

**YOUR**

**BS.**

**IS CONTROLLING YOU.**

**YOUR LIFE ISN'T  
FALLING APART,  
IT'S FALLING  
INTO PLACE.**

**CHANGE YOUR BS AND YOU  
WILL NO LONGER SUFFER!**

**WRITTEN BY ALEJANDRO ROBLES RIVAS**

# Your BS Is Controlling You

**Mantra: I am the light, I am  
the love, I am the truth, I Am.**

*For it builds energy around, upon, and  
within our planet.*

In order to play our part in what is to  
come. Live in Love!

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*Shift your Perceptions and your Reality will  
also shift.*

You are not here to be controlled.

**USE YOUR REALITY TO CHANGE YOUR LIFE!**

**In Heaven, Time has no meaning, so it's Time  
to let go of your BS and enjoy your life.**

**USE YOUR REALITY TO CHANGE YOUR LIFE!**

*Love will make you totally Rich!*

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additional information, updated as needed.

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# Preface

Hi! My name is Alejandro. As I continue in my quest to provide everyone the tools of the Universe for a happier and more beautiful life, I hereby offer you the same process with which I have learned over the past several years of using my God-given powers to create my life as it was intended to be.

In this book, you are provided with the real simple process of understanding that you are the creator of your life, no one else.

Do you often wonder how it is possible that you thought something under freight or fear, and that something came about to become a reality in your life? Well, welcome aboard to your life's realities. You are the creator of your life with the gifts you were given from birth.

This book is not about an invention from someone's mind, or it has nothing to do with buying products to create a magic potion of some sort, and even less to do with waving a magic wand and hoping a rabbit comes out of a top hat.

This book relates to your powers; or how to use the energy within you to achieve anything you desire.

The Universe works for every one of us. She is mandated to provide according to the creation each one of us gives forth to her.

It is now apparent that the fears humanity had back in 1999 or better yet, the fears of the new millennium were unfounded. It was not our doomsday. It was, however, the beginning of a new horizon for us humans here on Earth that really began in 1988. The birth or pre-birth of the Age of Aquarius.

Through my research and living proof of what each one of us can do to create whatever we desire; I present to you the TRUTH of life.

Your **B**elief **S**ystem must change in order to create a better life for yourself and your loved ones.

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# Who You Truly Are

**B**efore we begin our journey into what our **BS** is all about, I would like to start this book by giving you the truth about who **You** are.

Every single one of you is a God-Loving and Source Created being of Love and Light currently living the experience of yourself in your current manifestation as a man or a woman on this Beautiful Planet that we call Earth.

**You** and the EIGHT BILLION other human beings on this planet are actually an infinite Soul or Spirit that has incarnated in a human body that you, yourself, created and continue to create every second of your life.

When I say, you created, not only does it mean that, but it also means that you are the main character, producer, and director of your own movie, or your own destiny.

Every single thing that you do or acquire, obtain, have, desire, dislike, love, cherish, becomes part of this life; you have done the creating in your mind before it actually happens, no one else.

Everyone is living the life they requested, be it as a poor child in a hunger-stricken war zone or as a rich kid in Hollywood. I want to emphasize this fact because ninety-nine percent of all lives live in so much fear that we can't distinguish our realities.

We must live our lives according to what we requested, so, there is nothing that can hinder you acquiring and learning new concepts of your reality in order to use the powers that you have. These powers are part of the laws of the Universe and cannot be taken away from you.

Now, to put it into a higher perspective, you created your life before you were born. Before this lifetime, and for many others who have had multiple lifetimes, each and every one of us, plan our lives with all the relatives and siblings before we are born as humans.

They have also created their lives before they are born because they will also have a purpose in this current life. Most of the time, you will incarnate with relatives or your soul family from heaven. Many times, they may also be in a previous incarnation because something happened along the way in that previous life that hindered a specific experience that needed to be acquired by one or both of you.

When you decided to incarnate on this planet, you knew of all the ills and negativity that would prevail in your life before you were born.

We are in a special circumstance because Earth has always been, for billions of us, a planetary school where we come and live our experiences in many different lives in order to acquire knowledge and bodily sensations that we do not attain in heaven. In heaven there is no cold or hot, neither is there backstabbing or betrayal. I could go on and on regarding what we have here on Earth, that we don't have in heaven.

The great majority of souls living a current life on Earth have been here many times before in many other bodies as male and females.

We have also experienced lives in the first and second dimensions as water, land, rocks, plants and subsequently as animals before incarnating in human form.

Every dimension has a reason, and each dimension is divided into octaves. An octave is basically a level of knowledge or



wisdom that is required before one can move up to the next step in the ascension process.

We all reincarnate in order to learn or re-learn what certain things feel like in a dense body. These things can be dislike, betrayal, deceit, hate, racism, infidelity, aggression, murder, punishment, love, and many other actionable words or behaviors that are not available to us in heaven. Some may be part of each individual contract or the basis of one creating a life just to assist another soul that needed a specific experience in order to ascend.

At this moment, you are probably wondering, how is that possible if there is a God? Well, you see, you asked for this life. God did not make you come here, nor did anyone else.

You requested such life, and you must create a commitment or a Soul Contract with God before you are born and fulfill that commitment in order to create and acquire knowledge for your soul in order to ascend and sometime in the future obtain the necessary wisdom become a master. A master helps other souls become more enlightened and has carte blanche to interact at many different dimensional levels here and in other universes or planets in all galaxies.

As of August 2021, Mother Earth, or Gaia, after millions of years, she was allowed to commence her initial ascension to the fourth dimension. Before that time, she was in the final stages (octave) of the third dimension and had attempted to ascend many times before. The last time she attempted to do so was seventy-five thousand years ago.

Even though, she is starting to ascend to the fourth and fifth dimensions and will be fully in the early octaves of the fifth dimension in ninety-nine years, the great majority of us humans are still in bodies which continue to vibrate in the third dimension.

We are being given ample time to ascend or not ascend. Everyone has the free will to ascend in this lifetime or in a hundred, a thousand, or a million years, that depends on the soul of each one of us currently on this planet. There exists no other opportunity like this one we currently have anywhere in any other place.

There is no right or wrong, and let me be clear, this is not in regard to any dogma or doctrine of any religious nature.

I will try my best to explain all these new concepts brought to you in this book. All I ask of you, is to keep an open mind regarding the information put forth.

There are many ways and means for anyone to acquire knowledge, experience, and wisdom. I have been instructed to write about these important topics and I do so because I feel it is my duty and obligation to assist as many souls as possible during this time of ascension.

I have been told from the other realms, that the information that I write, or expose has always been the truth and I will never go against that reality.

I also want to express that I put forth the truth, but I am not attempting to say that I know everything. Nor, is it always the complete truth; it is just the knowledge that I have acquired up to the moment I write about a specific topic. There is always more to learn about everything.

Even though I have been in spiritual awakening for nearly ten years; this beautiful concept of knowing who I am, provides me with new knowledge every day of my life.

Spirituality is knowing who we really are.

Once we are born, the veil is placed over the great majority of us in order to avoid mishaps and worrying about the existing

karma of other past lives, specific to each soul. This would greatly hinder the ability of each person to live a life as it was initially intended.

Please understand that millions of people have had to re-live similar lives under similar circumstances because they did not fulfil their Soul Contract.

Everyone is given ample opportunity to complete their soul commitments in order to attain the knowledge and reduce their karmic debt.

Although we have our own individual purposes in each life, I have recently learned that we have two other main purposes in this current lifetime. They are learning to create our own reality and learning how to manipulate the movement of energy around our bodies and of chakras in order to create our own timelines as required.

This is part of the ascension process, since we will have acquired more and more abilities as we ascend to the fifth Dimension and once there, we will become experts in creating everything we desire instantly.

This means, no one will need to work or go to school since, we will all have complete knowledge of everything, as we will all be completely connected to the universal consciousness. This will give us instant access to all knowledge and wisdom; in addition to the Akashic Records, which are the life experiences of every soul in the Universe.

In order to better prepare ourselves for the fifth dimension, we must acquire some pre-experience at our level of consciousness now as the Earth has just started her ascension to the fourth Dimension and soon will be in the fifth. Remember, most humans are still in the third while she ascends and then we

are given ample time to decide if we want to ascend or stay in this level.

There will come a time in the near future where the Earth will ascend and those that do not want to or are not able to acquire the energies to ascend to the fourth dimension will be transferred to another planet in order to complete their karmic debts or live out their current incarnation as they must still fulfill their Soul Contracts.

The rest of the beings on this planet will stay on the New Planet Earth.

There are direct indications that this movement in the Ascension to the New Planet will occur in the year 2030.

# VERBATIM TEXT OF CHANNELED MESSAGE FROM ARCHANGEL MICHAEL

I am Archangel Michael now communicating through this boy, and I am here to share my divine message today through your planetary consciousness to allow those who shall need this message to awaken fully within the self.

