

Francie maintains that with continued practice anyone may learn to establish an awareness of other dimensions. "Soon you will be able to 'thought-travel,'" she promises.

Thought-travel, she explains, is the means by which one will truly reach the dimension where the invisible space beings dwell. Francie shares many additional techniques of contact in special cassette tape recordings which she produces and in her book of channelled teachings, REFLECTIONS FROM AN ANGEL'S EYE.

"The space beings insisted that I write this book," Francie confesses. "And it appears to be helping others as much as it helped me when I received it."

In her consultation work with others, Francie has learned that some cross a bridge before they enter the domain of the space beings. Others speak of a golden temple wherein they are given special teachings. Many tell of a booming voice that inquires: "Are you ready?"

"If you hear that voice," Francie concludes, "say, 'yes,' and you will make contact with the space beings just as I have done!"

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## STIEGER TELLS SPACE BEINGS

it is going to sleep, but tell your mind that it will stay awake and aware."

Francie says that there are many props which aid in relaxation, such as background music, flickering or revolving lights, and/or luminous stars that adhere to the ceiling.

"In the initial stages, it is very important to focus your conscious mind on an object for a period of time so that you can successfully separate the conscious from the subconscious and learn control of the latter," Francie states. "You must learn to put your physical body to sleep while awakening your spirital self."



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