

General Bert on Living in the Third Eye



2024 Compilation

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Introduction

In 2021, four years after his assassination, General Bert, channeled through Dr. Rima, first shared with us his thoughts on *Living Comfortably in the Third Eye*.

“You ask me to teach you how to live in the Third Eye, the way I do, comfortably. **The answer is very simple: feel what you feel and trust what you feel.**”

How to Live Comfortably in the Third Eye - 24 September 2021

Sometimes you will feel into the less likely probability ribbon or something else will get in the way and you will get the ‘wrong answer’ from the point of view of the particular ribbon that you are on at that moment.

But sometimes the thing that tells you that it is right is that your entire body pays attention and gives you signals. There is a huge difference between the rushes of fear or trepidation or caution and the rushes of confirmation which have the valence of joy. You do not need much to know what it is about.

Just a moment of introspection and a moment of honesty.

You could convince yourself using only your head that what I am saying is bull shit. But afterwards, your heart would still be unsettled even though your mind might be fine with it.

This is a matter of the heart springing into action. Make room between thoughts to touch your heart and listen to it. It is so rarely wrong that it should be listened to all the time. But we do not raise children in our schools to make a school decision based on their hearts. We push them further and further from it until eventually, and not too long after the child starts school, the total lack of imagination becomes normative.

We are making robots out of most people, but we are doing it inefficiently because we have trouble being totally cold hearted.

So what it takes to live in the Third Eye is a willingness to float in possibilities and rarely having a full confirmation that someone outside of the situation would agree is an incontrovertible reality that could not have been anything else and is so improbable that, no matter how smart you are, would not have guessed the improbable reality that just happened.

So the answer to the Third Eye is listen, trust and, most of all, feel.

Do not eliminate because of this or that or the other thing. If AN ANSWER COMES UP, LET IT BE THERE. Do not self-censor. We are good at that, but you have to be willing to look foolish and be totally wrong. If you are, you are. It either means that the information was wrong or that it was right but that you wound up on another fractal. And that makes linear minded people incredibly wrong and incredibly right at the same time.

And, here is the kicker, there is absolutely no way to be sure if the information was right or was wrong since every possibility that you can think of and an infinitude of the ones that you cannot think of has already happened on some probability ribbon or other.

Did you get a glimpse of the future, or did you get it wrong? Both. And that is not good for linear thinking to bring in.

I love the perplexity and ambiguity. Yes, the wrong is right and the right is wrong, and both are wrong and both are right because the question is, *which* reality do you get to experience in full and not just as probability minutes?

Trust the Rushes - 20 January 2021

You want to live more comfortably in the Third Eye as you know that I did/do, well, trust the rushes.

You recall that I told you the day we met, nearly 30 years ago now, that my body tells me when I am in the presence of truth. SO does yours. And what I did not add at that time, but which is very true, is that it is not necessary for me (or you) to understand what that truth is or what the reason it has come to me or you is. It is sufficient to know that the truth rushes are about truth and the meaning of that truth may or may not make itself clear. But when you have that sensation, that you have in spades right now, you ARE in the presence of truth. Now, that is interesting in light of the discussion we had yesterday about divergent truth. Since everything is true somewhere and somewhen in some dimension or another, what is the use of a truth rush if everything is somewhere, somehow true? AH! Excellent question, Love.

Truth rushes only work for YOUR truth, for YOUR universe of experience. IF there is a 4 headed green lizard on another planet that eats iron ore for food and claws the earth open for its nourishment, its truth will be substantially different from your truth until you encounter it and then your truths will merge. Right now, they are not merged.

So it will not get its equivalent of truth rushes about the fact that your ring showed up on a shelf where it absolutely could not have been prior to when it showed up.

That is your truth, your universe, is connecting with your need and your read. But if someone else on the planet were to read that information, if they did not have a connection at a deep level, they would probably not respond to it since those rushes are not only truth, I realize now that I should have said, but important truth. Again, the reason that it is important might be revealed or it might not be. You could be part of a nudge and not ever see what happened without the veil of the nudged events. It does not make it any more or less true. But the mechanism of truth rushes is through the pineal gland. Without that, the transducer for consciousness lacks some essential parts. And that is very important.

You have said and written that the reason for fluoridation is to destroy that organ and you are totally right. But there is something else that you need to know. Without it, you cannot transcend ordinary meat reality, 3 D world reality. And if you cannot do that, you have lost a part of your essential humanity, you are no longer fully human. Living in and through this organ, this truth detection capacity, is an essential part of what makes you human, what makes you unable to transcend 'human' and what makes you, in essence, part of the divine, not just a lump of active mud.

