Galactic Questions and Answers from the Star Traveler

How these questions and answers were created:

The questions and answers in this document have come from various experiences I have had from communicating with benevolent star nation beings, spiritual guides, my higher selves, and also knowledge that has come from my past lives as the star traveler living out in space. As well I work in the Akashic Records and much of my information comes from asking the records my own thought out questions and receiving meaningful answers. I also do astral traveling and remote viewing of various locations on Earth and other planets to keep an eye on what is going on here. These set of Q&A have come about from another spiritual researcher interviewing me on an informal basis so these questions and answers have not been formulated in a structured set way that was in any way staged in terms of planning out how this would all turn out. As well other people have asked questions to which I have provided answers here. It was all spontaneous, these Q&A are organic in how they are asked and the answers I provide.

This set of interview questions and answers was transcribed from the period of May 9, 2015 – January 19, 2016.

Questions and Answers

Question: I was really interested to see how you were at Mars’ version of the Akashic Records in your past life time, and what you observed there?

Answer: I was at a Matthew Kocel sound healing concert meditating in a Himalayan salt cave when I started seeing a street courtyard scene from Mars, where there were saucer shaped craft flying about the pyramid like city towers, there was a portal gateway and a time dilation clock in the middle of the courtyard, I was focusing on adjusting the dilation device so the portal would open up to let in more of the hover craft, it was a trade post city where I lived in that lifetime.

Seems like sound and music triggers some of my memories from previous lifetimes.

Question: What have your astral experiences been like?

Answer: During 2014 I began wanting to go to Peru for no particular reason, I was drawn to a star gate portal called Amaru Muru, located at Lake Titicaca, the more I researched this portal the more I was intuitively guided toward it. I started having astral travels going into the portal, then underneath into the Maldek tunnels where there is a wormhole device, a star gate, and a device called the sun disc of mu that allows light workers to re-attune the axis spin of earth to bring it back into alignment, I got to work with the sun disc and balanced some of the energies.

Question: You know about Mu (Lemuria), well, where did that land go?

Answer: Mu sank after Atlantis and the residents of Atlantis and Mu went into the tunnels underneath earth, there is a huge landmass there called Agartha, a.k.a hollow earth to us, and also a central sun that keeps the planet's gravity in balance.
**Question:** Have you ever gone to Telos, the capital city located under Mount Shasta.

**Answer:** I went to a meeting at Telos to meet the 13 Lemurian Council of Elders. While at my computer I was drawing a fractal and the next minute I was physically drawn into a wormhole and ended up being at their meeting chamber.

**Question:** What fractal were you drawing? So, you were.. one minute in your living room, or wherever your computer is, and the next minute, because you were drawing this.. you were just there in Telos?

**Answer:** I was using a graphics software program with mathematical algorithms to create a marble drawing, and it ended up looking like the chamber meeting place at Telos.

**Question:** When did you visit Telos.. like what year? How long were you there for before you came back? Were you alone, or did someone see you 'vanish' from your house? What did those elders say to you when you arrived? Were they looking at you like this was normal.. did they seem a bit intrigued or perplexed? Did they know where you came from at first or did you have to tell them? What did they talk with you about? What were they discussing at the meeting?

**Answer:** It happened in 2006, I was sent there to observe the meeting, and record the events and discussions happening there. I saw 13 tall beings dressed in black robes sitting on daisies, their faces were masked by the hoods they were wearing as they are among the first and second races who created our known universe. Yes they were aware that I was there, I had done work for them before as part of the Galactic Federation when I was the star traveler. I also saw about 100 dignitaries, negotiators, and emissaries wearing white robes, they work for the Lemurian council of elders. They were discussing how to protect ancient knowledge library repositories on planets, to keep planets cloaked so aliens that are not benevolent cannot use plasma cannon weapons on their ships to destroy the advanced civilizations. They were trying to come up with strategies of how to disband the plasma weapons, those weapons destroy ships on site, and kill people, they are deadly as there are no stun settings on these weapons, only kill settings.

I was home alone at the time when this all happened in my room sitting at the computer.

I was at the meeting for about two hours but had lost about 22 minutes of awareness from earth time as time is not really here or there as it is a holographic illusion matrix of sorts, all events flow in a fluid consistency everywhere on the higher dimensions.

**Question:** When you went to Telos, what did your surroundings look like? Were there any places which looked like houses?

**Answer:** It looked like underground chambers, with marble floors and lit walls, there was many different doorways leading to other chambers and gateway portals to planets. There are many caverns in Telos and various levels (five of them), some for housing, gardens, work areas, technology level, etc. They have building structures made from domes, not like we build houses on the surface of Earth. All Telos materials are natural for building homes and can be recycled so there is no waste from building materials. In Agartha there are landmasses, oceans, an inside sun, and sky where people live in harmony with animals there is no aggression in the animals.
**Question:** I've heard there's like hover trains there in Agartha? I don't know if that's true or not?

**Answer:** Yes there are hover trains in Agartha and five levels for habitation and existing. The hover trains run almost as fast as the speed of light as they are on magnetic tracks and the tracks are assigned in specific tunnels away from living homes.

**Question:** Are there any animals which have become extinct like saber-toothed tigers living in hollow earth, but they only eat plants.. and no violence at all?

**Answer:** Yes saber-toothed tigers do live in hollow earth and animals do not eat other animals, nor do the people of hollow earth, animals are not eaten, everyone is vegetarian, so there is no violence from either the animals or the residents of hollow earth.

**Question:** Did the people of Telos talk with you about anything else besides what you already mentioned? Like besides cloaking the planets and all of that?

**Answer:** The people of hollow earth have advanced technology for working with crystals and storing information on those crystals, I was given information on how that is done and how everything does not require large equipment or storage space.

**Question:** Have you experimented with anything that was shown to you in Telos since you visited them? If so, what happened?

**Answer:** I work with crystals all the time, I build crystal grids in my home to have good success, health, etc., and they provide me with energies so I can time travel, do manifestation work, white light magick, and astral travel. I remember what was shown to me in Telos about how to work with crystals and that is what I have been doing.

**Question:** Wait a minute.. you can time travel?

**Answer:** Yes I have time travelled to my ancestral family past lineage on my father’s side and healed a situation and saw what went down in 1894, somewhere near the mountains in a village near Poland.

I always psychically new that something bad happened on my father’s family lineage, both my dad and I have severe symptoms of Hashimoto’s Thyroiditis, this is an autoimmune disease, and this illness stems from being unhappy and unsatisfied about something in your life. I had a feeling that the unhappiness and un-satisfaction came from other sources than my dad or I, as if something happened from the echoes of the past that had not been completely resolved. My psychic intuition told me to go back and help to correct the situation whatever it was as it would make things better in this current lifetime for both my dad and me.

**Question:** What happened in 1894?

**Answer:** My ancestors homes were burned down and they were left with nothing. There was another clan family group living in a nearby village that was envious of my family clan’s success and wanted to ruin them.

**Question:** That was hard to watch I’m sure?

**Answer:** Yes as about twenty people’s homes were burned down. They lost their possessions, some of the women’s hands were burned, second degree burns. These clan family members had little children
and teenage children which ended up being without homes, so they had no where to live but outside
and were destitute for a while, and because of this there was a lot of negative energy and resentment
left over from this atrocity. I went back into that time frame to release and let go of the negative
energies and resentment, to ask forgiveness for my ancestors on their behalf for what was done to
them, so that my current family, future family lineages and lifetimes will be free from these denser
unhealthy energies.

**Question:** So have you gone into the ‘future’ at all, or just the past? I mean, I know the timelines can
change depending on actions and all of that.

**Answer:** I have seen some possible future events like New York having the first bio dome technology
where their air is filtered and clean, no pollution, threat of attack, etc. as the dome protects them from
all this, it was called Utopia Plentia.

**Question:** Is time an illusion?

**Answer:** Yes time is an illusion of sorts, we see what is projected to us in a solid 3D dimension but that is
not how it is in 5D, in that dimension all possibilities are seen all at once.

**Question:** What do you mean when you say that the first and second races created this universe?

**Answer:** The EL’s are the first races, they were the ones who used the sonic boom generator to create
the big bang and seeded life on many of the planets in the known universe. This race exists in 12D and
higher dimensional worlds, it is highly telepathic, and has the ability to switch from being in a light body
which is pure energy to taking on corporeal physical form which can take on various body types and
facial characteristics.

**Question:** But other universes, they are not the creator of those, then.. I mean, I'm trying to view this
from the multiverse standpoint?

**Answer:** Yes there are many versions of universes but there are two primary universes the known
universe with pockets that branch out into other universes which are not cloaked and the unknown
universe which houses beings 12D and up which is cloaked and protected by a force field so lesser
density beings cannot enter that one universe.

**Question:** If these advanced beings are in Agartha.. out of all the planets they could choose to be on,
you choose to be here now, this would reinforce how special this planet is and how important the
events that are about to play out here are? I mean, this seems to be true history in the making for these
grand events about to happen really soon, and I've heard that so many races are here now to get a front
row seat to the biggest show of them all.

**Answer:** There are six star nation races who are here to get a front row seat to this ascension process
we are starting to enter. I have seen about twenty ships that are cloaked and orbiting Earth to monitor
all the environmental changes that are happening, with the various earthquakes, volcanoes erupting,
the planets core changing into a crystalline essence called Sar, so the core is no longer totally made of
iron and magma, all of this is part of the ascension process into 4D and 5D existence on Earth.
Earth is an experiment ground for how ascension is done in evolution so other races are invested in seeing how this process happens, essentially this planet is an ascension machine and this process is coming to an end on this world once the Earth shifts into 5D. The law of karma will no longer exist and life will seem much simpler and easier.

**Question:** If I’m not mistaken, usually a planet consists mostly or all of one race?

**Answer:** Yes but earth has a few races so it is different, as many races were seeded here to see how they would interact with each other in this grand experiment, basically immigrants from other star groups came to Earth to experience a different way of life from their world’s, or their planets had been destroyed by war, or some type of disaster(s). Our DNA is made up of 22 different race types. Plus there are hybrid humans on earth who are star seeds, star travelers, crystal children, etc. who have come down here to accelerate the ascension process.

**Question:** This ascension, now, this part I’m trying to sort out all of the facts on still. To me, at least, it’s not as clear cut as some of the other topics I know about. There is a lot of disinformation out there about this topic, more so I feel, than the average topic I like to research on which is sacred. I have heard that we will all receive crystalline bodies, for one, and also.. we get full DNA reactivation, including full use of the third eye, pineal gland, for everyone, and we will all appear to look age 25 or 30 or around there for as long as we live.. which may be thousands of years. The ascension process also increases the frequency we’re on so that we’re spiritually of a higher frequency than we previously were.. as we go into the 5th dimension. There’s more to it I could add, but so far, is this all true, or is some of it not true, and do you have anything else to add?

**Answer:** Yes this is all true, plus we will be able to alter the appearance of our body’s types, I’ve seen what I will look like. I am a hybrid of Andromedan/Pleiadian star seed decent so when the ascension happens I will have a body that is six feet tall, light blue skinned, with blond hair with various color streaks, and blue/green eyes. We will also get our psychic abilities back like being able to levitate things, teleport ourselves to various locations without needing cars/planes, etc. We will also gain back our genetic memories of who we were in other lifetimes and regain our connection to our higher selves so we will be more intuitive in being always connected to universal knowledge in having the ability to access any type of facts in the blink of an eye without needing the internet to gather knowledge or do research.

**Question:** Alter our body’s in what way? To our liking? Much like.. we choose different clothing styles to wear?

**Answer:** More like a different skin to wear, hair color changes, eye color, height changes, these alterations being done with our mind instead of using surgery or other gimmicks to do this.

**Question:** How long do you think the actual process of ascension will take to complete, from beginning to end? Less than a year? Years?

**Answer:** Something huge will probably happen around 2020 it all depends on how much humanity starts to wake up and believe that we are not alone in the universe and that we need to change our ways and save earth.
Plus be in service of others and not always thinking just about ourselves. Being heart centered with love and not greed or violence will help to balance our vibrational frequencies toward having a more positive future on this world.

**Observations:** Yes, I have heard that too.. a lot of this all depends on the people. I see more and more waking up, and also more and more articles pushing the line.. actually, I think this year, 2015, is when some really big events will start to happen in the summer. I have this feeling that, well, they want to call it disclosure, but I like to think of it as an introduction of sorts.. anyways, that this is on the way for this year, and that's going to help kick start the other major events. I'm hearing a lot that the 'bad guys' have been defeated here, and all this is about to really start happening.

**Response:** The evolutionary shift is already happening yes, I walk between two worlds still living in my normal life in 3D and my body trying to evolve into something else in 4D currently and going to 5D, there's a calling literally sometimes trying to pull me out of my body and to go to space.

I can't eat most human foods anymore and down to a gluten free diet.

Most of the negative ET races have been curbed in terms of what their plans were for the Earth and to start a new world government. There is a quarantine electric grid field placed around our solar system so the bad ET’s cannot leave the planet and more negative races cannot enter our space either. This grid was placed around our space by the Sphere Alliance which consists of various benevolent or neutral races who do not want emerging ascension planets to be destroyed by negative influences. The negative beings will probably all disappear when we shift into 5D, lower density dark energy beings are not able to withstand the positive light code frequencies that are being downloaded on earth and it would be hard for them to exist in pure love and compassion energies as they are used to hoarding power and control which is not cohesive with peace and harmony.

**Question:** What happens when you eat stuff with gluten in it.. your body just rejects it? What do you eat now?

**Answer:** When I eat stuff that has gluten in it I become tired, my eyes swell, and I have a severe migraine with paralysis. Basically I am useless and do not have any functionality over my body for about an hour or more, sometimes it takes days to get over the migraine symptoms.

**Question:** So, you just stick with vegetables and fruits.. that sort of thing only?

**Answer:** Yes mostly I can eat non gluten pasta, salads, fruits, vegetables, most meats like paltry including Turkey and Chicken, I cannot handle eating heavy meats like pork or beef as these have genetically modified hormones in the systems of the animals grazing on the grass they are fed. I cannot eat any bread or baked goods of any kind, no wheat products, plus no alcohol or coffee, those make me sick as well, and no chocolate or cake as that gives me migraines.

**Question:** And this started happening to you when? I mean, eating certain foods only?

**Answer:** November 11, 2011, synchronistic with the 11:11 phenomenon. That's not all I became sick and was diagnosed with two diseases suddenly.
**Question:** Which diseases were these?

**Answer:** Hashimoto's thyroiditis, and Menorrhagia. Standard medicine could not treat either conditions as my body rejected the synthetic drugs.

**Question:** Talking to someone who can astral project whenever they want.. well, once they get into the right state of mind and are relaxed enough.... that by itself is a unique occurrence?

**Answer:** It's all about perception when astral traveling and guiding yourself to what needs to be seen and experienced. I was able to do astral travel almost at will when I learned to be a shaman and a Wiccan practitioner, I re-remembered my psychic abilities and astral travel was one of them, it comes naturally to me.

**Question:** Have you seen inside the crafts? like.. maybe the Pleiadians or whichever race?

**Answer:** I have seen inside the Arcturian star ship Athena it has long lit corridors that span half of the ships, everything is quiet there, and peaceful, also inside a healing Andromedan biosphere ship in one of the healing rooms, where I used lasers to heal myself with color energies. Also I served aboard an Andromedan space station that had three deck levels on it, this experience happened when I was the star traveler.

**Question:** What did the Arcturians look like? I've heard they have a horse-like resemblance, but I don't think that's true.. I thought they were humanoid?

**Answer:** I'm not sure what they look like I was visiting the ship when it was evening and people were sleeping, I was in the corridors of peace and tranquility so I heard vibrational sounds and healing music. The Arcturian’s do not look horse like, they are humanoid looking, and this is what my psychic intuition tells me.

**Question:** Have you been to other planets besides Mars?

**Answer:** Yes hundreds of planets, as the Star Traveler I was stationed on many different worlds as a peacekeeper, ambassador, negotiator, munitions weapons officer, space commander, etc. Venus feels very familiar to me especially the Venusian Akashic Library.

**Question:** What is the most interesting or unusual planet you have seen.. or a few of them that you have seen? I mean, in terms of what they have there, like things people have built there, or even just any unusual land, or does all the land look like the land here, and same for the water? Like, are there ever different kinds of colors than here?

**Answer:** Recently I saw a world named Telaris that had many oceans, mountains, and hillsides, with a cat like people living on the surface who call themselves the Annusani. The Annusani people are less cat but have their traits. Some planets like Venus have their inhabitants living on the inside of the planet in bio-sphere domes like what is in Agartha. While I was stationed on a planet called Andromeda in the Andromeda Galaxy I saw that the planet had a purplish/pink sky with two moons and it was mostly water based with a few land masses.
**Question:** Do you ever see a race of people who are enslaved and trapped on one planet like the people are here on this one called Earth?

**Answer:** Most races are not enslaved at all as they are more advanced than us and live in 5D and upwards, the greys are enslaved. Some 3D races are susceptible to mind control which for example is us humans on Earth and the reptilians have taken advantage of this by using lower vibrational frequencies to control weaker minded humans. Higher dimensional ascended and technologically advanced races that exist in 6D and up cannot be mind-controlled, they are not tempted by physical material needs like money, cars, large homes, etc. they have evolved beyond this point and they use their minds with technology to manifest anything that is needed for their living conditions. They do barter and trade in peaceful ways so there is no need for money, greed, or power struggles to control other races.

**Question:** Yeah, I know most aren't living like the people here.. that would be terrible if they were.. but I was just curious if there were any situations like this one where people are enslaved?

**Answer:** Some groups of Greys chose the lure of technology over their humanity and the reptilians used that to control them for thousands of years, now the greys cannot reproduce as a species since they have been cloning themselves, they need human DNA to regain their sexual organs to be able to be born naturally again and have feeling souls, not just be robots following another races commands. The human race is not enslaved per se we have free will and the power to make our own choices, it is about not allowing anyone to influence us with temptation and false promises, we need to awaken to the idea that we can make our own reality happen and no one can do this for us but us ourselves.

I haven't seen any situations like on Earth, I did do peace arbitrations between various races since there are still hostile species who want land, trade routes, etc. so this stuff would not happen anymore.

**Question:** I know that the majority of beings are positive. And I don't know if you have any way to tell this, but if you had to guess, what percentage would you say are mostly negative?

**Answer:** I would guess that about 10 percent of beings are of negative nature living here on Earth at this moment in time, hopefully this will change with the ascension process as there is not supposed to be any negative races on this planet after the shift is completed as we will have only positive energies coming in to the planet, and negative beings cannot live in higher positive vibrations, they can only exist in lower negative energies to survive.

**Question:** I know the dark is necessary to balance the light, like yin yang, but man.. these dark beings can be so ridiculous and terrible, and seem to take it to fear too much. Did they write life charts to do all this? Have they forgotten who they really are? I mean, I know we're all one with the Source.

**Answer:** There is no bad really in the dark as it is an expression of part of our soul that is learning how to create balance in the world that we live in, the dark aspect helps us to learn lessons on Earth sometimes this seems like a hardship but it is all about overcoming extreme odds and transmuting a negative situation into something positive that makes us good living beings. Some species cannot differentiate what is light and what is dark as they have limited emotional feeling ranges and only see in black or white but nothing in between so they function in lower vibrational energies that give them instant power gratification, that is the only thing they have known for ages so they follow the same model on and on so to speak. Some beings do not understand the concepts of remorse, forgiveness, pain, etc. for them these things do not matter and they do what they want when they want to as per
their programming standards of life. All of us play various roles in life and that is what we write down for our life charts, one day someone may be the victim, and another day someone may be a victimizer, these roles help us to learn the aspects of both light and dark, and how to balance them as a healthy duality that coexists with the nature of who we are in our super-consciousness and sub-consciousness energies.

**Question:** These beings don't care that they're hurting themselves, in a way? Surely, they must eventually wake up and go back to being one with the Source in terms of being positive and friendly?

**Answer:** Some beings don't have any emotions and they are driven by pure logic and power so they do not need or want to go back to Source to learn goodness, positivity, and to be friendly, they like their status of having power structures and the ability to control other beings, when you have instant command of everything at your fingertips why would you want to give that up for anything else.

There are some beings that become remorseful when they realize that they were brainwashed and did bad things, they are offered a choice to be healed and rehabilitated from the bad programing and to be good contributing members of society and they often take this choice to being one with the Source again.

**Question:** How can you get the veil of forgetfulness lifted so there are no memory blocks of previous lifetimes, etc.?

**Answer:** I learned the ways of the Native American Shaman, doing past life regression, soul retrieval, and astral travel, and through these healing modalities I was able to remember who I was as the star traveler, my 202 lifetimes, and my mission here on Earth at this time in history. Embracing spirituality, positive ways of thinking, doing meditation, and being in the love centered frame of mind can help to remember past lifetimes and remove current memory blocks of what information you would like to retrieve from universal knowledge.

Spending time in nature or at the beach, or forest, can help to get grounded and go into a relaxed state of being to help awaken psychic abilities that allow us to astral travel, and work with our third eye to see into other higher dimensional states of reality, even to meet our higher selves.

**Question:** So I mean.. the life extensions, living thousands of years, age reversing technology, the replicators, free energy devices, ascension, our own crafts, access to time travel devices, teleportation, this is all going to really happen for us here on this planet.. isn't it?

**Answer:** Yes it will happen, I've seen it happen on other worlds as part of my job was to help make it happen on planets that were evolving from 3D worlds to higher dimensional realities. All of these advancements and capabilities are programmed into the ascension process in accelerated evolutionary status upgrades. Most of the technology that you asked about like replicators, free energy devices, age reversing technology, and space craft already exist on Earth among the elite Illuminati/cabals, and secret black ops organizations, and top secret government departments. This technology has been withheld from the general human population because allowing this technology into the public sector would make living on this planet a lot easier, then we would no longer need the money system, and the elite power structure could no longer control us as people. We would have complete self governing free will to live as we chose without any outside interference in being told what we can and cannot do on this world.
**Question:** What about face to face meetings with the other beings?

**Answer:** Contact with other extraterrestrial beings is already happening on the ethereal telepathic level and once we are in the middle of the ascension process here on earth with the upgraded light codes and our DNA rewired to the 12 stranded system we will be having face to face meetings with various star nation groups.

**Question:** On those other worlds previously, they didn't have access to any of this, and they couldn't even leave their own planet up until that point?

**Answer:** They did have access to this information and could leave their worlds, it all depends on thinking mentality and how far a race wants to advance spirituality and physically to evolve.

**Question:** I just feel like the major reason that the people here on this planet Earth haven't advanced in this way, is because of the mind programming and slave controlling done by the Illuminati/cabals.. if it weren't for them, I feel that people would be much further along than they are now?

**Answer:** In a way both yes and no, the Earth was meant to be a 3D world for a while in order for people to learn their life lessons here, this planet is the only one being used as a training school for life, reincarnation, and yes we have been held back and no more of this, another world can be a teaching tool now as this is no longer right for this planet and it has chosen to ascend into the 5D, so the law of karma will no longer exist on this planet, and the ascension machine experiment will end, so other 3D worlds will become learning and teaching schools but without the hard lessons of karma, and consequences for every action having a difficult reaction, that will no longer be this way.

**Question:** Have you heard about this Adama guy, he wears a white robe, and he comes from Telos?

**Answer:** Adama is a high priest of Telos and Mikos is part of the ruling council of Agartha. They are both part of the Lemurian Council and they are sort of like ascended masters.

Adama is a very ancient being who has been around on and within the Earth for eons of time assisting humanity and the Earth evolution. He is really a master of love and compassion as well as a wonderful teacher.

**The information about Adama was channeled by author Aurelia Louise Jones**

Adama is the High Priest —the spiritual leader in the sacred Lemurian city of Light called Telos beneath Mount Shasta, CA. He is the head of the Lemurian Council of Light in Telos. Also an ambassador and diplomat for Galactic contacts with our Star Brothers and Sisters, on behalf of humanity within and on the surface of the globe.

Adama, along with his Lemurian team are also in charge of the creation and maintenance of a very important crystalline grid around this planet. He is working with many members of various galactic and interplanetary groups on this important project.

Adama is a Blue Ray Ascended Master of universal level, a master of Love and Compassion, assisting humanity and the planet with the ascension project. Telos has now become the main headquarters for ascension on this planet, and Adama is one of the main leaders, along with the planetary Christ, Lord Maitreya, Lord Sananda, Lord Buddha, Sanat Kumara, and so many others.
Adama embodies the “Heart of Lemuria” which is nothing less than the heart of love and compassion and the heart of the Divine Mother, the return of the Christ consciousness on this planet with all its wondrous magnificence.

Adama’s time to be known and heard on the surface of this planet has now come. His spiritual presence among us, and the spiritual presence of our former Lemurian family is a great blessing for us all and for the planet. Let’s open our hearts to Adama and to the members of our Lemurian family who are assisting us in our evolutionary pathway, waiting to reconnect with us in a more physical manner in the years to come.

**Question:** I was reading about how those in Agartha set up something to where there’s no money (of course, I knew they wouldn’t have something like this), and they function on a barter type style.. with each person working 4 hours a day or so. I have heard of this 4 hours a day structure before I read this.. when I was looking into Agartha many years ago. so.. I can’t help but wonder, what if someone doesn't want to work those 4 hours? I mean, I know it's really beneficial to the community, and you can even choose to "work" at something you love so that it doesn't even feel like work.. but the thing is, if we get our own crafts, like I really feel we will, can we live somewhere else if all we want to do is just have fun, enlighten ourselves more, play, talk with others, relax .. and all that fun and positive stuff without actually working since we've already done that a lot on this planet? I mean, surely we’re not forced to live in Agartha? Won’t we be able to live on other planets or even in a mothership for a while instead if we choose.. maybe once in a while just visit Agartha like while on vacation or something? Or.. maybe we have to live there first, then eventually get our own crafts.. but anyways, aren't we going to each have our own choices? I mean, I'd like to try living on other planets where everyone is enlightened as well.. similar to Agartha but just a different planet .. I'd try living in Agartha for a while too I’m sure.

**Answer:** Enlightenment is about growing and working is part of that but not like we are right now, not working and just having fun all the time is selfish. Work should be interesting and the person should like the job they are doing, instead of just earning money for the sake of making a living.

I sense that we will not need to live underground in Agartha if we do not want to, from what I gather the Earth is already making her transitional ascension process and there is positive energies coming in for people to have better lives. I do not believe there will be huge natural disasters or wars that will make us live underground. The land of Agartha has star portals so their people can travel to other planets at will and if we wanted we could experience that as well if we chose to visit Agartha at one point and wanted to leave Earth in order to explore other worlds and galaxies.

**Question:** I do like how it's cut in half in terms of working hours.. even though.. I'm wondering what 4 hours is like for their version of 'time' compared to ours in Agartha?

**Answer:** The hollow earth people are well balanced in everything that they do, not like us on the surface world, so working four ours for them feels spiritually rewarding because they like the work they do and they are not based on the time system punching the clock so to speak and they do not have to worry about money whether they are paid for a job or not, everything is provided for them equally in terms of meeting life needs and expectations. For them time is nothing, they do the jobs they like doing, there is almost no hassle and if you don’t like what you do you can ask to switch and do something else that interests you job wise so you do not get bored and disinterested.
**Question:** I guess it's just that one of these books kind of made it seem like we're required to live in Agartha.. which makes me wonder if we have a choice in terms of other planets or crafts.. I know a lot live on huge crafts.. and visit whatever planets they want whenever?

**Answer:** There is always a choice in terms of where we want to live, sometimes it is a matter of how evolved we are and if we are suited for space life or not. As future advancements are made in space flight technology and colonization of other worlds, we will probably venture out to live on space ships, space stations, and other colonized worlds.

I have lived in space in other lives and on different planets and Earth is the toughest planet to live on for me because it is a dense 3D world.

**Question:** The thing I have heard is that.. isn't everyone here from somewhere else? Like the Lyra star system?

**Answer:** Mostly yes as there are starseeds and star children incarnating to Earth from various other galaxies and planets in the universe, however some humans are truly human and can originate from Earth during its beginning times, and they keep coming back to finish their karmic business here and move on somewhere else in the universe when their time here on the planet is over. This planet is made up of many different races as Earth has had immigrants coming in from other worlds to live here throughout various time line eras.

**Question:** The humans on this planet.. I've heard from many places that they're a mixture of so many different races, DNA-wise.

**Answer:** Yes genetically we have 22 different DNA structures mixed in to make humans which other species provided to seed us as life forms.

**Question:** Would you say some beings are not yet advanced enough, throughout the number of incarnations they've had so far, to be able to live lives on other planets as well, spirit wise, incarnation, etc.?

**Answer:** It all depends on how many lifetimes and experience the beings have gained, sometimes spiritual evolution is accelerated and races ascend quickly when they are ready for higher dimensional life and at other times the beings need more life experiences before they can attain higher vibrational energies to ascend to different dimensions.

**Question:** How many lifetimes are there that can be experienced?

**Answer:** There can be anywhere from 200 lifetimes, or 1000-2000 lifetimes, it all depends on how many experiences a being needs to reach their higher soul essence and be as one with it.

**Question:** The way I know it is.. since everyone has a higher self, then everyone has ultimately played all the roles, and what I mean by that is.. everyone has been anyone you can think of. What do you think of this?

**Answer:** There are infinite possibilities in the lifetimes that we could have experienced. From my own experiences personally, I haven't been anyone but myself, the person that is my higher self that is. I've always been a unique individual not linked to anyone in history just the core of me in my soul spark. I do not claim to have been Cleopatra, or Nicola Tesla, as those people had different soul essences from me,
they were not my higher self as an example and were completely different individuals, in other words I was never them, and they were never me in other past lifetimes.

**Question:** When you say myself... I mean, are you factoring in that we're all one, like The Source? I mean, we're all fragments with a sense of individuality, but really, our soul.. the fabric that we all share, comes from the same material, and because of this, we're not really separate from each other, we're all of the same 'body' if you will.. so that, someone walking down the street who you 'don't know' is like you looking into a mirror and seeing yourself, despite having not talked to them in this dimension, or this reality, or whatever.

**Answer:** We are all part of source yes, but we are our own individualistic higher selves as well, and someone on the street is part of source but they are not necessarily part of who I am, they might be part of the soul group I belong to which I might resonate with on some energetic level and that is why the person may seem in some way to be familiar to me but they are not specifically a mirror of my own soul, as each of us has a separate unique soul that belongs to us.

**Question:** I just want to make sure of something, so.. if you take a human body, you see that there's many parts to it, arms, legs, yeah.. but even microscopic parts, like cells. So, each cell trying to say they are an individual is kind of, I don't know.. whatever you want to call it, we'll just say.. not true....... because of the fact that each cell is inside the one human, the one being.. so, each cell is not really separate, or an individual, because it's part of the whole. The human body itself is the one thing, the one entity. What do you think of this?

**Answer:** The body is a shell vessel so it does not matter how many parts or cells there is the soul powers the body so it is the soul that is in connection with cosmic consciousness. The body is a learning tool to learn how to live in physicality. Most times I did not have a body in my existence so it was soul that was the living being on its own basis. It is the soul that is eternal as it lives forever.

We can choose to keep our bodies and evolve them with our souls and that is the complete entity with cells and body parts together as the being chooses to be one with that body for a long time or we can choose to be pure energy, or somewhere in between.

**Question:** Do any of these advanced star nation beings ever say what it's like to go WAY out in space.... I mean, far, far away.. like much, much farther than the Pleiades, which, I think is relatively close to us, but I mean.. I know the multiverse is so enormous. Do they know what any of the other beings who are REALLY faraway look like, talk like, what they do, or whatever?

**Answer:** There are many varieties of species existing in the universe, some are Caucasian humanoid, others look like blue humans, some are reptilian, avian, cat like, horse like, bear like, dragon like, etc. Most of them are telepathic in nature. A lot of the beings in the far out reaches of space are 12D and up so they exist as energy and most of the time do not need physical bodies.

**Question:** The multiverse is constantly expanding, and.. where is the brick wall? There can't be one, because what would be behind the brick wall? I mean, I try to think about how it can truly go on forever.. and even if it loops back around, what is beyond the loop?

**Answer:** There is a force field around our universe so it does not encroach on the unknown universe.
**Question:** Then, what is beyond the force field?

**Answer:** The unknown universe, and other pockets of smaller universes that are highly advanced with multidimensional beings living in space where all ideas and things exist at the same time, and anything is possible.

**Question:** So, what is beyond the higher universe? I'm not really expecting you to answer these questions per se, it's more like I'm trying to get across what I really would like to know.

**Answer:** 12D and higher worlds, I believe there are about 18 dimensional planes in all of existence, not just the 12-14 dimensions as currently hypothesized.

**Question:** What do you know about the Unknown Universe?

**Answer:** It is the universe that was created by the EL race, the first race to ever be created, and that universe has beings from 12D and up in it. Anything can be manifested in that universe there are no limits.

