxiety;
- Diverse manifestations of Lust and Power struggles: It can be seen as a basic co-dependent need, but it can evolve to become compulsive behaviors, obsessive attitudes and actions, difficulties to be acceptant of others limitations, and a tendency to isolation and solitude.



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There are no guarantees for a Walk-in. Besides the fact that the new Soul assumes the scope of Karma and energetic blockages of the previous Soul, the new Soul may have to deal with some negative personalities traits left behind by the old Being, and they may put at risk the new spiritual directions for the life purpose. They may create a resistance and keep the incoming Soul in a route usually materialistically oriented.

Note: Know that there is always a reason why the Soul Exchange was agreed to in the first place, because ultimately, it is a Free Will agreed upon donation from one Soul to another. The work that the Soul was meant to do is normally the reason they agreed to come back down to Earth. It is, and it always be, a matter of Choice, or Free Will.

General Symptoms

Indications²⁰ of a Walk-in are:

1. Usually occur during a traumatic event in the host Soul's life such as a severe illness or a car accident. Many come in during a near death experience. This is the most common way for Walk-ins to exchange places, but it is not the only way. Yet, most all cases the Walk-in occurs when the host is unconscious.
2. They all of a sudden, have little or no connection with some family members.
3. Divorce occurs usually within 3 years after the Walk-in has arrived.
4. Ongoing physical pain in the neck and shoulders that wasn't there before the Walk-in.

²⁰ As indicated by Jelaila Star. She professes to be a Walk-in. To read more of her work and writings, see www.niburiuncouncil.com.



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5. Loss of coordination and memory lapses. Trouble coordinating speech.
6. Sudden change in tastes such as food, clothing and decor.
7. Sudden loss of interest in career and hobbies. New ones are found along with a sudden interest in all things spiritual.
8. Strong knowing that they have a mission to accomplish though they may not remember what it is at the present time.
9. Some Walk-ins have memories of their home world or ship. They even have memory of their incarnate forms being sustained through a form of cryogenics that is far superior to ours.

Walk-ins have a more challenging role on earth because they have spent most of their incarnation on another plane of existence and then come to earth in the middle to later part of that incarnation.

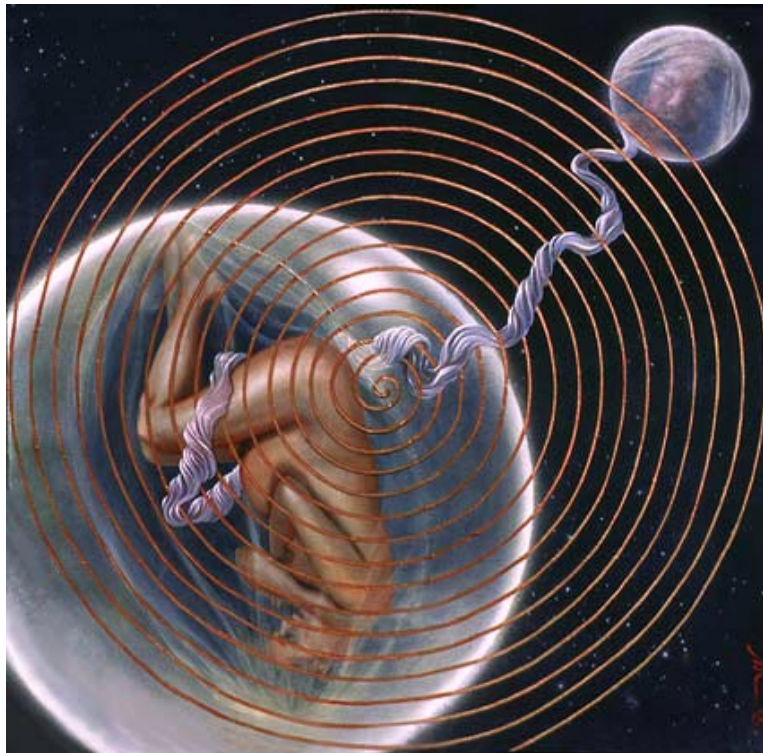
Note: As all the experiences of Soul exchange and replacement are very personal and unique, there are a multitude of specific signs that pertain to each one of them, and it would not be possible to named all of them here. Each Walk-in experience has its own distinctive qualities. A person may experience all, part, or none of the things described here.