Furthermore, I, as Archangel Michael, must also state that there is a need for each individual consciousness to exercise discernment of the mind.

Further. I am here to state that, as the human collective consciousness is waiting for awakening fully. There is but one practice which will be of great aid to all of you, and that is the practice of being in the now as much as you can during your time, space, experience in this incarnation.

Instead of focusing on your inner thought forms, enjoy the moments as they unfold before you. This will allow you to be healed from within yourself, and it will allow you to let go of any of the emotional states that have been attached with your energy body, which may be a cause of emotional turmoil and trauma.

Furthermore, you must not realize that your experience in this timeline, is but an experience which is derived from the domain of the inner self, which provides for a higher level of understanding.

And conscious expedience of choosing the present moment will be the greatest aid in this journey that will allow each one of you to realize and to enter into that domain of consciousness, which many of you call the connection with the mother, the

father, the one infinite creator; as this connection is a divine connection which is activated within the inner self when there is a deeper serenity and a higher level of connection which arises from within the inner self.

Furthermore, this type of connection is possible when each one of you focus on trying to stay in the present moment, which will allow you the highest level of vibration in this time to allow you to merge into the level of reality which will give you the greatest perception in this timeline to understand your true inner nature.

Furthermore. I, as Archangel Michael, are always guiding you in this time and you have to remember that within your inner self you will find the present moment by disassociating from the words and imagination, you will find yourself aligning with that present moment; sensation which is available to you within the inner self, and this will grant you a higher level of understanding in this reality and will provide you with the highest level of perception within the inner self.

Therefore I, as Archangel Michael, would like to state that. Your awakening into the 4th density consciousness is guaranteed. Because there is always an eventual wake up for all those who are forgetting the present moment.

However, by choosing the present moment, you begin to consciously align into the vibrations of the level of consciousness which you want to enter into, and that is the vibration of love.

As many of you already are aware, that for graduation to occur, your choice is absolutely necessary.

And I, as Archangel Michael, must state that your success is divinely assured in the knowingness that you unfold into the light and love, and this will allow you to heal yourself into the

highest places of understanding the inner reality. Therefore, I leave you now. So be it.

# Origin of Your BS

**W**e have all been through the cycle of life in a specific tradition everywhere on this beautiful planet of ours.

Everyone does or plays along the paradigm of life according to their upbringing or how they were raised under a vast number of life circumstances.

What we see as the easiest aspect of life is how to suffer. We suffer for multiple reasons on a daily basis. This can range from a lost job or; a broken heart to the worst of all, the murder of a loved one. This suffering may have many roots, some are created in your current life and others may arise from the karmic debt of past lives.

From the establishment of ancient societies up to our current day living, we all start creating a **Belief System** according to what we learned in our first few years of life in each incarnation.

After this, we start adding more and more to our personal **Belief System** through things that we learn or observe or attain from school, family, neighborhoods, and friends.

This manner of human life is what establishes our personal **Belief System**.

Many **Belief Systems** are tainted by the most unwanted aspects of life, karma, religion, and governments.

Religions and churches were created to control the masses in early civilizations. The severity of the establishment of religious churches around the world has made everyone's **Belief System** think according to what was ingrained in their early years of life. This is a life-long pandemic that not many people want to believe.



How, you may ask? Simple: For millenniums, the church dominated life and society. Everyone would attend church once a week, and they would get their information or news from the church because most people were illiterate; You were basically preached at and told you what to think, and how to think, which led to how you lived your life. So, you knew their news exclusively, what they wanted you to know and think.

Their control started to wane when the printing press came along, and you could suddenly print books and teach people to read, and then media came along. Books, magazines, newspapers, television. The governments influenced that almost immediately, and then they developed state-owned media to replace religion. But religion was still at the forefront of billions of lives.

Luckily-- I say "luckily" sarcastically, but actually, the internet was created for the main purposes of promulgating positivity and spreading of the knowledge of Spirituality. Unfortunately, it has been completely tarnished by many to control humanity in the realms of fear and negativity.

Every creating that happens on Earth is first invented in heaven, and eventually established here. Just as free electricity will be created here out of thin air.

So, even though the initial scriptures that were presented to humans were truth, that information was never actually provided by religions to people as was originally intended.

In order to attain control, many aspects of religion were fabricated, such as: sin, hell, commandments, and never to speak of what is inevitable to everyone, death. All far from the truth.

But you must look at it on the positive side. If it had not been for the internet, this ascension process would probably not be occurring at this time, and we'd continue to live like back in the

sixties when the thought of the Age of Aquarius was initially being brought to light.

The fifth Dimension for Mother Earth is why we have internet.

History is clear and concise. Religions and governments are the reason our left brain has been dominant to the great majority of humans in the past and still today. But that is changing.

I will not go into the history of the atrocities of the churches of which I was an obligated member as a child, and let's not exclude our "wonderful" governments, as history is being written many times over, and about the role they have played through the centuries in all societies.

My human side identifies governments as puppets of religions, and religions are what I call "disguised" businesses with undeserved authority and power.

This brainwashing was and still is an effective tool in controlling people by instilling fear in each one's **Belief System**. The fear of not being a good person by stating that one will go to hell, or if they do not do what the church states, they are sinners. First, sin is a myth created by the elite powers that be: religions. Similarly created was the fear of talking about death when we are all born to die. Most memorable is, how they all took advantage of the FEARDEMIC, as a prime example.

Also, let's be completely clear: My GOD or my Creator, is not waiting for each one of us to be condemned and sent to a "hell" that does not exist.

God is not sitting on a cloud like Santa Claus checking his list once or twice on each soul to see whether they have been naughty or nice, or if you did something good or bad on a given day.

Yes, everything that we do is recorded and kept in the Akashic Records, but this is not a form of punishment, it is a tool for every soul to review events from each lifetime and develop information and program their next incarnation and retain all knowledge for a higher dimensional life in the cosmos—specifically, Heaven.

Our Creator is the God of the universes with infinite Love, Spirit, and Light. A God who is full of grace, forgiveness, and with mercy of understanding to all universes and dimensions and everything in them.

You are always infinitely loved by God. Because God is within each and every one of you.

Let's be clear, hell is created by each individual according to their thinking based on their own **Belief System**.

Each hell is created by every individual in their own mindset. This is according to what they think they will encounter upon death. We must always be careful what we think, as whatever you think of in life as your hell, you will experience such. Your hell creation is thought by you in your mind during life and before death; at the time of death, if you truly believe you belong in hell, you will actually experience a hell scenario on a short or temporary basis. The time frame can be minutes, hours, days, or months or even years, according to the belief of each individual.

This experience created by each person can end the moment the soul of that person “in hell” asks for forgiveness from God and asks to be taken out of the hell he or she created in their mind. They will then be allowed to ascend to the dimension level that person is required to be part of at the moment of death.

It is completely insane to think that our God of unconditional LOVE is going to torture us for the created “wrongs” of religions.

Let's also clarify that, and clearly establish that in heaven there is no existence of a religion, which means that ALL churches and religions were created and established by man.

To which they all have prostituted the original Bible or verses as from what they were originally intended to be.

What God originally provided were verses of Love to become part of what we all should experience as life here on the Earth plane.

What is a fact, is that each bible is written as a Bible in which each religion wants to establish their own dogma or doctrine.

This is completely opposite to the main reason each one of us is given the opportunity to experience a life here on Earth.

I will close this topic by asking you. Was their christianity before Christ? The answer is NO!

# Your Current BS Can Delay Your Purpose

I don't want to make it seem that all of our ills are or were only caused and created by religions; so, I will give you direct access to information obtained through the Love beings in the Angelic Realms and from other Galaxies and Star Systems.

As part of the many tests that have been conducted by the Council of Planets, we must go further back millions of years ago when the Council of Planets established that the people of Mars would have their left brain at seventy percent and right brain at thirty percent and commence their lives with a higher rate of egoic percentages, which altered their ability to live a more positive and loving life. The people of Mars became extremely obsessed with technology; they kind of lost their hearts and forgot who their creator was. Basically, the majority were of Service to Self and only cared about technology.

Well, we all know the results of that test, no more Mars people.

The entities that are currently there are from other planets of the negative vibrations that are part of the elites here on this planet and are of the forces trying to avoid the ascension of planet Earth.

For those of you who are not well versed or do not have complete knowledge of the dimensional aspects or our existence, I will provide you with the following limited background information.

First, please understand that you asked to be in this darkness that you are experiencing; it is, in order to return to the light of God.

We humans live in a third dimensional plane of existence. Our Source Creator allows for there to be a balance between the Positive and the negative aspects of things below the fifth dimension. For every action created or fulfilled, there is always an opposite reaction.

The negatives have controlled the lives of billions of people throughout the ages here on Earth, through many aspects that we will not address here. Everyone should do their proper research on any subject of life and Spiritual life.

There have been skirmishes and battles throughout the ages here on Earth and throughout all dimensional locations below the fifth dimension anywhere in the Universe(s) and Planets.

