



Eos, Goddess of Dawn;  
With Pegasus, her mount.  
Symbolizing Dawn of  
New Age Coming...

**Bruce M. Forrester Jr**  
**Wisdom Quest Group**

PO Box 55  
Bellbrook, Ohio 45305  
(937) 429-3847  
Meeting Location at:

**Antioch University (Midwest)**  
**900 Dayton Street • Yellow Springs, Ohio 45387**  
Multi-Purpose Room ( #C118)  
Third Thursdays: 7--9pm  
[skywatch@zephyrtechnology.com](mailto:skywatch@zephyrtechnology.com)  
[http://zephyrtechnology.com/html/wisdom\\_quest\\_group.HTM](http://zephyrtechnology.com/html/wisdom_quest_group.HTM)

**Mission Statement:**

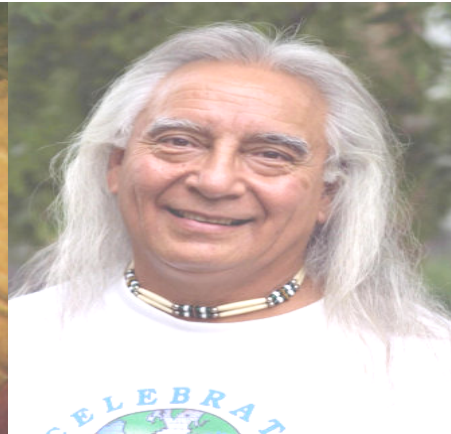
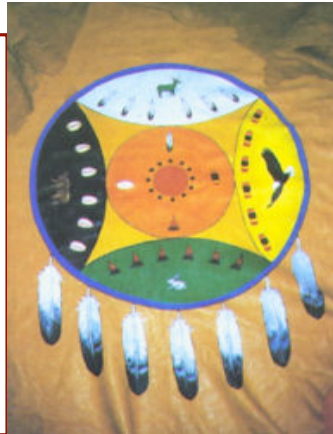
*In these Late Days before the New Age breaks in upon us:  
We strive to prepare by embracing traditions Sacred to our Miami Valley:  
Along the path first blazed by Tecumseh; and furthered by many...  
Traditions of Love, Work and Knowledge; The Quest for Wisdom.*

Thursday, July 21, 2011  
Wisdom Quest Community  
Yellow Springs, Ohio

Greetings again for our "Summer Meeting" Thursday, July 21 at 7pm at Antioch University Midwest

**Speaker!**  
***Rainbow Eagle***

**"International UFO  
Congress: Part  
Two"**



**Flying Saucers Number Four...**

**But not to worry: We'll get back to some good old healing soon enough:  
Got coming up:**

***Dreams and The Dreamer***

On Thursday, September 22, 2011 **Megan Mast** will speak at Antioch Midwest. Megan has been consciously working with her dreams since 1992. Dreams are a doorway to guidance and to connect with Spirit; which has trained Megan through her dream state. Megan's focus is to help others with this connection and also to provide wholeness. Megan is a Reiki Master and Ordained through The Church of Radiant Lights. Megan Mast; Phone: (614) 761-9374 Email Address: [meganmast@hotmail.com](mailto:meganmast@hotmail.com)

- And if you been dreaming about Flying Saucers... Boy! The plot thickens... Dreaming or should we say "Lucid Dreaming" Wow! Here is how it works...

*Adapted From: "Brain Frequency and Beats Blogspot.com"*

***The Joys of Lucid Dreaming***

## **What is Lucid Dreaming?**

Lucid Dreaming is realizing you are dreaming as you dream. When you reach the Lucid Dreaming state, you will be able to control your dreams and experience anything you wish. When you are lucid dreaming, your subconscious mind is very susceptible to suggestion, so you can consciously impress your desires upon your unconscious mind. You will carry these with you into your waking life. This will give your affirmations a great deal more power.

## ***Do As You Please***

Once you become lucid in a dream, you can do as you please -- the dream world is at your fingertips! Whether this means flying around like Superman, engaging in wild sex with a celebrity of your choice, or even harnessing your ability to get over a fear or improve a certain aspect of yourself.

## ***Brainwave Frequencies and Lucid Dreams***

Anyone can have a lucid dream. Unless you're one of those extremely lucky individuals who experience them naturally, anyone can learn to induce a lucid dream with enough practice. Although there are many ways of achieving this state, an external source of the desired brainwave frequency greatly facilitates implementation of the desired outcome.

## ***Frequencies***

There are many different frequencies capable of being produced by a first generation device such as the binaural beat generator, originally known as "Hemi-synch" first manufactured by Robert Monroe in the fertile decade of 1960s. This device used dissimilar audio tones to generate a third or payload frequency which was the difference between the original two. Thus 8 Hz could be achieved by 12 Hz paired with 4 Hz. (through the use of High End Headphones).

