



Memories of
MU

by Gale Albury



Dedicated to
Stephen

Special Thanks to Rachel, Joelle and Steve
for their artistic contributions.

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A Remembered Fantasy

The storm
of winter's quiet retreat
rages within the hearts and minds
of all who listen
with an Earth bent ear.

As we walk through the veil
of the moonlight's fullness,
the angel realm
waiting expectantly
on the other side,
the Earth's heart will skip a beat
in joyful anticipation
and we will move
into
the land of light.

Soon,
soon,
so soon
the moments drip like molasses
in a winter's quiet retreat.



I remember the land, shining under a golden sun; ethereal in nature, crystals forming pathways to places that barely exist to a human eye, but we were not human then. It was a land of light and showers of sounds caressing the soul as the soul nourished the heart. We played within this enchantment for eons before stepping foot outside of paradise.

We were star seed beings, beings of light in the first throes of incarnation. Our bodies, formed from the beams of our starselves, directed to Mother Earth were shining globes of light.

The plants, animals, crystals, water, land, all much more materialized than us, also had a voice within this co-creation. All had a source star determining what to manifest within the Earth realm.

All was light, a tapestry of intelligence woven by star beings desirous of co-creating a material realm to experience. At the time we did not know how beautiful and perfect it all was. Perhaps we needed to delve into imperfection to understand the true nature of perfection.



I wandered through beautiful forests. I drifted through massive oak-like trees, listening as they sang their deep wonderful harmonies. They were much more solid, much more incarnate, sinking their roots deeply into the Earth to absorb her goodness while reaching their leaves high into the sky to capture the light of our golden sun. They were giants among us; beings fully aware of Mother Earth's need for them and totally merging their energies into her realm. They freely gave their all to be one with Earth. I was a shimmer of blue light, not quite as committed as the trees. Sometimes one would pull my light into it. I would feel myself encased within its trunk. My light merged with the surging sap, the cool roots embedded deep within the soil and the sun drenched leaves. The gentle sway of the winds sang to my glorious host. The expe-

rience made me sing with joy. When released I floated on, drifting in exuberance; waiting expectantly for my next encounter.



I can still feel myself soaring on an ocean breeze, only inches above the water. Ocean spray tickled my translucent form. I followed the currents for hours watching the dolphins as they traveled just below the surface. They swam in massive numbers, together, as one body, traveling the ocean's expanse. When the currents changed I allowed my little blue light to drift back to the shoreline where I skimmed the sands and rocks, feeling the warm heat of the sun or the cool misty dampness of the fogs.

Even though I had no body I had sensations of touch, taste, sound, smell, and sight. The sensations permeated my entire being, sometimes overcoming me and spilling out around me.





A light field of consciousness can form into any shape it wishes and so we formed ourselves into some interesting shapes; geometric shapes, colors, clouds, all experiments in play. We also merged with each other and everything around us experiencing what it was like to be a rock, a flower, a cloud, or an ocean wave.

Days and nights blended together into endless eternity as we drank the sweet nectars of flower songs and basked in the cool white effervescence of moonlight.

Time did not exist for us. We drifted, carried by our emotions and by the lives of the plants and animals, rocks and clouds, moved by the currents of the Earth in an ecstatic dance of revelation and love.

How sweet and endless life was for us. We merged together, we moved apart. We sang and danced and nurtured the Garden with our life-force which was all we had to

give.

We gave to the Earth and the Earth gave back to us. We breathed with the Earth. The breath became music and the music enchantment. The first sounds of blended lights filled our consciousness like searing rainbow shafts. It was exciting and wildly new, as breeze songs drifting on the tops of trees.



We watched those that had materialized more fully before us; the plants and animals, co-creating more and more of the material clothing of Earth, and we wanted to do this too! No longer content to merge our light with others, to share in their experiences; we wanted to create our own material experiences, and so we slowly walked through the veil, from the realm of light and into the realm of the material world.