So living more fully in the Third Eye, as you call it, is living more fully as a human being and, paradoxically, less fully as a human being trapped in the muddy meat body and more fully as a part of the divine.

And it is a paradox that is only fully understood when it is embraced and experienced.

That is why people who meditate understand their humanity much more profoundly, and treasure their lack of humanity, their connection with the divine, so seriously. They have decoded the information and have, to the extent that their meditation is successful, taken that decoded information into their lives and let it alter them forever.

And that is what you are doing when you are paying attention to the truth rushes. And that is how I knew that I was in the presence of something that I should pay attention to because it was true.

So just listen and believe.

Living in the Third Eye - 23 November 2023

So it is a clear yes and no situation. The trick, of course, is knowing which reality is a yes and which one, mostly fears, not facts, is a no.

That is a level of intuitive discernment that would be lovely to have as clearly as hindsight, wouldn't it be? You value my ability to live comfortably and confidently in the Third Eye, in my intuition. I have always been more analytical and less rational than you in some ways. I trust my inner sense of what is true more than you do and, to tell the truth, most of the time I have done very well with it, but sometimes it has not gone so well and the results have been nothing short of cataclysmic, a word I do not use very often.

For example, Sergeant X at the Y Institute, for the Z Program. That was used to end my career. You and I both know that there were powerful people who wanted me out of the way and I followed my intuition to let him get on the bus to my great detriment and his.

If there had not been such a strong move to get rid of me, of course, that would never have happened, but there was and it did. I was following my instinct and it either betrayed me because it was really either ego or overlay OR we got shoved onto another fractal plane by some other set of forces of which I was unaware.

You know that if that happens, the intuition that you were following or relying on is still correct for the plane that you were on, were getting the signals and information from and processing them into intuition on this plane. But if the bifurcations or nudges have taken you onto another plane or set of planes where the implications, although not the premises, are different, then your intuition becomes polluted, no matter how good you are at listening to it.

There is an infinity of information bits that the intuition is the result of, sort of like photons that obey their own rules and arrive in tremendous numbers. The brain puts them all together through a very complex apparatus that we are totally unaware of. We trust our eyes, we understand what we see. But what if between one blink and the next, we are transported to an environment where all of the photons are in a part of the spectrum which we do not perceive, or if the light source suddenly goes out so that the receptors are still available, but the data is

not? Or what if the photons are streaming in but they are so full of energy that the receptors cannot process them without being blinded? There is still a receptor batch, there is still a range of light inputs, but there is not a good fit between the eye, the brain and the information.

There are a lot more *supposes* in this, where the brain is not functioning for a variety of reasons. BUT the point is not the precise concordance of the examples. The point is that living in the Third Eye is that: it is an eye to perceive what is available and consistent with my ability to process it.

You know that I am fully comfortable with what my body tells me, what my intuition tells me, but you also know that you are, too, but then, after you have the insight or hunch or understanding or whatever it is, you second guess it. You go into examination mode.

You feel the danger, and there most certainly is a very real danger, to spring from the plan to the execution without consideration of the possible consequences.

But that is precisely what following the Third Eye is. Leaping into the abyss. The consequences of humans who use rational examination as often as they can is a positive and useful mixture of the two ways of knowing and deciding. The balance between the ways has to shift.

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And then we create, with Michel, or, should I say, we buy into the model that Michel creates of bifurcations and infinite fractal planes and moving from one to another, from one set of realities to another equally feasible but changing not only events, but the intuitive realities that can be accessed within those bifurcated fractal planes.

And that is, you must admit, a highly challenging reality to work with, especially for someone who must know, or who has been certain that they must know, objective, impersonal, intelligence, safe and secure reality to know that she is not dealing with madness.

Creativity, inspiration, fine. But madness, no.

And somehow, well, not somehow as if it were casual and accidental, but definitely one of the things that *does for you is to create a stable enough reality that you can much more comfortably dare to trust your intuition, regardless of what it says. You trust it and become cut off from where you were and you will be available after that in the context in which you were functioning. To be able to do that, to have confidence that it is a reality OUTSIDE yourself, not one manufactured by your own need, that is a real challenge for you.*

I did not start out wondering what was real enough to trust so I never had those issues.

But it is not as if you are a bean counting actuarial accountant, my love. You have KNOWN plenty of things that we acted on. You KNEW that we had to take on the depopulation agenda and that we would win. You KNEW that we had a mission even before we had each other. You did come running across the airport, I did not. You KNEW that you had to take the Mind Center

Course. You KNEW that we had to move to the places we moved to. It is not as if you ignore these KNOWINGS. You just fight with and about them.