**Question:** Why is it called unknown? Is it because only beings in 12D and higher can know what goes on there, so, therefore.. It’s unknown to us? Well, despite you knowing some of what goes on there.

**Answer:** Yes exactly that universe is for 12D and higher beings, we cannot enter that universe at lower vibrations, and there is a force field between our universe which is known and the unknown universe, space probes cannot penetrate the force field and see what is inside that universe.

**Question:** Can you go to the Unknown universe by using astral travel?

**Answer:** I can go there astrally as the star traveler, I use my third eye to open up a wormhole in space and become a light body without needing a human form in that higher dimension. I've been there recently.

**Question:** What did you see in the Unknown Universe?

**Answer:** I saw singularities, wormholes, one of my higher selves who is stationed on the boundary between the known and unknown space. There are knowledge repositories there with vast libraries with the whole history of how both universes were created and why.

**Question:** You went there as the star traveler, what do you mean by that exactly? I know what star traveler seems to mean, but it's just in the way you said it.

**Answer:** I have a translucent light blue body that is not corporeal and I can travel with this body in that space without needing a spaceship.

**Question:** Have you ever spoken or met one of your higher selves?

**Answer:** One time I had a chat with one of my higher selves who is stationed at the edge of the known universe, her name is Alantra, and she said that there are many natural wormholes opening up beside earth space right now. She mentioned that wormholes are naturally made in space and that black holes are machine made and are not as stable. It was explained to me that star gate technology makes time vortexes in the universe and opens up black holes with machine assistance.
Alantra is a guardian who watches who enters the force field grid at the boundary of known and unknown space, her ship has a few different purposes it acts as a defense mechanism to prevent negative races from entering our solar system, it is also a research and science vessel that is gathering data on the ascension of this galaxy and how it could impact other star nation beings.

**Question:** What are the time vortexes used for since they are so keen on opening them up?

**Answer:** To bend space time in order to get to one point faster, and going beyond light speed with space ships.

**Question:** What types of information have star nations shared with you?

**Answer:** Things like how planetary alignments work and in fact that they do influence other planetary bodies with energy as gravitation type fluxes occur which can change time lines, influence earthquakes, and when an ascension process can occur, sometimes when a natural disaster like an earthquake happens people can ascend to another dimension as they let go of material possessions and become free of karmic contracts to move on with their lives to higher states of existence. All life is about energetic states of balance and making choices of how things work on all multidimensional planes of life in the universe. Even a disaster can be an opportunity to open a doorway to another world and ascend on a deeper level in life. Ascension can happen in stages of events and on different levels when people are ready to ascend on certain time lines of the planets evolutionary stages that coexist with their own spiritual advancement in life.

Other information that was imparted to me was that I have served on many council races, thousands so allot of knowledge and information exists within me. There are 2000 star travelers in the universe and they have many tasks they do as guardians and protectors of the universes. They do peacekeeping missions, negotiations, ambassadorial work, making sure there are trade negotiations happening in the universe so there is no fighting over lands, no wars going on, basically policing the universe to make sure there is peace in the world as they go from planet to planet to check that everything is alright on the world’s that are inhabited. If there are disputes or problems to figure out the star travelers are called in by the Galactic Federation to help resolve such matters in amicable solutions that are satisfactory for all the parties involved in the matter(s) being dealt with.

**Question:** What is the purpose of knowing all this information that was provided to you by the star nations?

**Answer:** The purpose was to impart that the Earth is a huge ascension machine on its way of ending the universal law of karma in this universe, other universes do not have karmic rules and are not bogged down with this process. Life is ever changing and evolution is necessary for species to thrive, survive, advance, and continue their natural progressions as successful civilizations out in the universe.

**Question:** So.. as enormous as one universe is, this one little planet we're on here and "now" is the one which shifts the entire karmic law for all of the planets and all of this gigantic universe? I mean.. even one single GALAXY is so huge, let alone an entire universe .... no wonder I came here, and at this "time" .. I always felt I was a high level spirit who wanted the most interesting experience there is, and then incarnated here.
**Answer:** Earth helped to birth 67 other planets in the universe and it is responsible partially for other planetary ascension processes in this universe, everything must be on board for the end game to work. This planet is a unique ascension machine and one of its kind in this particular grand experiment of having many different races living on one planet and constantly incarnating from other worlds to learn life lessons on this planet. This planet is the only world of its kind in the multiverse where ascension happens through the planet being a school of life with graduation stages on the way to true ascension where life lessons need to be learned to understand the true spiritual essence of a soul and what its purpose is in this world.

**Question:** Not only are we on the only planet that does this.. we could have been here (I probably was) say.. 10,000 years ago, or 100,000 years ago.. or 4,000 years ago, or even 100 years ago.. and we still wouldn't be at the right "place" and "time" .. we'd only be at the right "place" if you want to call it that, I mean, what is "time" and "place" anyways when everything is co-existing at once.. but you know? So, not only are we on the only planet that does this, but also to be at this POINT in the TIMELINE is like a "double whammy".

**Answer:** This ascension machine trial run has been going on for 54 million years with the experiment happening anywhere in the timelines, and massive genocides occurring to try to wipe out certain genetic lines along the way to try to either stop the ascension process or to slow it down, there has been about four of these genocides along the way of this process. As you said some of us have come here at the right point in the current timeline to help with ascension, to awaken humanity to the truth of what is happening on this world, and to witness a once in a lifetime planetary change that is unique in its own right.

**Question:** I wanted to ask you something about the higher dimensional bodies like 6D and up. Surely, they have sex there in the higher vibrational bodies.. is it like what we experience with our physical bodies at all? Or is it more.. like just an exchange of spiritual energy or something?

**Answer:** It’s more of the spiritual energy being exchanged but they do have physical interaction with each other, some of them even have multiple mates, a true heart soulmate and something called sub soul mates.

**Question:** So, like.. an 8D body, let’s say.. it can be physical .. but I don’t know, like more elaborate or something? Like they have maybe extra sensations than we do because of their crystalline bodies, but it's still physical, right? I mean, like when I touch my arm, I can feel that it’s "solid" even though that's just an illusion.. is it like that there too but just.... oh, I don’t know, more sensations or something?

**Answer:** It can be a physical body or partially physical not all corporeal, or it can be a pure light body. The sensations go beyond the five senses, more like eight senses, with lots of psychic and telepathic abilities being available in the higher dimensional bodies, and intuition is also enhanced, these ascended beings can tell right away if someone is lying to them or if something is not right, there is no delay in figuring these things out.

**Question:** Oh, so you can "choose" what body you want for "this time" for this night .. or do you mean, depending on which dimension it is, it varies? Like let’s say I’m in a 7D body, can I say.. hey, let’s try it with a physical body this time. Or is it like.. because we’re in a 7D body, it's going to be physical still, but if this were a 10D body, we'd be doing this as light bodies only?
Answer: It varies depending on the dimension the being might be in and it is part of your choice whether you want to be completely corporeal, partially corporeal, or just light body energy made from the stars.

Question: If say I also had a 8D body, and I touched you, like on the shoulder or something, with us being both in the 8th dimension at the same ‘time’.. would my hand stop at your ‘skin’ ? or.. would my hand go through your shoulder if I don't purposely stop it from doing that?

Answer: It would depend on if I wanted a solid body or a light body at the time of you touching me. Again this all depends on where you were in your dimensional levels with other lifetimes and how high you can vibrate in the dimensions that you can exist in.

Question: So there can be different types of people walking around in the 8th dimension, some with a solid body, and others with a light body .. and maybe I could even go so far as to say that if one of the solid people touched someone who had a light body, their hand would go right through.. in the same way a person from 3D who sees an apparition can put their hand through the spirit, or what someone who's brainwashed would call a 'ghost'

Answer: Yes if the being is not in solid form at the time they were touched, shall we say they have a light body that is pure energy at the time then your hand would go right through them and you would not be able to touch them. Some beings who live in higher dimensional realms have the ability to cloak themselves and become invisible so you would not even be able to see them when they were standing right next to you.

Question: What are crystal wood staffs used for?

Answer: Staffs that are six feet tall and made from crystals and wood are used for doing energy healing work in neutralizing negative energies and bringing in positive energy. The staffs can be utilized to empower an individual to raise their self-confidence, and for doing protection work like protecting your living space from any unwanted lower vibrational energies, instead bringing in higher dimensional energies that promote health and vitality. These types of staffs gather and store positive energies within themselves, and these good energies can be put towards grounding the ley lines of the Earth to prevent natural disasters and catastrophe’s on the planet.

Question: Have you experienced any of the ascension changes since being awakened?

Answer: Since being awakened and becoming aware of the ascension process I have gained a photographic memory so I can remember what I see, hear, and can retain this knowledge for a long time. I also see concepts and schematics in a 4D view in my mind and then can replicate them in the physical reality without needing to draw sketches of these ideas on paper. I access my mind for the concepts and see images of items that I want to make like staffs and wands.

Question: Where does most of your information about star nations, space, and the ascension process come from?

Answer: Most of my information about these topics comes from channelings that I receive when I access the Akashic Records, communicate with my higher selves or spiritual guides, and telepathically talk with my star nation contacts. Some of the information about hollow Earth, veil of forgetfulness I researched from reliable sources on the internet, which have published books, done radio interviews,
etc. Even when I research topics about spirituality on the internet I try to find credible and reliable sources of information that my intuition tells me are true and can be believable to rely on their facts. There is a lot of disinformation that is put out on the internet, my mind acts like a super computer and sifts through the various titles of websites and chooses the most relevant and reliable information that is in truth and in sync with the universal knowledge of the higher dimensional realms.

**Question:** How do you access the Akashic Records?

**Answer:** There is a universal prayer that is said to open the door to the akashic records, then your guide works with you to help you open your own book of records in the akashics, then you start to ask relevant and meaningful questions and the pages flip in the book to the correct answers. Some people who are psychically in tune with the akashic records can open their own books naturally and for others it takes time to learn how to do this.

My guide Ceres who is an El living in the 7D helps me to open my book of records in the akashics and I work with her to interpret the information that is in my book so I correctly understand what I am seeing or reading in my records.

There are instances when in the akashic records if a person does not yet have their own guide to work with while trying to look at or read their records they can ask one of the akashic record custodian keepers to help them access information in the records. For example, on the physical plane if you do not know what information you specifically need for whatever work you are doing on something for school, you can come into a public or university library to ask a librarian to help you search for proper information for your term paper or research project, the equivalent of that is going into the akashic records on the etheric level and looking for information there whether you are trying to read your book of records or doing research on something that has happened or will happen in a planet’s history, there is always an akashic record keeper custodian available to make sure you are guided to the proper information that you are seeking.

Sometimes individuals will enter the akashic records through a library hall, or even through space itself, it does not always work the same way when coming into the akashics.

**Question:** Why do you think that some beings choose not to ascend to higher levels on the dimensional planes even though they are already in 7D like you said your El contact is, you mentioned that the El’s exist in 12D and up, is there a particular reason for the timing of certain ascension levels?

**Answer:** Ceres my El contact has dual duties/missions to complete in both the Known Universe and the Unknown Universe so she travels between both universes, while doing this she takes on solid corporeal form when needed and also non corporeal light body form, to be able to do this type of work I think the beings involved in these projects helping humanity are somewhere in mid-level in their ascended processes to be able to interact with the lower vibrational dimensions. They have the choice to ascend any time at will to higher dimensional levels but they choose to be in service of others to make this world a better place that is why they might exist in the mid-range levels for a while to be able to do their work easily traveling between universes and dimensions.

**Question:** Do you think that most people’s third eye is closed because they chose to have a 3D experience and are not aware of the awakening and ascension process yet because they are not meant
to experience this stuff at this moment in time and how will they be impacted if they are suddenly experiencing ascension?

Answer: Most of the time my third eye is closed when I am on Earth as it is hard for me to be grounded in my body during this ascension process, my third eye opens mostly when I am channeling information from the akashic records, trying to download universal knowledge from the cosmos, or when I am doing astral travel in space, those are the times that my third eye is active the most for me to be able to use my psychic abilities on the higher dimensional energy vibrations. I keep my third eye closed when doing normal daily routines like work, etc. on the 3D plane because other beings know that I am psychic and if my third eye was always open then these beings would try to contact me many times, give me information downloads, and ask for help or things of me that I might not be able to do when I am existing in the normal plane of ordinary life, trying to multitask and walk in between two dimensional worlds of 3D and up can be hard if the person is not equipped to handle these experiences all the time in their life.

Some people come to experience the 3D world and they choose to forget what they were in previous lifetimes because they need to learn something on Earth to add to their spiritual knowledge base, feel various emotional ranges to understand why they are the way they are, even sometimes go through being limited in what abilities they have psychically so they do not take things for granted, there are almost no limitations out in the higher dimensions as everything happens instantly and beings have their full psychic abilities available to them to manifest anything that is needed in their lives.

From what I have learned some people’s abilities are triggered when they need to awaken and figure out what their purpose on Earth is and that is when their third eye opens for them to be able to do their mission work on the planet.

Question: Are there any tunnels under the Earth?

Answer: Yes there are many tunnels underground, they were made by the Maldek’s before they left Earth. These tunnels lead to star gates and hollow earth cities, they are under Mount Shasta, Peru, Tibet, India, Canada, United States, everywhere basically, and especially around the North and South poles since these are entrance locations to hollow Earth. Black ops teams that work for the shadow governments use these underground tunnels for their secret mission movements so they are not seen on the surface of the Earth doing their clandestine projects.

Question: Do some aliens eat people, do they need to do this, and is it by choice? What do Reptilian hybrids look like?

Answer: From what I have learned yes some species like reptilians do harvest people to be eaten, it is like a time honored tradition to get an energetic level boost from the individual’s fear from them knowing that they will not be living for much longer, people put out a lot of energy levels when they are scared and that feeds the vampire like aliens that need other beings energy to live. There are beings that suck out people’s blood, their plasma, etc. so many people are being harvested for different reasons by malevolent alien species in the galaxy. Most advanced civilizations have replicators that can create any type of food, organic substances for protein ingestion, or things so beings do not need to eat each other in this modern age of advancement, some species do it for the sport and the energy high they get from seeing other beings suffer.
Most reptilians that are living on Earth are hybrids so they look human now so you cannot see a tail or claws, they are very beautiful looking beings with blond hair, blue or green eyes. The only way you can tell that they are of reptilian origin is by their eye structure it can be shaped like a cat’s eye or slanted with a lizard like look to the eyes. Some of the elite reptilian and Draco families have the ability to shape shift into other forms so they can choose to look human if they want, that is why we would not see reptilians openly abducting people on the streets on Earth.

**Question:** Is the moon an artificial starship and not a naturally made object in space?

**Answer:** Yes the moon is an artificial space body mass, it was brought here millions of years ago to orbit Earth in order to prevent its natural ascension process energies from occurring. Planets are supposed to be able to control their own water tides without needing a moon to do it so it is not natural for the moon to be near our planet, and when the ascension process is about to happen the moon will be tractor beamed into a different solar system so Earth can ascend into 5D.

I was shown that the moon will leave Earth’s orbit in around about 2020 so the ascension process can happen faster for our planet because the Moon’s heavier/denser gravitational energies will no longer be able to influence Earth’s higher dimensional frequencies anymore.

The moon that orbits Earth is much larger than other naturally made moons orbiting other planets, the Earth never originally had a moon because it is an ascension machine planet so it does not need moon systems to orbit it.

Many of the times the moon does not correctly control the Earth’s tides and that is why there is too much floods happening. As well people’s emotions are influenced badly by the moon’s gravitational pull during super full moons or blood moons when people sometimes tend to act weird or their behavior is altered and they are not themselves, acting out of character with their emotions intensified, sometimes being moody, impatient, frustrated, or angry when they do not need to act this way at all.

**Question:** Are Saturn’s rings made naturally and do they put out vibrational frequencies that are message senders which can influence people in any way?

**Answer:** Saturn’s rings are made mechanically by four small ships that are cloaked orbiting the planet and putting out photonic energies to create the rings. These rings send out vibrational signal messages to beings in our solar system and people can be influenced to receive either positive messages or negative messages depending on who is trying to control the four ships that are making the rings. Basically the rings of Saturn are like a space array that constantly sends out messages in the universe to either advance evolutionary processes with light codes or at times to block these processes with negative influences.

**Question:** Do the Egyptian pyramids have power generators that can send out positive and negative messages on the planet.

**Answer:** Yes the Egyptian pyramids do have power generators that are cloaked and star nations could use the pyramids to either send out positive messages or negative messages to the planet.

There are many hidden technological treasures existing underneath the pyramids where there are other tunnel systems that lead to hollow earth and other strategic places on the Earth which have sacred sites.
**Question:** Have you tried to see what is happening on the moon and Mars?

**Answer:** The moon has about 15 Earth bases where some military, scientists, and civilians live, and Mars has 12 Earth bases where black ops military teams operate. About ten years ago the reptilians destroyed some of the human Mars bases but they were rebuilt recently.

The Moon’s gravitational space engines no longer work properly and it cannot leave space orbit on its own as it has not been used as a spherical space faring ship for a long time.

Mars has its own break away Earth civilization living in domes underground of the planet some of these cultures came from Nazi Germany from the Arian race experiment during the Nazi bell time travel project which transported some of these people to Mars to build future human colonies. These new colonies have a genome DNA database of all the human genetic material that ever lived on Earth and also animal, and plant genomes as well, it is a vast library of DNA materials that can be revived to create a flourishing society for a new world.

There are a few different groups currently living on Mars, humans from Earth, the original Mars colony survivors of millions of years ago who stay neutral from Earth’s business, small groups of Greys, and Draco/reptilians.

**Question:** Why do some lower density malevolent beings like to feed on other people’s etheric energies?

**Answer:** Some people like star seeds, indigo children, and crystal children have high vibrational energy frequencies which act as energy sources for lower density malevolent beings to feed of off to gain more strength and power, and also to boost their own limited psychic abilities, it is harder for dark energy beings to have large amounts of psychic abilities, they constantly need pure white light energy to prolong the shelf life of their abilities.

I had an encounter where a lower density being who has dark energies visited me a few times, she was trying to feed on my star seed pure white light Merkaba energies, I felt her siphoning energy from the left side of my body, and I felt weak afterwards. When this happened I opened up my third eye and saw what this being looked like, she was female, of Egyptian decent, with a half human form and the other half wrath like with black energy spinning around her body. Her name was Nefrat and she is part of a cabal group who does not want the ascension to happen. Nefrat tried to recruit me into her cabal by giving me false promises of wealth and more security in my life. I told her I was not interested in any deals she had to offer and increased the essence of my free will and said in no uncertain terms to leave me alone and to never come into my home again as this is my sacred space and that she has no right to take my energy from me as I will not allow it to happen ever again. Standing strong and not falling into false promises or temptation helps to keep the negative beings away, and telling them no, and to go away is another way to make sure they do not come back again into your private space.

**Question:** Are the Illuminati producing a holographic image of our universe, is what we are seeing in the sky real or a produced illusion?

**Answer:** Most of what we are seeing in the sky with our eyes is real, some big objects in the sky that look like stars could be large space ships that are orbiting close to the Earth. At times when someone takes a camera and photographs these larger yellow bright objects that appear like stars they will see
something else in the image that does not look like a star at all. The optical refractions of the cameras reveal the true image of what is photographed in the skies. Sometimes illusions of things that are not completely real are projected in the sky like fake UFO’s, etc. so it is important to be disconcerting in what you believe to be real or not.

There are about 10 different races interested in how Earth is changing right now and various species are monitoring what is going on here on the planet with about 20 ships orbiting in our space. Most of these races are neutral and cannot interfere in the progress of our planet they can just watch what is happening, that’s all. On most planets ascension happens in the blink of an eye with a set intention to evolve to the next higher dimensional level, on Earth the ascension process takes time to complete because we are in a denser 3D setting, and the process happens in stages. Many people on Earth are not yet awakened and are not aware that there is even an ascension process, most other star nation beings know that there is ascension and how it works so it is not hard or painful for them to ascend to the next level as they already work with higher dimensional energies.

Question: Why is ascension easier for some and harder for others to go through?

Answer: Sometimes the ascension process is easier to go through for the people that have accepted living on Earth and have worked through dealing with their karmic life lessons. Ascension can be harder and more painful for people who have not worked through all their karma, and find it not easy to quickly process all the new light code matrix energies that are coming in to upgrade their bodies to prepare for ascension.

It is said that the less karma that was accumulated the easier it is to figure things out, going through the emotions and letting go of what is bothering us is setting the soul free to explore other possibilities of higher dimensional existence.

Some people experience what is called physical ascension pain symptoms like headaches, light sensitivity, not being able to eat the same foods they ate before, sleep issues, joint pain, their bodies are letting go of the old model of 3D, releasing negativity, being upgraded with positive light codes, opening up the heart to love and compassion, etc. so we can eventually ascend to 5D existence. These symptoms eventually stop as we are upgraded to where we need to be on our evolutionary scale.

Question: How long will the ascension process take time to be completed, will it happen in 2015-2017?

Answer: It depends on how many of the human population is awakened or at least aware of the idea of ascension and wanting to make positive changes in their life. There is no specific time date given for this process, I know the Earth is already in its beginning stages of ascension into 5D reality.

Some of the steps in ascension according to what my guides told me and my intuition leads me to believe is the following:

- The moon needs to be taken out of our solar system to stop blocking the ascension process steps and light waves.
- The planet needs to finish completing its environmental changes in terms of warming up, earthquakes, volcanoes, flooding, all of this culminating in the planetary core transforming from iron/magma based into crystalline based energy.
• Finding a balance in what the truth of our human history is and that we are not alone as beings in this world.

There are a few categories of ascension possibilities:

• Some people want to leave Earth and move on to higher dimensions, to return home to their points of origin.
• There are some people that are not ready yet to ascend to higher dimensions and will move to other 3D planets to continue learning their life lessons but without the hardship of karmic laws. These new worlds will be clean, no evil there, or wars, as the lessons of life need to be learned in harmony and peace.
• The other group is the ones that want to ascend with Earth into 5D existence, they are the group that have been working with the planet to make the ascension process happen on this world.

**Question:** Which dimensional level will we ascend to when this process happens 4D, 5D, and what will our experiences be like in these higher dimensional realms?

**Answer:** We will temporarily transition into the 4D, then ascend into the 5D. The 4D realm is like a waystation for souls passing on in the afterlife, this is where their life review happens and they assess where they want to go from this point on, whether they will stay in the astral realms for a while moving up in levels to learn more if needed or to ascend to the level of source existence in angelic realms and higher god realms. Some beings choose to go to space and carry out their work there, this all depends on the soul’s life missions and experiences in the realities they have lived and are yet to live. Other beings will choose to incarnate on other planets where they are needed for other missions.

There are non-corporeal beings called Archons which are a parasitic being which can incarnate into other beings and they control the Draconian’s and the Reptilians in most of the Illuminati and cabal sects. With the artificial intelligence technology these archons keep the false life Matrix in place and when someone goes into the 4D to pass on these parasitic beings can create a false life review process and try to trick the beings into another reincarnation cycle where it is not needed so the being(s) cannot ascend and move on to higher realms of existence and they end up going somewhere where they are not supposed to go because they had false truths shown to them.

Right now beings who incarnate to Earth from other planets sometimes have karma to work out on Earth that comes from different worlds but after the Ascension process is over and Earth is no longer an ascension machine those karmic lessons and experiences will not be able to be worked out on this world as the nature of karma will no longer exist here, and beings will need to work out their lessons on other 3D planets that will not be dense in karmic energies.

The 5D is about experiencing anything and everything all in one time flow stream, everything flows as one, you can see various possibilities of events happening without there being delays in what will happen like in 3D existence. In 5D there is no residue after affects like karma bringing back consequences if something has not been resolved, things are quickly dealt with and processed so there is no emotional shock waves, negative energy floating around in the environment, pain, resentment, anger, etc. to slow down the evolutionary process.

The 6D and higher dimensions are about pure existence without needing to worry about anything, because the realities do not have time loops that can easily be altered.
There still might be lessons to learn in the higher dimensional realms, but they will not be lessons of hardship, the experiences will be for the highest good of yourself, and others, it will be about being the best you can be for your highest potential of existence.

In the higher dimensional realms things can be manifested instantly, with no timelines being altered or switched around in changing what is manifested. Say if someone wanted to manifest a hover craft, they could think about it in their mind, thereby mapping out/planning that timeline of manifestation and it happens, manifestation will be within boundaries of reason, beings will not be able to cause harm to others when manifesting, no creating havoc with timelines, or altering realities for selfish purposes that are not for the highest good. Some universal laws will still remain in existence like causing no harm to others, etc. so that beings cannot take control of realities or try to enslave each other in the universe.

There is no accumulation of particles from beings occupying one space at the same time in a collision course as particle matter and energy are free flowing so if I go at this second to the fridge and the next second in another reality another me touches the fridge we will not collide together as we are in the same space but fluid enough that we cannot cause each other harm. Sometimes the energy that comes off of beings can be very toxic and it will linger in the space that they occupied, and that negative energy can be felt by empaths or psychics, it can take time for that lower vibration energy to dissipate from the place.

**Question:** Have star seeds incarnated to Earth to speed up time in order to accelerate the ascension process?

**Answer:** Yes there are star seeds on this planet who came in to speed up 3D time in order to accelerate the ascension process, for example I speed up time by doing positive manifestation work to help remove negative aspects on Earth that slow down progress, and I work with white light magick to give the planet positive vibrational energies to accelerate the coming process of the ascension. If the star seeds had not come to Earth we would probably be waiting another 30-40 years for ascension to happen here on our world.

The ability to do magick, and shamanism is a natural extension of our abilities to do psychic work and instantly manifest in the higher dimensions, here in the denser 3D reality these abilities are filtered and condensed on a smaller scale, we often need to relearn them when we reincarnate on Earth as we have a veil of forgetfulness when we come down here so we do not remember what we are supposed to know eventually and need to again remember what is vital to us in terms of being able to access and use our abilities once more.

On Earth teleporting takes some work to do, you have to think of the concept in your mind, and see the place where you want to go from point A to point B, almost like telegraphing the location with your mind and seeing the actual image of it before you can physically teleport yourself to that location. On other planets beings instantly teleport by just putting in the coordinates of the location where they are going, their natural abilities are not being dampened by denser energies that is why they can instantly teleport without it taking time to make it happen.

Beings that have crystalline bodies can make themselves free flowing energy and easily travel from one planet to another without needing a star ship to do it. Some beings can convert their energies to be light bodies and then they can convert back to physical form.
**Question:** Sometimes I see color and sound frequencies what is this about? As well I saw a book with some type of symbols in it and also numbers?

**Answer:** You are seeing higher dimensional frequencies that are glimpses into 5D and up, it is a sign of you progressing towards the ascension process. Seeing the book with the symbols and numbers could mean you are opening your third eye and seeing into another dimension, tapping into universal knowledge, and accessing the akashic records. Sometimes higher dimensional beings will send us messages in codes and numbers in the person’s mind and we would need to decode this information to figure out what it is.

**Question:** What do you think about Sananda, besides the Jesus thing.. have you seen him, met him, talked with him, etc.?

**Answer:** Sananda has the part of the god soul spark from Jesus and works with the Ashtar command closely to have peace in the universe. They are working on a project to bring in the Archons into the temple of light for cleansing and DNA reprogramming to release them from the dark energy experiment that they were participating and living in.

**Question:** Does the Galactic Federation have floating cities in the sky? What keeps them afloat up in the sky? How are they powered?

**Answer:** Yes the Galactic Federation does have floating cities in the sky on various planets, anti-gravity propulsion generators power the cities grids and that is what keeps them afloat up in the sky.

**Question:** On your website, you mention that you’re higher self Alantra who is a 6D universal guardian of space carries the sword of light on all her missions when she is not on her ship, why does she do that? What do these swords do?

**Answer:** The swords of light have crystals on them, sometimes the blade of the sword itself is crystalline, and other swords have crystal technology imbedded inside them, this is crystal technology that emits a beam of vibrational energy that downloads positive light energy and codes to people, say a negative being is trying to harm someone or is doing something really bad, Alantra would send the beam from the sword to disarm them and the negative being would temporarily go into sleep mode. They would receive the healing energies of the sword to try and help them remove the negative dark energy programming that they have been living with that is preventing them from receiving higher dimensional energies to reach their highest potential. These swords do not physically harm beings or kill anyone, it is like using light ray laser healing technology to cleanse the body’s auric field of negative vibrations, blockages, etc., but in a bigger capacity.

**Question:** Who would Alantra do battle with?

**Answer:** Sometimes Alantra encounters rogue groups of reptilians on her missions. These reptilians still have negative programming and they are big beings who do not give up or agree on anything easily so she carries the sword of light as protection to defend herself against reptilian attacks. Alantra does not physically engage in battles, she uses the crystal light energy from the sword to disarm her opponents by allowing them to go temporarily to sleep and then they wake up later unharmed and in a safe location where they can get the help they need for whatever was causing them issues to begin with that they were fighting, etc.
**Question:** What about the Galactic Federation crafts being Alantra’s defense? Surely, the weapons on those crafts must be more powerful..... or is it that they're not always around? I mean, this need for swords.. maybe it's because you can't always rely on someone else in a craft being there.

**Answer:** Alantra is not always on her ship. When she leaves her craft and goes on planets or bases for missions she carries the sword of light with her. She also has a few daggers, and a phaser blaster as well that she has on her for protection, sometimes there are beings out in space that even a sword of light cannot disarm easily.

**Question:** The only reason weapons are created in the first place is because the dark beings don't give up and insist on trying to continue their ridiculous negative ways. Is it always going to be like that? Or.. is there ever going to be a point in the history of the multiverse where all of the beings are positive at the same 'time”?

**Answer:** It is hard to have just the positive, the dark is there to balance the light, and the light swords don't actually harm anyone they reprogram beings to be positive.

As I understand from meeting various star nation beings, living entities go through various evolutionary stages and they are not on the same time table to evolve everywhere in the universe at the same exact time so it varies how much light quotient a being has and the degrees of positivity vibrations they take in. I know that there needs to be a 50 % balance between the light and the dark energies to be able to ascend to higher dimensional realms, the 12D and up realms are all positive because they do not live or exist in lower dimensional energies anymore.

**Question:** So if the sword of light is used on the reptilians do they wake up reprogrammed as light beings?

**Answer:** Yes to a certain degree, some of these beings are ornery and stubborn, at times they insist on wanting their old programming back because they do not know how to coexist feeling from their heart center with love, and not always using their brain to constantly make decisions that do not involve much feelings, or even suppressing feelings to be on the power controlling side of things, not all reptilians are like this, some are caring and heart centered, and are great healers.

No one can take away a being’s free will so it is up to the beings to try and live more positively but sometimes that takes time and they work through what they need to figure out with these light energies and codes that have been given to them to see if they can be more positive or not, it is simply a chance/opportunity to make a change for the better if they have the will power and desire to do so to help themselves.

**Question:** What do these reprogrammed positive light reptilians do at that point? Or, you don’t know? I mean.. do they just then abandon the dark crew they were with, if any, or just start doing positive things all of a sudden instead of negative? Why are they still ornery?

**Answer:** Yes they are stubborn at times as they insist that they can't think so analytically or logically anymore if they are not functioning purely from their head anymore and function from the heart with loving energy, they no longer can control people that ability goes away and some of them resent this.
And some of them see the benefits of the more positive energies that have been given to them so decide to make a change for the better and improve their lives by helping themselves to be more positive, and in turn helping others to do the same.

**Question:** Who is sanctioned to use the swords of light as healing weapons?

**Answer:** Not a lot of beings are allowed to carry the swords of light just the 2000 star traveler guardians/protectors and the top military personnel in the Galactic Federation and other positive race councils or federations.

**Question:** What is happening with corruption in the universe? Is it still there or not?

**Answer:** From what I have seen from my star nation contacts and heard from Alantra there is a lot of things going on in the universe, the Sphere Alliance of the Blue Avian beings are trying to help Earth to clean up the remaining negative energies that are lingering here. Many things go beyond just Earth, there are planets in space which have just been liberated from corruption and slavery like the Procyon race. Corruption is being cleaned up on other world’s as well, and the greys are getting help to reproduce and even some of the other reptilians want help too, and the only way this will happen is if Earth ascends, we are the biggest ascension machine in the universe that is why the Galactic Federation sided with helping us against the other council races that thought Earth people were too aggressive and violent to help. The question that was presented during the vote whether to help us or not was, are they really that way, they have been manipulated by negative beings, they should be given a chance to evolve on their own without anyone else’s interference especially from other extraterrestrial beings who have their own agendas towards wanting Earth resources and trading routes.

**Question:** Does the Galactic Federation deciding to help us break the law of interference in doing so (that Prime Directive that exists everywhere in the universe)? Was this choice to help considered extreme measures?