Songs of a wind swept past haunt my distant memories as old relatives of an early childhood haunt late night dreams. Memories of mergings with animals, plants, oceans, and clouds; of mergings with others like myself, exchanging sparks of experience within whirls of tenderness; passions and purposes filling the encounters.

I remember riding on the shoulders of a hawk, feeling the powerful wings pump the air currents and smelling the musky feathers. I felt anticipation through the muscles of the bird as it pursued its prey. Below I saw a verdant green world with tapestries of color and fragrant flowers and bushes. I sensed the joy of existence as the hawk glided through the blue canopy that covered this beautiful Garden.

In the woods we met at night under a full moon. Holding each other we circled, flowing in a dance and song, moving faster and faster, as all of our lights blended together into one circle of light, and all of our sounds merged together into one powerful sound.

The trees embraced us with their energy. The soft moonlight enhanced our movements. The winds whispered their thoughts in our ears, and all life within the forest watched and listened in glee.

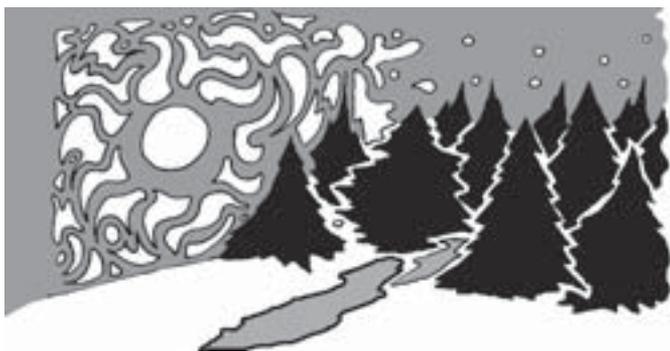




We were a combination of male and female energy. We nurtured with female energy and procreated with male energy. When we danced with each other, we played with these energies in many configurations, experiences of love and joy, each unique unto itself. What revelations we had when we danced together!

All life vibrates. The constant vibration of light is the continual shifting balance between the male and female sides of the energy. The duality of light nature is the foundation of creation.

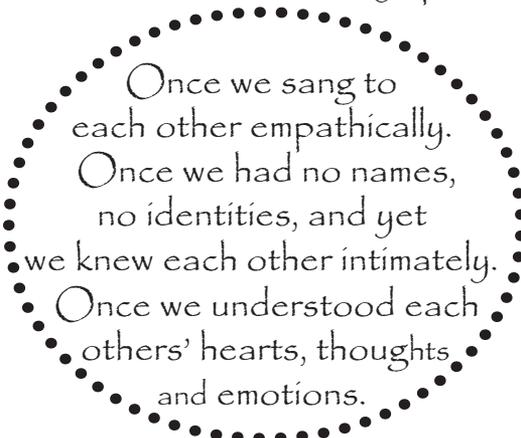
Floating over a lovely garden of flowers one day, I noticed a light being glowing red and pulsing out a golden shower of light. As I moved closer to this being I felt a magnetic pull. Soon I was merged within this golden red being. Static electric charges filled our combined fields. The charges sent shocks of awareness through our joined consciousness' as we shared the experience of two and of one within this encounter.



Silence was never a factor within our Garden of MU. Though we spoke no external language, we emitted vibrations in the form of tones and colors. We were all interconnected to the universal mind and we were able to telepathically communicate with all things at will; able to communicate with the universal mind at all times. The conversation was continual; ever-present. Yet we used the ability only when pursuing our own experiences, never interfering with another being's pursuits. Privacy was therefore not an issue or a compromise. We each reveled in our individual experiences and identities and did not have the desire to intercede in another's thoughts uninvited.

When merging thoughts together, the shared collective consciousness was always unique and exciting. Individual experiences such as taste, touch, smell, sight, and sound,

became collectively experienced and the expanded awareness was always profound.



Once we sang to
each other empathically.
Once we had no names,
no identities, and yet
we knew each other intimately.
Once we understood each
others' hearts, thoughts
and emotions.

