

⦿ JAG UNIVERSE ⦿

---

# THE REFERENCE LIST

Researchers, Teachers, & Voices of the Consciousness Upgrade

---

A Newcomer's Guide to the People, Concepts, and Movements  
Aligned with the Great Awakening, New Earth, 5D Consciousness,  
and the Fall of Old Systems

Compiled by the JAG Universe  
February 2026

ॐ जग ॐ

## INTRODUCTION

---

This reference list is designed for anyone new to the concepts behind the JAG Universe. If terms like “5D consciousness,” “the Great Awakening,” “New Earth,” or “the fall of old systems” are unfamiliar to you, the people on this list are where to start.

Each person listed here is actively studying, teaching, or publicly speaking about one or more of the following themes:

- The shift from 3D to 5D consciousness and what that means for humanity
- The Great Awakening — the mass expansion of awareness happening globally
- New Earth — the vision of a transformed human civilization built on love, truth, and coherence
- The fall of old systems — the collapse of institutional structures no longer serving humanity
- The science-spirituality bridge — where quantum physics meets ancient wisdom
- Sacred geometry, numerology, astrology, and cosmic architecture
- Heart coherence, energy healing, and transformation technology

*This is not an endorsement list. It is a research tool. Start with whoever resonates. Follow the thread. The JAG Universe exists at the convergence of all of these domains.*

## SECTION 1: JEFF'S CORE STARTER LIST

These are the names Jeff identified as essential starting points — the handwritten card that seeded this document.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Abraham-Hicks	Law of Attraction, emotional guidance scale, channeled teachings on manifestation and alignment	YouTube, books, workshops
A Course in Miracles (ACIM)	Forgiveness-based spiritual curriculum; foundational to Jeff's Peru awakening (Lessons 61 & 191)	Books, study groups globally
Bashar (Darryl Anka)	Higher-dimensional contact, parallel realities, frequency and excitement as compass	YouTube, live events
Sandra Walter	Ascension guide, gatekeeper, Crystalline consciousness, light codes, solar activations	YouTube, blog, courses
Gregg Braden	Science-spirituality bridge, heart coherence, ancient wisdom meets modern science, HeartMath alignment	YouTube, books, Gaia
Bruce Lipton	Epigenetics, biology of belief, consciousness shapes cellular reality	YouTube, books, summits
Paris Hilton	11:11 Media — consciousness-adjacent media empire; numerological alignment with awakening codes	11:11 Media, social media
Dolores Cannon	Past life regression, QHHT, multidimensional exploration, New Earth volunteers	Books (posthumous), practitioner network
Elizabeth April	Starseed education, Galactic Federation connection, dark entity clearing, timeline work	YouTube, Awakener membership
Jenny McCarthy	Podcast host exploring consciousness, health freedom, and alternative perspectives	Podcast, social media
Danica Patrick	Former racing champion turned wellness and consciousness advocate, podcast host	Podcast, social media
Kryon (Lee Carroll)	DNA activation, ascension mechanics, Lemurian history, science-spirit bridge	YouTube, books, live channeling
Dr. Joe Dispenza	Meditation, neuroscience, brain-heart coherence, transformation through inner work	YouTube, books, retreats

RYNO Global	Consciousness-aligned business and media network	Digital platform
-------------	--	------------------

## SECTION 2: CHANNELERS & TRANSMITTED TEACHINGS

Channeled material has been a primary vehicle for consciousness teachings throughout history. These sources offer frameworks for understanding dimensional shifts, cosmic governance, and the nature of reality.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Esther Hicks (Abraham)	Law of Attraction, emotional guidance, vibrational alignment	YouTube, books, cruises
Darryl Anka (Bashar)	Parallel realities, excitement as purpose, higher-dimensional physics	Bashar.org, live events
Lee Carroll (Kryon)	DNA layers, Lemurian history, ascension grid, magnetics	Kryon.com, YouTube
Paul Selig	I Am teachings, direct channeled transmission, The Book of Mastery series	Books, workshops
Joeaux Robey (Adironnda)	Yeshua/Christ consciousness, conscious business, retreat network	Community, retreats
Jane Roberts (Seth) — Legacy	Reality creation, multidimensional self, you create your own reality	Books (The Seth Material)
Carla Rueckert (Ra) — Legacy	Law of One, density system, harvest, service-to-others vs service-to-self	LLResearch.org, books
Dolores Cannon	QHHT, Convolutioned Universe series, volunteer souls, New Earth	Books, QHHT practitioner network
Edgar Cayce — Legacy	The Sleeping Prophet; medical readings, Atlantis, reincarnation	A.R.E. (Association for Research and Enlightenment)