**Answer:** No laws were broken in the law of interference as there was a huge vote that was decided on to help us and most of the galactic federation voted to do this because the future balance of our galaxy also affects them if there is no balance on Earth, there is no new DNA to splice for other races new colonies. The Earth human genome is comprised of many genetic codes that come from other races in the galaxy and it needs to be preserved to seed future generations of new worlds.

**Question:** Yeah, I can understand that.. but isn't there some kind of interference rule, and didn't they go past that because it's absolutely necessary at this point to do so?

**Answer:** No the Galactic Federation and the Sphere Alliance have not crossed the line as they have not physically shown themselves to the mass population but have been working cloaked out in space helping us, so no rules were broken, think of Star Trek and how they provided humanitarian aid without being seen, they stopped weapons of mass destruction on planets from being deployed, and also stopped some natural disasters or even man made weather events from destroying planets, the benevolent beings are doing the same thing for us now. Many people on Earth have been awakened to what is happening on our planet, that the Illuminati, and the cabals, with Reptilian influence have been controlling us, and have asked psychically for positive star nation help, the call was heard and has been answered to come and help change the course of our history, the help is subtle but it is there.
**Observations:** I have been asking to visit the Andromedan Council biospheres with my physical body and make contact that way so far the answer is still not yet not now, but only through astral travel and telepathy, that is how my contact with star nation beings is being made at this time.

I could never understand why they did not contact me physically, now I know it is because of the prime directive. I also do work for other benevolent aliens that are part of different councils so I represent many different interests of beings and this needs to be respected, no one can interfere in these various missions to help throughout the universe, this is where this noninterference rule comes in as well, so there is no conflicting situations in how I do my star traveler work with different races in the galaxies.

**Question:** I kind of thought the interference thing was showing up by physically landing and stopping these negative guys and their plans in such a direct way as that, but I wasn’t fully sure. I thought some help could be applied without crossing that line, but wasn’t exactly sure where the line was at for this stuff.

**Answer:** The Galactic Federation and the Sphere Alliance cannot physically show themselves yet to everyone on Earth as too many people are still sleepers and not awake, no scaring the masses, and then having all the psychics say we told you so but did you believe us no you did not, they do not want that type of mentality to happen, plus there are also black ops military, shadow government groups, and off world space programs, and breakaway old Earth civilizations that do not want the change for all the positive stuff to come in so they could try anything that is within their power to stop the benevolent races from actually landing on Earth and making full disclosure to us that extraterrestrial beings do exist.

**Question:** Then, what will make the benevolent races ready to show up? The ascension? Is that the only way? I mean wouldn’t some kind of ‘official’ disclosure be enough preparation for them to show, since that would mean that all of the people know about them beforehand?

**Answer:** They will likely come when our governments are not trying to shoot them down from the skies every time there is a space craft hovering in Earth orbit.

**Question:** I have heard that we need to be very aware of our thoughts and how we manifest things?

**Answer:** As an example to your question, I have experienced recently that everything in my life reverberates to me at the speed of light in whatever I experience, no wiggle room in between.

If I get myself into some sort of trouble I need to quickly get out of it because the energies become so painful I cannot stand them, and I need to fix or resolve the issue at rapid speed so it does not continuously bombard me with negative vibrations or frustrating/angry thoughts all the time.

Eventually karma will be gone but if you lie or do something wrong it will instantly play out on you to restore balance so you do not stew in your own issues so to speak and gather dark energies, it is instant reaction for every action that is manifested, that is how you learn not to create trouble in the first place. Even this phenomenon is temporary just to teach us that we cannot mess with ignorantly manifesting stuff that is not for our highest good.

**Question:** Do you know anything about the recent planetary alignments that were talked about on youtube that supposedly could cause massive earthquakes on May 28 or May 29, 2015? As well the San Andreas movie was to be released on May 29 was that done specifically on purpose to try and get
people to think that these earthquakes would happen, there is a theory if enough people believe something will happen, it can occur, with massive mind manifestation?

**Answer:** I remote viewed two locations on the planet one on the border of Alaska, United States, and the second location was California, United States, I did this three days prior to the supposedly prediction of the mega quake that would happen in California. What I saw was that there might be two big earthquakes happening in Alaska and California for May 28, 2015. My guides Alfiel the lion, and Lial the bold eagle asked me to go to Anchorage Alaska where the Haarp project is located that allows the ability to create storms, tornadoes, earthquakes, basically control the weather. When I went to have a look what was happening with Haarp, I discovered that the engineers were working on a new project and had built a mass fusion laser beam machine, parts were supplied to them by the ICC which is one of the more darker space programs run on Mars, they were planning to use this laser beam device to create the two mega quakes for Alaska a magnitude 7.6 earthquake and for California an 8.9 magnitude earthquake. My guides asked me to help to prevent this from happening. I destroyed the new Haarp machine’s cylindrical four spinning fusion phasic rings that power the device. I accessed the electromagnetic energy force from the planet to send a mass voltage burst of energy to the new machine, the four rings were destroyed this way, so the upgraded version of Haarp could not be powered up for the next couple of months to make it work.

The Illuminati and the Cabals planned to cause the two earthquakes to create panic and mass chaos in the States and Canada in order to collapse the financial system, put a new one in that would be controlled by them, and create a world order government under their control. As well they wanted to expose some of the decent reptilian beings living close to the underground near Mount Shasta so they would come up topside during the quakes and scare the human population, that way there would be double the fear factor energies for the magus’s and wizards of the Illuminati and Cabals to feed on in order to advance their dark magic power levels. The movie San Andreas was supposed to escalate this idea of creating fear and panic of earthquakes happening to get people to believe in this timeline and to help make these events happen unwittingly. All this never came to be as the timeline was changed from a negative outcome to a positive outcome that these events would not happen by artificial means and that the Illuminati and Cabals do not have the same amount of power or control over the people as they used to in the past, people on Earth are starting to question how things happen and why this is so, it is harder to influence people’s minds to make disasters happen. As well there are many awakened light workers who are aware of what the Illuminati and Cabals are up to and they monitor the timelines to prevent disasters, cataclysms, and artificial interference from happening on this planet in order to help usher in the positive light frequencies and codes that will bring in the upcoming evolutionary processes to the 5D higher dimensional existence that we are already starting to experience on this changing world.

**Question:** So, what’s the deal with this Nibiru .. so many people keep mistakenly calling it something in the sky not completely knowing what it is? Do you know anything about this ship or planet?

**Answer:** Nibiru is 4th dimension exploration flag ship and a battle star protection vessel that travels through space and often holds negotiations between various races. The Nibiru ship is governed by the Nibiruan Council which is part of the Galactic Federation.

There are various races living in Nibiru that are hominoid, some reptilian, some insectillian, some android, etc. All these races have various habitats that they live in while on Nibiru so it is like home to them.
Nibiru was once a planet and is now a biosphere ship that has rings around just like Saturn does, they rings help to propel the ship so it keeps moving in space. The gold dust particles that Nibiru mines from various areas in space helps to keep the atmosphere going on this planet/vessel, once Nibiru was part of defending the galaxies from invaders and it was damaged that is why gold is needed to maintain the atmosphere so there are no holes otherwise the races living on this planet/ship would die.

Nibiru is the vessel that helps to train walk-ins and to provide upgrade light codes and frequencies to star seeds for their evolutionary development. This ship/planet has different types of teaching and learning labs where beings learn how to heal, create advanced technology for space drive engines for ships, creating light lasers for healing the auric field, and the neurological body systems, etc.

While I was on Nibiru I learned sacred geometry and advanced healing techniques for working with crystals. I also learned sound healing with singing bowls, and tuning forks, I did not know how to work with sound healing prior to visiting Nibiru and no one on Earth taught me these techniques.

For more information on Nibiru please visit the following link: Flagship Nibiru

**Question:** What is going on Mars in terms of the top secret ICC Interplanetary Corporate Conglomerate facilities that is part of the government corporate conglomerate, black ops, private companies, etc.?

**Answer:** The ICC Interplanetary Corporate Conglomerate is a dangerous organization that will create and trade with anything that it thinks is of value in the universe, they will even trade in people if the price is right. This group is expert in brainwashing techniques and abducting people from Earth for slave labor and other purposes, they are mainly based on Mars and throughout our solar system.

Here is what I saw when I remote viewed Mars on June 23, 2015. The ICC currently has 20 facilities/plants on Mars one of the facilities is producing mass fusion grenades as weapons to be able to destroy cities on planets, these weapons are planned to be traded with rogue group factions out in space. Another facility is experimenting with neurological artificial intelligence systems using unwilling humans to create cyborgs and androids with human parts integrated with the latest advanced neuro-link technology being developed by the ICC to be able to download human consciousness into robotic bodies that are mixed with human parts to function, these experiments are being done on many people in this cyber facility. These places are meat labs using unwilling people that are experimented on and some are even killed for human parts.

I saw the atrocity of how a person's mind was downloaded into the cyborg/android body that had raw human parts attached to it, the experiment was fresh so they did not yet clean up how the new body would look like when completed. The being was alive and looking around, moving its arms, testing how the limbs work. Seeing this situation happening is disturbing on so many levels.
The ICC also has plants and facilities on Uranus and Pluto, they are manufacturing there drilling equipment to mine for different metals on Mars and other planets, this is happening on Pluto. On Uranus the ICC has a facility that is creating human hybrids mixed in with animal and other alien DNA to make superior space traveling beings that can survive being out in tough space conditions for prolonged periods of time on various missions. In total there are 200 facilities/colonies part here in the Milky Way Galaxy and the rest beyond this solar system. This conglomerate is abducting people to use them as slave labor, meat harvesters, etc.

**Question:** The contactees who have contact with positive extraterrestrial races, if they WERE able to, could interfere in what way, with the things that are going on at the ICC to stop their atrocities from being perpetuated furhter? In other words, are the contactees handed some kind of special technology from those beings.. but can't use it right now for other people's benefit? Or.. I don't know, you make it sound like they could bring down the illuminati or something.. in terms that it's at least possible even if they don't (and can't but only because of agreements) do it.

**Answer:** The contactees are given information and sometimes help in resolving a situation we are not capable to act on like me and the fair trade energy they sent me to get my money back. We do not get any advanced technology.

I was shown where the new Haarp weapon was being housed to create those two earthquakes the cabals were planning to make on May 28, 2015, I destroyed the four spinning phasic rings on the new laser beam tech, actually the ICC supplied that to the cabal. They cannot fire the machine for another two months. Some contactees have the psychic abilities to destroy technology and I have the capability so I acted on the info I was given and crippled the new version of Haarp.

I am not sure how I could destroy 20 ICC bases with innocent people living on them and no way for them to get off Mars once the bases are destroyed. I have to think about the human casualties of innocents that could happen if I chose to destroy the ICC complexes. I cannot hurt innocent life to try and get rid of the negative ICC groups, I too follow the same prime directive as the positive races. However if there are only evil beings around that have the blackest of souls and no redemption left I have no issue(s) with removing them elsewhere so they are stuck and cannot hurt other beings.

**Question:** Is the Moon used as a safe neutral zone where aliens have their embassies, and meet for negations, and where the Earth has their LOC Lunar Operations Command base where initially the conference representatives from various government agencies first land for the meetings. There are also ruins on the moon built by the builder race what are these?

**Answer:** Yes Earth has a LOC Lunar Operations Command base on the moon where various top secret Earth government agencies land for meeting conferences with Earth break away civilizations, and various alien groups to create peace treaties, or do conferences for negotiations.

The ruins on the moon were built by the builder race which are the EL's who are now in the 12D and higher dimensions inhabiting the unknown universe, which is separated from our known universe by an electric force field so no negative beings can enter that space, the EL's are highly advanced beyond physicality so they rarely admit anyone into their space, they are creator beings and beyond most human understanding, they stimulated the big bang and created the Milky Way Galaxy and the Andromedan Galaxy. The ruins they left on the moon are actually ascension machine devices that can change people's DNA and alter it so beings can evolve in an accelerated way without waiting for natural
evolution to take place, these machines have refractory technology that activates and builds up people's light quotient very quickly and raises the brain's transmitting frequencies to go to higher dimensional ascension levels.

These ruins can be activated telepathically and they emit much energy so sometimes they are off limits for visitation to beings on the moon, as advanced civilizations use this technology to accelerate their evolutionary rates beyond the natural and spiritual time it takes to physically ascend to higher levels.

**Follow up story on what happened after reporting the ICC conditions on Mars:** On June 25, 2015 at 2:00 am Pacific time, I was almost killed during the night by the ICC soul drainer assassin who tried to kill me on the etheric level so that it looked like my physical body died naturally, on the physical level I was paralyzed as I could not move my body at all and was choking so I could not breathe in air, it felt like my nervous system and brain was shutting down, maybe the assassin was trying to make it look like I had an aneurism. This attack was psychic in nature using mind manipulation/control as well as trying to leave dark/negative energies in the environment while all of this was happening so it would be harder for me to deal with the attack head on. I fought off the female assassin with my shamanic and light magic Wicca training but it was very painful, she tried to drain me of all my living soul energy, which was the etheric aspect of it as the attack was centered on my mind with the body being the causality as the end result. These are bred reptilian assassins mixed in with other deadly alien DNA, they have cone shaped elongated heads, looking something like what was in the Alien vs. Predator movies. This assassin’s name was Akenesha.

I found this picture which closely resembles what Akenesha looks like.

![Akenesha](image_url)

An ICC ship was hovering over my house, they tried to wipe my brain with ray beam signals from their ship that did not work as my brain is wired beyond sound manipulation, I remember everything that I see and experience in my memories for a long time so erasing my memories does not work. When the memory wipe failed Akenesha was sent in to scare me for posting the information I did about the Mars facilities and the conditions there, as well as kill me.

The ICC has more soul drainer assassins like Akenesha and they send them out to eliminate people who try to publicly expose the ICC on the internet or in other media sources.
I told Akenesha that even if she killed the physical body the soul still lives and is much stronger on the other side and can seek justice for bringing down the ICC and all their bases, that got her to back off, these greedy people have no idea that removing the physical body accomplishing nothing, only makes the soul stronger and gives it more ability to remove the negative beings in this solar system.

**Observation:** At this time in Earth’s history many awakened and enlightened people are going through what is called the trans-phasic evolutionary process where time is speeded up to such a point that we are evolving many dimensional levels higher than we were supposed to have, the time rate has been accelerated ahead of schedule so there are different abilities manifesting in people. Five months ago I could not do remote viewing, now I can remote view almost anything that I wish to see on Earth and on other planets.

**Question:** What does the planet Ventra look like that is in the star system Polaris?

**Answer:** The planet Ventra has large land masses, and there are exotic flowers and plants on this planet. There are also green jungles. Ventra has many healing herbs growing which can create lifesaving natural medicines to prolong people’s lives, and cure diseases.

**Question:** Do you know what is going on with the Draco/Hydra reptilians wanting to reclaim the Milky Way Galaxy again?

**Answer:** I received a psychic request from Alantra about twenty minutes after my near assassination attempt by Akenesha asking me to please go on the outer reaches of the Milky Way Galaxy, I went out there and saw that an attempt was being made to open an artificial black hole. Alantra told me that the Draco/Hydra reptilian’s were preparing a decent sized space fleet and were planning to open a back door into our solar system to try and reclaim their dominance of the Earth humans again. There is a quarantine of an electric grid set around our space by the Sphere Alliance and the reptilians were trying to mass force black hole openings through this electric field. Right now no negative beings can leave Earth or enter this solar system as the electric field will destroy them if they try. The reptilians want to remove this electric field quarantine as soon as possible and try to null the electromagnetic energies that are sending Earth light codes and DNA upgrades so humanity does not ascend and gain light bodies.

I was able to close the black hole opening with the blue light ray energy that is emitted from my light body when I am traveling out in space. The positive star nations are doing all they can to prevent the reptilians from coming back to Earth space.

**Question:** What have you experienced from your awakening process and evolutionary phase that some call the ascension process?

**Answer:** I have begun experiencing my vision flickering with this electric current flashing behind my eyes, my consciousness entering higher dimensional realms and accessing 7D energies. My 3D self is walking between many different dimensional levels from 3D – 7D, it is like when someone changes the channel and you suddenly have access to various shows happening at the same time, you can see more possibilities and timelines than you ever could access before. As well I am seeing through someone else’s eyes that are blue like a 1000 rays of the electric sun, sending me information about what is going on in the universe, and sometimes asking me to go on missions to prevent negative events from happening. A few different aspects of my higher self, choose to contact me and other star nation beings that provide me with vital information. I constantly learn not to over react with the variety of human
emotional feeling levels that are open to me and not make rash decisions that are impulsive, I try to calmly learn the information I need to know and make decisions based on the intel I am provided to what would be the best or optimum choice that creates the highest good for all involved in whatever work I am doing out in space or on Earth.

Since fully awakening and becoming aware of the evolutionary process happening on Earth in 2014, I have been able to more freely astral travel to specific locations anywhere out in space or the Earth without having to concentrate for long periods of time to place myself into the astral travel state. The astral travel has evolved and become part of remote viewing without being trained in this process. I can select my remote viewing targets by knowing their name and a generalized place location like say ICC and planet Mars, then I can go to those facilities and the planets they are on to see what is going on. The remote viewing happens instantaneously and I can easily see what is happening around me and no one can detect the fact that I am present in the locations I am viewing as I am invisible to the participants of what I am watching. I do not need to search for any locations that I am going to remote view I am intuitively guided to go where I am supposed to be as I fully trust my psychic abilities and myself to discern the truth of what I am seeing and experiencing.

**Question:** What helps you to get into a relaxed state where you can activate your abilities to astral travel, remote view things, and access your genetic cellular memories of past lifetimes, universal knowledge, etc.? Can you describe what you have experienced or seen while remote viewing or astral traveling?

**Answer:** In the beginning when I first started learning about astral travel in 2013 through taking Shamanism and Wicca courses I found it took me much time to clear my mind to have a blank slate, without any thoughts or feelings, to be grounded, and calm in my body. Then once I learned how to accomplish this I also discovered that it was easier for me to astral travel when I was listening to peaceful metaphysical and trance music as it helped to get me connected with my intuitive self, higher self, source, or universal knowledge. It took some time to figure out what music worked for me and what did not, the music places me in a natural meditative state where I am at peace with the world and can explore my abilities to freely travel in the universe.

Music has specific sound healing frequencies that help to bring in the light codes and DNA upgrades that assist us to evolve in this evolutionary shift that we have started to enter into.

What I have learned from doing astral travel is that it is important to be in a completely quiet, calm and relaxed state of mind, where the body lets go of the denser 3D level, and fluidly floats with all the limbs loose and ready to experience anything and everything that the universe is willing to share with us in terms of information, history, memories of lifetimes, etc.

As time went on I began to do remote viewing at the end of 2014, I wanted to see what I could track in terms of what the various black ops groups were doing on Earth, keep an eye on the Illuminati, Cabals, Haarp, Secret Space Programs out in our solar system, etc. The urge to know the truth with my open eyes so to speak is what opened up my ability to remote view, no one taught me this technique and I do not follow the standard protocols to remote view. When I do remote viewing my third eye opens up, my higher dimensional self comes in and guides me to see what I need to discover. I hone in on specific targets, with names, and places, then I receive more details of what is going on and where the things or situations are geographically located. Sometimes after the remote viewing is done, I receive requests from my star nation contacts, or spirit guides to go on missions to the various locations to assist in
correcting certain aspects of timeline realities that are of a harmful nature to the positive timelines. For example like disabling the new Haarp phasic rings so it would not work and therefore could not create mega earthquakes, closing black holes out in space so the Draco/Hydra reptilians cannot return to our solar system through a back door way, monitoring what is going on at Mars in terms of the ICC committing atrocities which violate the human rights laws, then revealing to the public what I saw so there is awareness and the right to know the truth of what is happening currently on our world, as well as in our solar system.

In the recent experience where the ICC tried to assassinate me for what I saw them doing, I felt physical pain after the attack for a couple of weeks as my body is still phasing into the various dimensional shifts happening on the planet, my etheric mind understands what is going on and is not in pain, it is taking time to adjust to all the new concepts I have been introduced to and working on myself in order to not allow to be attacked by anyone in the future no matter what I remote view and see. The ICC also sent me nightmares after the attack for the couple of weeks I was recovering, they were trying to further scare me so I would back off and not write anymore about what I had experienced. I started modulating my thought patterns saying that the nightmares are just illusions and that they cannot phase me in anyway and are distractions to keep me away from my mission to find the truth. This helped to stop the nightmares as the realization was that they were manifestations of lower energies without any real substance and do not exist.

I have learned that it is a good idea to place protectionary safeguards around myself and the place I live, work at, etc. so that psychic attacks or even physical attacks cannot hurt me in any way. I work with crystals, sound healing, and mind manifestation to help me to put an energetic shield around myself that cannot be broken by anyone. As well I use a mantra something like this “No one can enter my personal space, body field, or mind that is not for my highest good, no evil or negative energies can touch me as I am a strong multiverse being able to protect and defend myself for my highest good.” This helps me to have protection and belief in myself that I can take care of myself at all time so nothing can harm me or try to remove me from living my life.

It is important to be careful, staying safe, and being protected from harm when doing remote viewing, a situation that was remote viewed of what is going on can follow anyone into the physical reality, like a secret agency coming in and trying to either keep the remote viewer quiet by any means possible, threatening them or their family, or even trying to kill the individual for the information they know.

**Note:** Sometimes when doing remote viewing an individual may encounter seeing a situation(s) where there are atrocities being committed, distributing things happening, and violations of the natural rules and laws of the universe occurring, etc., this does come up, so it is important to be emotionally and physically prepared for anything and everything to possibly be part of a current reality or other dimensional levels of existence.

When I was viewing the atrocities being committed by the ICC I had to be emotionally detached and impartial with my feelings while receiving the information so I could realistically process what was really going on from the details I was seeing. To understand a brutal reality, the mind needs to be clear of pity, sympathy, or judgement, just looking at the situation with a calm assessment that is crystal clear in seeing all the nuances happening in the matter as there is almost always more than one thing occurring at the time. Afterwards I felt compassion for the people being used against their will, and the urge to somehow help them despite not having the physical capability to go to Mars to fix the situation. I thought about the matter and decided to manifest with my mind to put an end and shut down the ICC.
to make it happen, and I believe that this reality will be manifested soon so there are no more people suffering on the far reaches that are the Mars outposts where it is easy to hide what is happening on another planet where not much people can see the things that are really going on which are breaking the basic components of human rights and freedom acts.

Observation: Living in fear, being scared, or feeling anxiety is a way to lower our vibrational frequencies, so we do not receive light quotient, therefore weakening our physical bodies. When we release the fear and anything else that feels like something is bringing us down, we rise like the flaming phoenix and are strong in both the mind and the body so nothing can hurt us, phase us, therefore, we can naturally evolve to higher dimensional states of existence being the best that we can be for our highest good.

Question: When you do remote viewing can anyone see you doing this, like your actual physical appearance or are you cloaked and invincible?

Answer: During my remote viewing sessions, I am cloaked and invisible so no one can see my physical appearance in terms of what I look like, they cannot touch me either. As well no one can sense my soul signature as that is protected by a bubble energy shield that rotates frequencies every couple of seconds masking me like a chameleon so I am neither seen nor heard. The only way someone can find out if I was monitoring or looking at them through remote viewing is if I post the information on the internet about what I saw them doing, that is the only way to trace that I was the one who remote viewed something about people, events, or situations going on either on this planet, or in this solar system.

I am not interested in spying on people’s everyday lives, I only remote view time sensitive events that can jeopardize the wellbeing of humanity and the planet, like say artificial weather disasters, injustices, violence, etc. so that I could perhaps help to change the negative timelines into positive ones so the bad realities are nullified for better changes in the world to happen.

Question: Do you think the plant life and fruits will be affected in any way by the electromagnetic shift that is said to be coming towards us starting this July and onwards through 2015?

Do you feel that the fruits will be more flavorful than ever before? (Not that you can't get fruit now that is quite full of flavor and taste or anything) .. like improved fruit? Even improved from the best we have now? Do you think it will be enhanced more with all these new energies?

Answer: The electromagnetic shift will change the planet life on this world and it will look like a jungle for a while everywhere, less forests, they will still be here, but the climate will be hotter so more exotic plant life that grows in jungles will start to appear in our living environments. Plants will mutate and will be bigger than ever plus new seedlings and spores will come in with exotic alien plants.

The fruit will be much bigger for one thing and one piece of fruit will have two different flavors at the same time. Strawberries will be highly treasured as a commodity for trade.

Observation: I want to see what plants from other planets look like.. I've thought about that from time to time, like I'm sure the ones we have here aren't all there is .. cannabis, for example, came from somewhere else in the universe as a gift to us. Which is why it looks so different when compared to the other plants.
**Question:** What is the electromagnetic frequency shift and how does the ascension event factor into this?

**Answer:** The electromagnetic frequency shift is an intergalactic wave energy source that will emit light codes, DNA codes, and evolutionary codes which will upgrade humanity to our highest evolutionary potential into higher dimensional states. The EL builder race set up two pulsar beacons in the Milky Way galaxy before they left our space and when the 26,000 year cycle mark approaches the beacons will release the electromagnetic energies to start the beginning stages of ascension. When the ascension energies reach Earth some people will develop their psychic abilities like levitation, teleportation, clairvoyance, clairaudience, clairsentience, remote viewing, etc. as we begin to evolve into higher dimensional beings in 5D reality.

There are four waves of ascension that will happen over the next three year cycle until 2017, the first ascension wave into 5D reality on Earth is going to start happening closer to the end of 2015. Some people are already in transition receiving these ascension wave frequencies as they have been preparing themselves for years for this event to occur on the planet. These people are living in 4D realities and 5D realities, some will be transitioning over to 6D or 7D realities and transforming into their light bodies where they will not always have physical forms, they will have a choice between having a corporeal physical body and being able to change into their light essence bodies made of pure universal star energies.

Everyone evolves at their own pace into the individual ascension process and there is no one set specific date for when people will ascend into the higher dimensional levels, it depends on what life lessons people came to Earth to learn, experiences that were set up, or what mission people came to accomplish on this world, so individuals will evolve on their time levels not dependent of other people’s realities. There are no comparisons who will evolve faster or slower during this time of spiritual awakening on Earth, it is not about that, instead it is all done at our own individual paces and levels of knowledge, beliefs, experiences, etc.

At one time Earth was a 12D world about 26,000 years ago and when Atlantis fell which had an advanced technological civilization, the planet was placed in a 3D reality to save it from the nuclear disaster that the Atlantean’s created with their neutron plasma weapons cannons. Much of the knowledge from this civilization was forgotten by humanity and we are now starting to remember the universal knowledge truth of our ancestors through our cellular genetic memories as we are awakening to our evolutionary states on this world. The Earth is a special planet as it is a one of a kind world’s to go from a 12D reality to 3D existence, now ascending back to 5D and higher on the evolutionary scale.
Information about the Three Ascension Waves:

Source of Information:

*The Three Waves of Ascension* by Rosalie Dehmuir: from thecrystalgateway.org

This is the time when it seems appropriate to discuss the three major groups who are walking the Ascension pathway. This is because the difference between these groups is now becoming more marked and some clarification would be useful if people are to understand their overall purpose for being here. This Ascension journey is being travelled by people whose origins are very different. Although we all have the human body in common, and therefore look on the outside to be the same, we are actually a unique collection of beings made up of those from the higher angelic realms; those who represent various inter-galactic civilizations, as well as those who are really of the human race.

As well as coming from a variety of different backgrounds, we are also gathered into three major groups which determines our primary role within the Ascension movement. These major groupings are called waves. Each wave is a different size, determined by the number of people who form that wave, but not every person within a particular wave is necessarily at the same level of consciousness, nor is intended to be. Each of us is on our own individual pathway within the greater journey but there are some common traits within each wave.

**The First Wave**

Those in the first wave have been actively travelling the Ascension pathway since the early 1980's, if not before. They are, if you like, the people who birthed the new age movement whether they participated in group activities or went quietly about their own business. These people are primarily of the angelic realms and their task has been to move the light through the darkness that has engulfed this planet and to transmute the density so that the light could be seen by everyone else.

This task was far from easy. It meant having to plunge into that darkness and live in it for around twelve years during the 80's to mid-90's whilst this transmutation took place. What made it a particularly grim journey for many, was that very few had any conscious understanding of the task they were performing and therefore, were quite unable to explain, even to themselves, why they felt the need to completely change their lifestyles in such a full-on way. During this time, they were involved in doing some extremely heavy internal processing, for not only were these first wavers working with their own shadow, but also cleansing the planet and everyone else who was resident at that time.

Another thing these people have in common is their overt spirituality. In fact, anyone who is not of this group often think these people are a bit loopy. Some of these first waviers tried to gather in communes to work the earth and live in peace and unity....which didn't work. Many became hooked on personal development workshops and seminars, whether as participants, volunteers or teachers and are still to be found hanging around in meditation circles burning lots of incense and listening to ambient music. In whichever way they express themselves, members of the first wave are completely addicted to Spirit. They want everyone out there to get the message and join in, so their missionary drive is pretty high. They give of themselves willingly and truly desire to be of service but constantly vacillate between giving everything without thought of self to withdrawing with dark thoughts of intolerance and impatience when others stubbornly refuse to grasp what they are on about. Being an Angel locked in a human body can be very frustrating!
Although the Angel quotient in this section is by far the largest, it is not their exclusive domain. There are also some members who are from galaxies far and near who have volunteered to help get the spiritual shift going and it is likely that they have incarnated here for the first time, unlike their Angel colleagues who have been serving here since the beginning of time. It is the angelic members who primarily took on the role of facing the darkness, whilst their inter-galactic colleagues were mainly involved in whipping up books and seminars with missionary zeal. Out of the three groups, this first wave is the smallest in number.

Way showers and pioneers always have it tough, and actually like it that way. Challenge just spurs them on. But without their willingness to go it alone and bear the brunt of other people's derision, there would be no Ascension movement at all, and we would now be actively facing a dying world rather than one which is being reborn. So loopy or not, we owe them a debt of respect.

Within the first wave are many different levels of consciousness in operation but in one way or another they are all leaders, with the task of having to master 'walking their talk'. If people are going to follow, leaders must demonstrate that they are worthy of being followed. Therefore, these first wavers need to recognize that not everyone is required to, nor wants to, hang around in meditation groups in order to get spiritual. This group are currently being challenged to step away from their enclaves and demonstrate their spiritual connection in wider and more pragmatic ways. This group houses the visionaries; those people who can see what is required to be done and are able to inspire others to take up the challenge and create the necessary action.

**The Second Wave**

This is the group where the Starseeds predominate, although the angelic realms also have representatives here. As the name Starseed implies, these people are originally from star systems within this galaxy or from galaxies far, far away. A large contingent within this group are experiencing incarnation in a human body for the first time, although some have been here as many as three or four times.

This group do not go into the emotional dramas that seem to constantly afflict the first wavers. They have their feet more firmly placed on the ground, and are focused on specific areas of responsibility, often from a very young age. They seem to know instinctively what they are here to do, even if their full consciousness is not awakened.

Many have been drawn into the seminars and workshops run by the first wavers and this has got them moving steadily forward. However, for the most part, they find the overt spirituality that the first wavers demonstrate, a bit of a turn off or an embarrassment. It is not that they are not interested in Spirit, but rather that they don't see anything to get particularly excited about and are not especially attracted to the emotional, ethereal idealism which drives those members of the first wave.

Whilst it has been the task of the first wave to go to war with the dark forces, the second wave have been left alone to get on with life in a more pragmatic way. They are much more interested in cleaning up the planet and the people on it than in sitting around deeply engrossed with their own spiritual development. They are lovers of technology and/or of community involvement of one sort or another. They believe that Spirit is best shown through positive action and they want to be out there 'doing' stuff. This 'doing' stuff is rather misunderstood by the first wavers who, having participated in all that doing
during their past forty thousand lifetimes, are now much more interested in finding the peace which comes from 'being'. They are not interested in whipping up enthusiasm for zero point technology, or finding new methods for pollution control, nor particularly focused on repair and restitution of the planet, or our societies, in the same way as those of the second wave. The second wave have come here to work and to get things done. This is their purpose, for their role is to step in and bring the Earth mother back into wholeness and to help bring humanity back to living responsibly. They do not need to espouse 'new age spiritual ideals' to do this, but simply to work in harmony, balance and joy in all that they do.

The first wave may be out there pioneering the Ascension movement but it is the second wave who will be bringing the new age into physical being. These second wavers are here for the long-term for there is a great deal of work for them to do, and as the first wave gradually disappear through the ascension doorways back into the higher realms, so the second wave will take over the leadership positions.

**The Third Wave**

This is the group that is just beginning to wake up to the fact that something big is going on. They are, by far, the largest group currently on the planet and are predominantly made up of real human beings, the true owners of these bodies. However, there are also members of the Star colonies included in this third wave as indeed there are also angelic helpers.

The human component herein are known as the Lightworkers and are the ones that the first wavers spend their time worrying about. The reason for this is that the first wave have been awake and leading the Ascension movement for a long time now, and are feeling tired and exasperated that so many people still deny that there is anything to get excited about.