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Different Types of Walk-ins



The following are descriptions of different types of Walk-ins²¹

²¹ Excerpts of article written by Kari Chapman of "The Namaste Retreat Center of Wisconsin"
W7872 Co., Hwy B, Lake Mills, Wisconsin, 53551, U.S.A.



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Conscious Walk-ins

There are many conscious Walk-ins taking place now. The incoming Soul is usually part of or from the same OverSoul monad²², and on rare occasions it can be a complete new monad. This is a Soul that is aware of the Walk-in transfer and contract that is about to take place. There are usually very few or no veils with conscious Walk-ins, and it is always agreed with by both Souls, and is by choice.

Many Walk-ins experience a struggle or a feeling of having to "start all over again" or "where to start". Know that you don't have to start all over again; you are a continuation/extension from where you came from and from the prior Soul. You will retain the memories of all those things that serve your (the new Walk-in) highest good through the cellular memory of the prior Soul. Your memories will come back once you are stabilized and grounded in the 3rd Dimension of Earth.

Soul Merges

A Soul Merge is when one or more aspects from your OverSoul²³ is dropped down into your consciousness and at the cellular level, and often your habits - like the types of clothes you wear, personality and types of food you consume will change.

The difference between a Soul merge and a Walk-in is that a Soul Merge joins an aspect of your OverSoul with your personality, and both meld together. With a Walk-in, the Walk-out Soul/personality eventually leaves.

Soul Braiding

The Soul braiding process is always done with the cooperation and willingness of the "main Soul" expression inhabiting the body. Perhaps this agreement was made before the original Soul entered the body, either at birth or as a Walk-in, or, perhaps the Soul in the body needs information or experience for a particular purpose and asks for help. The request may be answered by a Soul who agrees to provide a part of its expression for this purpose. In turn, it will

²² Or Soul Group

²³ Over-soul" as a term has more recently come to be used by Eastern philosophers such as Meher Baba and others as the closest English language equivalent of the Vedic concept of Paramatman. In Sanskrit the word param means "supreme" and atman means "soul"; thus Paramatman literally means "Supreme-Soul."(Wikipedia)



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increase its own experience through this act. The energy from the incoming Soul comes in through the top of the head in a spiraling downward process, hence the term Soul braiding.

For example, let's say the planet is ready to be given advanced information of a technical nature. This information can be brought into earth by the braiding in of a Soul expression that has this knowledge. This information will then be blended into the original Soul inhabiting the body. When the purpose has been completed, the Soul expression will unbraid itself and return to spirit; this may occur often, seldom or only once. Different Soul expressions may inhabit a body at different times for a particular purpose.

Within the first three years it is an asset for all Walk-ins to have some integration assistance.

Some Recommendations for those Experiencing Being a Walk-in

"One can seldom acknowledge oneself as a Walk-in until one has developed a skill of accessing Spiritual Guidance accurately, and, becomes aware that there are such realities as Walk-ins. To do so without the clear confirmation of Spiritual Guidance is more often a projection by a needy Ego or SuperEgo to play the role of a superhero, or, a martyr -- neither of which a self-acknowledging Walk-in ever seeks. Often, the public sharing of this finding is discouraged by the destructive responses of much of society."²⁴

The ideal ways to deal with the "after effects" of Soul Exchange is to expand the capabilities of body, mind, and spirit with energy clearing therapies such as Geometric Repatterning, Remote Releasement, or DNA clearings like Body Talk, EMDR - Eye Movement Desensitization and Reprocessing, Acupressure, etc.