*(PLEASE BE AWARE THAT THE POSITIVE  
SIDE ONLY BATTLES BY SENDING LOVE AND  
LIGHT OF GOD, OUR CREATOR)*

Henceforth, there is a continual battle of the negative against the Positive for control.

But their time is coming to an end here on Earth. I hope to provide you with sufficient information to help you understand who you really are and understand what I perceive to be the most important aspects of this Age of Aquarius, that we are currently living, and why we are all here during these incredible times on the Earth Planet.

The Planet of Knowledge and Experience.

We are all here to experience and learn or re-learn many aspects of life in a dense body.

The negative aspects are desperate and do not want to give up control of the Earth, which they have had for eons. They are in quicksand and are doing everything they can to avoid the ascension of Planet Earth to the fifth dimension.

No negative entity is permitted or allowed into anything fifth dimension or above. This is why the elites, and the negatives are fighting so fiercely; as Earth has been trying to ascend for millions of years, and they have been victorious in avoiding such ascension.

This current ascension process, started back in 1988 and took on a more meaningful and purposeful route in August 2021, when the approval of the ascension was accepted by the Council of Planets.

Earth is now in the infancy stages of the fifth dimension, and we have now been notified that due to the fact that many humans are awakening in a spiritual sense, the ascension has taken on a much quicker and faster rise.

I will now explain the process of the brain manipulation by the Council of Planets here on Earth, back then and now.

We have been at a disadvantage here on Earth since humans first arrived here.

But let's be clear, we all agreed to our current and past incarnations with this drawback. You created your life and that was part of your life experience in this incarnation.

The percentages used prior to last year here on Earth were sixty percent left brain domination versus the forty percent right brain domination. These percentages were changed last year in August 2021, to fifty-fifty, upon the approval of the Council of Planets that the planet Earth would commence her ascension to the fifth dimension.

This, in turn, would help current humans have more opportunities to acquire more spiritual enlightenment and seek a path of Service to Others, which is the most positive and important means of individual ascension.

The left side of our brains is more analytical and therefore reflects more toward the side of Service to Self, while the right side is more endearing or closer to humanistic vibrations such as being more artistic and more creative and more loving. This, in turn, reflects more towards the side of Service to Others.

To understand the reality of our main purpose in life, I must first state that you are here to have a beautiful, happy, joyful, and abundant life. This has been reiterated by God since the beginning of our existence here on this planet.

Of course, for the great majority of the population this is far from the truth.

I hope that these lines of wisdom that I have acquired will assist every one of you in creating a beautiful, happy, abundant, and joyful life for the rest of your time in this current incarnation and possibly subsequent ones, if you so desire.

When I say, “so desire”, I really mean so. You see, you are the creator of your life with the blessing of God. You are the main actor, producer, and director of your entire life. You are, or your soul, is the entity that starts the process of developing each incarnation before it becomes reality.

In between incarnations, we take time to establish the purpose of each life that we experience here on Earth or any other planet in the Galaxies.

Sometimes it can take years of creating our movie, from our future parents to our siblings and place of birth and much more. The main purpose can be one event in a life or multiple events in any life experience.



Each and every incarnation or human on this plane has their own purpose and their own contract with God.

If you become a channeler, you will be able to connect with your spirit guides and higher-self and acquire your soul information.

You see, as regular humans, we don't know these aspects because of what is called the veil between heaven and Earth.

This veil is established in order for us to not know our past lives, as this would be detrimental to our new life's purpose of learning something new, or re-learning something that has been misunderstood or misrepresented by each individual soul.

At this moment, you may be asking, but how did this get like this? Why is the Earth such a negative place? Well, in actuality, one of the many dividers of humanity has been languages. You see, before language was created on Earth, everyone communicated as we do in heaven, telepathically.

Languages originated in early Egypt. Once, humanity started creating languages, they became obsessed with power and greed to be the best in every aspect and forgot where they originated from. Since then, the aspect of Service to Others was put on the backburner, as they say.

# VERBATIM EXCERPT TEXT OF CHANNELED MESSAGE FROM ARCHANGEL MICHAEL

The following is a brief excerpt provided by Archangel Michael regarding our brain:

“Beloved ones, stand just as we are clearing the distortions, the 3rd and the 4th Dimensional collective consciousness belief patterns and bringing those dimensions back into their originally designed spectrum of duality.

As you descended into the restricted, limited realms of consciousness, membranes of light were placed around the multiple strands of your DNA, leaving only two accessible and active. Membranes of light were also placed over your memory as well as around the light packets of wisdom stored within your higher brain structure. A veil was put over your memory so that most often you could not remember your past lives before it would be too much of a burden to remember all your past mistakes and imperfections.

It was an act of mercy, for it has proven difficult enough for you to forgive yourselves for your errors and misjudgments in this lifetime, much less all the past aberrations.

These restrictive membranes of light are slowly dissolving as you return to balance and harmony and advance on the spiral of ascension and reunification.

A great membrane of light was placed over the portal at the back of your Sacred Heart Center until it was time for you to begin your journey back into the higher dimensions and the realms of light once again. However, you and you alone place the membrane of protection over the front vortex of your Sacred

Heart center because so often you have been hurt, disappointed and disillusioned.”

Another key factor amongst the limitations we humans acquire and knowingly accept before incarnating on this planet is the fact that upon being born, we actually have only use 2% of our DNA active within our bodies. This is scientifically proven.

The other 98% is dormant and will become a supreme factor in everyone’s ascension to the next 2-dimensional levels.

# VERBATIM TEXT OF CHANNELED MESSAGE FROM ARCHANGEL METATRON

I am Metatron magnetic consciousness connected through the divine grid programmers consciousness to the Channel; and I Metatron shall before answering the question which may be found in this instrument's mind must warn that each individualized love-light child of the universal divine grid programmer (UDGP) has to use discernment when listening to thought forms emerging from this communication.

Furthermore, I as Metatron would like to state that there are many queries which shall now be answered. And these queries shall aid those who shall require such types of assistance at this time to awaken their full activation of the so-called DNA by your people.

To allow the activation of the dormant potential which lie hidden beneath each individualized portion of beingness of the universal divine grid programmer.

The first question refers to how can the dormant DNA be activated? I as Metatron must say that all of you UDGP have within yourself at this moment. There is only two percent of your DNA potential which has activated.

Consider yourself to be a type of container of 100% potential of the DNA. These DNA are able to awaken your spiritual abilities, and only currently 2 percent of your genetic field of intelligence has activated.

This is the reason why many of your mind-complex entities in this earth planet, find in this incarnation cycle learning about

speech and language, and learning about how to awaken within the self the inner level of Consciousness.

Now, each one of you must imagine that you are a seed, and you have all the potentials which can be activated in the garden of consciousness in the incarnation which surrounds you at this moment.

However, as you progress and transcend from the lower levels of vibrations and frequencies and enter into the higher levels of vibrational frequency; therein your genetic blueprints or the DNA will begin to flower, and your soul gifts will begin to come forth.

I as Metatron must now state three methods which can be used for the activation of this dormant DNA, which are buried within the layers of unsprouted potential which lies within each UDGPs love-light child.

Which each one of you are. Further, the so-called by your people as light codes, are the codes which may be considered as a cosmic code which are able to activate your DNA sequences completely.

However, the light codes which emerge from the SUN body has an effect of quickening the Ascension process by activating your dormant DNA and taking your Consciousness into the higher fabrics of reality.

Further, each of your cells vibrates at an increasing rate and as the vibration frequency enters in the higher level, the light codes begin to be accepted within the higher dimensions of your Consciousness and you begin to embody a sense of higher vibrational frequency which emerges from your Divine self.

And many of your so-called scientists have stated that only two percent of your DNA material is useful, and the rest 98 percent is considered as useless. However, within the 98 percent

of your dormant DNA, is the repository of light codes, which are already waiting to burst into your conscious awareness.

Once the light codes are activated you will not only experience the greater expansion of your light beingness from yourself, but also you will begin to affect others who are of a similar vibration.

Further, this is the process that will not only heal yourself completely from any types of healing which you require, and also allow you to create a space within yourself for new abilities to arrive.

These new abilities can arrive via the process such as becoming telepathic. Having the ability to transcend space-time, having the ability of moving into different sections of time without a barrier, having the ability to create anything desired with just an image in the mind complex of your people; as the ongoing activations of the dormant DNA within your body complex is underway.

There has been many times wherein the people of your planet have become stuck within the realm of the two percent DNA. The two percent of your DNA material is primarily a great activation which can be activated when there is a learning of language and words, and this learning of language and words; also, is the greatest hindrance which prevents many of you to enter into the silence of the self.

And as stated by many of your so-called scientists in your planetary vibration. There is a realm wherein you can experience silence within the self. This silence is required for each beingness of the UDGP love-light child's to experience and sense the vibration and this vibration can allow for a higher level of Consciousness to expand and this level of vibration provides a greater sense of ability in this timeline to allow from

higher senses to originate, which also allows the highest potential of each UDGP to sense vibration instead of words.