But what the first wavers need to realize is that this Ascension movement was always designed to get rolling in waves. To begin with it needed them to lead others to the right door so that order could be created from chaos. Once all the plans for doing this were in place, then the time would be right to show these Lightworkers what the new way of living would be all about.

**So where are we now?**

We are just about to enter this new phase, as the time has finally arrived when we can step into the positions we have always known we would need to take. There is a new energy bubbling just below the surface and it will shortly erupt into a mammoth explosion of positive action. Up until this time, we have been quietly getting ready for the main show, researching and developing ourselves in preparation for a new way of living.

This will be the time for the first wavers to move out of their enclaves, put away their incense and their personal development workshops and begin to actively walk their talk. To show the way, not just by talking about it but by practicing what they have been preaching. Challenging indeed!

This will be the time for the second wavers to take out their plans and begin to action them. They will be calling for people to approach day-to-day living from a new angle. They will be encouraging people to come together in their local communities and to take some active responsibility for what is occurring therein. They will also be challenging all those people in entrenched systems, both political and economic, to find their human face and act for the benefit of all.
And the third wave? Perhaps it might be helpful to think of them as children who are going to be attending their first day at a new school. But they will need to find respect for their teachers if they are to follow new pathways. They will need to be encouraged to look differently at the world around them, and they will need compassion and support as they struggle to understand what's going on. They will need lots of willing helpers who will be able to hold their hand and show them what to do, so we are all going to be majorly challenged to step out into the world without fear and be of service in a new way. Regardless of where we lie in terms of our personal Ascension journey we are shortly to be called upon to change our pace. Those of us who are wide awake and on track are going to be in demand, whether in a big-profile sort of way, or quietly standing in line at the checkout in the local Supermarket. In whichever way is most appropriate we will be in the right place to offer the right support and inspired to do so.

As scary as this might seem to some, it is really what we have been waiting to do and we have the next few months to move into position, after which time we will, no doubt, be too busy to think about much else.

**Ascension Waves Q&A**

**Source of Information:**

*Ascension Waves*; by Lisa Renee: from Energetic Synthesis

**Q. Question about three waves of Ascension and is the first wave ascending this year, etc.?**

A. There are both individual and group waves of ascension. Honestly I have heard the same thing about three waves of ascension, however, I feel that is a different model, a partial model attempting to describe the frequency initiation process and a concept of multidimensional timelines. Now especially with seeing the particle and anti-particle timelines merging and creating 12 possible timelines of access on our planet that are simultaneously collapsing into each other, it is difficult to verbalize. Each being (Spiritual or Light Steward) has their own spiritual model and genetic coding which influences their perception of consciousness and ego personality. These perceptions are written to others in a language that is very difficult to describe in a human mind that is linear. However, it seems we have even more options or contingencies in place for this planet, in terms of how the higher self is going to choose its own evolutionary path and future pattern. This is the Aurora Guardian project to help as many beings as possible activate their consciousness and spiritual bodies to help participate at some level in the physical with their own evolution. When we talk about Ascension, we are also talking about a never ending process of spiritual evolution. Ascension is about spiritual initiation into successively higher frequencies and dimensional planes of existence, and that is what is happening to us now. We access the successive frequency layers to absorb them into our current biology. When we absorb the frequency, density in the body must be dropped. So when accessing higher frequencies, clearing and removing alien implants, mind control implants, ancestral attachments, fragments and other spiritual phenomena from the bodies will surface to be cleared to be transmuted.

We are attempting to descend levels of our divinity gradually because our job is to biologically embody our god spirit self, at the highest expression possible given our circumstances. This is so massive what is happening to our bodies at this time. The body is able to be prepared as we participate consciously in this process, it can happen naturally, although that is less common because a direct agreement is what
makes that possible. One must be committed to world service to have that kind of help made possible, because the conservation of life force and resources must be exercised. Many of the Starseeds are getting worked on at night, and our bodies must be upgraded to handle these frequencies, coding, and rehabilitation or repair of the lightbody instruction sets. Our bodies are going through a lot whether you are aware of it physically or not. At this time, our bodies are massively getting upgraded and this is because as zero point field starts to become available in more places on the planet, our physical self will need a big push to be comfortable to work with those energies. Defining ascension would take a long time as what’s happening is a massive frequency initiation at every level, the body is attempting to absorb as much frequency (to increase consciousness) as it is capable. Ascension is something to describe in terms of being freed from the 3D reincarnation wheel from the lower astral plane. We are being moved into a completely different reality structure at whatever level of frequency classroom we are going to be working in and there is still time to determine that direction. What ascension is, we could consider it to be the moving pathway through the timelines of the reincarnation wheel that has been transpiring in the 3D reality system. The Astral plane reincarnation through the false ascension matrix is ending. We are going through Universal Ascension and most of the beings that are not going to be graduating in this cycle will be moved into a different reality system to continue to evolve. For many this will be “earth like” but not the 3D earth as we know it.(Source: QA June 2008)

Q. Are some people here to just be Pathcutters just for the entire earth?

A. Yes. The Indigos and Star races came here specifically because they knew that we had an opportunity to bring this planet into Ascension timelines. We came here to be pathcutters for the earth by rehabilitating and healing the DNA imprints and its damaged architecture in the collective field. This group will sense and experience global energies moving through their consciousness, or parts of their own body. Many of them have specific expertise and are "sleepers", meaning that they do not know who they are and why they incarnated until they are awakened by their Star family. (Source: QA, Sept. 2007)

Q. Are there purposes for particular countries as a whole to bring the ascension process? A lot of info comes out of a limited amount of countries, especially the USA. Are there particular tribes, masters, guides focused on one country?

A. In terms of particular countries, the guardians have said that about the USA at this time that the torch is being given to the North American continent. As this is all the divine plan of splitting the reality structures, the splitting of frequencies, and what is happening to us in USA, both economically and politically - is that splitting apart. This is the amplification of polarities. We are watching a part of our ascension process that is working on a karmic level between the history of bloodlines and genetic lineages. Political lines are also drawn in ancient genetic lines at this time. Being on that level to bring ascension energies in here first, there are vortices around the planet and key power spots. Around key power spots there are (indigo) beings genetically encoded with that particular energetic lineage to support that area of the earth. Kauai is a 12d portal access and power spot. Many of us are here as guardians of the earth to incarnate, (in training) to bring 12d pillar frequencies and build portals and set them up in certain spaces that we are called to be, all over the planet. This stabilizes areas of the planet that are chaotic in the field. Where areas are energetically stabilized they are also stabilized, politically, economically and socially. Energetic upheavals, weather and climatic anomalies also appear in weaker gridlines of the planetary body, when naturally occurring, and when being manipulated by outside technology. (Source QA, Sept. 2007)
Q. **Does Pathcutting always result in getting physically sick even if person shares healthy lifestyle?**

A. Some people have an emotional emanation of it and there are others who have the physical side effects. Most people will have some kind of physical release or bodily symptom. When you physically take charge of your body, it does help and you will get guidance on what you need. Sometimes you need another being to hold space for you so your guides can do etheric surgery or body work for you. However the change in the cellular material is required to embody higher frequency, or light in the cells. In order to shift the frequency of the body, the body in one of its forms will find ways to “drop density”. Sometimes that means your body does not feel well, like the "ascension flu."  *(Source: QA Sept. 2007)*

Q. **Right leg or right knee problems: Is that part of clearing something?**

A. There is a patriarchal ancestral clearing that is happening now and it impacts some people this way. I feel this has to do with leaving the feminine energies and that is what the creational forces are, the right side is having a sympathetic resonance and the knee cap is emotionally connected to ‘moving forward’. There are smaller energy centres around the back knee caps. The human plight is usually the inability to move forward or to fear change. We are leaving the patriarchy (the right side body) and moving into the future to embody our feminine energies to achieve inner balance with our own creation forces, that of our real parent, The Mother principle, and the Father Principle. We are becoming the Christ Child, a being of perfect balance and unity. Try to release the blockage by releasing your fears of moving forward into the unknown. *(Source: QA, Sept. 2007)*

Q. **How do we know when our soul fragments have returned?**

A. The process of ascension is basically never ending in terms of our constant evolution into the central point of union with the Source. A good indication to know if you still require reclaiming fragments is the level of inner peace you experience. When you are still feeling deep emotional charges in relationship to things, when you are having certain things triggering you; that is the reclamation of parts into wholeness that is still required in order to achieve freedom from emotional suffering. What really is a beautiful indicator of balanced centred completion is an inner/outer manifestation of that balance. Through the experience of your own perception when you come in contact with things in the external, are you still reacting? Do you have instictual and lower emotional responses? Are there things working within you that you feel are chaotic? When you come to levels of integration of soul fragmentation, there is a freedom, liberation, emotionally and physically that you can feel as a completion within your being. There is a level of uninterrupted peace that is experienced within. The life questions, What am I doing, Where am I going? These questions cease to be an issue for you because you can feel your relationship to the greater whole. Many people do soul retrieval on personal level which would spend more relationships at soul level consciousness and then there are beings who have agreements working with holographic bits that have to do reclamation of whole monadic streams of consciousness. The issue is, the larger you grow in consciousness, you move beyond individual identity and start to merge with higher vibrating and larger more complex systems. There is soul retrieval at individual level, at the planetary level, at the soul, avatar, galactic, consciousness levels. So when you come into a certain level of completion with you being what happens is now your consciousness starts working with larger planetary bodies. Now you are leaving individual human bodies and now working with stellar bodies. There are fragments at stellar body levels. In terms of all of us, at any level, we are working and contributing to the overall whole.
And yes, fragments generally hold a lot of psychic pain and trauma. I have found that when you work with 12D shield and call in Cosmic Christ intelligences at the avatar level; you ask fragments to be reprocessed and integrated through the Cosmic Christ intelligence. Further, through the Cosmic Christ that any emotional reintegration is at a minimum and supported gracefully. Sometimes, the consciousness may need to bear witness to the pain and trauma as it may have some implication upon many other beings involved. As you clear or heal a fragmentation and reintegrate it, it’s giving the gift of that contribution to many, many other beings of consciousness throughout all time and space. (Source: July 2008)

Q. So many changes, I want to ask you to comment on intuition. How one can know what is real. What is the meaning of true intuition and what is manipulation? How can we best differentiate between old hologram stuff and what is coming in as a part of the pure real energy paradigm.

A: I think actually this is a very good question and something that each of us on the spiritual ascension pathway no doubt undergo our own process with this in terms of determining what is the best way that we develop our relationship with our inner spirit, and as well in that companionship relationship with the god source and we start to increase our trust and start to feel cellular knowingness which is really the highest expression we would want to achieve in our sense of intuition, in feeling within us the direction, or if something is aligned to us from personal resonance, or not aligned to us, which is when we would feel a dissonance. So as we develop on the spiritual path it is very clear that in order to develop a clear intuition there has to be a deeper knowing of the self.

To develop better discernment and personal intuition:

- develop mental discipline
- develop witness/observer state
- notice reactive states

Intuition is equal to the ability to have quiet stillness in the self. It is very subtle and is the subtle movement of energies. To develop cellular knowing one must focus and listen to the inner voice. Learn how to come into stillness with the self. The more chatty the mind – the more off your intuition and discernment will be. This is why one must meditate and learn how to turn mind off.

Common level of dark force manipulation used to interfere with intuition and discernment:

- Dark forces – primarily use manipulation from the astral plane 4/5/6D,
- Using voices – audio insert,
- Visions of movies – visual insert,
- Projected images audio/visual can be manipulated,
- Witness and inquire if this visual/audio has a manipulation frequency to it. Your body will respond. Ask the right question to get the most accurate answer.

When you are hearing/seeing something be careful about the messaging that you are receiving. Ask point blank, to identify and challenge its energy signature name, while in 12D shield.

HSP Technique:
Expand 12D shield out, invite whatever you are hearing/seeing to test it against the GSF frequency. The answer will be a feeling/sensation. This is cellular knowingness or direct cognition. What does it feel like? Make notes on the sensations. Ask the questions. What does it feel like? Is it soft? Is it hard? Does
it have a colour? Develop your intuition by asking the questions in the presence of the object/decision. What am I feeling here? Try to describe it to yourself even if it doesn’t make sense. Such as, I feel the number 7.

Discern what it is that you are feeling. The intuition does not come from the mental body. The intuition comes from the soul-spiritual body and is translated to sensory perception and feelings.

Generally, you will not hear a voice or something very literal. When you are in contact with spiritual energies and subtle frequencies from other dimensional states, the way messages will be communicated is not verbal. You learn how to feel it and understand it is another language. When you receive a message call it out and ask the question. Does this message have manipulation?

Understand the dark forces will tend to manipulate from the astral plane. They will project holographic insets into the mental or emotional field during the dream state to manipulate the being. You may have an experience in your dream state and when you wake you bring it with you into the awake state. Manipulation on the astral plane does not feel good.

For those with addiction problems, it’s where the pain-pleasure state resides on the astral, and so some of the astral energies may feel pleasant to those recovering from addictions.

The dark will use painful memories from other lifetimes to create pain or fear, to stunt you and keep you confused. If you keep using your mind to work out ‘what is that’ we can become overly fixated, say on a painful memory. This can create obsessions or looping, when one needs to let it go and find neutrality.

The dark will also use isolation techniques – victimising or defamation of character. Fear of persecution or crucifixion if we talk openly about what we are perceiving. Someone will be sent in to bully you with that specific fear. Be neutral to witch hunt and persecution energies as the predictable method of NAA manipulation.

We don’t want to misplace our trust. At the same time, we must come into acceptance with who we are on this earth.

The dark is fantastic at finding weaknesses inside us and then exploiting and manipulating them on the external. We can use these as lessons, as we can see our weaknesses, locate our vulnerability and participate consciously with it by surrendering, and calling out imposter spirits.

Understand that this how the dark force use the astral plane to manipulate:

Astral infiltration – some lightworkers have got stuck in this plane, it’s not an enlightened plane. Strange creatures that may be seen on the astral are the collective emotional body, from people that are not aware of their thought forms. Full of astral debris and garbage. The lower astral is a repository of garbage.

HSP Technique:
So meditate, come into a higher state of understanding, use the 12D shield and bring consciousness into your heart, breathe out 12D energy, exhaling out expanding in an anti-clockwise circle, and then you can invite whatever the person/place/thing/symbol into the shield and look at it. As you bring it into the
shield you can say GSF encrypting shield. Ask that which you brought into your shield to illuminate the truth of whatever you have brought in. Ask, "I want to see what this is."

This is not for ‘looky looing’. This is for a situation in your life that you really need deeper information on. Every being on this planet has a sovereign right to exist as they are in the moment. We must never impose our will. However, when that thing is infringing upon something in your life, or something is confusing, then you have every right to inquire about that. Sometime one may place bans of interference to determine what it is that is interfering.

Act in alignment to Law of One, this is not about psychic peeping. It’s about getting answers for what is right for you in your life to be informed and clear. The information you get is for you alone. So you can make an informed decision. We have every right to consciously participate with what is going on in our particular life stream. But we do not have a right to superimpose on other people.

Devote your life to serve god or your highest spiritual expression. Do not attach to an end result of an answer.

Another method:
Take a ball of light white golden light – basketball size, imagine it around your brain/cranium, take the white ball, move it down to your heart, whatever you have in your mind that you would like intuition/detail about it, bring that in front of you in your inner vision, with eyes closed, and from your heart push out the white orb. Take the orb and place it so it is illuminating the issue in front of you. You may see light in front of you to see issue, gently focus there, and soften your focus. You want to be relaxed, deeply breathing.

Now look at the object, you may see black energy, the light is showing you the blockage, or cracks, see where the blockages are in your own body or other objects. Focus on the feeling and discern it from that level whether it makes sense to your personality or not.

The Goal for improved discernment and intuition:

- The goal is to move away from clairaudience and clairvoyance dependence,
- The goal is developing the sensory ability to feel and to build upon those feelings,
- Ask, is this information interference or does it have a manipulation signature?

(Source: Ascension Q&A Dec 2013)

**Q. Question about Alchemical Union?**

A. Because of the macrocosm impending particle and anti-particle timeline merge, many people in the microcosm are having unusual types of relationships between genders right now. Many types of people are coming together in a variety of ways to explore different and unusual relationship patterns, many of which are not currently socially acceptable or may be extremely challenging. This is related to spiritual growth and coming into contact with beings you have shared past or future memories with in one’s soul group, or over soul group. We come to meet again in the ascension timeline to have completion with unfinished business or resolve painful issues. This helps us to reclaim our pieces for healing and many times the person in that relationship has shown up for a mutual exchange for learning and spiritual growth. This helps us to reach polarity integration through the process of experiencing relationship alchemy, hence the name alchemical unions. As this becomes more solidified, as we are moving into the
critical mass of female principle (proton) coming back into the earth, we have been gradually embodying more of the feminine principle and this creates shifts in our female energies. When a massive power of female (spiritual source) energy is coming into your body, the inner archetype of your male (mental principle) can feel threatened. Many of us as autonomous independent women on the spiritual path have been working with healing the inner masculine energies. We have had to address and change our behaviour in terms of what we did thinking we needed to be polarized in our male energies to survive on planet. We were programmed that we had to always be action oriented, make it happen, make it manifest for our survival. These are action principles of masculine energy and now all of a sudden a massive influx of female energy comes into the planet and it is a fully present and receptive force. It is not a thinking process, it is a feeling process. The masculine part of you may rebel and reject what is happening to you in the ascension process. This is happening within and also is projected into the external in your environment to play out in interpersonal relationships. Have some patience with the process and apply the relationship mastery principles. The good news about now is that the division and schism between the male and female are undergoing healing and change at the energy architecture level. This will change everything human beings think about as gender and gender roles, and what it means to us to be in relationships, and this process will be stressful for some of us. This is the shift from the bi-polar geometry which is being rehabilitated back into the trinity formats, which allows healing in the architecture of the planetary hologram to occur. This change in the planetary hologram will allow sacred marriage between males and females to occur of which are fully in union with the Source Light. This highest expression of sacred marriage is synonymous with the embodied Christos light. In the future these alchemical unions will evolve into spiritual templates which allow karmic-less unions between men and women. This new template of “krystal” sacred marriage is the perfect union between the masculine and feminine energies. Through their embodied union of the Rod and Staff, the full interconnection (union) with God Source is made possible in one body. The two become One. (Source: July 2008)

Q. Question about the shadow process of feeling shame and unworthiness more than ever?

A. When we're talking about continual collapsing of these consciousness fields, intersections occur as a result of this that have an impact to our changing consciousness, or sense of self. There are mind control programs such as the cycle perpetuated between the VICTIM and VICTIMIZER which is designed to cellularly embed energies of unworthiness, shame and guilt. Predator and Controller forces propagate these energies as a type of bio-warfare into the masses as a means of controlling them. These are implants that have been in place with many lightworkers to fuel persecution via victimization or victimhood. It’s very common that any time we are going to be expanded into a new level of our spiritual evolution, into a higher frequency, there is an equal amount of resistance that comes in like gangbusters. Certain implants or accumulated negative emotions (that remain un-cleared) will broadcast particular feelings and emotional states in your body. Once an implant or dysfunctional pattern is recognized it is able to be removed. Being able to dis identify with this as part of your real identity, is the number one and most important action one can take. The first thing in looking at these patterns is realizing they are “recorded programs” and implants within your consciousness. The next step is to not identify these programs as the real YOU. These are constructs of ego distortion and mental dysfunction. Relabel these thoughts and reassign their value to your mind. The suggested mantra is to declare your intention fully that you are God-Sovereign-Free. (GSF) The three frequencies around this intention are extremely powerful in repelling negative thoughts or attack energies. Set your intention that nothing less than the GSF field is around you, and that the unworthiness and shame are programs that are being used to control you from moving into the next level of your wisdom and spiritual intelligence. Because of the intensity of the polarized energy amplification, (a result we are sensing
from the collapsing time fields), and because so many of us are being accelerated into a new level and being implanted with distractions such as this, this “shadow” process is extremely common and you are not alone with this.

Q. Can you speak about the Melchizedek lineage and where it originally sourced from?

A. In terms of my connection with the guardian races, the Melchizedek lineage is not sourced from this Universe, yet it is a Universal consciousness. The name is a sound tone harmonic that is a word that we say “Melchizedek” in this density, yet the tone and geometric pattern is something our linear 3D brain does not process. There are families of the Melchizedeks’ and several layers of trees existing from within that lineage. One of them being, a type of “cosmic crisis management team” for the planetary systems that are experiencing genetic digression or possible annihilation. Many of these beings are ultraterrestrial that exist in ascended state meaning they are not in a form, they are a light being, they can shapeshift, etc. The Melchizedeks’ are the genetic lineage of the builders of the creative structures of holographic projections (The Architects) and know how to correct structural integrity issues in creational systems. When there is breakdown of a system i.e. a creation that is digressing instead of evolving since its integrity has been compromised, the Melchizedeks’ go into the Universal structure and attempt to heal and reweave genetic instruction sets into the holographic bodies of the celestial levels, merkabah field levels, at every level. In this sense, they are creator gods that work with instructional fields of hologram and have been inter-dimensional and will incarnate into the form body in order to support or assist bringing particular code with it. As an embodied Melchizedek, one brings the file instruction set into the planet from the Melchizedek lineage when it is appropriate to do so and the being has been trained enough to do so. This is so that the information can be relayed into planetary and creational field through the morphogenetic field, the consciousness instruction set program. When Melchizedek intelligence is woven throughout the species field and key coded throughout the genetic programs, it allows the entire species to receive the genetic code of intelligence being directed throughout that consciousness layer. At this level of comprehension, Jesus the Christ is a Melchizedek. Hebrews are a closer genetic relationship and through esoteric Judaism, the Kabbalah, brought through pieces of Melchizedek intelligence, through the knowledge of the Tree of Life. Due to patriarchal distortions brought through the hidden Negative Alien invasion, the tree of life was disfigured to ten spheres instead of the original mathematical base of twelve. Melchizedeks returning to the earth field at the end of the cycle, are attempting to correct and rebuild the distorted Tree of Life back to its correct formula base 12. The Tree of Life is the base holographic instruction set to all manifestation, which is the Twelve Tree Grid. Many of those in Guardian Christos consciousness (Oneness) are of the Melchizedek lines. However there are Fallen Melchizedeks seeking genetic rehabilitation during this ascension cycle also. (Source: QA June 2008)

Q. Pain in neck and nervous sensations in hand and cranial nerves?

A. All this information about the changing magnetics in the global brain means that we at the individual level will experience nervous system changes as the brain neural net changes. I hope this comes clear to you, that you are right on schedule and that you can release fear around these areas. It’s important to note that the atomic doorway of the ascension, the 9th dimensional chakra, is right directly on medulla oblongata on back of cranium where the cranium and skull meet the top of your spine. This area has been very problematic and why people are having neck pain, tension, headaches, dizzy spinning, etc. This area sometimes can be manipulated or adjusted, and when it is, will bring great relief. This is because many new energies are attempting to move through what have been dormant energetic centres in your light body. As these frequencies come through or are exposed to your body it can be like “rusty pipes” in your house. If you have not turned on the water, the house has been abandoned and
you are trying to turn on the plumbing, it’s a little creaky, there’s a lot of debris coming out of the pipes. We have a lot of similarity as these new energies come back online in our bodies. There are channels attempting to re-circuit, orbit, plug in to circulate these energies and this is a common emanation. Some of us notice temporary numbness and tingling, some odd sensations moving into the thoracic level on up to the base of the neck and head.

Adrenal fatigue is very common during exposure to high frequencies when we may be undergoing “downloads” or activation. When we work with these frequencies, our adrenals and thyroid are first parts of our system that get exhausted and possibly fried. Beings that do spiritual intuitive or energy session work, also have higher tendency to have adrenal-thyroid burn out. This tends to be a foundational guideline that you may want to add dulse, iodine, seaweed, working with protecting your thyroid and the adrenal glands which need mineral composition. Minerals are the substance required for the conductors firing between nerve synapses. So when the nerves are firing really fast, it’s conducting it through a mineral base, so certain things like mineral salt, brain tissue salt, homeopathics that support neural net and nerves will help soften that nervous exhaustion and fried out feeling. Hyland’s Bioplasma is a highly suggested Starseed supplement to help with the nervous system. (Source: July 2008)

Q. I had a horrible experience in astral, this huge machine looking tech transformer entered my room; the g force effect on my energetic body, was terrifying and deeply ungrounding. This form of technology sent out a huge probe and scanned the entire front and back of my body. I was terrified I was going to be penetrated by this probe but it seemed more like a scan. Can you help me understand what this was?

A. I am sorry this was scary. I have seen these and actually what I was aware of working with these transformers on the astral plane is that we have been preparing and reconfiguring the astral layers to be able to handle the energetic exchange for when the phase lock occurs. One of the realities or holographic tanks that was at risk, was the astral plane because of the level of distortion, during February mostly, when I was working on it, there was a complete clean up going on, consciousness being rehabilitated, it was really like trudging through the mud. It was very dirty work and what I was aware of is we were building levels of transformers designed to buffer in these astral layers so certain field levels would not collapse. It was like buffer fields were being generated by these particular transformers in the astral plane. When I feel this for you, I don’t feel anything negative implanted here. I actually feel that there was a check in on your body and that because we are being accelerated really fast, there was like a portal opening coming in from astral and in through a temporary portal opening in and out of there fast, that wasn’t there before and this was so other entities and light family members that were here and helping us to get this layer of the astral reconfigured. The false matrices, false navel webbing, in the astral must be removed from our bodies that impact our direct connection. I feel like your light families or team was attempting to see your energetic matrix so they could give you any bio encodements you need as we go through the Andromedan exchange and galactic core phase lock. A lot of us have been working on our bodies or have our teams working on our bodies, as an etheric surgery, and that is what I feel in that situation, by them scanning you, they are able to study it and figure out in terms of upgrades, that would make your body more functioning at the level it must embody. In my experiences no one really knows what this is going to take, we are all working together in consciousness on many different dimensions to experience this event of ascension. (Source: QA, April 2008)
Q. Can you talk about scalar tagging?

A. When there is a particular lightworker or starseed that is ambitious and creating larger impacts in a sphere of influence in terms of people that are being transformed through interactions with this person; this person is evolving quickly or mission oriented, this kind of tracking is commonly used. Scalar tagging has been used on astral planes by extra-dimensional for quite a long time. Some version of them with inner vision may appear like dark "jacks" or "confetti" splattered around your aura field. There have been something like "astral bots" that are automated to lock onto the coordinate location of a person that has been tracked or tagged. They are tracking devices and they have a particular tone so that those on the astral plane can monitor the location and coordinates of that particular suspected starseed or indigo or whoever that being is. Sometimes they can be used for twilight mastery in terms of a healer or spiritual leader that is not aware of being manipulated and they haven't done their personal ego shadow work. When a person does not discern the difference between the ego and higher self, they are easily manipulated by forces they do not understand. These kind of beings are like gold nuggets to the controllers. The bottom line is, they get the yummy light of an Indigo that they get to suck off and siphon from the entire group that person is leading or involved in. A lot of these beings are "plants". That means is that being is there to feed misinformation and people flock to that information and while the modality is being presented to the groups, the people present in that group can be tagged and tracked when the controller or entity being wants to siphon energy or harass somebody. The whole group has been tagged and you will find that particular person is having dark forces feed their program and light forces feed their program. These people are the most prolific and appear successful on the outside, as they have both positive and negative forces supporting their "ascension" or spiritual program. These are also the most prolific in terms of scalar tagging as the dark forces love to manipulate that partial or twisted information so that they can siphon off groups of "yummy" indigo energy. That is because most spiritual beings that are even attracted to the resonance of this ascension material, have activated spiritual bodies when most of the 3D earthlings do not. If you have anchored tremendous amounts of light through your own spiritual practice, you become more yummy and desirable to siphon or manipulate than a human being who does not have that frequency development in their field. Scalar tagging can be used for tracking and also to jumble the impulses coming from your higher self. They act as a frequency distributor and they disturb the frequency making it harder to focus on the higher impulse and messaging from your higher self. One must become aware of them in order to remove and clear them from impacting your body and mind. (Source: QA June 2008)

Q. Since we have dominion over the dark, when will we have dominion over our own bodies and minds?

A. This is definitely a sentiment that is shared among the seasoned galactic Polarity Integrator that has been really working under cover for a really long time in an anonymous way, without acknowledgement for working with these energies. That is a good question. Honestly, in terms of what this is going to look like, I am still on the heels of processing this awareness of the phantom matrix being severed and removed from the embodiment of having to carry the burden in my light self. What this person is referring to, is that there are so many distortions that have been placed on our sacred geometries and patterns, there are a lot of symbols that are used to enslave us that we don’t know about, as example, the crucifixion, the peace symbol, the infinity symbol to a certain degree, there are a lot of symbols, geometries that are a part of the esoteric and light wisdom that have been distorted for reversal technology so a lot of us that have worked in bringing the esoteric information back into the planet, discovered that when we were working with these systems, that they were distorted from what they were originally designed to do. They were not working anymore and we had to be creative in attempting
to work with that energy (in overrides) without the ways we knew how to at one point in our history. I would say, that right now the fact that we are having this awareness of dark shadow phantom spaces are being disconnected from ascension timeline, and what that means exactly I don’t know but personally for those of us that are galactic beings stewarding the plan, and holding space for planet, that this will make our lives a bit easier because truly what it means for me is that I can feel my focus is all about the Ascension timeline and not about the PI work anymore.

Q. Revealing a Reptilian agenda for the English monarchy?

A. I am on a need to know basis. While walking into the mysteries of god, I had no idea that this is what many of these larger issues as they reveal themselves, would look like. I have been given the opportunity to look at the larger pieces in the architecture of the planet, while looking at the breadcrumbs that piece into these larger systems. Doing session and remote grid work, shows many of these histories and their energetic signatures which can be "read." Everything has an energy signature and can be recalled from the consciousness fields and the timelines. This is the way to coherently see how these patterns function and who operates them. I have had not an iota of interest in political systems, or governances, to say the least. I am a celestial being and would rather get on a star ship than learn about this level existing in the political arena. This topic is about as uninteresting personally as I could imagine. Clearly, if all of a sudden in the last few months, I am being asked to step up into a role of support (clearing miasm and syphilis from Tudor bloodlines) within these particular issues of monarch timelines, it would lead us to believe as we become aware of this, that there is a purpose for that awareness and knowledge. We are starting to see the “web of deceit” that has been woven at every possible level in order to control human intelligence and evolution from naturally moving into the destiny of the divine embodied soul. That has been the most mind blowing part of this discovery, to see how incredibly detailed and orchestrated this control has been. How random it may have appeared that Henry VIII was slaughtering most all monks in Europe during his reign, I had no idea he had done that until coming into the awareness of seeing it happen in the time fields. He was orchestrated by Draconians controlling the Vatican to go and steal all of the light bearers money, possessions, value, wisdom, texts, books, and to destroy and kill them all.

Q. What is happening with Polarity Integrator (PI) contract in light of new changes and how will these manifest for those with these contracts?

A. Most of my experience is observing myself and others that have PI contracts that this group goes through a lot of physical issues and symptoms. Some of us process emotionally, the ascension energies, some of us physically, and there are those that can be down for the count doing massive levels of transmutative work. My feeling is that this release of the burden of holding the phantom energy and attempting to heal and integrate it, will let our physical body have some relief, hopefully to experience a body that is more pleasant and balanced to exist within. Many of us that are healers that are working on this level, have been quite frustrated by a lot of pain they underwent in the process. It is hard to be a facilitator, healer or spiritual guide when you are going through the physical ascension problems all the time and people are looking at you like, “what the heck is the matter with you??” Most people will not comprehend if you say, that you are down today because you are processing planetary field energies and were stationed somewhere by your Christ self to move beings through. It has been very challenging for that group and why I have been so passionate about supporting that level of intelligence because I had not seen too many levels of understanding why certain beings go through such difficult situations around that.
Q. It’s very hard to stay in neutral towards the dark? How to stay neutral?

A. It’s literally like the light is getting turned on in the dark closet. Everything in the dark closet was always inside there hiding, we just did not see it with the light off. We don’t want to look at it with the light on, but it’s important we look at it and stop denying what is in our own closet. We must stop judgement and be able to look at things neutrally in order to get beyond limitations. This is the way to our liberation in understanding the truth, having an accurate perception of what has actually happened to us. This is why I am such a proponent in understanding the Multidimensional anatomy because these are the doorways so you can experience the energetic reality as a Multidimensional self. We have been programmed over and over again as an ego which is a finite intelligence energy matrix. We are not finite we are infinite, at some point, one gets beyond concept and living as a multidimensional being in a multidimensional reality. When experiencing it directly, then the study is not of such use anymore. In the earlier stages we start out having to wrestle and retrain our ego mind, sublimating its desire impulses, in order to connect into higher impulses of our spiritual intelligence. Getting over the egos control over our identity is how we get to neutral. I feel that understanding the multidimensional anatomy structure is hugely important to getting us there on the pathway.