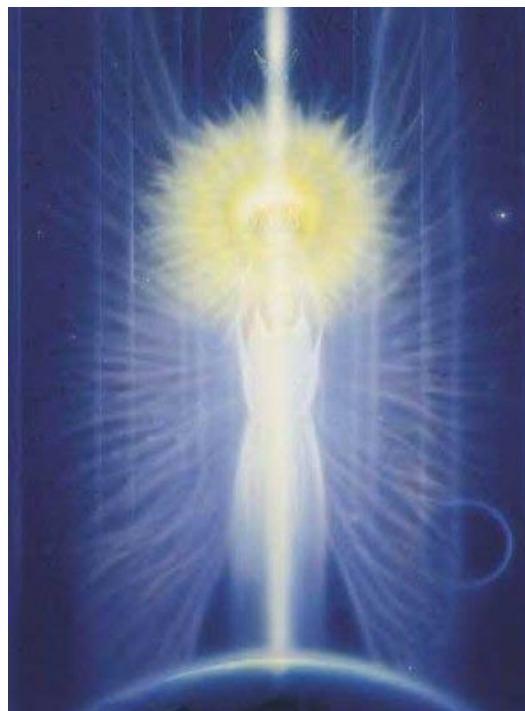
²⁴ <http://www.earthtym.net/bal-walkin.htm>



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Common Syndromes and Dysfunctions:



Because most of the Souls that experience a Walk-in process come from a background of knowledge of other cosmic dimensions, and, many times, those entities have waited for long periods of time before they envisioned more participation in an active earthly life; it is very common for these Souls to present some “dysfunctions” symptoms.



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The Shooting Star Syndrome

This particular syndrome manifests because the Walk-in internally knows that his life mission on earth is limited by the dimensions of 3D time continuum.

1. Difficulties accepting incarnation and Human life
2. Profound feeling of alienation, not feeling at home on earth of part of Human Family
3. Often present the impression that they are imprisoned in the “Matter Form”
4. Difficulties to develop intimacy or involvement in person relationships
5. Problems and holding back in the responsibilities of Earthly Life.

The main goal of any Walk-in experience is to manifest love, unconditional service to many through the Humanization of the Cosmic Consciousness.



Star of Hope Syndrome

This is a very symptomatic dysfunction that may occur just after the period of the exchange and has to do with the adaptation period, where the mental faculties are lacking vibrancy and coherency due to the nervous system being compromised during the replacement.



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In the most essential way, we may say that the personality is still out of alignment with the higher components. At this stage, the Soul will need some psychic and spiritual help in order to adjust more properly to its new self.

It is not uncommon for the Soul, while experiencing this stage, to use a “way of self-medicating” as a way to numb the pain of the trauma and the awareness, since the general feeling is that part of the Spiritual Self is still inaccessible. In this case, the help of a medical provider or other therapeutic and counseling measures are often necessary.



Tri-star Syndrome

This syndrome is the reflection of the limitations due to operating all the senses in a 3D system of frequencies. Usually this manifests after a while of operating in a new body. The Walk-in may feel a sense of being hardened or cut off from their natural abilities and this can be manifested in daily life as a difficulties to pray, meditate and concentrate. There is a profound need to reconnect parts of the Soul-self, with the Higher Self.

1. Difficulties to feel and interact with and be aware of subtle influences, or of guidance from higher planes.
2. Inability to stay calm and feel quiet inner presence; inability to pray, meditate, heal or to exercise intuitive capabilities.
3. As a standard behavior the Walk-in Soul may develop a tendency to build up a shell or walls of self defense, as protection for themselves. This would increase the sense of separation and alienation.



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4. The Soul can't stop searching for their place on Earth, and when this condition is overemphasized; the Individual Soul is lost in wanderlust and finds itself unable to connect to true social bonds of caring and commitment. This alienation can literally cause the experience of homelessness.