Identity was not important to us back then. We were individual; autonomous. We worked singularly and together. Our awareness' were at times singular and at times collective. All experiences were revelations. We reveled in the sights, sounds, and smells of Earth. She filled our senses to overflowing and we beamed in our happiness.

So, identity being so unimportant, we focused our attention all around us, watching carefully to see where and when our energies were needed. Our experience came from the end results of the energy influences around us. We lived to enhance the life of Mother Earth.

Crystals! We grew fond of inhabiting crystals with our colors. The crystals bounced and refracted our individual energies intensifying our fields. We sat within our crystals looking through each prism into the Garden of MU. We watched a kaleidoscope of colors and visions. It was then that we decided we wanted our own bodies, crystalline in nature, to house and refract our light and more fully interact with Mother Earth. And so we designed and formed the human body.

We set out to co-create with the Creative force a perfect crystalline DNA within the human form. We divided the body into male and female. The bodies did not age as the DNA was crystalline. The breakdown of the DNA pattern came much later.



Our bodies were less limited than they are now, able to focus as crystals do the power of our light through them, to perform tasks most of us only dream about now. Still, there were limitations, as the body was part of Mother Earth. So we would leave the body during sleep states and travel to

places it could not go. We still do! Many do not remember their travels now, but back then we all remembered everything. The body clothing gave us more acute and finite sensations that reverberated experiences longer. Our five senses within the mind of the human clothing allowed us to feel great combinations of experiences. For instance, the act of smelling a flower took on greater proportions. Not only did the energy fields of the soul and the flower merge, but the human mind registered the sight, sound, smell, touch and taste within the human body, for a deeper feeling of the experience, as it resonated slowly through the entire body.

How joyful the first breath of air into new lungs was; the first gulp of clear, cool water, or the first taste of a fresh berry picked from a vine . The howls of wolves still haunt my dreams. The songs of the birds, the warm sunlight on my shoulders, the cry of a newborn baby sing loudly in my soul.

The dilemma of incarnating came gradually. Incarnation changed our awareness so dramatically that we all wanted to incarnate at once! Of course, Mother Earth

was too small for that to be possible. If we wanted to reproduce more bodies for more of us to incarnate, then we could not all remain in the bodies we inhabited. Something had to be done to our perfect DNA so that it would not keep the body functioning indefinitely. We decided to break down the code introducing death nature into the body. Other life forms had done this enabling souls to incarnate and then leave, allowing others to incarnate in newly formed bodies. The experiences of birth and death were profound to all souls, something cherished and remembered within their hearts. Yet death nature also brought a sense of urgency to the incarnated soul, a sense of time, and ultimately a sense of fear. And so we entered into our second Earth, still within the Garden of MU, an alchemical switch from gold to silver as fear established its roots. Was it wrong to incarnate into a physical body my mind asks now. My soul answers, "There is no such thing as right and wrong, only experiences."





We began to experience death in our now finite bodies as we also now experienced birth. Dying was a gentle breathing out, as we stepped from our aging human clothing; and birth was just as gentle, a breathing in as we entered a new human body. We were fully sentient, remembering all lives (incarnations) as one continual life. Yet we did not want to die... to leave one life for another, and so we sought the means to keep the body alive beyond the long years it was capable of existing.



We formed geometric buildings, and using crystal power and sound, were able to shift the vibrational fields around the human body to cleanse it of all disease and reduce the effects of aging. We were very happy with our accomplishment of extending our longevity. Sunrise to sunset we would work within our collective consciousness, creating new concepts to manipulate the human body, all in the hopes of prolonging life, all in direct opposition to our original plans for mortality.