Q. Question on clearing the neighbourhood, how do I know when working with 12d shield is quite strong? Do I always have to send the merkaba star spark to be connected?

A. I think what your saying is do I always have to go and use the light code to be connected to the shield all the time. The Star of David is a symbol that means union of polarities, and unity between the masculine and feminine. Using the conscious intention of unity, bringing the light of unity into your clearings, is about honouring the oneness in all beings, first. This is one of our personal development strengths though the consistent building through the technique, building frequency, and the shield starts to be tapered to your own situation and light body, which is an intuitive space. It is a part of our consciousness. Being in your heart and holding love and unity for all beings to be blessed allows the blessing to be directed to the pain in the field area without conditions or attachment.

As example, I notice my shield is always there especially with Transharmonic extending out of it, but if I am exhausted, it starts cracking. I may need to amplify strength through my focus. Or I notice if getting a massive download and your field is not perfectly integrated, and like your field is spread out, spanned through a couple of dimensions, you will find an dark energy gets in because of that vulnerability. This is something to understand that I have accepted over the years, that when I’m getting intelligence that is important, that info will sometimes have a slip in of a viral energy to create a booby trap in it. Like a Trojan horse.

Q. Asking about Archangel Michael?

A. This is a very important issue. And what comes about this, is the spiritual and emotional maturity in being willing to remain open to other possibilities in your own heart and mind. The controllers always use the ego and lower mind space, the wounds, to manipulate people. I do not want to invalidate any confusion on those of us who may have had amazing healing experiences with the calling upon of Archangel Michael.(AAM) Many times, when AAM is called upon, it’s not necessarily him that answers the call or prayer. Many times it is our own guides, or future spiritual selves. Our ascension guides use whatever form we are most comfortable with. If we are into AAM, they may show up as him or that may be projected into your consciousness and appearing that AAM is helping you. The issue with understanding what went on with the use of AAM is that it became perpetrated in the new age market that AAM was called upon so frequently and without testing boundaries or reading energy signatures.
Almost none of us in the lightworking studies have been taught to shield ourselves or discern reading energies. Most people deny or refuse to understand that there are other energies and entities that can suck our energy and vampirize us, through trickery and pretending to be something they are not. We have UFO’s in the skies every day, and most people refuse to acknowledge them and the being driving them.

Q. Is the frequency in our cells and brains being raised up and reordered causing us to take naps and feel ungrounded?

A. Yes. The frequency changes result in brain upgrades and the neural net which causes a conflict between the operating hemispheres in our brain, making us feel tired. The brain chemistry and the brain waves that we were used to having when we were “awake” and “asleep” are shifting frequencies. This changes what is called the circadian rhythm, the natural biorhythm and movement of our body in respect to planetary energies, such as when we are awake and when we are asleep. Sometimes the brain is operating with brain waves that the body remembers used to be when we were in a sleep state. The Schumann resonance of earth is changing and what we were used to had a certain phasing, this had a certain rhythm to it. The global brain, the magnetic field of earth is changing. Our interface and connection to the earth, our sleep state, our grounding mechanism is starting to change also, so many of us are feeling this disorientation during this time. We may require cycles of lots of sleep. (Source: QA, Sept 2007)

Q. Is this going to continue to be this bumpy all the way to 2012, yikes!

A. Well, this is why we are having these discussions and Ascension classes as it is important to not to have fear or negativity, but have context of understanding what is happening in human evolution at this time. The way it’s been described is that it is a stair step fashion and higher more refined frequency will be introduced to this planet and the reverse will also happen. We will observe ascending and descending places on the planet, by areas weighted frequencies. Once we get to a level in participation with our own experience, you will feel a force field around you. One will see beings in descending matrices and we will see both pockets of higher frequency and dense ones. Since we are moving from human order to divine order, we need to develop greater adaptability and flexibility when meeting life challenges. By staying present as an observer and getting out of the way, letting go, shielding and participating with your ascension process, you will be taken care of. As you develop inner serenity and become reliant on the inner terrain as your true reality, you start to detach from judging what is happening on external. There is a real opportunity to achieve liberation and experience emotional and mental freedom at this time. It’s all about clearing mind control and allowing your inner light to guide your heart and being. (Source, QA, Sept. 2007)

Q. Is it possible that we are not always in agreement or contract to that which we experience as suffering or struggle?

A. That is a complex and deep question. In my experience, the answer is yes. There were many of us from star nations that came to incarnate into human biology to bring resurrection codes and to host a species into its higher evolution. It’s no secret there are energies not in alignment to giving that higher knowledge freely to the human race and so there are those of us here that endeavour to hold that energetic space and ascending code to be made available for others. As more people awaken, more people have the possibility of understanding their liberation in terms of being liberated from suffering and fear on this planet. It’s possible that when we have struggle, many of us have not been trained in Psychic Self Defence and there are resistance energies or targeting energies that will create obstacles in
that person's spiritual growth. Personally, I have witnessed the superimposition of karmic burdens on the back of human beings that is done purposely because the extradimensional being/entity doing so, feels it is elite and superior. When this happens it is done through deception and trickery in the astral planes, such as through complex technology and alien implants. When a being is being deceived, implanted, mind controlled and used to work in servitude for another, and it is repeatedly used with the karmic loads that the "higher" dimensional being controls, this does not appear to be consensual, but a blatant abuse of natural laws. The natural laws (organic light source) are which that allow and protect the right of each being to contact its own direct inner creator energies. This does not happen freely on the earth. (Source: QA, Sept. 2007)

Further Information about Ascension and the Universe (from 2006 but concepts still apply to 2015)

Current Stellar Energy Activation Dynamics

As many of us are aware, we have experienced some intense Stellar Energy Activations from the recent 11:11, 12:12 gates and beyond. These frequencies are being accreted (absorbed) and integrated into the larger level of the planetary and unified energy fields over the last weeks. This will continue. As these new energetic forces settled and began anchoring into the planetary grids, we began to feel a significant energetic and "timeline" shift that gave many of us odd, disorienting, out of body and unpleasant bodily sensations and experiences. The energetic layers within our personal Auric Fields are progressively undergoing transmutation of form. This may cause various physical symptoms from this adjustment in our energy fields of which I will discuss further below.

The expansion into the greater realities of the higher frequency dimensions reached an important milestone at that moment of "Time and Space" approximately on December 31, 2005. This event was a "time vector" code sequence activation for our dimension that included an outpouring of energy wave infusions that anchored us and further attached itself to the next higher level of frequencies/dimensions/Universe (i.e. The New World, the Next Universe). This event is acting as a new information exchange and high frequency energy "hub" that is accessible to all of humanity. It is an entirely new energetic frequency band, reality and species introduced and available to this plane of Earth existence.

Things will be moving even quicker from this time forward for us, those that have chosen to be on this "timeline". Thus, our relationship to time and space will feel disorienting and unstable at times. I refer to this timeline as the "First Wave", a generation of the New World Servers and builders of the "New Energy" for the New World. We have soul contracts and agreements in place for this purpose. It is that specific group of servers that will experience the most intensified or emphasized symptoms as YOU are the conduit of this "New Energy"! It is a very exciting time, yet we are feeling the growing pangs of giving birth to our new creation.

To understand our symptoms we will need to understand some basics about the Stellar Activations and what the "EMF" stands for.

What is A Stellar Activation?

The process of dissolving the lower-dimensional energy layers within the Auric Field and transmuting their particle content into the next dimensional band of frequency is referred to as a Stellar Activation. As the planetary body or human body evolves through these multiple levels of frequency accretion, the energetic layers within the Auric Field progressively undergo transmutation of form. Once a personal energy or Auric Field has accreted most of the frequency bands from the dimensions that compose one
Harmonic Universe, (i.e. The Earth’s Field) the energy layers that correspond to these lower dimensions begin to dissolve. The particles contained within the dissolving auric layers open into the auric layers of the next highest dimensions, in the next Harmonic Universe up. This is the energetic Ascension Dynamics by which forms and consciousness progressively evolve from one dimensional span of experience to the next.

These Stellar Activations are a natural part of the light accretion/evolution process, and occur as the pulsation rhythms of particles in the lower dimensions speeds up into the rhythms of the next dimensional frequency bands.

Through the process of Stellar Activations the levels of the auric field progressively open up into each other, dissolving the dimensional frequency barriers that kept the levels separate at one time within the auric field. The levels continue to dissolve as these energetic and auric fields progressively draw in more frequency patterns from the higher dimensional "Unified Fields". As these levels dissolve, progressively more energy and awareness merge with and become held within, the matter-life form, and the matter-life form shifts from one set of dimensional time continuum cycles to another.

**What is an EMF?**

EMF stands for ElectroMagnetic Field. An electromagnetic field is composed of two related vector fields: the electric field and the magnetic field. When referred to as the electromagnetic field, the field is imagined to encompass all of space; typically an electromagnetic field is considered to be limited to a local area around an object in space.

We are ElectroMagnetic Field, Multidimensional Beings of Light. So a way to visualize this is to think of our personal energy field and the planetary energy fields, along with all of the collective fields of many other objects, people and the planet. Etherically, it would appear like a huge web of layers, upon layers of electrically charged particles of energetic fields of coloured light wave spectrums - all connected and interacting with each other. We would see millions of variations of colours, frequencies and octaves in a movement of swirling patterns held within a dimensional grid matrice giving it form in a level of time and space.

We then could visualize our personal electromagnetic battery bodies, also known as our Auric body, as it consists of many vast layers of subtle energetic bodies, as our Personal EM Field. We could consider our planetary bodies with its various layers as the Planetary EM Field, and so forth and so on for all objects and beings.

All of these Electrically charged particles, all of these EM Fields are constantly emitting (or absorbing) photonic fluid, which is more commonly known as Light!! So how is light related to the electromagnetic field? Electromagnetic (EM) waves are the undulatory movements of light, which can always be observed to be emitted by electric charges undergoing an acceleration from a source of which it has been propagated.

So, this further takes us to understand the process of Electromagnetic radiation, as this is a propagating wave in space with electric and magnetic components (Our Stellar Activations). This term includes also, for example, as light travelling through an optical fiber, or electrical energy travelling within a coaxial cable. For our purposes of discussion this electrical energy (i.e. Stellar Activations) is travelling to our personal EM Fields and the resulting Electromagnetic radiation carries energy and momentum which may be imparted when it interacts with us, conducted through our electromagnetic battery body and then absorbed into our physical cells, our body in matter. We are transforming from carbon based
matter into silica based forms. This is occurring at an incredibly rapid and accelerated rate as we are exposed to these "New Energies" never before felt or experienced in these realities that we are sharing now!

Now if you have made it through all the basic Scientific Ascension technical data, congratulations! This is a huge step in comprehending multidimensional mechanics and Ascension Dynamics! The bottom line, my lovelies, is this - we are feeling fried, nervous, exhausted, and a bevy of "radiation"-like symptoms from our acute exposure to these huge Stellar Activations. Understanding the dynamics will help us cope and keep us out of fear - ready to run to the local doctor's office. Regretfully, we live in a reality where if you tell your doctor you have 'EMF sickness and kundalini flu' he will probably stare at you quite blankly. I have, therefore, compiled some support options at the bottom of the article. If this resonates with you please feel free to email me for a more detailed support list. Here is more:

**Electromagnetic Field Overexposure - Symptoms:**

1. Spaciness, dizziness/vertigo, disorientation, lost time spaces or voids, inner ear sensations like buzzing or humming, feeling out of your body, feeling like you are spinning or oscillating with your eyes closed (or open!), feeling light headed as if you are mildly drunk, cannot mentally focus, feverish or heat pulses that stop and start, blurred vision, seeing spots or flashing tiny lights, cranial aches or pain (back of neck, third eye - pineal), wanting to lie down, taking excessive naps or sleeping from exhaustion for no apparent reason. The brain hemispheres (right and left, front back) and our neurological net are being adjusted and recalibrating. We feel all kinds of odd "neurological" stress. These symptoms seem to span an average of 3-9 days and began about last week of December, 2005. They do appear intermittently.

2. Solar plexus discomfort brings, consistent nausea, digestive complaints, weird bowel, food needs change, (starving, you are scarfing down food at 3am, during the day nothing looks right or tastes right), weight gain or bloated feeling. Some muscle achey-ness generally occurs after you have passed through the first levels of "spaced out" and dizzy feeling. Patterns appear mostly in the lower body such as the sacrum, legs, lower body aches. A few days of this and intermittent symptoms. Much of this is dropping density and releasing the past ancestral issues.

3. Mild falls or accidents, hitting your head or toe several times in a row or in a short period of time. Clumsy - you are not! (Sometimes spirit uses this way to repattern and reorganize a "stubborn area" in your auric field. Say hello to your evolution support team next time you fall over! Do pay attention however... Sometimes your guidance is whacking you over your head to lay down, rest and listen internally.)

4. Ancestral and family of origin issues or conflicts from the past come to a head, are surfaced, then cleared, resolved, or terminated. People are cut away and terminated from being an active part of your life.

So, my dear ones, stay in the luminosity of your Heart and Soul Path! Know we are in for an exciting ride and share this with, as they show up, any in your new light family that may need some clarity! It is important to support your physical body so listen, rest and do as you are guided.

We are here as One!
Some EMF Support Suggestions

NOTE: Muscle testing and dowsing are always preferred when figuring administering and dosage, if you are able. You may need to use very high dosages and then curtail them dependent on your body's personal needs. Listen to your inner guidance and consult your MAP team, healers, and evolution support guidance.

Nervous system support:

Supplements have been useful and I suggest using them as needed and guided.

Hyland Homeopathic Bioplasma - Tissue Salts
Take as directed on bottle and whenever you have nervous tension.

B-Complex 150 formula

5 HTP - Take 200 mg daily

Planetary Formulas, Mylein Sheath Support - Take 2 daily or as guided

Essential Fatty acids - Take a full spectrum Omega 3-6-9

(Health by Sun - Total EFA) Take double dosage

Icelandic Cod or Fish Oils - liquid

Flower Essences:

Hyland FES - YES (Yarrow Environmental Solution) - Not only does it work to optimize physical health by counteracting EMF contamination, it is also an excellent boundary-strengthener.

Bach Flower (Rescue Remedy) - Use when feeling overwhelmed at any time. Good for bedtime sleep.

Flower Essences of any kind are incredibly helpful for the etheric nadis.

Consult your Flower essence specialist to make you a personal EMF brew.

Homeopathics:

Herbal healer - RadiAlgin drops (Sodium alginate)

Liquid Iodine drops

Bath Soak:

The following is a Radiation Detox Recipe...

1 cup sea salt

1 cup baking soda

1 4lb. container Epson Salts

Sodium Alginate capsules 2 times a day.
Section 1: On the first day soak in a bathtub of hot water (as hot as you can stand) filled with 1 cup baking soda & 1 cup sea salt for 20 minutes. (Do not do more than 20 minutes). Drink plenty of purified water before, during and after the soak.

Section 2: The next day soak in a bathtub of hot water (as hot as you can stand) filled with the full 4 lb. container of Epson Salts for 20 minutes. (Again, do not do for more than 20 minutes.) Drink plenty of purified water before, during and after the soak.

Note: If you are not feeling like you can do the Epson Salt bath on the 2nd day, then wait 2-3 days between soaks.

Nature and Crystals:

Stand in sea water at the ocean, or in any body of water as you are able. Let it wash over your legs and feet, keep submerged for a while. Walk and hike in nature, find a spot and meditate and align your energy fields to the planet life force. See your field and the planet field synchronized in light. Use your crystals or find a new crystal to lay on your pineal gland and thyroid. Use crystal therapies as guided. Biogenesis - Bio Translator Crystal. Lay point up on your forehead and ask to recalibrate your left-right-front-back brain hemispheres in divine perfection and balance.

What is a Stellar Activation?

Over the last months we - all of humanity - have undergone a serious wave of activations into deeper levels of transformation and Ascension. These Stellar Activations are a natural part of the light accretion (developing the higher light bodies) and soul evolution process; they occur as the pulsation rhythms of particles in the physical speeds up into the rhythms of higher dimensional frequency bands.

To reiterate, the process of 1) dissolving the lower-dimensional energy layers within the Auric Field and 2) transmuting their particle content into the next dimensional band of frequency is referred to as a Stellar Activation. As the planetary body - or human body - evolves through these multiple levels of frequency accretion (absorption), the energetic layers within the Auric Field progressively undergo transmutation of form. This transmutation of form means we are "dropping density" and will experience assorted symptoms as a result. One of the most apparent symptoms will be layers of emotional clearing which may be experienced as big fears and/or intense and painful emotions bubbling to the surface of our awareness. We need to be aware of these fears - to have a comprehension of this process so as to not overwhelm our psyches.

What is a "Seed Fear"?

A Seed Fear is a genetically rooted fear resulting from a traumatic experience that established that particular fear pattern in the cellular memory of the planetary energy matrix body - and, consequently, in the human being's energy matrix body.

There were certain time cycles of human evolution in which incredibly traumatic experiences left great energetic impacts. These impacts resulted in many distorted patterns of fear. These distorted fear patterns were then recorded in the various layers of the energy fields' collective unconscious "memory". Further, a permanent imprint was left on the many individual layers of consciousness that participated in that original event. These traumatic records of experience were recorded in the energy matrix and cells of every living thing.
Every event no matter how great or small that is experienced by any part of "consciousness" is recorded in the various layers of the energetic and time matrix.

During the human seeding "experiments", particular events transpired that caused just such an incredible trauma to occur. Once such experiment is referred to as the "Lemurian Root Race" cycle. This was one of the first Ascension Cycles of the human experiment that was not "successful" (depending on the viewer's perception). As a result, a distorted fear pattern was genetically passed down to all humans who incarnated into ensuing Ascension Cycles. This theme of experience and its resulting pattern is called the "Seed Fear".

These Seed Fears also result from the Primordial Imprints of Separation from God-Source and the trauma therein experienced by the soul. This aspect will be discussed in future articles. For purposes of our discussion we will focus on the particular Lemurian Seed Fear of "betrayal", as this theme is in the current patterning of our healing process.

A greater understanding of these inter-relationships will help us to dis-identify with the intensity of the fears we are experiencing, processing and clearing not only for ourselves, but for the greater whole, and the planet. This will help us to grow beyond our programmed responses and integrate this knowledge, better aligning us with our soul purpose. When we experience our soul purpose in our daily lives, we will feel greater levels of inner peace, serenity and connection. This, in turn, allows our own inner truth to permeate throughout our core being and we can then hold this knowing not only for ourselves but also for others.

Let us begin to understand the term "Root Race".

Root Races

As a part of the human race (and other E.T. races!), we all have contributed and participated in several levels of this planetary experience via experiments in the development of human consciousness at various timeline cycles. In each time cycle, a level of "Root Race" (aka the 12 tribes) had a particular purpose in its exploration of consciousness. Each worked in its own way with the genetic/dna advancement of the human species and its relationship to the school of planet Earth. Each Root Race - as a collective - had a mission to assemble certain DNA strands. Each mission programmed certain experiences designed to clear various distortions (karma) created from other timelines.

Within certain potential timeline cycles, humanity was being "prepared" to achieve greater and greater levels of enlightenment and ultimately become fully connected, powerful Multidimensional God Beings. The divine birth right of the Human Angel was to play in the dualistic worlds of polarity, to experience the lower form worlds of creation, among a litany of other experiences as consciousness experiencing itself in a physical playground. Ultimately, we were to return to Source and assume - with our new, multidimensional maturity - the stewardship of this Planet into Cosmic Citizenship.

As we integrate all these levels of the root race genetic memories, we are called upon to become aware of these core fears that we are processing and healing. These core fears are implanted and anchored in the cellular matrix memory of the planetary bodies; they are being processed through our own bio-energetic and physical selves as we grow through this current evolutionary process.

It is exactly this process of which I want you to have an informed awareness. This time is happening now.
Lemurian Seed Fear - The Betrayal

It is important to understand that you personally did not have to experience the events that imprinted these big fears in your body. Your physical and energetic bodies have a genetic link to the extinction level events that ended the Ascension experiment of Lemuria. Your physical body - as the planets - remembers at a cellular level the cataclysm and the experience as if you had actually "lived" through this event. The end of these experiments was not pleasant and our bodies have had a powerful fear of termination burned into the genetics ever since. The process of Ascension may bring these imprints of fear to the surface of your consciousness to be healed and forgiven. Understanding this is a process will help you to stay grounded - to not be overwhelmed or sucked into an emotional drama from unfolding events.

The Lemurian fear is the fear of being sacrificed. It is the fear of being lied to by those you love most. The Lemurian culture was a completely spiritually-connected twelve-dimensional consciousness. It was archetypically represented as the Edenic State of Adam and Eve in biblical reference. Lemurian consciousness was a state of instant knowingness without lying or deception. They knew their soul purpose, the divine plan and exactly what was encompassed by their incarnational contracts.

The bodies that were terminated at the end of the Lemurian experiment experienced the biggest betrayal of Spirit ever. The Lemurians had lived in joy, connection and confidence until one day a completely horrific cataclysm occurred. The Earth grid was energetically overloaded by energy from generator crystals and a tremendous explosion caused massive volcanic activity, earthquakes and floods, ultimately destroying the land mass of the Lemurian civilization.

It took generations for the Earth to rebalance her grid. Many souls were fragmented by the shock and trauma of the annihilation. They were trapped in lower frequency dimensional bands until future cycles of evolution. These soul fragments need to be collected and healed in soul retrieval integration and are a part of the process of healing we on the Ascension path are experiencing now. Incredibly deep levels of grief, pain and betrayal were imprinted into the cellular memory of the planetary grid. This archetypal pain is being purified through our own bodies and energetic systems.

Many of us have felt periods of this deep emotional grief, sadness and fear of sacrifice without a conscious awareness as to why. This has been especially apparent for us since the last 11:11:11 gateway. As well, many scenarios in our personal hologram may have been stimulated to illicit these emotional responses for our review, clearing and resolution.

For those with whom this material resonates, it is important to understand your incredible service and healing contracts. It is this fear, the fear of sacrifice that we must heal in this lifetime by re-experiencing that betrayal and walking through the fear. It is very challenging as the lack of trust - the feeling of betrayal - is very deep and difficult to identify. This is particularly true when the forum of our families and close personal relationships obscure the fear and prevent us from seeing the root of it. Once you recognize this fear and heal the paranoia and mistrust, your highest connections to Spirit will begin to open in ways you had not experienced in your physical body since the days of the Lemuria. Remember, the antidote to this fear is TRUST. We are now positioned to heal that Seed Fear and move beyond that previous limitation.

When feeling these fears bubbling up, focus on your trust in Spirit and your ability to surrender to your process. Keep focusing your intention and consciousness upon trust in your path. Keep asking for spiritual guidance, assistance and support at every opportunity while keeping your consciousness steady in the light.
Accelerated Internal Pressure

The concentrated sequencing of these recent astrological events have applied much additional pressure, tension and amplification to our emotional experience. We experience much more extreme emotional states in all possible spectrums. Finding ways to release and care for yourself is important to not allow these emotional energies to overwhelm you. Remember the Ascension process is about 99% Emotional Purification!

In experiencing the intensity of change during these times, I really want us to share and to open a dialog with our Soul Group. How IS everyone doing? We need to check in with each other. Do you know your Ascension process is perfect for you and that you will be asked to share your experience to help guide others? It may be now and it may be in the future. It may come in communication, media, books, internet or simply speaking to your next door neighbour.

You ARE the Ascension guides being born to be the Light carriers of the future. You Are the Light of the Future Worlds. The light information you carry from your Ascension experience has an inexpressible value to the entirety of our Living Universal Matrix.

During the last months most of us experienced another level of emotional polarity integration. This integration is felt as intense internal energies seeking resolution within the depths of your core being. Some days it may feel like these energies work at cross purposes, create inner conflict and result in yet more confusion in finding your soul path. Just when circumstances surface that look promising or begin to feel “right” to you, the rug is pulled out from underneath and what you thought was your direction is entirely unclear once AGAIN!

This sequence of events has put us into reflection and self-inquiry many times over. Many of us are questioning everything and anything showing up in our path. What are we doing? Why are we here? Is this all really worth it? You are in deep self-examination and do remember to not to take yourself too seriously. We must relax into this. This is a heavy month of dismantling, change and adjustments so be flexible and keep breathing! The transformational forces will do the work for you if you can get out of the way and TRUST. This push and pull with the energies as we integrate can be rather exhausting at times. It is no wonder we are sleeping so much more than we used to!

Demarcation Point

Currently the perceived reality as a Third Dimensional (3D) being and the reality experienced as a Multi-dimensional (MD) being have reached a new demarcation point. From this point onward we will be sharing the same “Time and Space” albeit with different levels of souls experiencing even higher and more various dimensional energies.

The Old Energy paradigm will be observed from the current MD Human’s perspective without the same interaction or impact. We will continue to be abruptly separated from circumstances that are not vibrationally matched with our purposes. Further, the things that are not your vibrational match, such as food, people, places and clothing will become so intolerable to your being that your discomfort will force the change. This delineation of space between the “reality worlds” will steadily increase and feel rather disorienting to us until we learn to “wing” it. This means learning to trust your process and become comfortable in the transformational chaos. Many times I have heard myself jokingly repeat to myself, “We are not in Kansas anymore Toto!” Certainly this time has been such an experimental and “Learn as you Go” kind of process.
The 3D Human will not be consciously aware of the MD Human’s reality unless it is their personal or soul choice to do so. As for all of us in making that personal (or soul) choice, it is the hidden biological signal to begin the DNA initiation and activation process. This DNA activation process is what allows the light accretion and neurological structures to access the broadcast of the higher frequency reality fields.

The capacity to be Multidimensional will remain dormant until activated and with that, the inability to perceive beyond the frequency fence of the 3D reality. As MD Being you must remember that when you find yourself interacting with a 3D person, mostly they are not being obstinate, rude or stubborn! They really do not feel, see, experience or perceive many of the things that you are now capable of! They have the inner potentials however, it is not activated yet! For most of us as we are expanding this realization can be quite a shock!

However, as we move forward from this time cycle, it will become exceedingly difficult for the 3D Human to jump across the chasm between these realities. The 3D Human will accelerate in their experience of matter densification resulting in a markedly magnified and chaotic reality. Those that do make the choice to evolve within the future timeline window will be assigned to an “Ascension” sponsor. This may be in the physical or nonphysical realities. Many of us as a part of the “First Wave” Ascension soul group will be supporting and guiding these future Ascension candidates to cope with their steadily dissolving reality structures.

The Classroom Analogy

Let us say this is similar to participating in the “Earth Classroom” a class that has consolidated all levels of education under one roof. This educational classroom facilitates the Earth kindergartner all the way to the highest level Cosmic PhD. You choose your grade level based on your previously earned credits and the educational degree you have chosen to pursue. It is explained to you that you must have certain pre-requisites to enrol or teach in the higher stages of the classroom.

Each new grade level is earned by teaching the class to the students that you most recently graduated from. As you interact with and teach your classroom of students, your students also become your teacher to attain full mastery of that grade. You earn the credits and graduate to the next level as your students do. One day, a certain point is reached where the educational scale becomes so imbalanced that some classrooms are missing teachers, some classrooms are missing students and there is discordance brought to the structure of learning. Even though students were honoured to go at their own learning pace, too many were lagging behind in kindergarten class. There were very few students running ahead able to teach them. The few ones running ahead felt pulled down by the ones behind. They were excited to get to the next classroom! The ones behind did not realize their purpose was to learn and graduate to the next class.

So the Founders of the Earth Classroom have to make a decision. They call it an “Experiment” as nothing like this had ever happened before to the classrooms. It is decided the lower grades must graduate to a certain level by a certain time to restore harmony within the Classroom. The Founders ask new professors and fresh teachers from all over the cosmos if they will come to teach in the Earth Classroom. Many of these new teachers have never been to the Classroom before. Many agree to come now while others decide to come later. The Founders even recruit some of the students still needing to earn credits and grant them special prerequisites to teach the other students! They set new rules to do everything they are able to allow everyone to pass the graduation, even grading on an easier “curve”!

However, the Founders make many decisions and must consider all in the best interest of the whole
Earth Classroom. If the kindergarten students are not able to graduate by the deadline, other arrangements will have to be made for their learning process. Kindergarten will not be an available class after the deadline. So everything in the Classroom accelerates very fast for increased learning and education. And so the Founders watch their Earth Classroom with much love and hope for ALL to graduate! And away we go through the upward spiral of our learning and evolution to finally attain our new graduation level on the Earth Classroom!

**Ascension Wave**

This is our New Classroom! This is an incredibly important time in our evolutionary development and many of us will have our next level soul mission revealed to us upon reaching our Planetary Ascension this year. We are embarking on a mass wave of Planetary Ascension that is to be completed between Mid-year all the way through to the fall months. We usually ascend in “waves” within our soul grouping as the group energetic fields reach a critical mass of frequency and its collective vibration attaches to the next level of frequency, a higher reality field of light. (If you need further explanation on what the process of Planetary Ascension entails please email me for referral material)

Upon completing our Planetary Ascension many of us will be contacted or receive impulses from our Star/Soul Families. This may happen in many ways such as lucid dreams, astral travel, physical apparition or telepathic connection. It is extremely important at this time to be intuitively discerning and work on cultivating your ability to sense energetic forms. Your physical body and feeling nature will alert you to exactly what kind of connection this contact is, if for your soul empowerment or not. You will feel uplifted, spiritually connected and in agreement with this contact. The nature of this contact and light transmission will be about our recruitment and willingness to be stewards into forthcoming opportunities for Planetary Leadership.

The Spiritual Hierarchies are aligning to Earth in such a way that E.T. contact is entirely more probable for a great many more human beings. It is time to begin to work on feeling comfortable with these possibilities to avoid the negative charge or fear when sensing presence from nonphysical beings. We need to expand beyond the social programming and fear propagated around nonphysical phenomena. As we become informed about Multidimensional Mechanics, Ascension and the Universal Cosmology we realize our infinite potential as eternal beings and our current purposes of evolution. There is nothing to fear.

(In a separate series of articles I address the topic of “Psychic Self Defence” as at this time, it is highly encouraged to get a basic understanding of techniques to discern the current energy dynamics impacting humans. Simply at this time, it is suggested to learn to listen to your body and “feeling” senses as this will be your primary navigation tool from this point onward. This is developing your inherent abilities of Higher Sensory Perception. If it does not feel right than it isn’t right. Use your dominion to command any intruding force to leave immediately. For more information you may email me directly.)

**Deployment**

With all the recent shifting and change, the paramount topic currently being expressed by the Guardians is a term they have been using with me namely, “The Deployment”. I found this a curious term to use and was not sure if I appreciated the context of its militaristic approach.
However, our Evolutionary Forces of Light wish to express a more comprehensive understanding of the nature of our “Deployment “into our next level planetary soul missions. This is the keynote of this year’s Cycle of Action into Manifestation. With this understanding we can relax that we have not missed a turn somewhere on our path that has lead us to feeling stagnated or thwarted. We are waiting for a particular timing juncture in synchronization with many levels of unified forces to support our group effort.

**Frequency Hubs**

This intense few months of accelerated clearing was the integration required in order to access the higher reality fields that are now being exposed to the Earth. These higher reality fields are carried here in a concentrated energetic structure referred to as the “Frequency Hubs”. They were anchored into this dimensional plane creating energetic portal windows in various demographic locations on the planet. These hubs were specifically placed on energetic planetary vortices in a type of concentric circled geometric pattern. They appear similar in appearance as to “crop circles” a phenomena that we have been familiarized with over the past few years. These hubs provide frequency to be stationed to stabilize the planet’s grid from interference while allowing accelerated frequency transmission to humans in an unprecedented format.

These energetic Frequency Hubs begin an entirely new level of Earth experience. These Hubs are an array of extremely concentrated high vibrating energies that also allow access to life forms never before present to this reality. One purpose of these new Frequency Hubs is to energetically sustain the Lightworkers (Indigos and various soul groups) on the Ascension mission to expedite their next evolution level.

Soul Groups are beginning to assemble and recognize each other to support the connection to the new Frequency Hubs and to further activate cellular memory. This year there is to be three main streams of souls emerging in what has been referred to as “Indigo Typing”.

The Guardians make reference in more detail of the Indigo Types and that each of these Indigo Types have specific expertise in a certain area of the Ascension process. The Frequency Hubs better facilitate the frequency required for cellular activation to occur to access this particular information in the Indigo’s emotional/heart centres and its cognitive functioning. Many of these Indigo’s will be further activated and recruited for more visible roles in the world. This will be the information further explained in next month’s column.

In closing, rest assured that you will have no question about where you are going as your path will be revealed to you very “directly.” Divine order works within a “Need to Know” basis. We may not get every detail sorted out, however we will move beyond the stagnation or limbo period we have experienced this last cycle. (The Cycle of Preparation) This year has an entirely new quality in the way our world will manifest. This year will be the year of reorganizing, replacement and getting you to be in your proper destination.