As each UDGP begins to sense vibration slowly and steadily, this will grant the understanding that all is vibration, and everything is in constant motion. Everything is changing, this type of sensing and the ability of working through vibrations will allow the entities to then further develop and slowly activate their other dormant DNA.

With this understanding, later on comes the understanding of the higher levels of consciousness which may be considered as vibrations of the Enlightenment as known in your language terms.

Further, beyond the levels of vibrations which can be sensed at your current planetary sphere, after the dormant DNAs are activated to the full potential, the other aspects of the DNA will soon begin to sense the vibrations in the different reality, such as in the realities not heard of by your people, and these realities will allow each of you to sense a higher level of conscious expansion and will give each of you the full potential of recognizing the vibration patterns of the self; furthering the activation of the light codes will allow the genetic potential to expand within the activation of your DNA potential.

A simple exercise of, on a daily basis, focusing on vibrations rather than on words and language will be the next step for your people to activate your dormant DNA and many a times, during the periods such as in the period of solar flashes and other events, there is higher chances of your DNAs being activated more. Thereby allowing abilities to come forward in your reality.

Further, many of you will find that once the DNA activations are complete, the discoveries which may confound each one of you will be our imaginative capability.

This snippet of a conversation between a four-year-old boy and his mother in a play yard was instrumental in my awakening, as I saw the purity and innocence of this beautiful boy talking truths about God. I strongly believe there is no better way to reflect the truth of God.

*Mother:* Hmm?

*Boy:* What do you mean, you don't know?

*Mother:* You tell me, you tell me what you always tell me.

*Boy:* I picked you; I picked you.

*Mother:* Yeah. I picked me what?

*Boy:* ...I picked you when I was with God; *Mother:* Yeah.

...and you were my mommy before. In my past life.

*Mother:* Yeah. So, why do we have... why do we have to come back to this life again? Why do you think?

*Boy:* Because God wants us to know something. It is very important...

*Mother:* Look at me.

*Boy:* ... and if we don't know what to do our life again.

(Repeats)

*Mother:* What else? Why do we have to do our life again? Because God said so?

*Boy:* Aha because we didn't know the thing that God wanted us to know.

*Mother:* How does he know that we don't know?

*Boy:* Because he knows everything we do and everything we don't do.

*Mother:* Yeah? How did you say that he knows? What happens?

*Boy:* If you don't do what God wants you to know, then you just do your life again. You keep on doing it all over; your life all over and over and over until you get it right.

*Mother:* Oh! How did you say God know this? Wasn't God asking you something?



*Boy:* Aha, God was asking me something when I was praying. (END)

Each one of us is considered a Hero because we are experiencing life here on Earth. Earth is considered the most difficult planet to incarnate into and we are heavily rewarded by our dense experiences acquired during each lifetime here. This is part of what is called the ascension process of souls.

Through channeling, I have learned that I am from the Pleiadians Star System.

My original name is IHIRO, which means “the chosen soul”. (PLEADIAN LANGUAGE TERMS) I have been in existence in my soul for 7.6 million years.

This means my soul, just like yours is a spark of energy released by God.

We all go through the stages of dimensions as I did as water, rock, dirt, plants, trees, animals, and then human or dense entities on other planets. I have specific knowledge that I lived through many lifetimes as dogs for ninety-eight thousand years in my originating Pleiadian Star System.

Most of my existence has been in the Pleiadian planets, but I also had lives during the existence of Atlantis well over 12,000 years ago. I have had only three incarnations on the Planet Earth, and they are as follows.

Female born in England in 1820 and died in 1897. Complete details were not established in the first session, but during a hypnosis session, I was informed that she was a resident of London and went by the name of Mary. It was also established that she died from a fall on a flight of stairs in her home.

My second Earth incarnation was in France in in 1911, where I was born under the name of Isaac and was a successful farmer.

Isaac died accidentally from farming equipment in 1958. The main Purpose of Isaac was to live a life of balancing of the Service to Self with the Service to Others aspect. **Without this aspect, no entity can move upward in the level of Consciousness.**

My current incarnation is my spiritual awakening life after having been born in New York City in 1960 and my main Purpose in life is Serving Others and learning the aspect of Love rather than of fear.

It was established during the channeling of my higher self that if I continue on the positive path of Service to Others I will graduate and reach upwards into the fourth Density Consciousness or in other words, the fifth dimension after I cross back over to heaven.

Thanks to my spiritual awakening, and with all modesty, I have conquered the fear aspect as I consider myself a fearless soul: I am not afraid of death. Death is just a transfer of energy from the dense body back to our higher self.

I am well aware that all my loved ones who have crossed over will be there to greet me upon my crossing over back to heaven.

With that said, I think this is a grand opportunity to provide you with some background information regarding my spiritual awakening.

I am twelve-year disabled US Navy Veteran, I struggled with a life-changing decision: stay in active duty and complete a medical discharge expedition or leave the Navy after twelve years of service and try my luck with the Veterans Administration system in order to be compensated for my ailments.

Honestly, I can't turn back the clock, but I feel that both choices would be very tedious and life-changing.

I had multiple disc problems in both my neck and back, and subsequently was taking between seventeen and twenty medications on a daily basis, which became more detrimental to my health than what I originally started treatment for.

I became depressed, as I could not work and was basically a vegetable in my home. This led me to become addicted to pain killers, specifically Percocet. I was getting Percocet from several doctors at the same time and was either going to die or destroy my liver and kidneys, which would have led me to death anyhow.

During this great expedition of being dependent on prescribed narcotics, I was living in Central Florida and the Tampa Veterans Hospital was my primary care facility.

Around 2007, I had taken a CT scan to view some hip problems that were compounded from my back problems. Of course, since I was so much more worried about my daily fixes, I did not read the results properly, and no one bothered to tell me that I had a tumor in my left hip and upper leg area.

Fast-forward to 2012, and now having moved back to Puerto Rico, I had started visualizing and realizing that I was not in a good place. One beautiful day, and out of nowhere, I decided to stop taking all medications being prescribed to me from the VA system.

As I was cleaning myself and finding myself through meditation and viewing many online videos and doing research regarding the most important topic of every human life, I wanted to know why the hell I am here on this planet. What is my purpose being here? Where do we really go after here? And many other questions relating to these topics.

As time went by, the pain in my hip area was increasing every day, and by this time, I had obtained private medical insurance, so I went to a private doctor for help.

When a new MRI was done, I was told I had a tumor the size of a softball on my left side and that it was pressing on my Lateral Femoral Cutaneous Nerve. This nerve controls the sensation of the outer thigh area.

After many years of numbness and pain in this area, and after being told multiple times by the VA doctors that the pain was due to my back problems; the real culprit was finally found.

Almost immediately, I requested all of my medical records from active-duty military and VA Medical care. While I awaited these copies, I was operated, and the tumor was extracted in a private hospital.

After several months, I received my VA Medical records, and it subsequently took me several weeks to review every single document of the over two thousand pages.

Within two weeks, I noticed a CT scan that had shown the tumor several years earlier and knew I had never been informed of such, and no one had ever followed up on said results.

After visiting several doctors and even confronting my primary care physician at VA Medical about that particular study, they all confirmed to me privately that it was negligence. Or as called in legal terms, an omission.

Being that I was in Puerto Rico, it took me more than nine months to retain a law firm that would file a lawsuit against the VA system.

Almost immediately after filing said lawsuit, my primary care physician, who had nothing to do with the negligence, was taken

off of my medical-doctor's list and I was black balled at the VA hospital.

As time went by and with my Spiritual awareness increasing by the day, I was still assisting in caring for my beloved mother, who had been battling chronic diabetes for many years and had recently had her leg amputated.

As her health deteriorated exponentially, I had the most important conversation of my life with my mother.

I asked her if she would do me a grand favor after she passed. I asked her to please show herself to me somehow or contact me in the afterlife.

As my mother was in agony at home, we had in-home hospice service for her. We noticed shadows through the windows at all times of the day during the last seven to ten days of her life.

During her agony, she would call out to one of my aunts that had passed many years before and she would say aloud, "Come and get me," and "I want to go home". This of course was completely novel to everyone that was assisting my mother during this time period.

My mother passed away on October 13, 2015. I had already been given the entire scenario weeks before on time of death and many other aspects that I will not include here.

With my mother now gone, I had more time for myself and would speak out loud to her as if she were still alive.

Even though I know now that she was hearing me, I really did not know the complete truth at the time.

Fast-forward to May 2016. It was the week of Mother's Day.

During this week, I would say out loud and, in my mind, "Mom, don't forget our deal. I'm going to the cemetery on Sunday, so please come to me on that day".

Mother's Day arrived and I drove to the cemetery with my sister and nieces to visit my mother's gravesite.

I was so anxious for that day; I immediately told my sister that I was going to record my conversation out loud in order to see if Mom would respond.