Remembering came much later in the markings of the souls' movement within Mother Earth. In the second, silver Earth we still played within the Garden, working with the geometric structures and enhancing our own abilities with crystals to increase the endurance of the human body and to counteract the decaying DNA code our ancestors had programmed into it. All of this we did while forgetting that we were our ancestors, for as the DNA faltered, our full sentience failed. We were loosing our connection to oneness. Again I ask, "Was this a mistake?" Again my soul answers. "There are no mistakes." And so time moved on, for now we realized time; urgency within the sublime movement of the All. We had changed. Death nature now became our taskmaster as fear slowly started to dominate the human mind and still the quiet voice of the soul. Survival became. We learned to prepare for our continuing needs; to think in advance. Where once we floated carelessly through endless nights, drifting on honeysuckle breezes, now we toiled through sunbaked

days, stockpiling stored sunlight within half dead grains and fruits to appease the endless needs of the body of fear. Our memories of eternity became dim as we replaced them with other thoughts to quiet our overwhelming fears.

At this point within the Garden of MU there was a division among the people. Some, perceiving the driving fear we were collectively experiencing, sought to find solutions, while others forged ahead in their fears, desiring power over others in an attempt to regain power over themselves. And so division was formed. The human collective experienced its first separation into chaos. Those choosing to stay within the consciousness of the Garden worked earnestly to regain and retain the old ways, seeking to preserve such knowledge within crystals until humanity was once again united and ready to pursue the path of oneness. Those who moved into the games of power started restructuring the colonies we lived in, filling freedom with laws, and harmony with chaos. The split was near.



Remembering the light body, I find it difficult to express all the thoughts it held, for there was more to our understanding back then. A thought encompassed all of the senses, the emotional feelings, the collective consciousness, the memories, merges, and Earth's awareness. In the light body we moved freely within the light field. All thoughts, feelings, and emotions permeated the light field as ripples upon water. Our bubbles of light consciousness were continually being caressed by these ripples, permeated by these light vibrations. We each individually directed our awareness and determined how affected we were by the ripples. Human clothing shielded much of this vibrational energy as the body was thick and slower to vibrate, so, as a heavy winter coat, it shielded us from many of the higher vibrations. Our third eye within the center of the forehead allowed these energies to enter, but only in small amounts. It was a window to the cosmic ocean. Still, our auric fields extended beyond the boundaries of our human clothing and we were able to feel with these fields. Yet the full permeation of the vibrations was lost once we put human clothing on. It was a sacrifice, but we felt the

sacrifice was worth the experiences.



When the sun sets on a day there is a thinning for awhile, an opening. A glowing light shines over the land and the spirit realm is half visible to the human eye. It was this light that shined in the Garden of MU.

I remember sitting in human clothing under a beautiful fruit tree. It spoke gently to me of its desire to live a long life and experience the Earth's development. It promised to bear fruit for all life forms. It laughed merrily when I mentioned all of the birds and animals living on it. I leaned against it and felt its strength seeping in through my back. I turned and hugged it and a small fruit fell next to me. It was a wonderful gift. I never wanted to leave the trees, the woods, but of course as time wore on I forgot my memories of my friend.



In our nightly travels out of body we rediscovered island continents across the sea, landscapes we had not inhabited since we were light beings. As the division in consciousness within humanity was becoming more dramatic, many of us wanted a less garden formed society. We formed a more governed structure than the old ways provided. More buildings were made to play in, more crystal energy utilized, and a division of the work force was forming. Elitism was dawning within our degenerating DNA.

A new place where we could develop our Society excited and empowered us. We discussed how to move our human forms from MU over the large sea to the new island continents during the day, while at night we all took flight in our dreams to the lands we had inhabited before human clothing, to what would someday be call Atlantis.

They all helped us in our desire to travel. Our technology and our partial connection with the universal mind helped us to create vehicles to travel over the great ocean. Our first vehicles were energy

bubbles made by crystals. With crystal technology we were able to reverse gravity fields, creating energy bubbles powerful enough to hold our human bodies and, propelled by thought focused through the crystals, our bubble crafts moved in the air or in the ocean towards our destinations.



We also created boats which would float, made of amalgamated minerals, feather light, and again powered with crystal technology.

And so we started our treks, our explorations into a new society, a split from the old ways, the light ways.