## ***Delta Waves***

Then, how will an external device function as "training wheels" for the Human Mind? Binaural Beat devices such as the Hemi-Synch used two separate sounds to produce a third "payload" ELF Signal (Extremely Low Frequency or Brainwave Frequency). The third sound or payload ELF Signal remained somewhat intangible or imaginary as it's partially created by the Human Mind.

## ***The Key***

The key to Lucid Dreaming is going through the Delta (which causes dreamless sleep) then up through Theta (which will cause a Dream state), but instead of reaching the full Alpha state (that will make you wake up), dip back into Theta before you awake. Your subconscious will awake, but your conscious mind will stay asleep as you go back into the dreaming state. Your subconscious will think you are awake, but then realize you are still dreaming.

## ***Brain Entrainment***

Lucid dreaming is achieved when the brain adopts or entrains toward a Delta state, followed by a Theta state, followed (briefly) by an Alpha state, then quickly back into the Theta state. In other words: Do what it takes to achieve deep sleep (this means go to bed early, Stonewall Jackson style; around 8pm or first hint of darkness). You want deep sleep? (Then Hit the Hay with the Horses at Dusk...) (Hint: Get up early to get some really Deep Sleep: Get up while still some Dark; again Stonewall Jackson style: Get up by the last receding darkness before Dawn and then be fully going as Morning appears. That way you can more effectively go to Bed early; real Early and just conk out.

## ***Deliciously Deep***

After some deliciously deep sleep; followed by dreaming, followed by brief consciousness, then back into the dream where, if everything goes to plan, you are now very much aware of the fact you are dreaming and able to exert an influence upon the proceedings. Lets say that you start in the Deep Sleep Delta State. Once Delta is reached, your brain frequencies rise to the Theta Frequencies where Dreaming begins. If your brain frequencies continue to rise, you will progress to Alpha. When you reach Alpha, you will be awake; and that's not where you want to be for Lucid Dreaming. So get back down into Theta and stay there.

# Synopsis of Rainbow Eagle's Presentation on June 23, 2011

Report from the International UFO Congress and Film Festival in Phoenix Arizona

<http://ufocongress.com/2011-ufo-congress-update/>

- "Let's turn down the volume on the "Fear Factor". Easier said than done, when a most normal reaction is to wet your pants.
- It's not the End of the World; things just are gonna be a little different.
- The deal could go down quickly! Remember the Fall of Communism and the Berlin Wall coming down back in 1989-1991? Those events sure caught NATO and American Intelligence Spooks by surprise... Took the NeoCons for Israel ten years to concoct 9/11 to end the Peace and Prosperity of Bill Clinton in order to get us back into a permanent state of War. ("Project for The New American Century" ---> "Rebuilding America's Defenses" published September 2000; get it? September 11, 2001 ; hmmm: the fix was in; "An Inside Job")

- ***Stan Friedman***

While once upon a time Stan Friedman had a Masters Degree in Nuclear Physics and worked as a technician for TRW Corporation; he self qualified himself by tirelessly lecturing on Flying Saucers to many Universities. Stan Friedman always proclaims about how he be a "Nuclear Physicist"; in order to gain acceptance and credibility; but in reality Stan Friedman only gained credence by his work and research in his chosen profession: Flying Saucers... (Not Nuclear Physics) Well Done Stan Friedman!



- ***George Filer***

"Filer's Files" comes out every week and leads the league in updated UFO Reporting.

<http://www.nationalufocenter.com/artman/publish/filersfiles.php>

Amazing really, in this Internet Age, we have real time updates on Flying Saucer activity in and around Earth. Go ahead and follow the link; and then bookmark same.



Photo taken August 4, 2009, of partially materialized UFO near Zavenbergen, Holland. Published on *Filer's Files* June 29, 2011. Note this Flying Saucer was caught in the act of partial "Materialization". Often described, rarely documented; this performance characteristic suggests "Interdimensionality"; which concept usually evokes ANGER! from "Engineer Types" who pontifically proclaim "Impossible" because they don't understand...

- Richard Dolan: UFO Historian; Working well ploughed ground about U.S. Government Secrecy and Cover-ups. <http://www.youtube.com/watch?v=-qOiL3mRFX8>  
Dr Steven Greer; M.D. Put together the first "Disclosure Conference" way back in 2001. Like the ideas of Rep. Ron Paul (R. Texas), Steven Greer just won't go away... <http://www.disclosureproject.org/>
- *Most Recent: From London England; June 2011*  
<http://www.youtube.com/watch?v=I0bapmNtKJM> Well Boys: This Flying Saucer thing supercedes all else...  
*(Turn and Face The Strange)*



**FEAR NOT:** In Spite of consternation to events now overtaking our Home Planet; We already have achieved Immortality in the Real World, provided we did not choose to terminate the Life our Creator gave graciously to us...

Sincerely,  
Bruce M. Forrester Jr  
Wisdom Quest

*Love Offering \$5- Don't be shy about putting some hefty cash into the "Love Basket". You want Abundance? Then act like you got it already...*