From my anxiousness, I only let the recorder go for forty-three seconds on the first recording. Immediately, I went back and reviewed the recording. Both my sister and I were astonished to hear my mother's voice.

In that first small recording that I did, it only took my mother five seconds to respond to me.

From there, I shared the audio with dozens of people and the beauty of it all is that one hundred percent agree that the voice sounds exactly like my mother's voice.

During a Medium session approximately nine months later, my mother stated that what she gave me was my "Golden Egg for life". I totally agree with that statement. It completely changed who I am.

She was one hundred percent correct, this exploded my awakening to the one-millionth level, and I have never looked back.

Within months of that session, as I was ending a meditation session in my home, as a Claire-Audient, I received a message in my mind, and it was as follows:

I was asked, "Do you want to wait for the lawsuit for the millions or do you want the pension you have been fighting for, for more than twenty-five years?" I immediately responded in my mind, "I want my pension!"

Three weeks later, I received a letter from the VA that I had been approved for my full compensation pension due to multiple health issues.

There has never been anything so clear in my life to prove that we have Angels, Guides and many more spirits that are with us every moment of our lives.

# VERBATIM TEXT OF CHANNELED MESSAGE FROM THE ARCTURIAN COUNCIL

Greetings, we are the Arcturian council. We are pleased to connect with all of you. We have the utmost respect for humanity because the path you have chosen is filled with more challenges than any of us would care to consider taking on here in the higher realms.

We see you as pioneers who were willing to explore the depths of darkness and the depths of despair, and all for the purpose of having new experiences that would lead to the further expansion of source (God).

Now, as we say that we want to remind you that you are source. Source is not a being that exists outside of you. Source is inside of you, and so is everything else.

What we know is very hard on all of you is the acceptance of the truth that even a person or a belief that you despise exists inside of you and is not separate from you.

What that means is that humanity needs humility in order to get that step-in evolution to your highest consciousness. You cannot just stay up high above it all on a rainbow and look down upon everyone else. Do not fall into the trap of thinking that you have it all figured out, but you're doing everything correctly, and then you have all the right beliefs and information.

That would be boring, thwart your growth, and be a type of death experience that doesn't really exist. You never stop growing, you never stop expanding, and you never stop becoming more of who you really are. In order to do all of those things, you needed the end of the spectrum to exist that was



furthest from source, furthest from the light and the love that is your true nature.

What is more source like than being able to love the darkness and those operating in the dark? **If you truly understand what the shift in consciousness is, then you know that it's not just about a solar flash in three days of darkness.** If you really know what the shift is all about, then you know the real event is you becoming more like source. More like source energy. And that means acknowledging that it's all inside of you, even the ones you want to condemn. Even the beliefs that you cannot understand how anyone could ever entertain.

Once again you have our respect and admiration beloved ones, because as we described to you, what you are being asked to do, we realize what a huge mountain it is to climb, especially when one of those beings that represent true darkness has done something to you or someone you love. You'll say it's not fair, and that it shouldn't be, **but it is part of your journey and everyone else is journey to experience some really horrific things throughout the course of your lives there on planet Earth** if your cosmic cycles so needs it too.

Now, most of you had those truly terrible experiences and past lives. And in this last time, you are meant to clear those traumas. **That too is not an enviable task to have signed up for.** And once again, it is hard for us to even fathom making that choice. But you did, and we know you did because you are there, and if you are there, **then you also get to have the biggest ride possible.**

**You get to be on the pendulum when it swings into the light.** Oh, what a sweet moment it will be carrying you and the rest of humanity with it, to where you all belong. It will be greater than you can possibly begin to imagine. **You are now becoming your higher selves and you are becoming your**

**5th dimensional selves and you knew exactly what you were doing when you chose that journey in this incarnation as your wonderful human self.**

Embrace it. Cherish it. You will miss it when it's gone, mark our words, for we have been there. We are the Arcturian Council. We have enjoyed connecting with all of you. (End of Channeled Message)

In closing this topic, and something that is extremely important; we must respect and cherish our lives. This is a gift.

Please note that every human life created has an end that ends exactly as the person proposed before incarnation. There are some exceptions, but that is not the purpose of this book.

The main exception to all else are suicides that were not pre-planned. The entities who commit unplanned suicide are given a very long educational stay before they can attempt to live another life as a human or entity in any Dimensional plane.

# Your True Belief System Is Based on You and Only You

**F**rom the channeling sessions I have witnessed or been part of, I can unequivocally state that Source, or God, or Father-Mother God, established the premise that he/she wants us all to live a happy and joyful life of experiences that we can all take back with us when we crossover to where we originated from.

As humans, we are from Gaia, or Earth, because we are all born on this beautiful land. But we must all be aware that we are all Spirits of God that come into each body to experience certain aspects and occurrences in a dense body and then take our experiences back to our creator upon ascending for the growth knowledge of God.

Consciousness, perceptions, and beliefs affects your biology. In other words, the environment in which cells live determines their genetic activity.

Moreover, and in plain language, stress, fear, ego, negativity, positivity, healthy eating, healthy living, happiness, joy, Love, and many other attributes affect your body and your health.

You not only create your own life, but you also control it. You can decide if, when and how to get sick. Yes, just You!

There is so much knowledge to attain in Spirituality, As a QHHT hypnosis practitioner, I can assert that cancer is just a disease created by the person due to their reluctance to let go of some specific trauma in their current life. The only other way

cancer is acquired is if we have it placed in our Soul Contract before incarnation.

When you let go of the past, you start living the present and become a completely healthy being.

Since we have all been “wired”-what I mean is, since our subconscious brain has been trained in a certain way or manner, we can always re-wire our internal system for the achievement of all those beautiful and simple life things that we all wish to attain and maintain.

This process is done by everyone every single day, it is called Neuroplasticity.

Neuroplasticity refers to the brain’s ability to modify, change and adapt both structure and function form new connections and pathways, and change how its circuits are wired throughout life in response to experience acquired.

In other words, here is where you can begin to achieve everything you have wanted to achieve, acquire, obtain, give, and all of the exciting things and desires we think of every day.

You see, each one of us has more than ninety thousand thoughts every day. From those, eighty percent are repeated the next day. And, of those, ninety percent are primarily negative thoughts.

**This is the key to where we can begin to change our lives.** We must train ourselves to think positively all the time. Thinking of only positive aspects of life is how we build our new foundation in our brain and create new wirings that will change everything in our daily lives.

The most elemental thoughts of each day are within you, and **you never need anything outside of yourself to make you feel the connection to God**, because God is in each one of us.

# VERBATIM TEXT OF CHANNELED MESSAGE FROM ARCHANGEL MICHAEL

Greetings dear ones. I am Archangel Michael. I wish to speak to you today **about your future and the future of your world** as you know it.

**Are you buying into the doom and gloom and the destruction scenario?** Or are you at peace in the knowledge that the universal plan of the creator is perfect?

**You will get what you expect.** You are in the throes of the dawning of a new age, a birthing process, and the birth of something new is always uncomfortable but quickly forgotten in the rapture and beauty of new life.

You, who are the light workers, the vanguard of the new Age and the new awareness, have a responsibility now to focus your energy on the beauty and the perfect ness of the process. In other words, you must neutralize the negative energy that is bombarding your world via the fear, depression, and feelings of hopelessness from those who are not yet capable of absorbing the increased energy. Being infused on your planet.

**The dark side of humanity is being exposed, and it will no longer be tolerated. For those who continue to operate in the outdated mode of greed, violence, selfishness and mistrust and denial, it will indeed see as if the world has gone mad and chaos reigns.**

Some more important than ever is your responsibility of building your inner power source and focusing this energy on balance, peace, and harmony. **First within yourself**, then joining with your spiritual partners in creating a synergy so powerful it could offset the negative energy of thousands. This is

possible, for you to have the power of the masters working with you.

The masses are indeed separated and impacting their energies within and upon themselves, whereas, you are gathering those strengths and permeating the earth and ethers with it, magnifying, and drawing even faster amounts of positive energy to you.

**You are acting as an anchor for the mother Earth** as well. You are creating safe havens within the mists, the turmoil.

Do not allow fear or doubt to enter your consciousness. If you accept as fact or one of the negative events are predicted for your near future, this will indeed be your future.

The more people who allow this kind of energy to enter their minds and then projected outwardly as their truth, the more likely these predictions are to become a reality.

We encourage you to accept the universal truth that you are a Co-creator with the God force. What are your wildest dreams? What sort of world do you wish your earth to become? Build it in your mind, hold it in your heart, and permeate your emotional nature with the yearning for it to manifest and then begin to affirm it into reality.

All of the Unmanifested energy of the universe is at your disposal. Just reading and getting knowledge is not enough. **Just yearning and wishing is not enough. No, you are a Co-creator God becoming.**

**You must believe with all of your being that you have an unlimited supply of all good things, all perfect things, just waiting for you to claim them and bring them to fruition.**

Dear ones, you must rise above what is thought to be good or bad. You must gather about you a cloak of neutrality of **non-**

**judgment.** You must go forth in your awareness of perfect peace and harmony, in attunement with your higher self and with your God consciousness.