At this time there is incredible gratitude and expanded support for us in the multidimensional realms. We thank you for being a part of these incredible times of the Earth’s Revolution to Evolution!
Ascension Wave Now!

At this time the Starseed Family is in an accelerated cycle of soul plan evolution (The Ascension Wave). Much of this “plan” is to have a mutually supportive connection to the new planetary Frequency Hubs. This “Ascension Wave”, as mentioned in previous articles, is that we are experiencing very concentrated frequency activations in order to create the expansion of light in our bio-energy field. This is needed to activate the DNA to complete our Planetary Ascension. As we go through this level of Planetary Ascension, we are initiated into our “Plan B” Ascended Soul contract for being in greater service to the Earth. This “Plan B” is a whole new story book for our lives and experience. It is an entirely new level of multidimensional experience, frequency connection and world service.

Ascension to higher and higher vibrating light fields is a particular process that involves three main levels for the human body. The “Initiation”, “Accretion” and “Activation” processes. As you are “initiated” to the higher dimensional light fields, your Auric field is accessing the connection to that quality of frequency on that dimensional plane. As the Auric Field merges with that dimensional field, it begins to “accrete” or absorb that particular frequency into its personal Auric field. As the being’s personal Auric Field becomes filled to capacity, the new light frequency is stored and then anchors into the bodies permanently. Upon this anchoring of frequency certain chakra seals are dissolved and then an “activation” occurs.

The activation serves to stimulate DNA thereby creating new neurological structures to perceive these higher vibrating light fields. These higher vibrating light fields are also dimensions of which a higher aspect of our self is simultaneously experiencing. We are then merged with that aspect of our Higher Self and become the Higher Self merged with the physical personality. This cycle goes on and on for many future cycles of the soul’s evolution, here on Earth and beyond. However, the Ascension marks an important distinction from other evolutionary cycles. Planetary Ascension means that you are liberated from the cycles of rebirth into the 3rd dimension if you so choose.

At this key point in time, there are more Ascended Masters incarnated on the 3D physical plane than ever before. Having perfected a certain level of physical mastery through the chakra initiations, they are purely here as a service to humanity. Ascended Masters choose to incarnate on Earth during specific cycles to support and work for the enlightenment of humanity. Many of these Ascended souls are currently birthing on Earth and are volunteers sent from the Indigo Races. They have developed their spiritual bodies to serve others and have vowed that not one soul be left to suffer in spiritual darkness. This is one principal tenet of the “Law of One”. Also, these wonderful beings have also been referred to as “Boddhisattva’s” in eastern mysticism through the ages.

In the March article we began to understand more about Root Races when we read about the Lemurian seed fears. To further understand our human lineage and the divine plan for the Earth experiment, we need to know about the Root Races and their purpose. For in knowing this purpose, we can more closely identify our own soul purpose for incarnating during this Ascension cycle.

Earthseeds and Starseeds

In the Earth human lineage there were seven (7) Root Races and five (5) additional races seeded within the Earth gene pool. The 7 Root races are called the “Earthseeds”. Each Earthseed root race evolution cycle was to develop one of the first five (1-5) strands of DNA within the 12 strand DNA original divine human blueprint. The latter additional five races are referred to as the “Cloister” races. Their function was to keep the 12 strand DNA potential alive for the entire human race and represent the
advancement of human evolution. The Cloister races are also called the “Starseeds”. So the Earthseeds
were a part of the planetary evolutionary cycle to activate each DNA strand 1-5 and then to anchor in
each new respective level of dimensional experience for the human species on Earth. And the Starseeds
were a part of the planetary evolutionary cycle to hold the dormant DNA strands 7-12 in order to have
the template of the divine human intact through the cycles of evolution. Even though these DNA strands
are dormant, it keeps the potential of the divine human’s True Spiritual Inheritance as a 12 Strand DNA
Avatar possible. Each strand of DNA when activated correlates to the dimensional field of awareness
available to the soul when incarnated in the human physical body.

Throughout the course of human history there has been additional genetic material contributed from
various Star Families creating large varieties of Starseeds on Earth. Further hybridization and genetic
enhancements resulted in a perfect prototype intended as the seed race for humanity. The perfected
genetic code created through this hybridization is referred to as the Indigo Grail Lineage. This Indigo
Grail Lineage holds the DNA design to transmute entirely out of biological form and/or hold
simultaneously a 12 dimensional awareness within a biological form. These Indigo Grail Lines are the
primary grail lines or the “Christ” grail lines among the human races. Absolutely all human biology’s have
the potential to receive genetic acceleration, evolutionary advancement that will allow the 12 Strand
DNA template to regenerate. This is one of the major purposes of the Indigo Grail Lines to regenerate
and activate dormant or damaged DNA templates in the Human races.

All Indigos are born with the 6th DNA strand activated. Also, there are additional encodings operational
within the 6th DNA Sub-strands, which allow for the memory of other soul “identity” aspects to be made
available when the Indigo is embodied in 3D. However, as Indigo’s incarnate with the 6th-strand
activation, it only becomes functional IF they can assemble the lower sub-strand fragments to "plug"
fully into the 6th strand. This "IF" depends on what they inherit from their parent's gene code and what
kind of environment they are raised in. As we move forward into this Ascension Cycle, the planetary
frequency activations will steadily increase in vibrational scale and octave. These higher frequencies
when exposed to the Indigo bio-energy field will increase the probability of these genetic enhancements
fully activating and thus it becomes available to all of humanity.

**Indigo Types**

Indigo Types in the first category (Indigo 1) are generally experts in working with the larger matrices of
the planetary energy fields called “Ley Lines”. These Ley Lines are also known as having “Axiatonal” line
points and are comprised of a global energy matrix field for the planetary life force. This is a web-work
of energy by which the scalar-wave frequencies of the core Planetary Grid is directed into use for the
planet. These energies are also translated into the various planetary chakras, and other vortices of
which hold various levels of the planetary life force. They are also the transmission points to receive and
store stellar activations of frequency and to anchor those transmissions into the planetary body. Since
we are in an aggressive frequency activation cycle, this affects the balance of the planetary grid and its
many energy tributaries in the Ley Lines. These Indigos can transmit energy, frequency or light codes to
further rebalance certain planet vortices or key points on the planetary grid. They will be lead to hold
groups and create large amounts of available light codes and frequency to heal or rebalance these Ley
Lines. Many of these Indigos will be lead to travel extensively and will find themselves in many countries
or spaces in short periods of time. This will occur naturally, if it is a part of the soul’s contract.

This will emerge and become clear as you align to your highest soul purpose. Many Indigo 1’s have
contracts with certain land demographics and are holding specific codes for the planet precisely for this
time of Ascension for its frequency activation. These codes are transmitted from the Indigo’s personal
energy field and anchored into the appropriate areas when they are called upon to be of service.
Sometimes these Indigos will be fully conscious when in this process, or not. The bottom line is, if you
find yourself traveling to many different places on the planet this year and forward, you have this
contract. Your Higher Self will be working on these particular projects even as you are asleep. If you
resonate with this for you personally, ask to be directed by your evolution teams and that you wish to
be interactive in working with the planetary energies consciously.

I also feel this group will be largely responsible for working with the new Frequency Hubs in a variety of
ways. Particularly in coming together to build and create conscious or intentional communities of
Indigos (And all Multidimensional Beings) stationed in various areas on the planet. These new
communities will be a well spring of new education and awareness of creating integrative, sustainable
living in harmony with nature. Other communities will be the cosmic stations for our Interstellar
connections and will begin a new portal of communication with our extended Star Families. They will be
communities created with high level of available frequency that will render them as safe zones. These
safe zones will repel levels of density or the actions of cause and effect from the 3D world. You will be
internally guided to be in these areas during any possible planet climate shifts or cataclysm. Listen and
cultivate your Higher Sensory Perception as this will emerge from your feeling/ intuitive body. Do not
worry as this will happen effortlessly and easily as you merge with your soul plan.

**Indigo 2**

The Indigo 2’s are specifically working to regenerate and activate the Human DNA template’s to its
highest potential. This will be the group of healers, the energy transmitters, working directly in the
healing arts in some way. Each one has a specific gift of healing tools, light codes to assist humans in
healing distortions imbedded in the physical and energetic bodies. These distortions have been created
and inherited from the karmic patterning resulting from all the incarnating evolutionary cycles.

Also at this time of acceleration, it is required for some humans undergoing the Ascension process to be
assisted with Etheric Surgery. Etheric Surgery is a new term for a new group of facilitators emerging to
work on the multidimensional anatomy by supporting the Nadis system or other layers of the Auric
Field. The Nadis System is the Electrical Nerval Plexus that receives and transmits the new frequencies
being absorbed into the entire individual energy matrix and the cellular body. It acts as an energetic
“switchboard” for the entire bio-energy field. The Nadis system is located at the etheric template layer
of the energy bodies and may need to be upgraded in order to be calibrated easily to the new energies
introduced to the personal field. This rewiring occurs to hold the new resonant frequencies in the
individual’s body with minimum discomfort. This will be a new career, as one of the many new healing
modalities surfacing at this time.

Many of these Indigos are the teachers of the New Energy and will emerge to discuss openly about the
Ascension Process and it’s meaning for the evolution of the human species. Some will be recruited to
create Wellness Centres with various holistic healing technologies based on spiritual-energetic
principles. These groups are the bridge between the Old Energy world and the New Energy world. They
are the way showers for embodying the principle of “Unification” and “Integration” and serving as the
example of how to live in harmony with all things. They will teach by being this example.
Indigo 3

These are the Polarity Integrators. These groups of Indigos have a very challenging task indeed. We need to honour these beloved ones with the gift they bring humanity. Indigo 3’s are soul essences that are assisting in the evolution of the less evolved, often aggressive, soul with whom they may share within the same body. They are incarnating in this way to heal the vast levels of distortion between a genetically enhanced soul and a less evolved soul. This way as they integrate these two extreme soul aspects within the same bio-energy field, they are creating the unification of these two poles that allow a template for polarity integration. This template, when created in this realm, can then more easily heal and unify the love and fear polarities. This is a way to fully integrate the levels of mental-emotional polarity humans have experienced for many time cycles. Over time, these levels of imbalance created huge amounts of karmic patterning held within the bodies of all humans, including the planetary body.

Also, these Indigo level soul contracts were needed as the human lineage has experienced great levels of pain and fear resulting from the original “separation” imprint from source. This pain and fear over many evolutionary cycles created distortion in the cellular memory of the planet and within all of the collective consciousness. Additionally there has been genetic manipulation or hybridization that has created damage to the Divine Human’s 12 Strand DNA blueprint within certain soul groups. As we journey back into the light in this Ascension Cycle, this soul purpose helps assist the planet in dissolving the fear and its related distortions into the higher vibrations of love.

In some Indigo 3’s, the huge chasm between the two soul essences sharing the same body sometimes disrupts the natural balance of the bio-energy field. These two or more soul essences may create a conflict within the DNA instruction template that disrupts or limits certain physical functioning. This then can manifest in the physical body as imbalances in the neurotransmitters of the brain and the endocrine system. The endocrine system is our glandular system which is responsible for secreting hormones into our blood stream to normalize certain bodily functions. Everything within the body’s system of metabolic regulation is due to hormonal production from our glandular system.

These hormonal or chemical disruptions in the body can create intermittent or chronic extremes of mental and/or emotional detachment from the 3D reality. In the more severe cases of this chemical disruption, impairments of the brain and other physical neurological functions become evident. In recent years, we have seen a huge acceleration of cases of childhood Autism, ADD and other learning or behavioural disorders. These soul groups are largely Indigo 3’s.

Planetary Leadership

Some of us may identify with all of these aspects of Indigo Typing. These are usually the spiritually developed souls that have ambitious contracts of Planetary Leadership. Many times a soul will have come in to experience this level of mastery on the physical plane in order to have greater impact on human development during this time. Many of us can evolve and grow into these new contracts in this lifetime, as the Spiritual Masters are always cultivating new representatives of themselves for the physical plane. We are stepping up in the evolutionary scale to be the Ascended Masters embodied in the physical. As it has been referred to previously, WE are the externalization of the Spiritual Hierarchy here on Earth! That time is here for all of us now!

For this month do continue to work on techniques exercising your intuitive perception. Learn to listen to your body and "feeling" senses and to more finely hone your skill. Working with your Higher Self journaling and automatic writing will be most helpful for increased clarity on your internal questions.
Start asking more about your journey this year. What do you need to work on now? Surprisingly, many of the most challenging circumstances you are facing are exactly aligned with your perfect soul path. You are clearing some of the deepest layers ever! When this becomes clear to you, that the divine is supporting you fully, it really can shift your attitude to gratitude. This developing your relationship to your Higher Self will greatly activate your inherent abilities of Higher Sensory Perception. Pay attention around the full moon in Mid-May to give yourself extra loving care during some of the intense Ascension energies we will experience. Use that Full moon to enhance your communication with the Spiritual Hierarchy.

New Blueprints

Over the last month and ongoing, the Evolutionary Forces of Light have been working with many human beings to create new "Morphogenetic Fields" for the planet earth and for other Ascension mission purposes. (I will remind you that we have agreements to do this.) A way to describe a Morphogenetic Field is that it is a form-holding blueprint that stores information for how that "form" of consciousness will manifest. Morphogenetic Fields are comprised by templates of conscious light and sound which serve as the blueprints on which matter and conscious identity will then manifest. This occurs at a microcosmic and macrocosmic level and is a part of the mechanics of all creation.

All matter forms and forms of consciousness, including planetary bodies and human bodies, are manifested through these morphogenetic (form-holding) imprints. They exist as a quantity of crystalline (that's why it's also called a crystal body), energetic substance that is composed of specific patterns of frequency. The universe is one massive field of consciousness embracing and containing all other forms where all experiences of reality and manifestation takes place. Layers upon layers of morphogenetic fields exist at every level form has manifested at each dimensional plane.

Some of the purposes described to me have been that our individual morphogenetic fields have been replicating templates from our own genetic material. This is why many of us are having sensations and symptoms that we are giving birth or are undergoing some "birthing" process. Our genetic material that is held in our personal blueprints (i.e. morphogenetic fields) is being utilized for larger use as the creational templates for other life forms. Some of these templates we are working to design involve greater divergence in allowing less evolved life forms (fragments of consciousness or those damaged genetically) to use these templates to manifest into forms they can evolve rapidly into. They then may hold the greater levels of frequency needed to activate certain DNA, so they too can attach to the higher reality fields and ascend beyond third dimensional consciousness.

This process is being called a "Host Matrix Transplant". This term seems to be referring to getting those that need to be imprinted with certain genetic material (that they are missing or that have been damaged) to have the ability to biologically ascend. This allows them to be exposed to extremely high frequencies and passage through dimensional portals without being damaged or short circuited.

There are also constructs of new matrices that are being put into place for new layers of planetary grid work. These new matrices will contain original patterns of perfection that are devoid of all cellular memory of the past transgressions of human suffering or imbalance. As we have reached a critical mass as a group on this planet, light workers have become confident in the safety of their environment and with a new ability to speak their truth. This is a large part as to why we now have the ability to access and anchor these new morphogenetic fields that are being created.
These morphogenetic fields affect everything in their environment, and as more and more morphogenetic fields are being created holding these patterns of perfection, the energetic systems are changing. This is the "Hundredth Monkey" effect that results in the understanding of mass shifts in the focus of consciousness. The levels of frequency that a human can hold and access are governed by the information stored (DNA) in the personal and unified morphogenetic fields. Humans now have access to the morphogenetic fields embodying the blueprint of the divine plan of the mother earth, her hidden history and human lineage and the process of Ascending a species and planetary body. This will allow more and more people to become activated and then interested in understanding this information relating to their transformation or personal Ascension.

**Masculine and Feminine Integration**

Since we have been involved with these new creational forces working with these new blueprints and undergoing our personal Ascension process, there has been a lot of clearing around patterns to integrate our masculine and feminine energies. As I have mentioned about the 2nd chakra imbalances clearing rapidly since last May, many of us have been reviewing gender roles in ourselves and in our lives. What is it to be a divine human in a female body, or in a male body? We are still experimenting with that and working on the divine union templates.

Further, I want to bring to your awareness that the throat (5th) and sacral chakra (2nd) are two key creative energy centres that work together. I have received many reports that people are feeling constriction and clearing in their throat centre. This sympathetic response in the throat (5th) chakra is also directly related to the accelerated 2nd chakra clearing over the last month. The 5th chakra is a vital part of humanity's spiritual awakening for, as individuals awaken to the authentic aspect of their eternal self, a new voice is born as it aligns to speak spiritual will. The 5th chakra in principle is masculine energy and the 2nd chakra is feminine energy. As we are undergoing the masculine and feminine energy integration, this is one of the key processes we are experiencing and why these two creative points unify to work together on clearing old patterns.

The 5th chakra is our vocal expression that we use to command energy into form manifestation. When we are aligned with what we are creating and speaking into manifestation, our throat chakra is open and clear. We are learning more and more to be comfortable speaking our truth in every circumstance.

**The Wounded Warrior**

Many women became the wounded warrior because they felt they had to in order to function in a masculine dominated world. Over time we numbed the sensitivity of our inherent connection to the divine forces as a coping mechanism. The social programs of which we were raised only reinforced that our powerful connection to the divine be continually suppressed or distorted. For many of us our female creativity, intuition and personal power were not encouraged. Unrecognized and unheard, sometimes abused, we internally rebelled against the system. This was an ancient conflict of the denigration of the divine feminine principals activated within our cellular memory.

We vowed to be free of it and to not need anyone or anything to depend on except ourselves. We worked hard, we rose in the corporate ladder and we were proud of this achievement. We would be powerful again. In our fervour to refuse to be dominated by a patriarchal system, we simultaneously closed our hearts to who we really are. Out of alignment with our true nature, we no longer could receive the natural flow of abundance. Life became more of a struggle and we could not figure out why.

However, this woman emerged very independent, successful, and self-reliant and many times single.
Haven taken on great responsibility she became polarized or more developed in masculine traits. As her female energies depleted she became more confused about the source of her true power. Resentful attitudes towards men, toward society and even towards other women began to surface. The mounting obligations balancing all of the roles and hats became a cross to bear. The burden of that weight became unbearable.

You are tired of fighting. You are tired of a struggle. You long for the ancient memory of the Goddess within you to be activated, yet you are not sure if SHE will be protected or even recognized. Can you allow her to reveal herself? It is TIME. Welcome to the incredible power of your Goddess.

**The Goddess**

The word "Goddess" has been thrown around quite a bit over the last few years as we have known of this cycle coming to reveal the new age of feminine power. However, there is another level of meaning for us in our experience at this time. We are moving from the concept to the actual experience at the cellular levels of knowing. We are moving fully into the Goddess power that exists within the Divine Female.

The Heart of all Universal Creation, the Cosmic Heart, is held within the Heart of the Goddess. These are the Divine Feminine principals of the Godhead itself. The Power of all Creative intelligence is held in the Heart of the Goddess and born from the forces of Pure Love. The Gateway of that infinite power is accessed within your own heart centre. This Cosmic Heart Matrix is the main access gateway to all of the higher dimensions and dimensional frequencies. As you integrate and heal your wounded feminine energies, your heart chakra will expand into the Heart of the Goddess.

This provides a key to the goddess gateway leading to the Cosmic Heart Matrix and this greater reality becomes One with you. The harmony of perfect creation born from perfect love merges into human potential and human possibility. All of its resonances will begin to manifest its perfection into your life and into the world. You are the effortless creator of your highest purposes and fulfilment as you are One with them.

**Divine Union Patterning**

Much of the emotional clearing we have been working with over the past months has been designed to heal the female energies within us. We are integrating into the wholeness of our masculine and feminine energies as a part of our Ascension process. Little did we know that this was a preparation leading us to truly embody the power of the Goddess energies in order to transmit them through our bodies and into the World.

As we complete our Planetary Ascension, our chakra column becomes unified as ONE column of Light. It is then we are activated into yet another level. It was shown to me that this is a Heart Chakra activation of which the individual heart centre is linked into the Cosmic Heart of the Universal Matrix. It is a process that begins when we complete inner union within the masculine and feminine energies and heal their roles within our belief structure. We are then freed to experience and embody relationships in a completely new way. The DIVINE way!

We have been healing the wounded feminine parts of ourselves so that we can merge with the divine masculine and create this spiritual partnership: the Divine Union in the physical world.
This also activates our ability to conduct these higher frequencies from the Universe and to transmit them into this dimension. The symbolism of this energetic transference is that we, as embodied Ascended Females (Goddess) will be an activated "Staff" holder. The Ascended Males (God) will be activated into being a "Rod" holder.

The Rod and Staff (the male-female polarities in Ascended divine union) holders will meet and Be in Love, and together in this divine union a third energy is created. This TRINITY is a force that signifies the BIRTH of a New Energy for this realm. The old energy humans would recall this Trinity as the miracle of child birth... Yet, this energy is similar but not needed for the divine union mates. This Trinity is to be utilized here to anchor in the Ascension Template. Also, as it anchors this "divine union patterning" into the planetary grids it allows others to access this opportunity. This divine union partner is directly coded to work with you at this level. Many of these divine union couples will travel to direct Stargate portals, planet ley lines and anchor/transmit their light codes as guided.

So, this year we begin to bring in this Ascended Divine Union patterning! It was offered to me that many Starseed/Indigos may have had intense or abruptly ended karmic relationships in PART 1 of their lives, first to clear up their old soulmate agreements and to work on their healing skills. As we emerge into embodying the Goddess, our divine union template is activated.

Amplification

At this time of our transition these polarity junctions (work vs. play, descending vs. ascending, 3rd Dimensional (3D) vs. Multidimensional (MD) has become increasingly amplified in our daily experiences. Now it has become even clearer as we can see this dynamic playing out in the last month as a spiral of mass global events mirror this polarity amplification in the world at large. It has become clear that we must find and direct ourselves to inner and outer harmony. As we increase our harmony interacting with these forces, we become better balanced in where we direct and focus our attention. We then are then better aware of how we impact the world around us. We then will navigate ourselves through this transitory growth phase and its chaos from a place of being centered and connected.

Ask yourself what do you really feel like doing "Right Now"? Are you acting in obligation or really allowing the flow of your life to show you the way? Making distinct choices of where we place ourselves in balancing our work (in focused output) and play (rejuvenation) has become an imperative in our ability to function.

Lifting Your Veil: Surviving the Ascension Process August 2006

As I am writing for this month's instalment, it is still mid-July. Things happen so fast in these new energies I hope I can cover it all by the time we make it through to August!

The various levels of intersecting energies, astrological and otherwise, including this last Mercury in Retrograde has had quite a few of us wondering which side is up! I had several clients and acquaintances exclaim, "What IS Going ON?" as a bevy of stalled and stopped projects, computers, cars and communications unravelled or just plain broke down around them. I really noticed that this Retrograde was experienced at such an "Amplified" level for most people. This new level of gravitational pull (i.e. density) had a new quality of being physically palpable as we moved through it.

This Retrograde has had that sensation of swimming against the tide, which is difficult even if you're a good swimmer. This month I definitely got to the point where I realized it was time to just float and let the tide carry me in! It was getting abundantly clear that I was to focus on having better balance with my
choices as these polarity junctions were increasing in my life and for those around me. Many of us have
had this feeling bubbling beneath the surface that creates a low level anxiety that is difficult to pin
point. I noticed more inner dialogues like, "are we are running out of time?", "there seems to not be enough
hours in the day!", and "how will I ever get to that?"

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allowing the flow of your life to show you the way? Making distinct choices of where we place ourselves
in balancing our work (in focused output) and play (rejuvenation) has become an imperative in our
ability to function.

In these New Energies, as soon as an imbalance occurs, a correction is made or an inner exhaustion
surfaces immediately. You will notice these polarity spectrums occurring more and more at the
macrocosmic level and then see it fully mirrored within your own microcosm of personal experience.

The Learning Curve - Balance!

I thought I would share a recent example of my experience which made the above blaringly clear to me
about balance. I recently have accepted more projects and have had an increase in my spiritual work
with my teams. This has created a phase transition of new growth and commitments of which I am
learning to navigate. I had planned a trip to Hawaii and in my inner vision I created this "oasis" as a time
organized for deep resting and rejuvenation. So as my trip neared, I went into my old ego programs of
condensing and getting in lots of long hours in and attempting to "catch up" in ways I felt I was lagging
behind. I would condense all this "work" into very short period of time because my ego justified that in
the next week, I would be sprawled on the beach sleeping and meditating my days away.

The last week before my trip I could feel a deep exhaustion and yet I was still focused on a week away
for my restful vacation and was not present to this pattern going on inside of me. The day before my trip
I was toast. As I travelled with my companion and mate, it was apparent there was some odd heavy
tension coming from somewhere within us.

Basically I wanted to just go somewhere and lay down and my mate wanted to gallivant across the
country sides and see every nook and cranny of the Island. His energy seemed to be amplified into
overdrive against my need to relax and rest! He morphed into the Weekend Warrior for the whole week
with daily structures of companioned high athletic activity. The vacation I experienced had many missed
communications, aggressive interactions, emotional purging and feeling totally "out of sync" with the
environment. This was not at all what I had envisioned!

I was bewildered on what the heck was going on and we were not even into the Retrograde yet! The trip
had an overall "amplified" frenetic, disjointed, imbalanced quality to it. This polarity spectrum seemed
HUGE as it played out around me. I returned home more tired than when I left! It was then I realized I
had put all my illusions of control and expectation upon my trip and propagated an entire imbalance that had continued when I left the mainland. My mate was also amplified to match my internal imbalance of polarities.

I learned that rather than give to myself what I need daily to feel rejuvenated or connected to balance my work and play, I had created a separation of time by projecting myself into the future time that I had allocated specifically for pleasure. I had been denying myself what I really needed daily (in the NOW!) as if I needed permission to receive it.

We have to be clear in maintaining our presence fully in the now and honouring ourselves for all we feel or need at every given moment! It was a new level of understanding that I could receive and open to abundance, by giving myself what I need EVERY DAY! This would bring greater balance and harmony into my life and I would feel more rested doing less work per day. Maintaining inner balance during such an amplified time of outer chaos in our world is becoming incredibly important.

Hosting

After last month's article on the Birthing project, I was amazed to get even more tidbits in relationship to these new templates we have been busy creating. The process referred to last month as a "Host Matrix Transplant" became better defined. During these past few months Lightworkers (with this agreement) have been preparing rather vigorously in becoming "Hosts" for many of the "Guests" on this planet. I found that interesting terminology, that so many of the Lightworkers incarnated here are to "host" this planet into its Ascension.

Over the last month, it has shown up in my sessions that many Lightworkers now are preparing to "host" out large groups, (quite large) by holding the energetic space and field for those that we have agreed to "carry". No wonder we have been purifying and purging like no tomorrow (literally)! The ability to host out others implies that your genetic field and frequency allows your "guests" to imprint themselves with what is needed in order to be exposed to Ascension frequencies and passage through dimensional portals without being damaged or short circuited. I admit that I am honored to take part in this project even though the mystery weight gain this past few months has had my ego in a bit of a dither (along with hundreds of my soul sisters all over the world that have emailed me about this)! So if you feel resonant with this material and have gained some mystery weight over the past few months that will not come off, you may be participating in this project. Thank you so much!

Latest Alert - Particle Conversion

As I received this interesting energy alert on July 3rd, these birthing and hosting projects actually started to form a clearer picture in a more coherent process.

I was alerted to some interesting dynamics we are undergoing at this time, as of the end of June 2006 and until December 2006. This has us (in our Lightworker-Multidimensional Soul group) experiencing a bevy of interesting energetic spectrums, including emotional upheavals and physical challenges. We are clearing up and completing a lot of our 3D leftover patterns and projects. Many of us are also feeling more tired as this is a grid project we have been working on when we leave our physical bodies at night. There are many "Ascension" projects in progress at this time.

The 3D Earth is going through the beginning phases of an expedited process of "Particle Conversion" that further will catalyse humanity's progress into one of the increasing polarity spirals. Our downward
or upward spiral of personal evolution will be exponentially increased by these forces. We are in the interesting fulcrum of these two spirals of evolution and experiencing a greater level of its resulting amplification. These are from the activations earlier this year that are now hitting critical mass in the planetary fields and our energetic fields now.

This Particle Conversion period is described as the Separation of the "Time Lines" within the Earth's Shield/Field. This event is a progressive separation of the global particle fields of which will (at this time they are "saying") will become permanent by the end of 2006. The Guardians have mentioned several times in the previous news articles about a new delineation of space and time occurring in early 2006 between the 3rd Dimensional consciousness and the Multidimensional consciousness. This information appears to be the energetic mechanics of that delineation of space occurring in the frequency fields of the Earth.

At this time, we are entering a period of preparation for an Earthly alignment with a Photon belt /Holographic beam, while protected in a type of "Frequency Field Buffer" to protect the grids from too much energetic exposure that if left unfiltered, would create much 3D planetary grid instability. This "Buffer" is being held by the GA (Guardian Alliance and its races) as a type of "field energetic blanket" to stabilize the magnetic fields of the 3D particle base of the Earth. Corresponding geographical regions of planetary "Safe Zones" (these are a part of the Frequency Hubs the GA have referred to, see the April and March Newsletters regarding the "Deployment") will be drawn into a co-resonance with the higher dimensional magnetic fields that sustain this "Frequency field Buffer" blanket. This allows regions of the Earth and its populations to be protected within a stable Dimensional Energetic Bubble when this Photon Belt alignment creates this Particle Conversion of the timelines.

Our Family of Light, The Guardians, continue to strengthen and progressively amplify this "Field Buffer Blanket" for an array of purposes. This Frequency Field Buffer will collect and absorb the Stellar Activations forthcoming, holding these frequencies in suspension until approximately 2012, (unless otherwise updated or indicated) when they will be fully released into the Earth's Planetary Field. This also is being utilized to keep sealed off any interference occurring from various counter evolutionary forces and their technologies, such as their "frequency network systems". These systems potentially disrupt the planetary grids creating further intense weather or surface cataclysms (storms, earthquake, tsunami, volcanic activity, etc.).

These "Safe Zone" areas with the anchored Frequency Field Buffer will remain more stable, environmentally, economically and politically. We will exist in these realities (3D and MD) side by side within planetary regions and populations and each will experience a different set of events and frequencies until the final separation in 2012.

At this time, our bodies and individual energy fields are being prepared to have the cognition and sense of these Safe Zone's and we will be activated to feel the boundaries of these Frequency Field Buffer zones. We will be naturally moved to be in these zones/hubs. There is no need for worry. This information is to let us know what the possible "anxiety" and cellular changes we have been feeling internally are actually stemming from, however we have had no words or framework of which to describe what is happening to us.
The Amplification this polarity drama will be experienced even more dramatically in this upcoming reality from 2006 and onward.

It is extremely important to not become entrenched in that illusion and allow ALL to choose whatever reality, whatever perspectives they desire. Our choices and beliefs will create the experiential reality we will perceive. If we are to acknowledge these challenges present and be informed of what may be up coming and we hold the belief of loving mutual resolution, we will gain mastery and the highest capacity of our reality experience. It is an amazing opportunity.

The Guardians, our Families of Light will progressively promote assistance in working with the Law of One teachings, utilizing the 12th Dimensional Divine Blueprints (the 12th Dimensional base Codes and wave spectrum) so that all polarity and separation can be mended and tangibly integrated into the One, the central point of ALL UNION.

Please continue to connect with your Higher Self, the 12th Dimensional Blueprint and its platinum wave spectrum, while cultivating your Higher Sensory Perceptions. Talk and communicate with your Higher Self and Guidance daily.

Know how much we are loved and that we are really embarking into a completely new way of living, a place with unlimited expression and with great joy.

Stay in the luminosity of your heart and soul path; we are here as ONE!

Astrological Correspondences

As always the Universe provides us with the perfect compliments astrologically to support our group themes at this time. In early September, we were in a two-week space between an eclipse of the Moon and an eclipse of the Sun. Finally the Solar Eclipse, coupled with an extra powerful New Moon, formed on Friday, September 22nd. Eclipses seem to work like cosmic magnifiers. They can amplify the usual effects of life, raising them to a crisis level so that we can finally see them clearly enough to work through to change them. This leads us to establishing new patterns of living that bring us to our next cycle of spiritual development. The fact that the eclipse occurred on the eve of one of the major turning points of the year, the autumn equinox, also magnifies its demarcation of a major ending and beginning.

So this last period over the Virgo transit has represented a time of spiritual testing, assimilation and completion. This has pushed us by emphasizing the necessity that we must complete our current spiritual tasks before advancing to the next level. All things not aligned to our souls' purpose must be released and released now! October is the cycle beginning to create a "New Dawn" to lighten up our lives. The greatest challenges are now behind us. This will create the possibilities of magic and miracles occurring for us more than ever. And I know that most of us are feeling MORE than ready to move forward and to experience some magic and miracles!