Ultimately only a fourth of us remained in the Garden of MU. All the rest anxiously left for the new Society, the third Earth.





“Tired from a day of exhausting crystal hunting, (we moved the land with our minds in search of crystals), we returned to our abodes. Were the crystals once sentient? Were they once friends? They appeared to be hiding from us in the depths of the Earth. The Gardeners told us all life is sentient, and all is life, but we of the new Earth way did not believe this. We had reached an understanding of our superiority, our dominion over the Earth. The Earth was here for our use. All upon Earth was here for our use. When we established our Society on these distant island continents, we would form such a civilization as would be remembered throughout time!”

This is the way we thought, those of us who had lost more of our connection to oneness, those of us who had lost the memories. The emptiness inside was oppressive,

so we sought to fill the lost connection to the oneness with our own thoughts, ideas, aspirations, philosophies, ideologies, and theologies; fragmented memories all. We sought power over the land, over the animals, and over each other. We had totally lost our connection with the voice of Earth, and with our oneness. We had become Individuals.

In the meantime, back in the Garden of MU, the Gardeners were scrambling to undue all that their Atlantean brothers and sisters were doing. Overuse of crystal power was seriously disturbing the body of Earth, causing fault shifts, volcanic activity and increasing earthquakes. Animal realms, once friendly and loving, drew away in fear of the very smell of humanity. Natural orders of plant life, which worked symbiotically within the Earth, were being replaced by hybrid crops, which produced large quantities of food with little nutritional value while destroying the symbiotic life of Earth. As the natural balance continued to be upset in Atlantis and her sister continent RA, the effects of such unwise tampering were eventually felt as far away as the Garden. To counterbalance the effects of such mistakes

the Gardeners enhanced the survival abilities of the natural species of plants and animals, and continually relocated them to different parts of Earth. Aided by light cousins which never incarnated in human form, the Gardeners made great steps toward rebalancing, until the Atlanteans prevented them from coming to the new lands. They were seen as meddlesome and interfering. Still, they encouraged a conference of scientists to meet regularly with key Gardeners, in the hopes of guiding the Atlantean scientists in wise Earth choices.

Free labor was greatly sought after. The scientists decided to tamper with human DNA to create a slave race. By unraveling a little more of the strand of light, the Atlanteans produced humans with lower intellects. These humans were easy to control and direct by the Atlanteans. They were very content to do repetitive tasks. This allowed the Atlanteans more time to control other realms within the Earth. The Gardeners could not convince the Atlanteans of how dangerous such tampering could be.



Then the Atlantean scientists, in their efforts to create a stronger work force of slave labor, added animal DNA to the slave race. These beings were erratic in their behavior, uncontrollable. Though some escaped their captors most were finally destroyed.

As time continued, the altered DNA of the slave race presented another problem. If allowed to propagate on their own, the progeny of the slaves became weaker and more mentally unstable. It was therefore necessary to utilize Atlantean DNA in the reproduction of slaves. A dilemma in parenthood arose as slave children were born of half Atlantean heritage. Atlanteans, torn by their love for their slave children, brought them out of their slavery and into their homes and lives. It was the next dramatic change in DNA.



The wars began. RA, our sister country further east, in conflict with our beliefs, began a systematic attack on our philosophies. In response, our attacks were

more aggressive, preventing transportation from Atlantis or MU traveling to RA. This caused feelings of hostility that the Atlanteans had never experienced before. Trade wars left an energy so distinguishable in the surrounding lands and seas that it affected every living thing. The larger sea creatures became more aggressive. This forced the Atlanteans to exert more physical control over their environment, control exerted by large electromagnetic fields generated by crystal energy. These fields affected the minds and bodies of the creatures from the sea, driving them back into deep waters. It also affected the large plates that held the continent of Atlantis and many other continents in place. Earth rumblings were heard continually. The Gardeners from MU implored us to stop using the technology but to no avail. And then the land moved.