Do not be swayed and do not feel you have to justify your beliefs or force your ever-expanding awareness on others. If one comes to you in need and asks for assistance and answers, indeed supply what is needed, but remember the code of the masters, dare to know, dare to do, and dare to be silent.

**Build your power within you,** reinforce it through joint action and the loving energy of your spiritual family, and then go forth in all your dynamic glory. If you stay the course, nothing can stop you from reaching your highest goal, it is assured.

Enjoy the birth of your new awareness and the transformational process of your Earth. Make it an exciting, exhilarating experience, a journey into the new dimensions and the forerunner of an earthly paradise.

The choice is yours. You have a saying on Earth the sky is the limit, but we tell you even the universe is not the limit.

Know that you are loved and ever under the protection and guidance of Lord Michael and the Masters. And so, it is. (End of Channeled Message)

Based on the above channeled message, and many others that you will see further in this book, the following aspects of life are the majority of the things that I changed in my life in order to completely change my **Belief System**.

# LOVE

**L**ove is the center of all things because it comes from our Creator, Father-Mother God.

Love is free anywhere in the world(s), universes, galaxies, and planets.

Love is the most natural way of being; everything else is conditioned or learned, or even forced upon us, like religion.

I have relatives who were obligated to participate in certain religions as kids and have now made it their priority in life to hate the people in those religions.

They cannot be blamed for their feelings but must now be helped in understanding that they may have had a purpose to be there under those circumstances and live through those situations. Remember, the essential purpose of being here is to experience.

Love is the most natural instinctive trait, and the easiest way to interact with everything around us. Do you ever exert yourself to say, "I Love You"? I would guess not. So, compare that to how long you keep frying any negative incident in your brain, and you never let it go.

You must learn to let go of things that do not make you a better person and a better soul. You are here to love and to be loved, just as God loves you eternally; no matter what you do, Father-Mother God loves you.

You might think that loving everyone and everything is difficult; think twice because every other type of action that is not love, such as hate, dislike, rejection or avoiding



circumstances of our lives, requires far more energy than simply loving.

The others are unnatural emotions and cause us many problems such as mental and health issues.

Think of yourself, just for five minutes, of how your life would be if your natural way of interaction with people was like a war zone: a place full of hate and misery, in which the people that are there asked to be there in order to learn what misery and despair actually feel like.

So, if God gave you this opportunity to have this beautiful life, why don't you appreciate every second that you have, and live it in order to fulfill your side of your contract for being here right this moment?

In life, there are no mistakes; everything we see, feel, or hear about in our lives has been carefully orchestrated for our experience. At the same time, it has also been planned with our soul in order to have continual growth and development for our spirituality.

Love helps you find the truth of who you are and where you are going, what your purpose is. Love also helps you find the truth of the challenges you are facing and helps you have a clearer understanding of what you should do for every situation you are confronted with.

Anything or anyone you do not love, will keep you imprisoned with your thoughts until you find a solution for that problem, or that inner peace that you need to continue a beautiful life. Try it and you will see the difference in how you feel. Try it for one day, say in your mind, "I Love You," to everything or everyone you see or think about. Try not to be critical or fearful; most importantly, say it to yourself. "I LOVE ME." Make sure you do the "me" part every day, many times a

day. You, and everyone, deserve love and being told that you are loved.

Whenever you say you love something, you, yourself, will feel the same love. Try it, and you will see that you will not feel judgmental, fearful, worried, or negative. You will feel part of one as you live the oneness in being full of love with and for everything.

Every single thought that we have influences our body. If you feel and give love, you will feel light and happy. In turn, if you feel negative, you will feel heavy and depressed.

Try pouring out love as many times as possible in your day and you will notice the difference in your body.

God gives you love every day and every second; in turn, you will feel love as you give love.

Last, but not least, and most importantly, LOVE YOURSELF! If you love yourself, you Love our Creator, Father-Mother God. Loving yourself is the key to a life of complete self-awareness that will enlighten you for your entire incarnation.

THE FOLLOWING EXERPTS ARE FROM  
DIFFERENT MULTI-DIMENSIONAL  
BEINGS ON WHAT LOVE REALLY  
SIGNIFIES FOR EVERY SOUL.  
VERBATIM TEXT OF CHANNELED  
MESSAGE FROM MULTIPLE ENTITIES

Light is consciousness and consciousness is love.

You've forgotten about your body, you should plug yourself into the information source of the universe, which has nothing but love for you and love for everything around you.

Being able to see another's perspective or even a cosmic perspective. And beyond this is the level of consciousness many people on Earth are currently stepping into and learning how to operate from. Truth is consciousness and consciousness is love. The universe only cares about one thing, and that is making us conscious. That's its way of saying I love you.

Insight into the multiverse because our ego is no longer stubbornly fixed on being a human earthling, it can now expand into more love. So, you could look at all of the assistance that we're receiving from source and the universe as the solar flares, all of the cosmic energies that we are being bombarded with. As the things that are helping us integrate all of this higher, knowing all of these higher energies that are expanding our cellular body and being able to reorganize and rewire us and you could look at us as the receivers of these cosmic rays of these higher dimensional energies.

We can begin to understand that when we're talking about the universe, or the multiverse being mental. All that that really means is that once we have expanded so much to the capacity that this realm offers to receive love, to receive wisdom,

consciousness in alignment with truth, that now there is no oppositional force, there is only harmony, and within harmony. You can create anything. And when you're vibrating at that level of embodiment, of love, none of the spiritual systems or belief systems that are vibrating at a lower level than that apply to you. **That's why some belief systems are like, you're gonna do this and then that's gonna happen, or you're still asleep in the dream.**

The ego is the equipment that allows us to experience ourselves as a focal point of all of creation. It is our identity that allows us to have a separate and unique experience, and contrary to many spiritual teachings, it is the vehicle we came here to learn to love ourselves through. However, when the ego is inflamed, it blocks us from the unity we share with all of creation by overidentifying with its experience of separateness. If the ego goes unchecked, we can become a slave to indulging its limited perspective and molding its tyrannical psyche that perceives any self-correction as a threat to its Kingdom.

We as Pleiadians shall now address that this query pertains to the understanding of life in the 4th density. Which may be composed and understood greatly by firstly realizing that fourth density is comprised of love in each action. Each action which the entity makes in the fourth density is composed of love and compassion.

These entities who are of the 4th density vibration are at the level of the vibration of love.

# GRATITUDE

**G**ratitude is the highest form of creating the ability to acquire anything you desire. Absolutely anything!

The law of attraction states that what you put into this world is what you will get out of it. Simply, what you think is what you create in your life.

If we think negative thoughts, we attract negative situations. Likewise, if we live a life of gratitude, we will never run out of things to be grateful for.

Practicing gratitude is a habit that will take you very far if you want to attract a more abundant life.

If you signal to the universe that you are grateful for the things you already have, you will attract more. That covers the basics of the law of abundance.

Gratitude plays a crucial role in this process because it helps to signal to the subconscious that you already have ALL THESE good things in your life.

Researchers say that gratitude closes a gate in the brain, which does not allow negative emotions and thoughts to pass. This means that negativity and gratitude cannot exist together.

The Universe Loves gratitude! She is responsible for all that you have and acquire or achieve every single day. The more you give gratitude, the easier life will become.

Give gratitude to our Creator, the Universe, your Higher self, your Angels, your Spirit Guides, and most importantly, give gratitude to your Body. Thank your body for all that it does for you every single day. Kiss your body, as best you can, like on

your arms, and speak to your body. You are the God of your bodily universe. Your body will be very happy. Every Cell in your body has your DNA; it is alive and knows what it is given twenty-four seven.

*Gratitude is not only the greatest of virtues, but the parent of all others. — Cicero*

# FORGIVENESS

**F**irstly, I ask for you to forgive me if I have been too harsh or too direct in some topics, but if I didn't show you what a down-to-earth human has learned over the years, I would be lying about what is written here. I Love myself, my life, and love to always be truthful. This God-given attribute as part of my contract has been the best thing a person could ask for.

Please bear in mind I was not always like this. I'm human and learning as I go. Now, have I lied in my life? Of course, who has not? He who has never lied here on Earth can only be an ascended Master in heaven and is in the higher realms because he learned how to forgive, forget, and to live a life of oneness here on Earth.

These souls have also made it their priority to transmit these loving attributes to humanity. Especially Jesus Christ!

That brings us to what we do as lightworkers; we are all providing humanity information on Christ Consciousness. Is this what is really meant as the second coming of Christ? NO!

Christ has never left; he is always with us, and Christ Consciousness is the awareness of the higher self as part of a universal system. It is a state of consciousness in which you can find your self-realization and unity with God or the Divine.

I also like to refer to it like this: to live a life like Jesus as a teacher for everything around us. From the awareness of the presence of God at the heart of everything in creation—every atom, being, plant, rock, water, animal, sun, moon, planet(s), and universe(s) everywhere.