## SECTION 3: THE SCIENCE-SPIRITUALITY BRIDGE

These researchers provide the empirical, scientific, and mathematical frameworks that validate what mystics have known for millennia. They bridge quantum physics, neuroscience, biology, and consciousness studies.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Dr. Joe Dispenza	Neuroscience of meditation, brain-heart coherence, placebo effect, transformation science	Books, retreats, YouTube
Gregg Braden	Heart-brain coherence, divine matrix, ancient codes in DNA, HeartMath research	Books, Gaia, YouTube
Bruce Lipton, PhD	Epigenetics, biology of belief, consciousness controls gene expression	Books, summits, YouTube
Nassim Hamein	Unified field theory, sacred geometry in physics, holographic universe, connected universe	Resonance Science Foundation
Dr. Masaru Emoto — Legacy	Water consciousness experiments, intention affects molecular structure	Books (Hidden Messages in Water)
Rupert Sheldrake	Morphic resonance, extended mind, science set free from materialist dogma	Books, lectures, YouTube
Dean Radin, PhD	Consciousness research at IONS, psi phenomena, entanglement of minds	Institute of Noetic Sciences
HeartMath Institute	Heart coherence technology, Global Coherence Initiative, heart intelligence research	HeartMath.org, Inner Balance app
Lynne McTaggart	The Field, intention experiments, group consciousness effects on reality	Books, The Intention Experiment
Dr. Amit Goswami	Quantum activism, consciousness as ground of all being, quantum physics of consciousness	Books, lectures
Drunvalo Melchizedek	Sacred geometry (Flower of Life), Mer-Ka-Ba meditation, ancient mystery schools	Books, School of Remembering
Freddy Silva	Sacred sites, ancient temple science, land and consciousness interaction	Books, sacred site tours

## SECTION 4: CONTEMPORARY SPIRITUAL TEACHERS

Living teachers with significant platforms who are actively guiding humanity through the consciousness shift. Their teachings span meditation, presence, awakening, and practical transformation.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Eckhart Tolle	Presence, the power of now, ego dissolution, awakening from thought-identification	Books, Eckhart Tolle Now app
Deepak Chopra	Consciousness pioneer, mind-body medicine, quantum healing, meditation	Books, apps, Chopra Center
Sadhguru	Inner Engineering, yogic science, consciousness technology, global activism	YouTube, Isha Foundation
Matt Kahn	Heart-centered teaching, love revolution, emotional empowerment, humor + awakening	YouTube, books, events
Kyle Cease	Transformation comedy, shadow work through humor, accessibility of awakening	YouTube, Evolving Out Loud
Marianne Williamson	A Course in Miracles teacher, love vs. fear, spiritual politics, Return to Love	Books, lectures, politics
Michael Beckwith	Agape International, Life Visioning Process, new thought movement	Agape Live, YouTube
Sandra Walter	Ascension mechanics, gatekeeping, Crystalline consciousness, solar activations	SandraWalter.com, YouTube
Ram Dass — Legacy	Be Here Now, service, love, psychedelic-to-devotional path	Books, Ram Dass Fellowship
Mooji	Self-inquiry, Advaita Vedanta, being awareness, pointing to the absolute	YouTube, Monte Sahaja, retreats
Teal Swan	Shadow work, emotional processing, The Completion Process, spiritual catalyst	YouTube, books, Teal Tribe
Paul Chek	Holistic health, spiritual warrior path, integrative movement and consciousness	CHEK Institute, podcast