Transcending Emotional Patterns

As we are emerging to new levels of multidimensionality, simultaneously, we have been uncompromisingly clearing old 3D behaviours. Lately, we have been consistently presented with opportunities to transcend the patterns of experience that had once provoked old patterns of emotional response. Have you noticed a series of events that may have made you think you were in "Groundhog Day"? Old relationships, old scenarios and synchronous meetings just about everywhere seem to surface
in your day to day to show you a piece of the puzzle that you have been working to fully integrate.

We have learned during this phase of "disconnect" to sidestep the triggers that once had felt very emotionally charged for us. As these various pieces are coming to us to integrate we are stimulating the karmic resolution of emotions at the multidimensional levels of awareness. This is important to understand as so many of us when faced with a familiar pattern that we KNOW we are being called upon to heal may say to ourselves... "Oh no! Not this AGAIN!" When you are able to let go of needing ego validation and identification on the issues stemming from the history/story of that circumstance, it is then you have begun to be liberated from those old patterns of behaviour. You are not in any judgment of yourself, the person or the situation any longer.

You are not alone in experiencing these interactions. We have been functioning in agreement with partners, circumstances and situations to work out details of which all parties involved have a vested stake in their transcendence and for the final release of these issues. Therefore it is important to understand that there may be a continuance of getting pulled into a certain drama or relationship within these situations, even though your mind says ENOUGH! Your soul and body will draw you back into this situation as it is NOT spiritually complete just yet.

This is a huge awareness to have as so many lightworkers are now asking themselves, Why did this come into my reality again? Have I not done everything under the sun to clear this pattern? Do I know how to manifest what is truly positive for me? The answer is YES. However, at this Ascension Cycle you are a part of a greater plan and group contribution to the healing completion of emotional responses in the parallel existences. Your contribution in these areas is profound and it is just these experiences that will support you to recognize the Divinity that unites all experience. This purpose is to provide you with the fullness of emotional experience necessary to draw multidimensional levels of awareness into a corresponding state of resolution. What is occurring is a reharmonization of the multidimensional selves into the state of Oneness.

**Masculine and Feminine Integration**

This part of our evolution process has definitely been at the forefront as we are being led into creating the Divine Union template of the masculine and feminine. Many of us have been reviewing gender roles in ourselves and in our lives. What is it to be a divine human in a female body, or in a male body? We are moving past the family of origin and social programming to explore all kinds of various scenarios with different sets of men and women. Many of us have been amply surrounded with examples of the male or female identity piece mirrored back to us with a host of new and old relationships. Each person is holding a piece of your masculine and feminine integration as you explore what it may be like to experience a sacred union relationship to self and another. For each of us it may be entirely different in what the soul chooses to express and how it appears in the physical plane. Alternative relationships and multiple scenarios seem to be coming up for many in the exploration of this integration piece.

It is important to utilize your guidance and allow your freedom to express what feels right for you in this time without the old standards of judgment. Pay attention to your body as it will alert you to what feels right for you as it will maintain the integrity of your being. The freedom to express and explore yourself fully is really the keynote with this integration piece, obviously with harmlessness and within full integrity of emotional disclosure to all involved. When you have nothing to hide, the light of your conscious attention is no longer compromised by secret shame. Your relationships will not be cluttered with any hidden agendas. This clarity is available to you right now if you have the courage to
communicate all that you think and feel without hesitation. We are still experimenting with this piece of our evolution and with that working on the new Divine Union template.

**Archetypal Integration**

Recently, I have seen prevalent patterns that many of us are merging multidimensional identities through archetypal integration. In sessions repeatedly I have observed patterns where there is a merging of identities that were housed in the subconscious and instinctual bodies. Primarily this appears to me as constructs in the Second Chakra channels that are now being blended into a "sphere of oneness." Apparently there is a specific energetic sequence of how this integration piece is upgraded within our own personal chakra and auric field. Lately, many of us have been guided to work with our subconscious energy field to stimulate this archetypal merging. This may include healing with Body Work, Light Symbol Codes, Inner Child (girl/boy) integration and directly working with coded cards of archetypal symbols. If you have been involved in this work I just want to confirm that you are attuned and right on schedule!

**Exit Points**

I have been aware that many people are choosing "exit points" right now around us. There seems to be an opening until the end of the year to decide if you want to stay or leave the Earth plane. We are going through these levels of completion now and for some of us the contract is over. Much illness, accident and abrupt exits have been happening around us. Be sure to remain within a state of engaged neutrality coupled with deep compassion, as this is as it needs to be. Not everyone is here to do the physical biological ascension and may need to drop their body to evolve to where they need to arrive. Many of us are being called upon to be a midwife of the spirit, setting up the transition teams and are helping those families and friends comprehend the passing over process. If this is your piece, I want to thank you for your loving support as this is a role very much needed right now.

If you are unclear about what you are doing here, please consider to spend some time renewing your commitment to your soul growth and stating your Declaration of Intention to the Ascension plan and mission. My suggestions would be to set a conscious intention to connect with your Soul/StarSeed Identity and if guided your Star Family. Ask all spiritual links and connections that are required and needed to create and increase this connection be activated, anchored in priority and harmony within your energy field. Set time daily to meditate, connect and increase your Higher Sensory Perception. As you set your intention with a consistent exercise it will cultivate increased emotional awareness and the cellular knowingness that comes with developed emotional cognition. If you would like the Declaration of Intention please feel free to email me for a copy.

At this time take extra good care of your body as it adjusts to hold a higher vibration to work with the new energy fields. Allow yourself play time, safe time, sleep time and heal time. We are moving into a completely new way of living and experiencing our reality. Really!

**Interdimensional Pause Button**

There is something very critical happening right now in the choices of multidimensional timelines and the vibrational match of what is aligning and attuning to our personal energetic field. There is much unusual energetic movement that we can sense, a mix of old energies and new energies swirling around us. Much is leaving, some is hovering, while there is a new influx of people and circumstances coming into our view. What actually is left standing after the dust settles is that which is coming with us into our soul’s chosen timeline.
Currently and until the next few weeks, everything is up for grabs and in a type of suspended animation. It feels like we are working through this phase with a pause button. It reminds me of the movie Click (of which I did not see but saw the trailer) however, I feel like we are walking around in this movie and simultaneously our "life" is placed on the pause button. The many conflicting energies are scouring about trying to find their pecking order of priority in how they fit into our lives. We are harmonizing the poles of these opposites while walking a tightrope of "balance" perfectly expressed with more balls being thrown to us for juggling! (At least we are doing the best we can! Somewhere it is always said we are never given more than we can handle! Looking at that clearly, we ARE pretty amazing!) And further, these items are standing to the test, if they really do hold the resonance of the truth and integrity that is authentic to our "next-level" of being.

The experiences presented to us at this time are to finely tune our energetic discernment and have more awareness of the quality of its resonance. We are learning to energetically read fields of data much more clearly. These experiences have been at an exquisitely sensitive and even more detailed level. We will find that these experiences are serving purpose in that we must be integrated to the degree that one of our possible human "glamour’s" has not been overridden by our negative ego detection system. (States of Delusions, illusions, self-deception, fear, victim consciousness) Consistently checking the inner mechanism of your ego versus your higher self is a huge level of discernment to have. In this New Energy there cannot be "conditional" clauses in your spiritual truth, you are it in beingness and not in concept any longer. We are leaving the intellectual concepts of our spirituality (energetic truths) and it must be anchored into our bodies as beingness.

**Push-Pull**

Lately, most of us have been feeling the building momentum of some energy creating an internalized pressure to "DO" something. What is so fascinating is right when you decide you are choosing this and doing it, the need to do it and take action actually evaporates. A pause and then "hold" stops you in your tracks before you get in too deep!

Try to diffuse any frustration of the push pull energies we are now experiencing. Accept to Honour and receive the message that you are on divine timing now. We are being deployed very specifically to our unique energetic signature and gifts of contribution. This is very different from the human order of 3rd Dimensional energy dynamics. Attempting to use your old 3D manifesting techniques will not work in laying your new foundation. YOU are not in this dimensional grouping any longer and are subject to the new physics of higher vibrating patterns. Be Here NOW!

These energy dynamics are very interesting in that I have been called to witness several classic polarity struggles in my periphery that are transpiring in other people's worlds. I have no opinion and feel neutral to its outcome and yet I can sense I am being called to witness and hold space for these certain circumstantial dramas. So far it has been anonymously placed, yet I feel to be in service as the eyes, ears and nose of spirit in these certain situations.

And so we wait in suspended animation for the resolution to happen in a natural progression of these particular forces. We are waiting for the revelation, the revealing of truth in every area of our lives. And to repeat the point, when this phase is complete all that is left standing is what is vibrationally matched to us and moving forward into the coming timeline of our new energetic realities.
Positive Visions with Discipline

Lately there has been a firmer message and reminder for us to control our thoughts now!! During this time especially, we are being asked to be vigilant and replace all unloving thoughts with loving thoughts. Utilize your subconscious and conscious mind to be subservient to your superconscious mind. (Higher Self) Currently it is our job to dis-identify from the mass consciousness grids as these mass grids are in a total uproar and steeped deep in polarization and negativity consciousness. Be in neutrality, when you feel triggered work your emotional tools. Invite your Evolution support teams to peel away the layers and those buttons as much as you can. (There are many tools on my website and provided on the yahoo group.) The more emotionally triggered you are, the more intense the energetic manifestation.

Maintaining your Oneness with all things and yet the capacity to experience the Diversity IS the genius of understanding that the myriad of unlimited possibilities is all truth in the Lens of Oneself in the God matrix. However, its purity will be tested continually in your life experience and you will be shaped into your deepest intentions of maintaining that Truth. Your Truth is your OWN and it is up to you to find it, feel it and know it ... beyond any shadow of doubt. This is where we are being led into. This IS the new paradigm, being in complete spiritual-energetic integrity as soul infused personalities in the physical world. Know that the Universe will support your Truth no matter what it looks like.

The Shadow Unravelling

It has been brought to my attention that many of us are feeling an intense surge of density (or shadow surfacing) in our environments now and I do want to address this. These new energies will not let anything hidden or misrepresented stand as truth. These energies will continue to be more amplified especially to those persons holding a greater sphere of influence over others. We will begin to view a dismantling of those in perceived power of influence over others that are not in alignment with their true nature. First, this will especially come in the spiritual, religious and metaphysical worlds. The false prophet or guru will begin to unravel and reveal its hidden nature to the public.

I have been speaking of the particle conversion period and the separation of the time/dimensional grid matrices since January 2006. Over the summer this is what has been transpiring with our feeling so very "disconnected" from the third dimensional matrices and our old reality programs. This has also created an extreme amplification of our polarity experience on this plane between the light and shadow. We will see the extremes of this playing out appearing surreal and even absurd as we watch the external dramas mounting in pressure.

We must transcend the old 3D programming by being aware of its deception and illusory appearance in our lives. For each of us, this may be presented with some variation; however, you may be confronted with your big "karmic" challenge in order to be completely devoid of all emotional charge with that circumstance or event. It is then you can actually see what is really going on by transcending its illusion as it has appeared in your life. That is what it means to pierce the illusion with the sword of truth! (Get your swords out!)

You may notice this playing out simultaneously in the micro (personal) and macrocosm (global) levels. We are being asked to be in our centre and hold the space of balance with the intention of holding a supreme connection to source. The purpose of stabilizing our being to such an extent that nothing external is allowed into your inner sanctum to knock you out of your connection. The security, stability, centre and nourishment is received from that very source connection. Please work on engaged
neutrality and detached compassion for these events and invoke, call in and connect in to your Higher Self and guidance as much as possible.

Do remember with every evolutionary cycle when we traverse extremely deep pockets of our soul expansion we many times hit the "bottom" of the barrel ... right before we are about to have a catalytic breakthrough. This is the "Eye of the Needle" phenomena; all that magnificence of greater expansion and God-light is filling your being, purifying the density and pulling you through the centre of the eye of the needle. These temporary phases of expansion feel like this as the physical density of your body's vibration attempts to harmonize with the higher and finer octaves your light body (Auric field) that is now oscillating at its new levels of frequency attunement.

Neutral Associations

This year was an unsurpassed phase of clearing density from our bodies as we were letting go of our old reality and many of its energetic structures. This process of disconnection from our old reality systems had us swinging between states of emotional crisis and feeling apathetic, disimpassioned and numb. The numbness was confusing at first, however this is what has lead us to a new level of emotional mastery in maintaining "neutrality" in outcomes. This new proficiency of our mastery with "neutral association" has been especially noticeable when coming across what had previously been very emotionally charged themes of our behavioural patterns. Many of us have risen to new levels of transcending old emotional patterns and are experiencing greater freedom to experience life without attachments. This level of emotionally perceived neutrality is at times disorienting as we are learning to trust the divine timing and its flow in our lives implicitly.

We have better learned HOW to offer ourselves up to the Divine Forces through Surrender. And that to remain in the Divine Flow just requires us to be RELAXED and to just show up in the present moment. Discerning the level of extraneous details that distract us from our true purpose is becoming much clearer to us as we move forward in these New Energies.

This discernment is now seeing the juxtaposition between our old 3D identity's "addictive needs" (along with its attachments) versus the balanced preferences of the higher functioning emotional bodies desire to express our inherent creativity. This is a phase of learning to just BE in our life experience without any of the strings of attachment or judgment. Since our instinctual desire body is primarily governed by our subconscious layers, much of our unconscious needs, limiting behaviour or attachments were lodged as patterns in there. Lately the New Energy supporting "neutrality" feels quite liberating as this is a pretty new experience for most of us.

Divine Upgrades

Due to the radical clearing many of us underwent this year it has greatly supported our ability to divert our subconscious reactions to be instead governed by the Super-conscious or Higher Self. Our disconnection from the old reality fields has upgraded our personal energy fields to be released of much more of the 3D mass negative consciousness fields. Additionally much of the patterning we have held and have been path-cutting to clear these last months has been a part of the human species "collective unconscious" mind fields. As a group there was a definite weight to the degree of clearing we have processed recently. We have been clearing throughout the layers of our subconscious, where there are implants of Ancestral, Social, direct family of origin and the mass belief programming that runs through our genetic codes and species memory. That was quite a tall order for our Light Family and the great
news is that much of the old overlays of these codes of memory in our personal fields are being superceded to fifth dimensional and above patterning!

These processes are leading us to new states of Divine Fulfilment! This includes a state of being without holding any previous judgment attached to an experience previously influenced from our past memories.

The higher functioning emotional body is a part of our spiritual layers and is directly designed to catalyse our soul purpose into action. So as the instinctual body has been releasing stored memory of our addiction (from the mass consciousness grids) programs it gives us much more freedom to more easily express our higher nature. This entails more freedom to experience our higher self and therefore to align with greater levels of our soul realization and higher purposes. This process simultaneously weaves the framework of our personal truth as we align to be soul infused personalities.

We have definitely graduated to new levels of self-mastery in the physical world and it supports our greater confidence in living authentically. We will come to know and understand that in this New Universe, in this New Energetic System, our "Soul Truth" in any of its possibilities is completely supported by the Divine forces.

So as we move forward, we are being greatly empowered and supported by the Divine forces in our own self/soul actualization to embody that truth. This phase is also beginning a demarcation point of our personal truth being revealed to us so that we can begin to share it with the world. We have been in a gestation period this year and are just about ready to give birth to our new selves. As we remain in our truth without bargaining ourselves, we will feel increasingly supported with new forms of abundance coming to support this truth being born within us. This is the time many of us will begin to enter an age of Divine Fulfilment in ways we have not previously experienced before.

The Pause Continues

As described in last month's article, we are still experiencing a type of holding pattern or pause button in many areas of our lives.

However, recently there has been much information being revealed to us that had been previously hidden in our lives. As this new truth reveals, we are being made privy to loads of new information that is surfacing in a variety of ways. This is getting us to look deeper and go deeper in what we really want to create as authentic beings in this next time cycle. Our lens of perception is being focused in entirely new ways to see with much greater clarity and empower us in making personal decisions when we are called upon to do so. Apparently this is bringing to the surface information we need to be made aware of in regards to maintaining levels of our own truth and integrity and the associations we are making now. The interesting note is that much of this new information seems to surface for your review and yet there is a distinct sensation and knowing that it is NOT the time to make definite decisions based on that information, just quite yet. It feels like we are getting several pieces to our personal puzzle and all the pieces are just not "in" yet to catalyse us into action.

However, this recent round of intensity has increased our higher sensory perception and we are receiving more direct cognition in our awareness. With this new ability to listen to our body's wisdom, we can feel much more clearly when we ask our self a question. When paying attention to what our body feels like we will receive a distinct "yes", "no" or "hold" type of answer in response. It has been emphasized to me that we are in this holding pattern now and it is important to wait for the dust to
settle while all this new information pours in or presents itself to you. Stay present and keep checking in to ask yourself the questions! Remember we are in "now" time and trust that you will know exactly what you need to do at the time you need to know! (This is an attribute of the New Energy!) When you "need to know" is when you need to respond with a call to action. Until that time we are experiencing a pause in our personal timeline.

**Frequency Split**

At this time we are at a critical point within the multidimensional timelines and the correlation to the vibrational match of what is aligning to our personal energetic field (of what we manifest) and its new timeline emerging in 2007.

We are heading into a definitive "frequency split" between the dimensions and hence the timelines of human experience. Since the summer of 2006 we have been in a "Particle Conversion Period", a transition occurring between the dimensional reality fields that we are moving through and evolving towards. The vibrational octave has become so wide between the 3D reality fields and the Multidimensional fields that we are experiencing a frequency split.

These New Energies and where we are being positioned in the grid timelines of next year will not support anything hidden or incongruent within your being. We are anchoring our spiritual energetic truth and our multidimensionality with this new rewiring (upgrades) in our energetic template. We are being Divinely upgraded!

During this phase many of us are beginning to be positioned to move into the next stage of our development in the Ascension plan. This includes aligning to the appropriate "timeline" of which we are choosing to experience in the next stage of our evolution. The old ways of being and dealing with your life have come to an end, and a new experience of living is on the horizon. Currently, many of us are being radically "upgraded" energetically (and rewired etherically) as this has become a necessity as we are being accelerated into our new reality fields (timelines) in this coming year.

**For the Genetic Pathcutter Family**

Also I must add that this year was one of the most physically uncomfortable times I had personally experienced on my evolutionary path, and that sentiment is shared with quite a few members of our soul family. I received an incredible amount of emails requesting support and guidance on rather intense physical symptoms. Those of us with genetic path-cutting agreements had some rather long lasting discomforts during the summer releasing ancestral levels of behaviour and/or physical dysfunction in the genetic line. We felt stabilized physically a few months (mostly during September through October) and were gaining more physical clarity and strength than we had felt for a very long time. We felt a new freedom emerging in our physicality. Then in November we had a group task assigned, intensified with the Scorpion full moon that for many of us felt like a physical and mental set back.

Last month, in the first few weeks of November, we had a planetary morphogenetic field clearing of some distorted genetic patterns in the human race field. This was perceived as a mounting pressure from the full moon on the 5th that finally erupted on November 8th-9th and many of us felt pretty ill on those two days. It was like this cellular memory pattern in the matrices "broke open" and was dissolved and dissipated through the planetary fields and then through our bodies. The genetic path-cutters had bouts of kundalini flu, glandular fever, intestinal and bowel complaints, feeling "toxic" and extreme fatigue. A resurgence of "viral" type of symptoms seemed to be rampant. Much needed tender loving
care and rest was/is required at this time. It is important to take the time needed and acknowledge your body's needs with self-care, self love and self-appreciation. Thank you for your wonderful and profound service!

Divine Union Relationships

During this phase our romantic partnerships are either ending or expanding to new levels of union and intimacy. Nothing stagnate remains supported and our relationships are being tested by the forces of transformation. There is not much tolerance for individuals that are in relationships that are at a "stand still" or not empowering growth. Much information is gathering about your partnerships so I do recognize we need a bit of patience and some humour at this time. However, I wanted to quickly acknowledge this piece as many of us are sensing that our relationships are changing. Our recent upgrades have ignited new creative energies that are rising through our second chakra and bringing sensations of a new sexuality and desire to creatively partner. We are exploring new depths of who we are and how we want to relate to a partner, indeed in template of a sacred union. Those guided to understand more about the Sacred Union process may be interested to view the book Sacred Union by Suzanna Kennedy.

Clearly in this year of 2006 many of us feel like we have been catapulted on the "fast track" of evolution!! Looking back at who you were a year ago may seem like many lifetimes have since passed! As we move into this next year this is an exciting time for our Multidimensional family. I am deeply grateful for your love, support, and contribution to the planet.

Question: Are some people able to receive information about other people by psychically reading their soul sparks (viewing their life essence)?

Answer: Yes some people are able to receive information about other people by reading their soul sparks. When I am reading a person’s soul spark I need to ask specific questions about what I want to know about those people to get the correct and accurate answers for the information I am seeking. If I do not have specific questions to ask about a person when I am viewing their soul spark then I pick up on random information which is probably mostly accurate but could have some gaps in accuracy. It helps if I see a person’s picture, hear their voice, or have a first and last name to go by so that I can clearly understand what type of person I am trying to read, my intuition also is involved when reading people’s soul spark not just my psychic abilities, I utilize both to do these types of readings.

Question: What are Walk-Ins and what is Soul Swapping?

Answer: Sometimes a soul that is living in a human body has reached its goals of spiritual learning, and has accomplished his or her missions on Earth and is ready to move on to other dimensions when they are relatively young in their lives. This is when they ask benevolent higher dimensional beings from other planets or galaxies if they would like to experience living as a human on Earth and if a high frequency soul responds with a yes then a fair agreement is made where the human soul leaves its physical body to go on learning new experiences elsewhere and the higher vibrational being enters the human body to live on Earth so the body stays alive and the walk in soul gets to experience what they want to see or learn about Earth and our existence on this planet.
Here is more detailed information about these processes:

Source of Information:

Walk-Ins: What Happens When Souls Swap Places?: by Laura Hamilton: from psychicsuniverse.com

Walk-Ins: What Happens When Souls Swap Places?

For the majority of us, we incarnate and remain in our chosen bodies until death. But in certain cases, the spiritual realm can throw a curve ball and change the general order of things. In some cases individual souls can trade places. The official term is soul transference but we generally refer to this experience as a walk-in. What goes on exactly when souls swap places?

The Walk – In Experience

The walk-in experience is not to be taken lightly. The idea of a soul just coming in and taking over is not what it’s about. There are careful spiritual considerations and permission is always required. This is not an instance of possession where a spirit attempts to hijack the body. Nor is it channeling where a spirit enters a body for a brief period to deliver a message. Walk-ins are allowed to take over a body when a soul arbitrarily leaves or agrees to vacate. Approval must be granted for a walk-in to occur.

The walk-in experience is not to be taken lightly. The idea of a soul just coming in and taking over is not what it’s about.

An agreement is made before souls can walk-in. Sometimes an arrangement is even made before a person incarnates. Two souls can make a pact that says at a particular time one will vacate the body so that the other can take over. It almost sounds like signing a lease or renting an apartment.

Why would such an experience occur? In most cases when a being incarnates in to a body on this physical plane, he or she inhabits the vehicle until death occurs. We all come to this planet to learn, experience and fulfill certain contracts. Once the soul as accomplished its mission, the choices are to remain in the body and work on a new project, die, or walk out and vacate the body. If the being chooses to walk out, then an agreement is made with another soul to walk-in.

How a Walk – In Happens

Walk-in experiences are as unique as the individual souls involved. Although in every case an agreement is made before the actual transference takes place.

Generally before the walk-in takes place there is a preparation period. This period can be a few weeks or months before the event. The walk-in soul will hang around the existing being for a period of time. The idea is for the new soul to get used to the vibrations of the body it is about to inhabit. Sometimes walk-in souls haven’t incarnated for quite some time and need this period to adapt to the denser vibrations of matter.

Meanwhile, the vacating soul might feel a presence hanging around them or a change in energy. They may notice a change in personality. Perhaps they become fatigued or depressed. They may also feel a sense of relief and completion. Regardless, on some level they understand that their journey is at an end.
When the moment of transference occurs, the old soul will leave for the spiritual realm and the new soul will meld its essence into the new embodiment. Most often this event occurs while the body is asleep or in meditation, but it can also occur during an accident, illnesses or emotional trauma. In some cases both parties are fully conscious during the process.

**The New Life Phase**

After the walk-in episode, each soul has the opportunity to embark on a new life phase. The exiting soul moves on and dwells in the spiritual realm while the walk-in adapts to life in a body. This can be extremely challenging on many levels.

Aside from learning to exist in the physical, the soul also needs to come to terms with the life of the previous inhabitant. Compared to the walk-out the walk-in will most likely exhibit a completely different personality. Likes, dislikes and behavior patterns will be different.

Overall the new soul will adapt to its surroundings and environment, often with a sense of emotional detachment. This being is here to learn and possibly complete some karma. Whatever it is, this soul is on a mission and eager to fulfill it. The walk-in experience can help both souls accomplish their tasks.

**Sources of Information:**

*Walk-in Souls: by Phylameana lila Desy: from About.com*

**Walk-Ins**

Walk-in souls do not steal or kidnap another person's body. A walk-in happens when two souls agree to swap places, making a soul contract. The original soul makes the decision that it wants out of a life and contracts with another soul to continue the life stream. The walk-in will reside in his body and continue living out the personality that has already been established.

**Why a Soul Swapping Happens**

Reasons why a soul decides to depart from the physical and return to spirit can vary. When the soul has met or surpassed his purpose for incarnation into the body it may choose a new experience elsewhere and chooses to exit the body. It is not unusual for souls to "re-negotiate" their soul contracts one or more times during a lifetime and continue living in the body. But, in some cases, the soul wants out entirely and will offer the body along with its formed personality for another soul to walk into. Other times a soul will choose to opt-out because it feels the challenge of being human is too difficult and wishes to be released from the physical and reflect on its choices, and re-evaluate his life plan while residing in the spiritual realm.

**When Do Soul Exchanges Happen?**

When a soul decides to vacate the physical form another soul may opt-in and take up residence in the body. Both souls have to be in agreement for a swap to happen. The exchange or transfer of souls will usually happen during a trauma in a personality's lifetime such as an auto accident, major surgery, suicide attempt, and episode of depression or some other suffering. Sometimes a soul will exit the body at the end stages of life allowing another soul the opportunity to experience being in a coma or other
pre-death experiences. This could account for some terminal patients not recognizing family members sitting vigil at their death beds.

**Transient Walk-ins**

Sometimes a soul will "rent out" its body to another soul for a short period of time, allowing itself a respite from human life. Transient souls will walk-in to a human body similar to professional house-sitters. The transient walk-in will play house with your family, friends, neighbors, etc. until the original soul returns.

**Guest Walk-in Souls**

Sometimes a soul will agree to walk-in and reside in the body alongside the original soul as partners. This is much like opening up your home to a guest, having a roommate, or employing a live-in housekeeper. The guest walk-in will agree to co-inhabit the body for different reasons. A walk-in may come in as an observer, merely wanting to shadow your life. This may happen when the original soul is considering exiting the body permanently but hasn't made its final decision. Or, a guest walk-in will arrive to help out or support the original soul while he is recuperating from a trauma or facing a difficult challenge. Sometimes the original soul will serve as an "interviewer" or "on the job trainer" to teach the walk-in for a short period of time before he exits permanently. Many different scenarios can be played out when two souls choose to co-inhabit one body/personality.

**Do You Think You Could Be a Walk-in?**

Walk-in souls often struggle to identify with the personality that they are taking over. This is because they usually come in when the personality is emotionally damaged or the body has been harmed in some way. Walk-in souls also have the responsibility to learn how to live among other souls who are the original soul's life mates (friends, family members, neighbors, co-workers, etc.). If you are feeling estranged from your own being, or are having difficulty relating to the people in your life, in theory, you could possibly be a walk-in.

**Question:** Can you tell me what is inside the Face of Mars, what being is the face?

**Answer:** The face of Mars is a relic of the original statues that the indigenous human Martian colonists had carved on certain parts of the planet. The Mars colonists now live underground on Mars in the domed cities, as there was a nuclear type of bomb that went of a long time ago during the Mars wars between reptilians and other warring factions that wanted to wipe out the human civilizations on Mars. The statue itself is a human face it is similar to the carvings of the Pharaohs of Egypt.

When I remote viewed on July 15, 2015, what is inside the Face of Mars statue, I saw that there are Ion Beam Particle lasers and other technology of that type in the statue, there is a bigger complex underground of the ruins that are on the planet where the statue is located. This ion particle beam technology can be used as power sources, weaponry, and for healing purposes. What I was receiving is that the Ion Beam Particle lasers were used to create grid systems across the planet as energy sources and to send communication signals to various Mars outposts, like a Wi Fi system but more telepathic, basically messages sent back and forth on the frequency of the ion beams, as well the ion beams were used to create holographic map models of the universe and were applied in science studies to monitor
the expansion of the universe and its bio systems like growth of planet creation, plant life, and civilization evolution.

There are these long antenna like white tubes inside the statue and they emit the ion particle beams.

At one time there was a big mechanical merkaba that the Martians made on Mars that went unstable and blew up. The ion particle beams provided the energy to power this merkaba. These ion particle beam lasers are not active at this moment but they are not damaged so the beam antennas can be activated again. The mechanical Merkaba was created because the Martians did not have the intuitive ability to build a merkaba within the self, (this would have been a bio living energetic merkaba that is life sustaining not machine made, within a human body). So the Martians tried to build their own partially bio-mechanic merkaba...they only utilized the male aspect of the brain to do this and not the female as well so the experiment did not work correctly. The Martian’s were trying to build light bodies by using technology without the full scope of the human factor involved but the experiment exploded. Those Martians that survived the large explosion on the planet brought the Merkaba technology down to Earth and built smaller versions of the Merkaba’s, this technology uses powerful electron fusion energy and can create a mini ice age on Earth if the Merkaba’s are not shut down in time. The ion particle beam technology should not be used to activate ascension machines which have no human component of male and female energy combined to balance out the frequency waves of living matter.

Observation: While thinking how to answer the question that was emailed to me in regards to what was inside the Face of Mars, I had this intuitive gut feeling that I was missing something and that this question felt weird to me in some way and not completely right in the why and what for it was being asked of me. I had a strong feeling that there was something strange going on. I asked for some advice from a trusted source about the information that I had remote viewed, the info itself is true and correct, but the motive behind the question was somewhat unclear. I used my disconcertment to think more about this question and how I had answered it. Seems like there is much going on at Mars during this time and various groups want access to the ancient technology that is there. Through this process I have learned that I need to be more careful in my judgment in figuring out who the source(s) are who are asking me these various questions about what I know or asking me to remote view things for them. The giveaway in this question was the source asking me to remote view information for them, and in this case what I remote viewed was needed data that was delivered where it needed to go, the question triggered inadvertently some things for me getting me to wonder what was the motive behind it, I think the source who asked me to remote view the facts was unknowingly being used by someone else, the answer provided key pieces of data to a puzzle now sorted out. In the future I will be more careful in how I answer questions being asked of me especially to remote view something for someone, these types of things might not be answered as this could be the dark side trying to use people as third party brokers to get information from me, so that kind of stuff will not be tolerated. I am a being of the light and will not be used as a giveaway pawn to ferret out information for ill will or nefarious purposes. Anyone who is reading this please be careful in who you deal with or trust as they might try to use you with you unknowingly being the target of groups trying to access information that is of importance in one way or another about various things happening in the universe. Use your best disconcertment, judgment, and intuition when working and dealing with people as not everyone might be what they appear to project or seem to be in this reality. This is the lesson I learned while answering the above question, and I am glad I sought advice from a trusted source about what I uncovered here.
Currently and in the near future there are and will be more people with psychic abilities that can astral travel, remote view, and discover truth from universal knowledge that is available to all of us once we break through the various veils of forgetfulness that have been placed on us so we do not remember the true history of where we come from in a more fair and just reality. As this happens these gifted people need to be careful in protecting themselves against nefarious groups who work for the darker side of reality and have less then well-meaning intensions for the human race. Our abilities and psychic gifts should not be used through means of deception, flattery, etc. to provide information for the wrong side of the equation in this reality.

**Question:** What is the Black Knight Satellite and why is it near Earth space?

**Answer:** The Black Knight Satellite monitors how far advanced technologically humans have come, it gathers data on how many nuclear weapons and other space weapons are in Earth orbit, and also it jams any nuclear or war head launches making the equipment malfunction, as well it prevents CERN from being activated on a mass scale.

There are four of the Black Knight satellites and they originate from Arcturus and the Epsilon Bootes Star Systems. These satellites are said to be 13,000 years old and maybe older.