The Dark Night Star Syndrome

This can be a recurrent dysfunction experienced by the Walk-in Soul and its manifestation can be sensed from time to time. This occurrence can easily be compared to the typical "Dark Night of the Soul" process many of those on Spiritual path had experienced. The only difference is if the Walk-in Soul gives into this mental/emotional/spiritual pattern, it can jeopardize the entire validity and purpose behind the Soul replacement. This is one of the most trying possibilities on the path of adaptation. It is imperative to reaffirm that transformational Healing is always possible and that this is not a permanent condition for any Soul.

1. The Soul feels that it has been tested to the limit of its breaking point of endurance.
2. Profound feeling of loneliness, disconnection and, sometimes depression and despair.
3. Difficulties to transform the deepest core of its Soul and opening for a transcendental spiritual identity to emerge.
4. Delays in spiritual rebirth due to the intense suffering coming from the self. Difficulties to surrender to a higher Power.



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Ten Point Exercise: A Way to Move Deeper Into the Etheric

The following exercise was developed by Jim Gilkeson²⁵

Here, we will follow the general etheric circulation and the way it moves on the front of the body-up the left front of the body and down the right front.

In this exercise, we will "connect the dots," moving between these landmarks on the river of energy that flows around our body. At each position named in the exercise, we will stop and allow the contact to intensify. This will bring us deeper into the etheric.

Pay special attention to the crossover from the left to the right side of your body, which in this exercise takes place when you get to your eyes.

Here we go:

Exercise Steps:

1. **LEFT FOOT CHAKRA:** Bring your awareness to your left foot chakra. This minor chakra is located in the center of the sole of your foot. You contact it the same way as you do any energy-active position; makes a feeling contact with the position on the sole of your foot and stay with it about a minute so that the contact can intensify.
2. **LEFT HIP POINT:** Now move slowly with your awareness up the front of your leg on the skin surface to your left hip point. Again, it can be helpful to imagine a breeze of air, or the light touch of a hand, moving slowly on the skin surface. Pause at the left hip point for a minute, letting the contact deepen.
3. **LEFT HAND CHAKRA:** When that contact has been allowed to deepen, move "through the air" to your left hand chakra. This minor chakra is located in the center of the palm of your hand. Take a minute to allow this contact to build up.

²⁵ From: *Energy Healing: A Pathway to Inner Growth*, by Jim Gilkeson.



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4. **LEFT SHOULDER POINT:** When you have developed a good feeling contact with this position, move your awareness on the skin surface up your arm to your left shoulder point. Again, this is like slowly, consciously stroking the surface of your skin with the paintbrush of your awareness.
5. **LEFT EYE:** When your left shoulder point is activated from about a minute of feeling contact, move on the skin surface up your neck and the side of your face to your left eye. There, make a feeling contact with your entire left eyeball. Stay with this contact for about a minute.
6. **RIGHT EYE:** Now move to your right eye and make your feeling contact with your entire right eyeball. Stay with this contact for about a minute.
7. **RIGHT SHOULDER POINT:** Now move your awareness down the right side of your face and neck to your right shoulder point. Remember not to "jump," but rather stay on the skin surface. Stay with your feeling contact with the right shoulder point for about a minute.
8. **RIGHT HAND CHAKRA:** Now move down your arm and make a feeling contact with your right hand chakra. Stay here for a minute or so.
9. **RIGHT HIP POINT:** Move "through the air," this time, to your right hip point. Stay with this feeling contact for a minute or so.
10. **RIGHT FOOT CHAKRA:** Now move your awareness on the skin surface down the front of your leg to your right foot chakra.
11. **FINISH THE EXERCISE:** When you have spent a minute in a feeling contact with this position, then simply release your focus from any particular position on your body or in your etheric.

Take another minute or so to come back to your normal state of mind. This would be a good time to take a few notes on your inner experiences during the exercise.

Here are some questions to help you reflect on your experience:

1. Which positions were easiest for you to contact?



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2. Which positions were most difficult for you to contact?
3. What differences, if any, did you feel between the upward and downward movements?
4. What, if anything, happened when you crossed over from the left to the right side of your body at your eyes?