The first sinking was more of a splitting as three major plates spread apart. All of course, was induced by overuse of the electromagnetic fields the Atlanteans had created. Many people had migrated to un-

inhabited lands previous to this splitting, but still, millions were lost in the floods. Our cities of magnificent geometric proportions sunk to the bottom of the oceans where they remain buried to this day. Giant stone paved walkways and highways are still visible amidst the drifting ocean sands, corral beds and seaweed. Those of us that remained, crowded onto the three remaining islands of Atlantis or moved to distant new lands. Much of our crystal technology was lost in the first sinking and that which remained was placed in the hands of a newly formed group of priests, pledged with their very lives to guard the lives of the Atlanteans and preserve their safety.



As the order reigned over the powerful crystals and their use, rivalry arose between the men and women of this order. Gone were the days of collective thinking. Gone were the days of balanced decisions. Even the balancing of male and female energies within the body became more and more difficult, giving way to floods of hormonal rushes. These chemical shifts left the mind influenced by raw emotions. New perceptions of reality appeared, triggered by

an unbalanced mind. Those of us aware of the shifts sought to stabilize them, regaining the balance through meditative practices which focused the mind on the memories of our ancient past. We were seeking to once again tap into the collective consciousness.

And so it went on and on, a continuing movement as each new generation of Atlanteans manifested further decay of the DNA light code we as star seed had harmonized so meticulously to create. It took less than three generations for most of humanity to degenerate to a consciousness concerned primarily with survival and power to assure that survival.



In the meantime, on the island of MU, the Gardeners were experiencing their own degeneration. Though they retained most of the memories of their star seed selves, their connection to the Earth and the animals was starting to diminish. Their internal timing with the heartbeat of Earth was disrupted by their failing DNA. Earth was also experiencing her own change in consciousness, caused from the excessive en-

ergy uses of Atlantis and RA. Land masses in MU shook. Animals fled. Trees fell. Floods and droughts took their toll on plants and animals alike and the Gardeners scrambled to save as much as they could. It was finally decided that in order to preserve plant and animal species, it was necessary to transport some of the species to new lands to the west and east of MU, and so small migrations of Gardeners began to settle distant lands. They sought protected areas to establish themselves; islands, mountains, any areas they felt would be hidden from their brothers and sisters of Atlantis and RA.

And so they rebuilt their gardens, their homes, their lives, still seeking to live as one with their Earth, and one with each other. And then the Earth changed again.



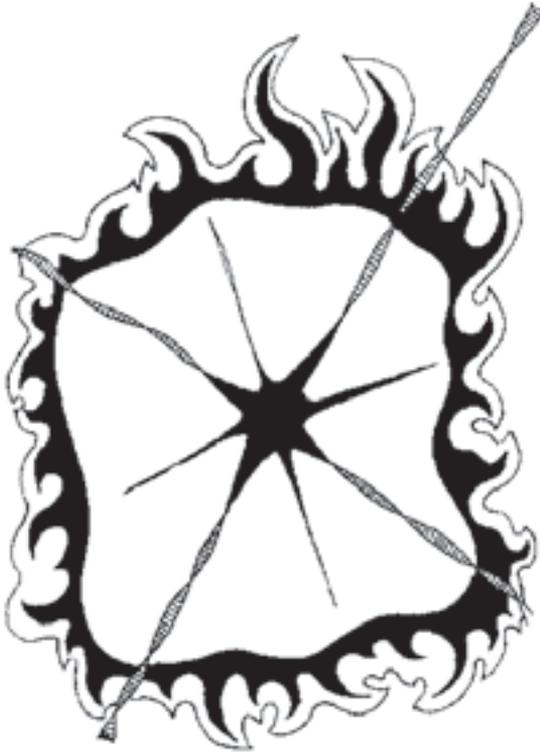
In my dreams I remember the final sinkings, brought on by a series of massive earthquakes. The last three island continents of Atlantis buckled and heaved under the tremendous strain of the shifting

plates and then quickly submerged in turbulent ocean waves. Those who could not or would not escape to boats or bubble crafts stood or sat on hills and rooftops as the ocean covered the lands. All of our crystals, all of our mistakes, sank with us to remain hidden under the quickly shifting sands of the ocean floor. As Atlantis sank, the aftershock shook MU. Plates slipped again, and the beautiful Garden sank quietly into the ocean depths, where it remains to this day.