## SECTION 5: THE GREAT AWAKENING & DISCLOSURE

These voices focus on the macro-level awakening: the fall of old systems, government/corporate disclosure, hidden history, and the collective shift in human awareness. They address what is ending as much as what is beginning.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
David Icke	Control system exposure, reality as simulation/frequency, consciousness liberation	Books, Ickonic, live events
Elizabeth April	Starseed missions, Galactic Federation, timeline work, dark entity clearing	YouTube, Awakener membership
Dr. Steven Greer	UFO/UAP disclosure, CE5 contact protocols, Disclosure Project, Unacknowledged	Disclosure Project, films
Corey Goode	Secret Space Program testimony, Sphere Being Alliance, Blue Avians	Gaia, SphereBeingAlliance.com
David Wilcock	Ancient civilizations, Law of One research, ascension science, Source Field	Books, Divine Cosmos
Michael Salla, PhD	Exopolitics, galactic diplomacy, secret space programs, institutional disclosure	Exopolitics.org, books
Laura Eisenhower	Cosmic disclosure, great-granddaughter of Eisenhower, divine feminine, ascension	YouTube, live events
Alex Collier	Andromedan contactee, galactic history, Earth's liberation timeline	YouTube, lectures
Catherine Austin Fitts	Financial system exposure, missing trillions, breakaway civilization economics	Solari Report
Foster & Kimberly Gamble	Thrive Movement, following the money, free energy suppression, solutions-based activism	ThriveOn.com, Thrive films

## SECTION 6: SACRED GEOMETRY, NUMEROLOGY & COSMIC CODES

The JAG Universe is architecturally built on sacred geometry (Flower of Life, Seed of Life), numerology, and astrological alignments. These researchers provide the foundation for understanding why numbers, patterns, and cosmic timing matter.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Drunvalo Melchizedek	Flower of Life, Seed of Life, Mer-Ka-Ba, sacred geometry as universal language	Books, School of Remembering
Richard Rudd	Gene Keys, hologenetic profile, shadow-gift-siddhi pathway, I Ching meets DNA	GeneKeys.com, books
Ra Uru Hu — Legacy	Human Design System, bodygraph, type/strategy/authority, conscious living mechanics	Jovian Archive, IHDS
Randall Carlson	Sacred geometry in architecture, cosmic catastrophe cycles, ancient knowledge	Podcast, YouTube, GeoCosmic REX
Graham Hancock	Ancient civilizations, lost advanced cultures, Fingerprints of the Gods, consciousness archaeology	Books, Netflix (Ancient Apocalypse)
Robert Edward Grant	Polymath — mathematics of creation, prime numbers, geometry of consciousness	YouTube, Encoded
Santos Bonacci	Astrotheology, syncretism, sacred cosmology, as above so below	YouTube, lectures
Jain 108	Vedic mathematics, sacred geometry, number patterns as universal code	Jain108.com, courses
Johan von Goethe — Legacy	Color theory, morphology, nature's sacred patterns, holistic science	Classic texts

## SECTION 7: NEW EARTH BUILDERS & VISIONARIES

These individuals and organizations are actively building the infrastructure of the new paradigm — regenerative communities, conscious business models, alternative education, and new economic systems.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Vishen Lakhiani	Mindvalley — consciousness tech platform, transformation education at scale	Mindvalley.com, app
Charles Eisenstein	Sacred economics, gift economy, the more beautiful world our hearts know is possible	Books, Substack
Daniel Schmachtenberger	Civilizational risk, game theory, coherent pluralism, Consilience Project	Podcasts, YouTube
Buckminster Fuller — Legacy	Spaceship Earth, geodesic design, doing more with less, synergetics	Bucky Fuller Institute, books
Jacque Fresco — Legacy	The Venus Project, resource-based economy, technology serving humanity	The Venus Project
Michael Tellinger	Ubuntu contributionism, ancient advanced civilizations, sound frequency technology	YouTube, books, Ubuntu Planet
Foster Gamble	Thrive Movement, new energy, decentralized systems, liberty-based solutions	ThriveOn.com
Sadhguru	Conscious Planet initiative, Save Soil movement, institutional-scale consciousness action	Isha Foundation
Paris Hilton / 11:11 Media	Consciousness-aligned media empire, 11:11 numerological branding, platform influence	11:11 Media