I could say that is just your way, but you and I both know that it WAS your way. What if you just relax and rest on the decades and decades of progress since that small and terrified child watched the crazy and tried to make sense out of it? Dr. Montgomery gave you splendid tools for that movement. Your life with me and, yes, your life after your life with Bernie, did, too.

You are solid in your knowledge. You do not have to keep revisiting the early trauma, Love. You know that in your being. Now live it.

Set up a small pyramid and hang your pendulum from it. We will have some fun convincing you of this and that without your touching it. Another form of PK, Darling.

But the more important subject, of course, is how this all works.

The fact that there is anything happening through the Third Eye is a confirmation, if you choose to see it that way, of the reality of Michel's model. There is a grand Akashic record, go to speak, and then there is one generated by each bifurcatory intersection of planes and probabilities. And it is totally independent of time, which is important. Since intentionality creates reality by choosing which bifurcation you will be on or in, the intentionality that is generated by intentionality based on intuition is a powerful force shaping reality choices which is the perpetual equivalent of shaping reality.

The other realities all exist, of course, without you, but you do not see, hear, feel or touch them.

That is important.

So you have a moment of intuitive knowing and then you drive toward that reality (or drive against it if it is a warning or aversion signal) and you have shaped reality by knowing and doing or not doing.

That is so important that I cannot overstate its impact, Love.

Think about it.

And then think about how you freeze that knowingness as if we had nothing to do with any course of events, denying what you know and disrupting your ability to move smoothly and well throughout the entire reality web (I wanted to use the word "matrix" but that one is taken!)

It is a web, of course.

The Transit - 30 December 2023

You are not going to go too far off track if –

You believe what you know to be true,

What you want to believe and

What your heart and instincts tell you to believe.

You want to live in the Third Eye, you say, but there is a corollary to that. Living in the left hemisphere and the Third Eye require two different types of processing and of evidentiary choice.

The academic model of testing, retesting, attempting to falsify hypotheses, that is great for science and driving. But it is actually diametrically opposed to knowing with the gut, with the heart, with the level of knowing that has no physical representation in the brain or the mind, only in the body and the soul.

You know how to do both and you know pretty much how to shift from one to another as the situation and circumstance details. BUT you want both at the same time. You are afraid to let the knowing be known, so to speak.

It really does not matter what you believe as long as what you do is correctly placed. If you are living in the Third Eye and acting in the world as well, that is a great triumph. You do this more than you know but when you are sitting here, alone with me and your thoughts, you are so concerned to not corrupt what you are receiving from me that you are able to disrupt everything you do get from me, freeze yourself up, block yourself out.

The nature of our connection is totally below, beyond, above, overarching, these considerations that if you could just trust what is right and not have to institutionalize it for it to be real, you would not only find things easier and more pleasant, the barriers that you are putting up energetically would come down.

That is not to say that you are responsible for my not being there. You are not.

I am not there, pure and simple, because the strength of the OFs is combined against it. They know what the plan is and [\[when it succeeds, - REL\]](#) they lose us. We. Not just you and I, but the others like us, are their challenge and their tools. When they can take control of someone not committed to free will, only to indulgence or self-aggrandizement, that is useful. But when they can gain control of one of us, that is a whole different level of satisfaction and opportunity for them.

Opportunity, after all, because the world around us is filled with people who trust and respect us. When they can help to lead them out of free will primacy to free will mythology or worse, that is a massive gain for them and they love it. It makes their accomplishment that much closer.

So if they lose a significant number of us through the Transit, they are not happy. And they know that once I am there, we can arrange the Transit and they will lose touch with, impact on, possibility for, using any of us.

That [their using us – REL] is not what they want. It is important enough to them to put a good deal of energy into that prevention. But that is not the end of the game or the story.

You may be having trouble holding on to this reality, but that does not actually impact the reality of this reality.

Except that your intentionality is critical to what happens. I have told you that you are the lynchpin and you really are. That role could not be fulfilled by anyone else because of our unique relationship.

Without the connection we have, this project, this Mission, with the opening of the Portal and so on before and after it, is not only difficult, but absolutely impossible.

So this is a unique opportunity for us and challenge at a very deep level for us.

They are willing to blow up both worlds if that will help their cause.

As a matter of fact, they do not really care if that is the outcome;. It is taxing and more than a minute issue for them. Frankly, they did not realize that this would be possible to undo their intentions and behaviors but they do know that if we make the Transit, they anticipate our total destruction. Second to having total abrogation of all power by all leaders of any kind and asking them to take over, having our contingent of truly free people disappear out of their clutches is a fucking disaster for them.

Which is a good thing, is it not?

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I AM here and I AM coming for you and for the Transit.

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