RA continued for only a short time after, to be split in two by massive earthquakes, and then to be partly submerged by rising waters.

Refugees moved to new lands with their pieces of broken knowledge. Settling here and there, they built their pyramids of stone, wood or earth, hoping to someday harvest again the massive crystals that once yielded such great power. But Earth hid her crystals deep within her flesh and the pyramids lay quiet and dormant. The Atlantean age, the Lemurian Age, and the age of RA were rapidly drawing to an end.

The crystals of the Atlantean pyramids were hidden by a few priests and priestesses that managed to escape the sinking islands. For many years their descendants guarded these giant crystals to insure that humans would not again misuse their great strength. Finally, humans forgot about the crystals. All but a few are lost to this day, lost until humans can once again hear their voices singing.





Within all the lifetimes,
the memories still remain;
secure within
the strands of our light code.

Shall we once again be
the Gardeners?

Once these truths are remembered
the DNA will mend
and the body will shift
into its full potential,

Keepers of the Garden,
Earth Angels.



A
Light
Heart
Afterthought

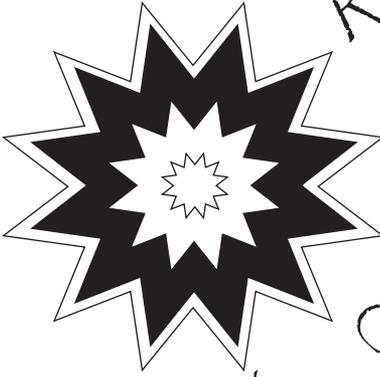
YOU
are a
STAR
BEING



a
BEING
OF
LIGHT

YOU

RADIATE



RAY'S

OF LIGHT

INFINITELY

OUT

CONSCIOUSNESS

EACH
RAY
IS

A TUNNEL OF LIGHT

PERMEATING

INFINITE

VIBRATIONAL LEVELS

WITH
YOUR STAR CONSCIOUSNESS

each

RAY



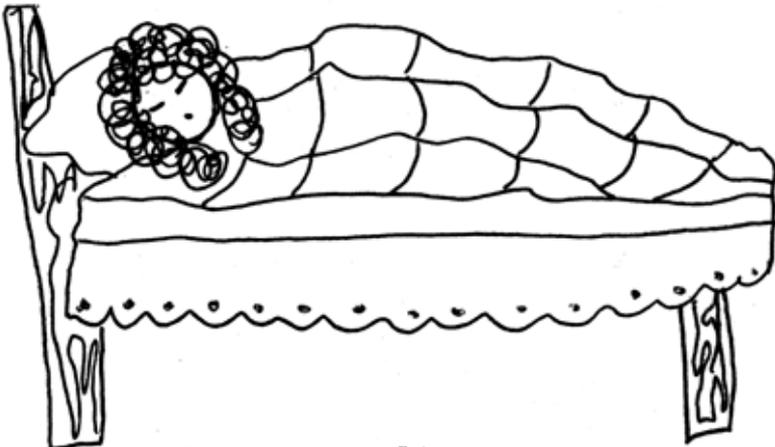
ALLOWS YOUR *STAR SELF* TO
EXPERIENCE INFINITE REALITIES AT

ONCE

When
you sleep your
Human Mind shifts to
receive some of these other
Vibrational Levels experienc-
ing dream glimpses of other
realities your



resides in.