## SECTION 8: HEALTH, ENERGY & THE BODY AS TEMPLE

Consciousness upgrade includes the physical body. These practitioners and researchers bridge holistic health, energy medicine, detoxification, and the understanding that the body is a technology for spiritual evolution.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Paul Chek	Holistic health, CHEK Institute, integrative movement, spiritual warrior path, primal pattern system	CHEK Institute, podcast
Dr. Zach Bush	Microbiome, glyphosate exposure, interconnection of all life, Farmer's Footprint	YouTube, Farmer's Footprint
Wim Hof	Breathwork, cold exposure, autonomic nervous system mastery, mind over body	Wim Hof Method, app
Dr. Joe Mercola	Natural health, metabolic health, EMF awareness, health freedom advocacy	Mercola.com, books
Barbara Brennan — Legacy	Hands of Light, human energy field, energy healing science	Barbara Brennan School of Healing
Donna Eden	Energy Medicine, meridian tracing, chakra clearing, biofield healing	Books, Eden Energy Medicine
Dr. Dietrich Klinghardt	Chronic illness, detox protocols, energy testing, Sophia Health Institute	Klinghardt Institute
Danica Patrick	Wellness advocacy, consciousness through athleticism, peak performance as spiritual path	Podcast, social media
Jenny McCarthy	Health freedom, vaccine awareness, alternative health perspectives, media platform	Podcast, books, media

## SECTION 9: MEDIA, PODCASTS & CONTENT PLATFORMS

These platforms and hosts are creating the media infrastructure for the awakening. For newcomers, podcasts are often the most accessible entry point into these concepts.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Aubrey Marcus	Aubrey Marcus Podcast — plant medicine, consciousness, relationships, transformation	Podcast, Fit for Service
Rich Roll	Rich Roll Podcast — transformation, plant-based living, spirituality, endurance	Podcast, YouTube
Russell Brand	Stay Free — awakening, spirituality, institutional critique, recovery	YouTube, Rumble
Lewis Howes	School of Greatness — purpose, personal development, peak performance	Podcast, YouTube
Jay Shetty	On Purpose — wisdom traditions, mindfulness, purpose-driven life	Podcast, YouTube
Tom Bilyeu	Impact Theory — mindset, transformation, entrepreneurship meets consciousness	Podcast, YouTube
Joe Rogan	JRE — wide-ranging consciousness-adjacent conversations, massive mainstream reach	Spotify, YouTube
Tucker Carlson	Tucker Carlson Network — disclosure, alternative thinking, challenging narratives	TCN, X/Twitter
Lex Fridman	Lex Fridman Podcast — AI, consciousness, deep philosophical inquiry, mathematics	YouTube, Spotify
Andrew Huberman	Huberman Lab — neuroscience protocols, brain optimization, HeartMath-adjacent science	YouTube, Spotify
Gaia	Streaming platform — consciousness content, ancient civilizations, yoga, meditation, disclosure	Gaia.com
London Real (Brian Rose)	Long-form interviews, consciousness, entrepreneurship, freedom movement	YouTube, LondonReal.tv
RYNO Global	Consciousness-aligned media and business network	Digital platform