The Rules for Being Human



When you were born, you didn't come with an owner's manual; these guidelines make life work better.²⁶

²⁶ From the book "If Life is a Game, These are the Rules" by Cherie Carter-Scott
Starseed Activation IV
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1. You will receive a body. You may like it or hate it, but it's the only thing you are sure to keep for the rest of your life.
2. You will learn lessons. You are enrolled in a full-time informal school called "Life on Planet Earth". Every person or incident is the Universal Teacher.
3. There are no mistakes, only lessons. Growth is a process of experimentation. "Failures" are as much a part of the process as "success."
4. A lesson is repeated until learned. It is presented to you in various forms until you learn it -- then you can go on to the next lesson.
5. If you don't learn easy lessons, they get harder. External problems are a precise reflection of your internal state. When you clear inner obstructions, your outside world changes. Pain is how the universe gets your attention.
6. You will know you've learned a lesson when your actions change. Wisdom is practice. A little of something is better than a lot of nothing.
7. "There" is no better than "here". When your "there" becomes a "here" you will simply obtain another "there" that again looks better than "here."
8. Others are only mirrors of you. You cannot love or hate something about another unless it reflects something you love or hate in yourself.
9. Your life is up to you. Life provides the canvas; you do the painting. Take charge of your life - - or someone else will.
10. You always get what you want. Your subconscious rightfully determines what energies, experiences, and people you attract -- therefore, the only foolproof way to know what you want is to see what you have. There are no victims, only students.
11. There is no right or wrong, but there are consequences. Moralizing doesn't help. Judgments only hold the patterns in place. Just do your best.



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12. Your answers lie inside you. Children need guidance from others; as we mature, we trust our hearts, where the Laws of Spirit are written. You know more than you have heard or read or been told. All you need to do is to look, listen, and trust.
13. You will forget all this.
14. You can remember any time you wish.



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Appendix

Additional Links

These links will provide you with similar and different perspectives to what is presented in this document. Until and unless you have personal experience or Spiritual Guidance, believe in the possibility rather than in the details. The Walk-in concept endows with hope but with no guarantees for regeneration and recovery, spiritual growth, and mission completion.

[What is a Walk-in and what do they do?: www.greatdreams.com/ walkin.htm](http://www.greatdreams.com/walkin.htm)

[WE International \(Walk-in Organization\) :http://www. Walk-ins.com](http://www.Walk-ins.com)

Overshadowing

Jesus of Nazareth and Maitreya the Christ

Text by Peter Liefhebber²⁷

A discussion of the close relationship between Maitreya and Jesus, 2000 years ago at the beginning of the Age of Pisces and today at the beginning of the Age of Aquarius.

Jesus of Nazareth and the Christ are not one and the same person. This is one of the most difficult claims for many Christians to accept in connection with Maitreya, the World Teacher, and it therefore needs some further explanation.

²⁷ Peter Liefhebber is the Dutch chief editor of Share International and a veteran journalist with Holland's largest daily newspaper. Reprinted with the kind permission of **Share International Magazine**.



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In fact, the title Christ does not refer to an individual at all. It is the name of a function in the Hierarchy of Masters of Wisdom, that group of advanced beings who guide the evolution of humanity from behind the scenes. Whoever stands at the head of this Hierarchy automatically becomes the World Teacher, known in the East as the Bodhisattva, during the term of His office. Maitreya, who embodies the energy we call the Christ Principle, has held that office for over two millennia, and in Palestine He manifested Himself as the Christ to inaugurate the Age of Pisces, then beginning.

The method He used is called spiritual overshadowing, that is, His consciousness informed and guided the actions and teachings of His disciple Jesus. It was, therefore, the consciousness of the Christ, Maitreya, which was seen and experienced by those around Jesus.