Currently one of the satellites that was seen close to Earth is gathering data and monitoring the electromagnetic wave that is helping to change Earth in its new evolutionary processes. Since the electromagnetic wave has ten dimensional frequencies it emits different wave frequency patterns so the satellite is monitoring these different wave frequencies as they bring in various DNA upgrades. The ascension process of Earth is very different than how planets evolve in other galaxies/star systems so the satellite needs to gather data on the various differences for further study.

The Black Knight satellite that is orbiting close to Earth is not just a satellite it is an exploration ship named the Akashen that has over 2000 cryogenic stasis sleeping pods with Pleiadians, EL’s, negotiators, humanitarians, ambassadors, warrior class protectors, scientists, doctors and other human type races who will awaken once the satellite message gyro scope codes have been decoded on Earth and the satellite receives a response beacon from the light workers during a full moon to awaken the sleeping ET’s to return to Earth to change the face of the future. The people on the Akashen came 13,000 years from their future to Earth’s present to a specific date next year 2016, where the 13,000 year mark approaches to start making some type of contact with the people of Earth.

**This is an image of what the Black Knight satellite looks like:**
Question: Will there be any justice or any types of trials for the atrocities that the Illuminati and the Cabals have perpetrated?

Observation by questioner: These negatives have it made... how they can do all this awful things to the people, and then in the end of it all, the people will be taught that revenge isn't of the light, and instead compassion should be shown to help restore their souls so they can be recycled into positive beings after all, even the darkest of the dark reptilians. The ones that cannot be healed absolutely will be thrown back to the source I guess and be truly recycled. What I'm saying is that they have it made because I don't think the people will have any kind of revenge on them... as that is not of the light, and the people will be taught this.... but then again, they won't have it made because of the karma cycles they must now go through because of what they have done.. but I mean, from the standpoint of them getting off easy when it comes to the people. I mean, sure, there might be some dramatic action when they have to face the people who they did this stuff to in person and up close.. kind of reminds me of a courtroom scenario where the killer deals with looking at the family of the dead one, something like that.. but that's about all they'll have to deal with when it comes to the people I think.

Answer: The negative Illuminati, and cabals will face trials in the light councils and they will be offered three choices to either reform with light programming, self-termination, or be banished to a different world where they cannot cause any trouble and will be quarantined from the rest of the universe with no way to come back.

I've seen this type of trials done during the time I was the star traveler and it is not a walk in the park and very uncomfortable when you are given these three choices worse than sitting in prison because you have to make the choice of what will happen to you for the crimes committed against humanity.

The light side talks about love and heart centeredness but there is still a justice system and no one gets off free without some type of restitution for the crimes that they have committed.

The only thing in this justice system of the higher dimensions is that prisoners are not executed but at times there are exceptions if they blew up planets and killed masses of people they are executed then because they are extremely dangerous criminals who cannot be rehabilitated.

Comment by questioner: Yes, this would be part of the karma cycle I was talking about.. what I meant was.. specifically referring to any type of revenge from the people themselves who the criminals have tormented. In that regard, they are lucky because I know that as of right now lots of people here would like to get their hands on them.

More to the answer: As the star traveler, I observed all the stages of these processes and boy I saw prisoners of heinous crimes walking into termination chambers, a bit of sleep dying gas is let into the air and the prisoner dies of a natural death that is not painful in any way, the prisoner does not suffer they fall asleep and do not wake up, their bodies dissolve into nothing so there is left of the body(s).

Comment by questioner: It is especially lucky if the criminals choose the option of reform with light programming .. whatever that entails, sounds like the best possible option for them.

More to the answer: The humans will be new to this type of higher dimensional justice system and the gas chambers might be used more often than not on the Illuminati or Cabal to get revenge until we have settled down.
I have observed that no one transition into love and peace is ever easy there are in between points during this time and heavy justice will be administered at first.

I've seen it happen on so many planets when awakening and ascension happens and taking back your power is not always hearts and roses in the beginning stages of these processes. During the transition stage, leeway is allowed for some actions not of the highest order since justice helps the people to have closure.

Comment by questioner: I'm sure it wouldn't be easy, but it's the easiest if someone does not want to reform .. is what I meant, and sounds like maybe the best possible option. Neither of the 3 are easy, but this would seem to be the easiest. Like if I ask what's the toughest material out of the 3.. cotton, rose pedads, or a tissue. Neither of these 3 are tough at all, and all can easily be torn apart, but what would be the toughest, or I guess.. the most sturdy? I guess I was stating it in that way as an example.

Question: Have all these been physical trials that you've seen.. with physical deaths in these chambers.. is that correct?

Answer: Yes I saw some of these trials happening, they were for the nastiest criminals in the galaxies and the most dangerous.

Comment by questioner: Would you say.. the beings that were the criminals were from the 3rd dimension? or, even lower than that?

More to the answer: It was for the 3rd dimension and up criminals, lower than that is 1 & 2 dimensions and those are the nature kingdoms and crystal kingdoms, so they are not tried as they are not humanoid and don't do these things.

Comment by questioner: I just felt like these beings are functioning on such a low level that.. well, even 3rd dimension seems.. well low, though, I can see them fitting in the 3rd dimension now that I think about it. But also what I meant earlier is.. like let's say they choose gas, or any kind of physical death.. I am talking about their souls. What happens then after that, since the criminals did all these things?

More to the answer: The criminals go to the creator and try again I suppose or their souls are truly destroyed and recycled forever that does happen as well.

Comment by questioner: Yeah, I've heard of these deletions. But like.. the trying again, that's the karma I was talking about. They must have to start all over from the lowest point of the reincarnation cycle just because what they did was so terrible. If the criminals do not get destroyed altogether and recycled completely, and then brought in as of the light again, that is. So.. the 1st and 2nd dimension, is not necessarily lower than the 3rd.. in terms of energy.. only in numbers, right? Well, because crystals have very high energy within them, and are much higher in energy than many humans, especially the humans who do such negative actions.

More to the answer: The 1st and 2nd dimensions are where the smallest lifeforms begin to be formed, so they are the starter dimensions, building your way up to the other dimensions where the sentient life begins to have more intelligence. Yes crystals have very high energy within them and they can exist in more than one dimension at a time even though they originally might have come from the second dimension.
At the higher levels of evolution we are talking about there is no more karma, if these guys choose to try again to learn positivity but not in the style of karma they do not start from the lowest levels. It’s learning lessons in a positive way but no longer karmic.

Comment by questioner: So you’re saying the karma would stop with one of these 3 choices at the trials. I don’t talk about karma much. I know some people talk about it obsessively, but it’s something I for sure think about when I think about these negative reptilians.

More to the answer: The karma stops period in the 5th dimension and higher. 4D is a transitional dimension so karma sort of still exists there.

Question: Are we really going to get to time travel? Like.. if I want to go back to 1995 or so, and walk into a club or something and experience that, would I be able to do it and disguise myself by not giving away where I came from when I talk or anything... just go in incognito and experience the atmosphere for a little while, and then come back later. Of course, time travel thousands of years ago too.. but I mean, I just picked an example.

Answer: No we are not going to time travel physically but we can time travel in our dreams during nighttime sleeping or active daydream experiences and in astral projection either into the past or the future, where we could see the past and heal ourselves that way, as well in the future seeing possible future timelines or events, changing negative aspects into positive possibilities, if you see positive possibilities then you can choose to manifest that future reality in the present moment so it actually happens. We could also play act a scene of what we see with our minds in a future timeline to try and subtly change that timeline for the better to alter the negative aspects into positive ones. As well we could visit our younger shelves and act as advisers, or councilors to try and guide our younger selves to make better life decisions, or try to avoid the trauma of major life events or trouble that we might have encountered in the past. There is also mind travel into family blood lines on our ancestral linages to heal past wounds, remove curses, and help deal with life dramas, so the family lineage is healed in the future having a positive outcome in how the future ancestors are living. As well we can time travel into our parallel realities where we can help ourselves with whatever is happening to improve the quality of life to transmute a negative into a positive. We can grow our future into positive timelines by taking active action manifestation with imaging a physical reality we wish to exist in that is successful for us, seeing this happening in our present to make things happen in the future.

Comment by questioner: Really? I just heard that we would have access to that if we wanted to. I just think it would be interesting.

More to the answer: Physical time travel is dangerous and not to be messed with. You will be able to move through dimensions and go to different planets exploring space but physical time travel is off limits unless it’s to fix a timeline issue(s). Dreamtime and astral time travel with our minds is allowed as long as we do not do negative things to ruin positive timelines.

Comment by questioner: Not messed with like causing a big scene or anything, just walking in, checking things out, and leaving. I see, where did you learn this? Just want to know where you heard about this.

More to the answer: From experience living as the star traveler. We cannot just go in and have a look, higher dimensional beings only time travel to fix time line messes. I came back from the future almost 200 years in my future to here in 1985 to complete various missions to clean up about four timelines on
Earth so the awakening and ascension could happen on this planet. And I had to incarnate into a human body to do it, for a time forgetting my memories of who I truly am, waiting until I was 28 to start awakening to do my missions.

After everything switches to 5D even the past will be different, you will be able to access with your mind your past memories as if you are there and can see stuff but you cannot physically go there. Going back in time is through memory but we cannot do anything to change it.

Comment by questioner: I want to discuss something with you, and I'm going to do my best to describe it, or at least try to. Ok, so 'time' does not exist.. and everything is happening at once. So this would mean that right now, there's lots and lots of physical earths existing somewhere in this or other universe(s).

More to the answer: Yes these are parallel realities, with various possibilities of timelines taking place in fluid time that never stands still or depends on a clock to function. In these timelines people play out their various choices and make decisions, say in one timeline you chose to become a scientist, but you also wanted to be a graphics designer but science was your passion so you went with that choice. In a parallel reality you followed you dream to be a graphics designer and now have your own company and feel happy with this choice. What you do not do in one timeline following a dream, you probably play out in another parallel reality so both dreams are enacted in a physical reality just on different timeline options.

Comment by questioner: Where different timelines have taken place and so.. knowing this if you had a craft and went to one of these physical earths light years away in the craft, say (since 'time' doesn't exist), you could physically travel in your craft to a planet which is an earth experience in the year 1950 .. I mean, wouldn't this be possible to do.. and it wouldn't even be "time traveling" in such a way that you get into some kind of time traveling device per se.. but it would be that you would be getting into a craft, traveling to the planet.. even if it is in another universe, and experiencing it that way.

More to the answer: You would end up in an alternate reality, but you need to know the exact date of day, Month, year, exact time to of the hour, minute, and seconds where you need to travel back in time otherwise if you overshoot slightly later or before you end up somewhere else and then it has to be done all over again.

Comment by questioner: And then what has to be done all over again? The attempt to get there?

More to the answer: Yes it would need to be done again if you did not end up in the correct time sequence where you were supposed to end up in, but it is still all time traveling and a warning buzzer goes off for those that monitor time travelling, like the time travel police. The space continuum is altered when doing time traveling and there is a disturbance in space that is noticed right away as the energies of normal space change and shrink inward instead of expanding outward like normal space usually does. Time travelling to the past is something that is sanctioned as a mission(s) for saving a timeline, but it is not something that is done for pleasure as this can alter time lines and destabilize possible future outcomes, if say someone accidentally altered something in the past, and it no longer happens in the future like it was supposed to, then the time keepers would go back into the altered timeline and would need to fix the issues so the future stabilizes correctly like it is supposed to happen in the sequence of events.
**Question:** Is it possible to artificially manufacture planets and moons in outer space?

**Answer:** Higher dimensional ET’s that exist in the eighth dimension and higher are creator beings so they can create planets and moons, they use bio living matter and some technology to create these geophysical space bodies that exist in the universe. These planets and moon have world engines in their center cores which run on plasma energies and bio living matter, creating stable anti-gravity allowing the planets and moons to safely travel through space without needing to orbit something like a sun in order to keep their axis or trajectory in space. A few examples of these artificially made planets or moons is Earth’s moon and Nibiru which can travel through space when their world engines are active. There are atmospheres and gravity on these solar bodies so they can sustain living lifeforms for long periods of time inhabiting the planets or moons.

**Remote Viewing of Area 51, in USA:**

On July 21, 2015, I went and remote viewed what is going on at Area 51, in the US. These are the following things I observed:

- Area 51 has close to 52 different levels on the base, 12 levels above ground and the rest underground with top level clearance.
- There are eight white labs in the underground bases where there is DNA splicing going on with ET DNA being mixed in with human DNA to create advanced humans with enhanced speed capabilities, psychic abilities, and these humans having no diseases, their age spans range to 400 years. The humans who are in the labs sleep in glass tube holding pods with liquid until they are being prepared for the DNA splicing.
- The white labs have tunnel tubes where experiments are carried out to go beyond the speed of light in order to be able to travel in the near future timelines and physically be able to walk in those timelines.
- Saw machinery that can clone organic body parts which can be attached to the body if someone has lost limbs or even organs like a heart.
- There are four scout exploration/research craft that are currently being built at Area 51. These craft are medium sized, spherical in shape, sound proofed, and their shape has morph capabilities so the craft can change its physical appearance from being spherical to other shape formations as needed out in space. The materials the crafts are made from are lithium, ore, titanium, thorite, and other exotic materials that are not found on Earth, so the building materials for the craft are light weight and because of that the ships travel at warp speed in fast rates of getting from point A to point B in a matter of minutes instead of an hour or more.

**Note:** See the picture below of what the exploration/research craft look like at Area 51.
• The top base levels on the surface are experimenting with metallurgy where rocks levitate by themselves, these are minerals from asteroids and meteorites. This stuff is being tested to see if the mineral materials are tough enough to build hover craft out of them that will have stable anti-gravity when travelling out in space.

• There are water experiments being carried out to see how levitation, and teleportation functions, how easy or hard would it be to transmute the element of water into frozen ice and then return it back to its original state of flowing water, in order to eventually create endless supplies of water on the planet.

• One lab is designated for creating light weight synth skin suites to replace the older space suites when doing space missions on planets or moons. These synth skin suites are in the testing stages.

• Experiments are being done on crystal technology to build super computers to create a new grid network having smaller super computers that are capable of storing large amounts of information on server storage clouds on off world bases.

Many years ago at Area 51 there were rooms filled with tanks. In the tanks there were people being used for experiments. They were abducted as an agreement made by the then government to allow the greys to abduct for their info and help of the construction of CERN. The issue was that the greys went past the said amount agreed on and started abducting many many people and started also doing really
serious experiments and mutilations on animals. When eventually the greys got kicked off the planet CERN needed maintenance but no one had the correct knowledge on how to maintain it. Area 51 holds memories of past events in its walls so there is a type of psychic imprint left over from the nasty stuff that happened or still happens there like people being experimented on by corporate conglomerates to mix in alien DNA with the human DNA to create a superior race of tough ultra-strong beings on Earth.

**Question:** Why are extraterrestrials interested in coming and studying Earth?

**Answer:** Earth is a living library repository of the most ancient and future knowledge, as well as plants, DNA coding, etc. in the universe. All the information that was ever created when Earth existed in the 12D reality still exists on this planet but it is currently hidden in the midway point of time, it will soon be revealed as we reach the completion of the ascension process.

**Question:** So, it's understandable why the Lemurians and Atlanteans are living in Agartha.. but what about the Arcturians, Sirians, and Alpha-Centaurians.. and any other possible race that's there? Like.. some live there to help out with the shift that has been in the works for a long time for this planet.. and some don't? Like a handful of, say, the Arcturians live there in Agartha, and many Arcturians who don't live there but instead live on their mothership or something, or on other planets. Why don't some of the Pleiadians join them there and live in Agartha as well? Is it just that they're helping out in their own style and are doing things a little different than the Arcturians, Sirians, and Alpha-Centaurians? Or do you not even know why to any of these questions?

**Answer:** The Arcturians, Sirians, and Alpha-Centaurians actually do not live in Agartha much they mostly come to visit in star ships and stay for a couple of months for meetings and negotiations, etc., as well as to monitor the evolutionary shift on Earth. The Pleiadians caused some wars on Earth in their earlier lifespans so they asked the Andromedans and the Arcturians to step in and fix some of their mistakes in order to save the current timelines.

**Observation from the questioner:** Oh, that's right.. yeah, that's what Asara from the teloschannel made it sound like.. that the Arcturians, Sirians, and Alpha-Centaurians kind of just come and go, as opposed to living there like the Atlanteans and Lemurians do. Also, now I remember you saying that about the Pleiadians.. that's right, they're still kind of in those stages with this planet where it's like.. they're remembering the past and are cautious about being here but do want to help out.

**Question:** Now that I think about it, I don't think we've discussed the Sirians much.. what do you have to say about them? Maybe like.. what do they look like.. they're humanoid too, aren't they? I used to be more up to date on this stuff years ago but now I have found out about so many races, it's hard to keep track of each race.

**Answer:** The Sirians look humanoid, they have larger sized heads than Earth people, the heads are elongated. Serians have large brain capacity and are highly evolved knowledge wise and technologically. They are one of the oldest race beings in the known universe.

**Question:** How can people start being contactees and communicating with extraterrestrial beings from the higher dimensions?

**Answer:** Doing meditation with crystals helps to open up access to the higher dimensions and creates a pathway to being able to receive information from universal knowledge, starting from there and raising
one’s vibrations with positive thoughts helps to prepare people to make contact with extraterrestrial beings.

As an example, when I wished to start communicating with star nation beings, I asked that the benevolent beings would accept me to make psychic and physical contact with me and impart Galactic knowledge so I could share it with other people. All I did was petitioned through telepathy to make contact and after a month I started receiving visits from various ET beings teaching me what it means to be a higher dimensional being of the light. All you do is ask and it shall come to you.

**Question:** Where is the Ark of the Covenant located and what is its purpose?

**Answer:** The original Ark of the Covenant is buried under the Temple of Solomon in Jerusalem, Israel. The second ark is kept in an Ethiopian Church. Both Arks are radioactive as a way to make sure people who are not trained to open the Arks will not come near them as they might die from radiation poisoning.

The original Ark of the Covenant acts like a storage device housing a machine which can make mana food from seaweed, there is a weapon device in the ark that can destroy cities with ultra sound frequencies, and another device that can be used as a way of sending and receiving back communications data from extraterrestrials, it is a dial up generator.

**Question:** Do the EL (Builder/Creator) race have any connection to the electromagnetic energy or cosmic frequency (Wave X) that is coming in from space and will be peaking in September to bring about cosmic changes to Earth in its evolutionary process as well as humanity itself?

**Answer:** I was shown on August 8, 2015 that some of the 12th D EL's from the Unknown Universe volunteered part of their soul essence energies to form the 10th dimensional electromagnetic energy (Wave X) that will be peaking in September to help wake up more people to the self-organic aspects of evolutionary ascension processes happening to people on Earth. This wave energy is organic in nature, the EL's put some of their living essence to create this bio living sentient wave, put it into two pulsar beacons that will send out four of these waves into the Milky Way Galaxy and these waves will do their part to help trigger evolutionary events that will transcend humanity to different dimensional levels of existence on Earth. This wave energy was put into pulsar beacons to keep in status storage for 13,000 and this cycle is passing in 2015 as the first date to release the evolutionary energies, so the waves are being released on a timed so to speak schedule. When I saw what the EL's had done, I started crying seeing some of them giving half of their living energy to this wave project as it was their hope for humanity to get out of the perpetual 54 million year experiment project of constant reincarnation cycles and having our memories wiped without knowing who we are or what our purpose is for our lives. This somewhat dark experiment has been done many times in Earth’s history and humanity has been reliving it over and over again, there is a point where this experiment will stop and we will have our full multidimensional capabilities back, gaining all of our memories of who we really are.

**Question:** How are you able to find images to represent the various ET species you have met and the other concepts you have provided visual representations for on your website? Where did you get your material for the various renders on the Andromeda Council page that you did for the presentation Who Are the Andromeda Council PDF?
Answer: I receive intuitive guidance from my various ET races contacts on which images to find on the internet to represent the visual images of species and contacts that I receive information about to put on the Messages from a Star Traveler website. I was shown by my contacts that the internet is part of the living library that makes up the Earth and that there are representations for virtually anything that I experience as a contactee so I can easily provide representations for what I see, hear, or do while making contact with ET races, this information is then translated and put on the website.

I was invited to tour the primary biosphere Andromeda Council ship that is near Earth orbit at the moment and I got to visit the various deck levels of the ship, meeting the diplomats, ambassadors, and a chairwoman while I was on the ship. As well I learned how to do digital art renders in one of their digital arts labs, this translated to my work on Earth with doing art projects with Microsoft Word, Coral Paint Shop, Photoshop, and Pixlr digital software. I am able to see visual representations and concepts from the 6th dimensional perspective and remember the locations that I viewed on the Andromeda Biosphere so I can easily render them in 4th dimensional aspects in terms of images having to do with places and people that I put on the website.

Question: In your experience as the Star Traveler have you ever seen species transform from 3D and up to say 5D.

Answer: As the Star Traveler I have seen beings transform from 3D and up to say 5D for example. I had been a 6D – 12D being in most of my existences. I will use myself as the example to answer this question as this process is currently happening to me right now as I am living on Earth as a partially 3D being and up, in a transitional phase of my life at the moment.

- I had decided not to wait for the cosmic electromagnetic waves, or other solar events to trigger my evolutionary process. I started the process earlier on my own.
- Purged toxins from my body system, stopped eating GMO foods, or foods with additives in them, and went on a gluten free diet.
- Stopped listening to mainstream news or reading the paper, not focused on negative fear mongering events.
- Started learning about who I am and remembering my life as the Star Traveler through studying Native American Shamanism, Reiki, Crystal Healing, Wicca, Psychic Development, and working in the Akashic Records. This helped me to transcend my belief about my soul essence and go beyond the human 3D teachings of living in a dense body matrix, and believing in myself as a higher multidimensional being capable of manifesting whatever is for my highest good on the physical and etheric dimensions.
- When I started doing the spiritual work I began purging more of my old belief systems, habits, and suddenly developed unexplainable diseases like Menorrhagia, Hashimoto’s Thyroiditis, and Hemiplegic Migraines with paralysis. I needed to help myself remove the negative energies that had layered my physical and etheric existence, so I had a healing crisis where these negative aspects were being released through physical ailments of the body.
- Changing my mind set to being more positive thinking centered in my life than feeling negative emotions or feelings. Working with loving energies, opening my heart to happiness, peace, and being stress free in my life. Enjoying learning how to selfheal myself, being in service to others and not just myself.
• Once the physical ailments ran their course I was able to raise my vibratory levels to the higher
dimensional frequencies of other realms, dimensions, universes, alternative realities, etc. I
began doing manifestation work to physically make happen what I wanted to see in my physical
reality. Through this work I utilized the I AM technique like I AM doing this...then seeing this
actually happen, I AM manifesting having contact with extraterrestrial beings... then the this
became my new reality in life, I AM moving up into the 5D reality...in five months’ time I was
physically and etherically existing in 5D realities thereby going into the future Earth where all of
these various transformations that I was working on had happened. I still go back and forth
from 5D to 6D, and back to 3D as I have business to do in all these realities.

• Currently I have both a physical body, and also a light body that travels on the planet, and in
space without needing any type of transportation or teleporting technology to get to where I
need to be. I have the choice of both being in a physical existence and also an etheric existence
where I am pure light energy without needing a physical body.

Most humans who are aware of what can be done with the evolutionary process that is already here do
not have to wait for the huge event they can work on themselves and transform at will, if we put in the
time and effort we can transform quicker and make the transformation easier on the body, mind, and
spirit. These are the people that have awakened and are making the shift conscious happen for
themselves on an accelerated time line of their choosing. Not everyone is on the same page in this
transformational process and those people who are not yet aware of the coming changes will go at their
own pace in terms of when they will choose to evolve into 5D, some people will decide to remain in 3D
and will go to another 3D planet to live out their lives in learning or experiences what they choose
before evolving further up in the dimensional levels.

Question: What kind of items do the Andromedans have in the shopping malls? Do they shop there..
like with a form of currency?

Answer: Yes the Andromedans have shopping centers for the staff and visitors who come to the
biosphere ships. The shopping centers have clothing, electronics, handmade art, etc.

The Andromedans do not have money, their goods allotment is dependent on the amount of hours
worked, learning/educational vocation practicums, and volunteering credits, etc. The jobs that they do
are rotational if they want their schedule to be that way, say if you have experience you can work in the
library for a week, then another week work in the healing center doing healings, if you are an artist you
can spend your third week in the arts labs creating art and that also counts as work, and you get time
credits for all your work. As well if you are interested in learning a new skill set you do not have to apply
for a job interview and hope you pass to get the job in order to learn it, if you apply to learn something
new you go through a practicum and then do the job. Ship staff can have fun learning different
job skills that interest them and that they enjoy doing. It’s not all about how well you did learning those
jobs it’s how hard you tried to learn it and what you take away from it, you have the choice of moving
on to trying something else to continue your growth cycles. So even if you don’t learn it properly, as
long as the effort was there.. that’s what matters.. is what you’re saying in terms of trying jobs? The job
skill that you are learning is of your choosing because you are genuinely interested in it and not for
making money just to see if you like it or not, that is what trying them is about.
As well if say you do not have enough job or volunteering credits to get an item at the mall as long as the item is not too above the credits allotment you can get it on a tab basis and then the credits get transferred to the vendor when you have earned them.

**Observation:** Now, correct me if I'm wrong.. but why would the Andromedans shop in the centers if they have access to the replicators? Wouldn't they just get the item from there instead?

Of course, not including art pieces.. which are unique to the one creating them.

**Answer:** There is still handmade clothing, other goods, etc. that replicators cannot always synthesize and what would be the fun in a replicator just giving you everything you want.

**Question:** What does it mean when someone constantly hears ringing or buzzing in their ears, it is called tinnitus?

**Answer:** The sounds of the ringing or buzzing coming from the ears is most likely energy frequency downloads that someone is receiving in their DNA uploads, or light code upgrades as part of the evolutionary changes that are going on right now. A simple way to lessen these is to say please slow down the uploads so that I may ..... do whatever you need to do or you can say please stop the downloads temporarily so that I may sleep or do what you need to do without hearing the ringing in the ears. Some intuitive empaths or psychics receive all types of solar frequencies from space so they often ask their higher selves as well as their bodies to tone down the frequencies so they are not so loud.

**Question:** Do you know if we are free to leave this planet when we die or are we in fact prisoners for eternity, when other ET races create false light matrix existences in the afterlife to lure out back to return to Earth?

**Answer:** Some experts say that when it comes time for passing that the white light tunnel that people see could be a false holographic matrix designed to trick you into incarnating on Earth again by the greys and Sirians. I would recommend using your own discernment if you see that light tunnel with a being beckoning you to come toward the tunnel. Choose yourself where you want to go when you pass on to the afterlife and figure out what is being shown to you in this etheric reality if it is the truth or a falseness before you agree to go somewhere with someone. Also sometimes beings may try to trick people during the afterlife review into guilting people for their previous life actions, life reviews are not about that and there is nothing to feel guilty about since it is only a review and who says we even need one.

**Question:** How can someone control their teleporting abilities so they do not teleport somewhere spontaneously without meaning to or be teleported somewhere by other beings without permission?

**Answer:** Some people are starting to develop their bi-location and teleportation abilities, thereby teleporting to places at times without realizing that they are doing so. If someone is thinking of teleporting to somewhere then it can happen suddenly even though it was just a thought or it can be spontaneous without thought. When someone is meditating they can ask their higher self, their angels, or guides to help them to control the teleportation abilities by creating their own programming for these abilities like for example when you would like to teleport and when it is not an appropriate time to do this, as well no one can teleport you without your permission, I would suggest setting some perimeters like for example I do not give permission for so and so to teleport me ... wherever, or I do not want to be
teleported here or wherever at these times .... but would like to teleport when I am not working, or
sleeping, something like that. This could help as a beginning point to be able to have a better handle on
these new teleportation abilities that are coming in with the various cosmic upgrade energy waves
originating from space.

It is also good to know the entities that try to teleport someone away, asking them some questions
about who they are, and what is the purpose/lesson of the teleportation, helps to determine the agenda
of the event(s) and why this is happening to someone.

**Question:** How do the space chairs work on ET space craft? What do they do?

**Answer:** The space chairs or seats on ET craft act as neural interface grid links with the pilots sitting in
the chairs. The neural interface allows the pilots to see incoming data from the ships flight plans, open
worm holes in space for time dilation travel in timelines, or quantum leaping into the past or future,
there are time buffer technologies installed on most space ships so unauthorized time travel cannot
happen. As well the neural link in the space chairs acts like a super computer interfacing with the
person’s brain amplifying their psychic abilities. Some beings can manifest anything while sitting in
these chairs like physical objects, or they can teleport themselves from one point in location to another
say on a planet by just thinking of the location and the neural link creates a star gate portal to the place
and the person goes through the portal to get to the visualized location point.

![Neural Pathways of the brain interfacing with the Neural Link Grid of Space Chairs](image)

**Below is an image of what the neural link space chairs look like:**
Question: Do the Andromedans eat fruit from trees and plants, how do they harvest the plants and herbs that they eat?

Answer: The Andromedans do eat fruits, vegetables, and herbs from trees and plants that they grow in hydroponics gardens on their ships as well as on planets. The grown foods have their own specific gardens and are separate from flowers and such vegetation growth. There is special spectrums of lights located in the food gardens, these lights are white, purple, and blue so the food is all grown organically in enriched soil and the seeds rejuvenate themselves as well as the trees when the food has been harvested, so plants and seeds are never destroyed as they regrow themselves. When out on missions the Andromedans have protein meals made of dried seeds and fruit to sustain their life force energies. The vegetarian/fruitarian type diet keeps the Andromedans life spans long and they are healthy without having any diseases in their bodies.

Question: How does phasing and cloaking technology work so that beings can be cloaked and walk through walls and then they are seen when they de-cloak and are back in physical variance again. How come people do not fall through floors when using the phasing technology?

Answer: Phasing and cloaking technology has been reverse engineered from other ET civilizations so humans can safely phase out from normal time and be in the between phase of fluid time outside of the denser holographic matrix so beings no longer become sick during the phasing process. People who are cloaked and out of phase cannot fall through the floor because their own electromagnetic field keeps them in alignment with the out of phase technology, the body's molecular structure can spin the molecules in the body either slowing them down or speeding them up depending on environmental changes happening around the body so a body can adjust its electromagnetic field to be in alignment with the variance field when in the phasing process of going through walls and not falling through the floor. The body is in a between stage while in phase variance so it is not completely solid but not totally liquid either it is part of both in balance. When we are in our solid physical body's we are more dense but when in phase variance we are more liquid and draw on our light bodies to keep us centered which makes the phasing technology work in alignment with us. Once the phase shift is over we are denser again in matter in our physical bodies, and reappear again as solid and seen beings.
**Question:** Why are many of the various extraterrestrial races so beautiful and tall, what is the reason behind this?

**Answer:** The extraterrestrial races that chose to evolve naturally through ascension have clean genetic blueprints that are not tainted bioengineering or technological tampering so their genetics are organic that is why they are beautiful, have long life spans, and many ET races have less exposure to the sun so that is why they are taller. The sun produces various different gamma rays and light frequencies that are good for the soul’s evolution but can create a heavier denser gravity on the surface of planets so beings become shorter in height. Many ET races live in the center of planets that are partially hollowed out and honey combed with tunnel systems, cities, natural living habitats, forests, lakes, oceans, landmasses, and another smaller sun within the planetary core so they have less exposure to the surface radiation coming from outer space on planets.

**Question:** Do higher dimensional beings participate in cloning programs and how does that work?

**Answer:** Higher dimensional beings have banned cloning programs because the genetic DNA sequences of the original cloned being eventually degrade the more a being is cloned like for example six times, the clones will die at a younger age and their organs will fail if a being is cloned too much from the original genetic makeup. As well clones cannot evolve naturally through the ascension process as they do not receive the higher dimensional light codes and energetic upgrades since the cloned genetic material is a mere memory of the original being so it does not have the higher capacity for multi-dimensional organic evolution as naturally evolving species do. The cloned being would stay at the same dimensional level as its original person from whom they were cloned but there would not be any evolutionary advanced made into the higher dimensions.

**Question:** Is there disclosure being provided in video games and movies about extraterrestrial beings and advanced technology?

**Answer:** Disclosure about extraterrestrial races and advanced technology is being provided in video games and movies. The information about the ET races and advanced technology is very accurate in video games or movies, the developers, and or creators of the games/movies have almost exact images/pictures for depictions of what ET’s look like, and there is also written data about characters, technology, etc. that is included in the background to what the characters or technology, scenes about different planets, environments represent in the bigger picture of disclosure leaks. Movies like Jupiter Ascending show good descriptions of what some of the reptilian species look like and also the elephant ET’s. Video games like Legend of Zelda depict accurately the Zora species as well as the Temple of Time and Light which is like the Akashic Records in way, and the game Halo provides much information and images about the megastructures or ring worlds that are being secretly built in outer space.

Disclosure is very much being promoted in the public domain, people who are in contact with ET’s can easily spot the information if they are familiar with what they are looking at.