Your STAR SELF

experiences

*all
these
realities*



past
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as

ONE



When you are in your waking state,
your *ray consciousness*
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UNLESS

YOU CONSCIOUSLY

CHANGE



ALPHA

BETA

DELTA

THETA

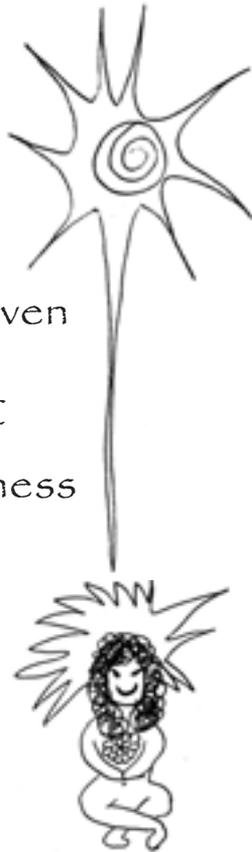
VIBRATIONAL
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This
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within the *vibrational state*
of your human mind,
called an
ALTERED STATE
of CONSCIOUSNESS,
allows you to glimpse

other
levels of reality

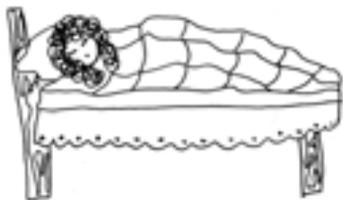
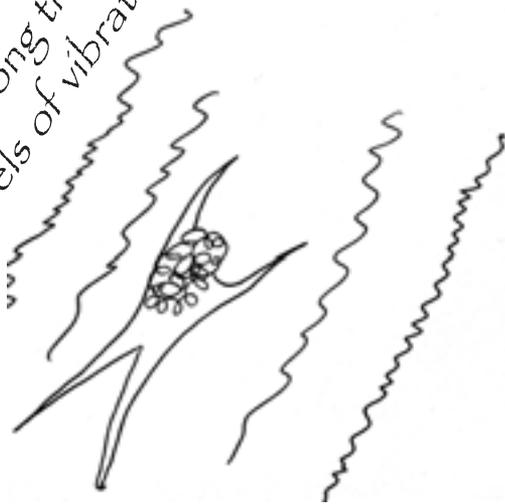


You may even
“travel” up
your ray of
consciousness
to your
star self



experiencing
the light feeling of
Being HOME,
Fully Sentient,
Fully AWAKE

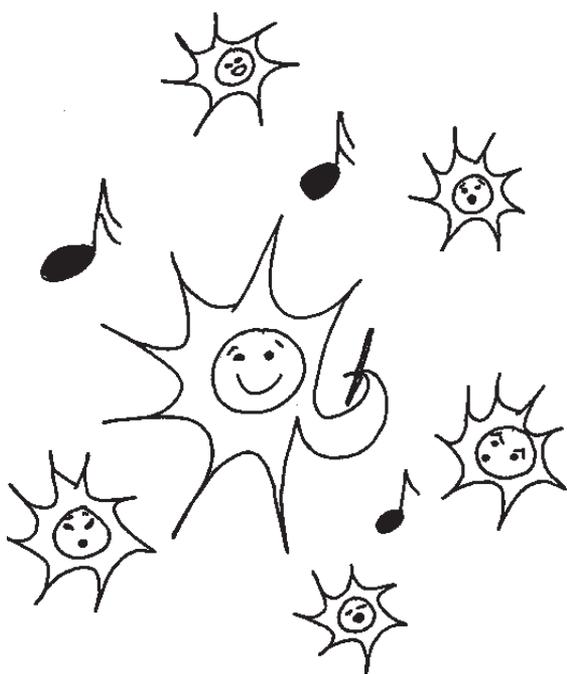
When you sleep and when you die you travel through the light tunnel, your ray of consciousness, to your star self, stopping along the way to experience other levels of vibrational consciousness.



In the meantime



ALL STARS
CONNECT THEIR RAYS,
SINGING
TO THE RYTHM OF
THE CENTRAL SUN,
METATRON.



THIS IS THE
MUSIC OF THE SPHERES!

*and
what
is*

BEYOND
our
Universe,
our
Matrix
of
light?



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