In reality Jesus was a fourth-degree initiate and one of the older disciples of the Masters of Wisdom. He appeared before in biblical times as Joshua, the son of Nun, then as Isaiah, and again as Joshua in the book of Zachariah. In Palestine he made the great sacrifice of allowing himself to be used by Maitreya to fulfill His mission during the three years following the baptism in the River Jordan.

During his life, Jesus also symbolically enacted the five initiations which lead one to Mastership. The experience on the cross was the enactment of the 4th initiation for Jesus (his birth, the baptism, and the transfiguration on the mount symbolize the first three), while at the same time Maitreya underwent a higher initiation.

The events from Jesus' life and his words have been greatly misinterpreted due to this little-understood connection between his work and that of Maitreya the Christ. This has given rise to the age-old theological point of contention - namely, whether Jesus was God or man, or perhaps both together. The answer is that Jesus was a man who, as a result of the process of evolution, became a Son of God - as does everyone eventually. Others had gone before him on that path and many have taken it since.

Christians who are of the opinion that it is not given to anyone to try and emulate Jesus' accomplishment (who, as far as they are concerned, is God or, at least, His only Son) are contradicted by his own words:

Become perfect even as the Father in Heaven is perfect. and Greater things than I have done shall you do. Jesus' death was the fulfillment of the task for that life, and it was Maitreya who resurrected the body from the tomb (as a symbol for the 5th initiation, just as the ascension was symbolic of the 6th initiation).

This presentation of ancient occult knowledge in symbolic form is one of the methods which the Spiritual Hierarchy uses to teach humanity, and to convey knowledge to those who have ears to



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hear and eyes to see. In the lives of the Buddha, Mithra and Krishna, similar symbolic events can also be found. The famed labors of Hercules, too, are nothing less than part of the initiation process expressed in symbolic form.

The disciple Jesus of 2,000 years ago has by now become one of the most senior Masters in the Hierarchy: the Master Jesus. He reached His state of perfection in the course of His next life as Apollonius of Tyana. Many of those who followed Him during His life as Jesus were still alive during this subsequent incarnation - and many of them became convinced that Jesus had reappeared in their midst. It was Apollonius who undertook a journey to India which became the basis for the story, which many believe, that Jesus did not die on the cross but went to India and died in Kashmir, having lived to a venerable old age.

The Master Jesus has been incarnate in a Syrian body for about 640 years. He is described in *Initiation, Human and Solar* by Alice A. Bailey as follows: He is rather a martial figure, a disciplinarian and a man of iron rule and will. He is tall and spare with rather a long thin face, black hair, pale complexion, and piercing blue eyes. In the Hierarchy He is described as the Great Leader, the General and the Wise Executive. No one is so closely in touch with the people who stand for all that is best in the Christian teachings and no-one is so well aware of the needs of the present moment.

During most of this time He has lived mainly in Palestine. Since 1984, however, He has lived in Rome. The intention is that He will try to raise the Christian churches out of their state of crystallization and rivalry and, if invited to do so, to lead a newly united church. By doing so He hopes to resolve the many contradictions and misunderstandings which have arisen during the course of the centuries about His historic role and the teachings which He then disseminated as a vehicle for Maitreya. With the emergence of Maitreya, the Master Jesus is playing a major role for the second time, as also are the Apostles Peter and John.

Two thousand years ago they were third-degree initiates; now they have been entrusted with a significant aspect of completing the Plan as the Master Morya, and the Master who will succeed Maitreya as the Christ during the next era (in about 2,500 years), Koot Hoomi. This open collaboration, which will be visible to all, will end any lingering doubts concerning the true relationship between Maitreya the Christ and His disciple, the Master Jesus.

Thus the seemingly paradoxical claim that Jesus and the Christ are not the same person, in the literal sense of the word, is more reasonable than it would appear. Those Christians who find it difficult to accept that 'their' teacher is not the highest leader of all humanity may, however, take solace in a second paradox: Jesus and Maitreya the Christ were (and are) one, in the sense that They, each on His own level, work together in perfect concord to further the Divine Plan.