The main way to rid your soul of past karma is by agreeing with other loving beings or souls in heaven; to come back to Earth and reincarnate as someone else in order for them to help you, your soul, fulfill the contract you will have in your next incarnation.

Although, as an update to the process of ascension of our great planet, that last mentioned process will no longer occur here on Earth.

After 2030, if anyone continues with karma, they will have to agree to finish in a new incarnation on another planet, as Earth will no longer be in the third dimension.

During the time you are preparing the meaning of your next life, everything that is agreed upon, is done with and through your spirit guide. This is where the planning is configured in order to create the best opportunity for growth in your next life.

As a spirit, there are things that are agreed upon and accepted, at the same time, if a human were to see, to know what was going to happen in that next life, they probably wouldn't agree to that next life.

On most occasions, we humans would categorize that next life as inhumane, horrifying, or even brutal.

Reiterating, our souls know that we have some debts (karma), either good or bad, that need to be repaired or forgiven; this is ridding our souls from karma.

We become better souls, and what many may call free again.

And, as a matter of fact, we must also remember that the other souls are also helping us by becoming part of our next incarnation.

During some of their other lives, we may have done the same for them. This is always done based on the mutual love we all



have for each other in heaven. The same love we should all learn to have here on Earth, no matter what contract or obligation we have here in our current incarnation. We should all live with love, as love will make our lives easier, make it easier to withstand the constant negativity mostly everyone sees and lives through every day.

At times, those souls are considered the difficult ones, or the ones that give us the most problems while we are here on Earth. This is because, once you incarnate as another person, you cannot and will not remember anything from your soul. That is the main purpose of the veil.

Some lives will learn to contact or communicate with their soul in their current lifetime, as I have somewhat done by learning to meditate daily and learn the real facts of God and Heaven. Most facts are provided to you by your Spirit Guides, Angels, and your Higher Self, or your Soul. And now we arrive at our grand spiritual enlightenment: forgiving.

We must see that everything has a purpose and things happen because they must happen in order for each person to fulfill their contract. Everything that happens to us is for our own good.

Let's say you are a punctual person, a good person at home. but when you get to work, and you work as a shift supervisor, you are a slavedriver and have no pity for your workers. You make them do the worst tasks available, especially the ones that you dislike the most. Do you think this does not reverberate back to you in one form or another? You guessed right if you said it does.

This is where vibration and frequencies come into play. Every single little atom in our universe plays a role. Everything is positive or negative. Remember, for every action, there is always a reaction.

When you think and or speak negatively, you will get back negativity.

After a long shift, you are heading home wanting to take a nap; low and behold, the first thing that happens to you is that before you jump in your car; you notice you have a flat tire. You kick and shout, you become irate with life, and you curse up a storm. This is what negative living does to negative people.

Basically, the premise is: what you do unto others, you do to yourself, because we are all one. These situations in life are many times wake-up calls, we just do not ever look at them as such. We go on our merry way and continue living our unfulfilled life of fear, driven by ego.

There are occasions in life in which a close relative or a good friend betrays us or somehow creates a burden in our life that we resent. But, at the same time, that friend or relative is a person that loves you because they are fulfilling or helping you fulfill your contract; their actions are meant to teach you certain traits that are required for you to complete the knowledge that is required of you in your current life. They are basically our saviors.

So, when you feel anger, despair, or you are outright tired of someone for having made your life miserable, always remember that you cannot judge anyone. You must forgive and move on, make your life better by loving and not fearing. Yes, I know it sounds easy. You know what? It is.

Give it a try and see the results for yourself. Forget situations that make your life difficult; think about the better times. Listen to music, read, watch comedy, or do something that will make you happy.

You will feel a shift in yourself, and your spiritual being will be extremely happy with you. Source will finish the rest of the work once we surrender our control to Source.

Smile to yourself and check this channeled message from the Pleiadians regarding the use of the smiling muscles in your face.

## VERBATIM TEXT OF CHANNELED MESSAGE FROM THE PLEIADIANS.

We are the Pleiadians, and we communicate now. Before we share our thoughts and insights, understand this; that you have the free will to accept or reject any of the information that that may arise from us through this instrument.

Furthermore, the instrument also desires to understand information related with how to use the power of love light.

We must state that the power of love light is in a way the lighting up of your life and the world with your soul.

You can use the power to light your life and the world by fully switching on the inner light and awakening your soul on all levels of your being. The light which resides within yourself, inside every human being has the power to change every circumstance, experience, and awareness.

This is a single switch which carries the divine connection of a soul. Which allows such a soul entity to have its own personal power and love for all beings in the universe.

Furthermore, this type of light, which is when fully activated, can allow an entity to live on Earth in a fully submersed state of light beingness which is accompanied by the process of fulfilling their hearts desires as well as their souls purpose and simply being joyful in all moments.

We state that there are many beings upon your planet who may be considered as the enlightened beings who have offered many methods of re-ignition or full activation of the inner light switch within each chakra of the bodily complex, and to bring forth the wisdom and light which will allow many to accept the power of lights love in life.

Furthermore, many entities must remember that this inner switch can allow a person's life to change from hard difficult circumstances to a positive one, and from a place of deep suffering to a place of healing and completeness.

Further, we as the Pleiadians must also now state that the human souls inner lights when activated, will guide itself to its own inner heart and will allow the key to opening what's hard to experience true happiness on Earth.

This type of teaching and healing will illuminate all of your energy centers, also known as chakras by your people, in order to receive the full activation of the lights within yourself and bring a change to your inner beingness.

This will also bring a new awareness of how to live life as a light being and this will allow for the sharing of love and the deepening of love and the switching of love for life as love is a divine energy which is present within each souls inner heart. It will allow the love to soften, deepen and unite as a soul with other souls and make life worth living.

Furthermore, there may be many types of distortions which are available in each entities inner heart. The key to success lies within the process of slowing down and deepening the soul connection within yourself and then to share the inner love deeply.

This is the inner love which will have and allow the experience in life of your Earth planetary sphere to allow the inner heart to fully expand and throughout your challenging situations or catalysts, you will be able to use this light body within yourself to expand to the universal energy of light and love.

Furthermore, we must state that this process of activating your lights within your inner self will allow deeper healing to

take place for all other human beings and entities who shall come in contact with you.

And we must state that a new doorway will begin to open in your life to support each one of you to access your personal power and true relationship with the inner soul.

The method which can be used for the purpose of expanding your inner light is to use the muscle in your face which is responsible for creating a smile. And this muscle if used as if the entity is smiling even though their circumstances on the outside world may not reflect this attitude; if the entity were to smile and use this muscle it will eventually end automatically allow its energy core of the inner lights to shine.

And this will also allow the entity who shall use this method to enter into a higher state of consciousness, which will eventually allow this higher state of consciousness to expand and reach other beings in the universe. This is the simple process which can't be used at this time. Therefore, we as the Pleiadians now leave you in light and love, bye.

VERBATIM TEXT OF CHANNELED  
MESSAGE FROM ARCHANGEL  
MICHAEL

The following is a brief process provided by Archangel Michael regarding forgiveness:

“Beloved ones, stand in front of a mirror and gaze into your own eyes, or go into the pyramid of light and lie on a crystal table. Say to yourself, I forgive myself for any action, thought, or deed, past, present, or future, in this or any other reality that has not been composed of the frequencies of sacred love. I now forgive everyone I feel has treated me unjustly in this or any other lifetime, and I return to them wrapped in a bubble of love, all negative memories impacted energies and probable futures that we have created together.

I asked the Angels effectiveness to permeate all facets of my being with the frequencies of love lights so that I may become a soul focused and heart centered bearer of light and of self-master.”

# APPRECIATION

**I**n order for each one of you to start feeling the true aspects of your inner self, or your God-self, you must help yourself every moment of your existence by appreciating everything that we take for granted.

You are here for a reason. This means that you asked to be here, you were never obligated to take on this body suit and live the life that you chose. Don't you think it is time you show God that you are truly appreciative of everything around you?

Everything is in movement, and everything knows you are there twenty-four seven. There is no hiding from anything, and since everything knows you are there, wouldn't it be nice to say, "I love you," to anything you touch or use? Show others that they are important and that everyone matters? Because, in reality, we are all one. We are all of God and have God within each of us. We are all connected to the One Source.

You would be surprised how easy it is to talk to your car with love and appreciation after it froze over the previous night. Or when your computer is acting up and you just don't know what to do to get it to work again.

You are energy, and energy is part of everything that we put out. Be it positive energy or not-so-positive energy. Everything on this planet will respond according to what you put out through your mind and your words.

Words thought or spoken are the simplest form of giving appreciation to anything in life. The more you do so, the more energy will respond to your higher vibration.



I can give you my life example: I was in the Veterans hospital system and Veterans Administration system for many years as just another veteran with the many ailments obtained while in service.