## SECTION 10: MAINSTREAM CROSSOVER VOICES

These public figures bring consciousness concepts to mainstream audiences. They may not identify as “spiritual teachers,” but their platforms amplify awakening-adjacent ideas to millions who would never seek out a channeler or a sacred geometry course.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
Paris Hilton	11:11 Media empire, numerological branding, institutional reform advocacy	11:11 Media, social media
Jenny McCarthy	Health freedom, consciousness podcast, mainstream media bridge	Podcast, media
Danica Patrick	Wellness + consciousness podcast, athletic credibility, mainstream reach	Podcast, social media
Russell Brand	Millions-strong platform for awakening, institutional critique, spirituality + humor	YouTube, Rumble, touring
Jim Carrey	Public spiritual awakening, ego dissolution, art as consciousness expression	Social media, art, interviews
Will Smith	Transformation journey, plant medicine openness, vulnerability as strength	YouTube, books, media
Matthew McConaughey	Greenlights philosophy, values-based living, purpose and meaning	Books, interviews, media
Oprah Winfrey	Super Soul conversations, Eckhart Tolle partnership, mainstream spiritual platform	OWN Network, podcast
Jordan Peterson	Archetypes, meaning, transformation through responsibility, mythological frameworks	YouTube, books, podcast
Naval Ravikant	Philosophy, meditation, investing, happiness as a skill, consciousness in business	Podcast, Twitter/X

## SECTION 11: ANCIENT WISDOM KEEPERS & INDIGENOUS VOICES

The consciousness upgrade is not new. Indigenous traditions, mystery schools, and ancient lineages have preserved this knowledge for thousands of years. These voices carry the original blueprints.

NAME	FOCUS / RELEVANCE	PRIMARY PLATFORM
The Dalai Lama	Tibetan Buddhist leader, consciousness science dialogue, compassion as technology	Teachings, books, institutions
Thich Nhat Hanh — Legacy	Zen Buddhist master, engaged Buddhism, mindfulness in action, interbeing	Plum Village, books
Don Miguel Ruiz	Toltec wisdom, The Four Agreements, ancient Mexican mystery school teachings	Books, workshops
Alberto Villoldo, PhD	Shamanic energy medicine, Laika tradition, Four Winds Society, light body	Four Winds Society, books
Paqo tradition (Q'ero, Peru)	Andean shamanism, despacho ceremony, living energy, Pachamama connection	Lineage keepers, Peru
Aboriginal Dreamtime Keepers	Songlines, dreamtime cosmology, Earth as conscious being, 60,000+ year tradition	Oral tradition, cultural leaders
Hopi Prophecy Keepers	Hopi prophecy, purification, Great Spirit, cycles of civilization	Oral tradition, published prophecies
Maori Wisdom Keepers	Whakapapa (genealogy of all creation), mana, sacred connection to land and spirit	Cultural tradition, New Zealand

## HOW TO USE THIS REFERENCE LIST

---

This list is organized as an entry point, not an encyclopedia. Here are suggested pathways based on where you're starting:

### **If you're brand new to all of this:**

Start with Dr. Joe Dispenza (science-based), Eckhart Tolle (presence-based), or Abraham-Hicks (law of attraction). These three offer the most accessible on-ramps with massive content libraries.

### **If you're science-minded and skeptical:**

Start with Gregg Braden, Bruce Lipton, HeartMath Institute, and Nassim Hamein. They present evidence, data, and frameworks that don't require any spiritual belief to investigate.

### **If you want to understand the "fall of old systems":**

Start with Catherine Austin Fitts (financial), Foster Gamble / Thrive (systemic), and David Icke (comprehensive). Then look at the disclosure voices: Dr. Steven Greer and Michael Salla.

### **If you're drawn to sacred geometry and cosmic patterns:**

Start with Drunvalo Melchizedek (Flower of Life), Nassim Hamein (unified physics), Richard Rudd (Gene Keys), and Robert Edward Grant (mathematics of creation). This is the architecture the JAG Universe is built on.

### **If you want to understand channeled material:**

Start with Abraham-Hicks (most accessible), the Law of One / Ra Material (most comprehensive), and Bashar (most paradigm-shifting). Dolores Cannon's books provide an incredible bridge between past-life research and cosmic understanding.

### **If you want to understand the JAG Universe specifically:**

Read the three foundation books. Then cross-reference the concepts with this list. Every domain represented here converges within the JAG architecture. The JAG Universe is not replacing any of these teachings — it is the ecosystem where they unify.

---

*"The truth is not something you believe. It is something you become."*

— JAG Universe

---