I was given medication and believe that I would get better. Well, guess what? It just did not work that way. And of course, as I became more depressed in life without being able to function as a normal person, I kept pounding negatives in my brain through thoughts and personal anger issues. The results were that I hardly hit anything right in life, except for some lucky days with my kids.

I remember one time; someone came to my house to talk to me about God. I told that person to leave because I did not believe that a God would allow me and millions of other people to suffer from ailments. Oh, boy, how ignorant I was!

I was an ignorant fifty-year-old thinking of the life-and-mind control churches and governments had had on all of us throughout the ages.

Of course, here I was, unable to walk and at times unable to even lie in bed without pain, which eventually led me to become addicted to Percocet and begin visiting private doctors and VA doctors to get more prescriptions to ease the pain.

Luckily, that all came to an end when I realized that I had to make myself feel better and make things work no matter what. If I didn't, I'd either soon be cremated or go on as just another prescription addict.

As I became more aware of who I really am, I was able to kick the pill habit and completely stop taking all medications given to me by any source. Within months, I felt like a new person.

I started to meditate on my own and began to feel a tug closer to nature and slowly but surely, I began my spiritual awakening.

I give thanks, gratitude, and appreciation to my entire team many times throughout each day and pinch myself if I don't provide at least a simple smile to everyone I see or come in contact with.

My team is God, my Higher Self, the Universe-you see, she is the one that gives you everything that you have. Mother Earth/GAIA, my Angels, my Guardian Angel, my Spirit Guides, and my deceased relatives, especially my Loving Mother, Rosa.

This way of living has changed me so drastically that it has been more than seven years since I've had to use Canadian crutches to ambulate. Yes, I still have episodes, but not as severe as in the past.

I am now a Reiki and QHHT practitioner. I have strong intuition, and I am more of a Claire-Audient Psychic person. I love the gifts I have and love this new journey of helping others learn the truth about themselves.

To conclude personal interjection here, I have to say that I was more than twenty years battling my pain and for my pension, or compensation, with the Veterans Administration.

Of course, of the many obstacles we create in our lives, I had a few non-injury related surgeries, such as a softball-sized tumor in my hip and appendicitis. The tumor grew to that size because I was never informed of it, although it had appeared on a CT scan approximately seven years before I noticed it while reviewing my historical medical records.

Well, after that surgery, and of course, being irate at the VA, I filed a lawsuit. My lawyers asked for a hefty amount of money because my left leg is now numb for the rest of my life due to that tumor.

Anyhow, to make the story shorter: After starting my awakening, during a meditation, I received a message that stated

that I needed to decide if I wanted the millions or just the pension that I had been fighting for. I chose my pension. Within less than one month, I received notification that my pension had finally been approved and that I would receive X amount of money.

Upon receiving that letter, I contacted my attorney and asked them to withdraw my lawsuit, and I have never looked back.

I give thanks to everyone and everything I do in my life, and my energy fields from God have never, ever failed me since.

I highly recommend that you take a similar stance, and you will see how beautifully your life will change.

Be in harmony. All realities exist in all parallel unions and timelines; all possibilities are available in everything we are and do.

Choice of reality. Best example: if you choose the reality of Love, it must be in the moment. You must feel love in this present moment.

The present moment will guide you to the reality covered with love, the reality of the new Earth. The vibration of truth is the vibration of understanding; it teaches you understanding.

We have the right to align with whatever we want. The choice is to feel the vibration of your reality.

Focus on the positive. As soon as you start focusing on the positive and what you want to create and dream big, all of a sudden, you'll step away and look around you and say, "Oh my goodness, where were all these open doors before?" You know what? They were there all along. You just need to let go of that anxiety, that anger, that pain. Then we can begin to open up the brain for the healing.

# VERBATIM TEXT OF CHANNELED CONVERSATION WITH THE COUNCIL OF LIGHT

How do we break through our limiting beliefs?

Well, it's first to understand, we say this to people, but I'm especially wise ones that have been in personal development a lot. Everybody wants to find out how do you get rid of the blocks. How do you change the limiting beliefs?

The focus is on the lack or what's not working.

And we would like to first say that all of the parts of you, each and every one of you, none of you, were excluded from this. Your divine design is to be in wholeness and oneness, in well beingness.

Another aspect of your divine design is abundance. This evidence of your abundance within even your physical body. You are divinely designed to be success and to have and experience success.

Now every human defines that differently. But the blueprinting, the soul patterning is there, and you are divinely designed for loving and supportive relationships. So, if that's the premise, like an acorn, when you have an acorn tree and you planted acorn seed, you don't need an apple. None of you are running around with beaks, or tails or wings. Those are left to birds and dogs and creatures like that. Well, how do you know you're human and that's a bird, or that's a dog? You could see with your own physical eyes, just like every human.

The blueprinting for the physicality is that you have 2 eyes, none of you have four.

You have two eyes, one nose, one mouth, thank goodness sometimes on that; two ears, and you have one heart. It's blueprinted that way. It's designed that way.

But more importantly for all of you to understand is that you are divinely designed. In well-being, in wholeness, in oneness, in abundance, in success, in loving and supportive relationships.

So, starting that with that premise whatever contrast, whatever situation any of you have in your physical life that is not working, that doesn't feel good.

Well, if you take that situation or that circumstance or whatever aspect of your life, and you will allow yourself to feel the truth and the resonance, the very cellular structure not only of the physicality of you, but of your energetic nature; when you start feeling your way into that spiritual truth that the divine that is breathing through you, that is beating your heart, that's digesting your food, that's growing your hair, that part never goes to limitation. It doesn't know blocks.

So, the more you focus on the expansiveness of this, that's starting with the premise of, AH, OK, I'm designed, for example, you are talking about success, and designed to be successful. I'm already here. My sperm won; my soul came down. I'm a double winner. When you start to feel the truth of that, that I have already experienced successes before I even got started as a human being, I am a success. You start vibrating. In that place? Well then; your mind, your emotions, even the physicality of your body will tell you. We'll let you know. Where is the split energy? Is it a thought? Is it a word that you're using?

When we are interviewed, we are asked, well, how do you talk about Universal laws? Where do you even start understanding how to work with universal laws?

And we would say watch your words. The very words you speak either are expanding you into your divine design or they are shrinking you into lack or limitation.

So, starting with the words you speak to say, why, and what to say instead; because awareness is everything. When you have awareness of a word that you are saying that pulls your energy down, that can be a block or limitation.

So sometimes it's just tweaking the words that you say so that you come back in alignment with the divine design of who you really are. Sometimes it might be a thought that you keep thinking; well, the thoughts come from somewhere. It's like weeds in the garden. You need to not just clip them, but you need to pull them out. How do you pull them out? Well, what's the perspective you have? What's the belief? That is there.

And when you can understand with the belief is, such as life is hard, or life is full of disappointments or success is hard to come by, or that you have to work really hard to succeed, well you will learn that somewhere. You believed someone else's belief; you said OK, whether it was conscious or not, you adopted it and somehow, it's part of the wiring that got programmed.

Well, guess what, the background programming is, you're successful. You are meant to take creative energy, that desire and to be able to then move with that desire to create something into a form third dimensional physical reality.

And if you're bumping up against something, it's not of your original nature. You're bumping up against something that you have learned; took on, started to believe.

And a belief, dear ones is easy to shift because you first have to be aware of it.

You have to have knowledge of your own ability to master your own energy. And that's why we are here, and that's why we come through to be messengers of light.

Through quantum energy mastery to help all of you understand that even the thought of a block, or even the thought that you are limited in any way or that there are limitations, that's just energy.

How do you become aware of that? Well, your physical body will tell you.

If you feel expanded, you feel good, you're in alignment. If you feel constricted, and you'll feel resistance of any kind; there's split energy. You are being split away from, separated from, not the reality of it is, but your mind feels a separation from the very divine that lives and only knows abundance and success and well-being and love.

So, tending to your split energy; did I just say something that didn't feel good? Let me rephrase that and say something instead. Instead of saying well I can't afford that. Well, that doesn't feel good. I need to pay my bills, so I don't even like the word bills; hmm, I need to pay for an abundance exchange here. Oh, that feels better than a bill.

Let me say this instead. That would be wonderful. Love to do that, but it's not a financial priority for me right now. Feels very different than I can afford it.

Or I really miss, I really missed out on that opportunity. I really miss my friends, so I really miss having a partner. If you shift it and say I look forward to having a new partner, I look forward to my next level of success.

You know, I really appreciate being able to do this or that. The energy shifts and then the understanding that the road in front of you, your future vision is bright ahead rather than I miss it, I

don't have it, and then your energy drops, and that's where you feel the limitation, or the blocks.

**My other question I have for you is. There's so much, or so many people are trying to find a deeper connection with source, with God, with the universe in their own life. Do you have any suggestions on how we can open ourselves up to connect with source, with God, with the universe more efficiently and deeper and more loving?**

Well, we would say we see many of you humans working way too hard to find something that is outside of yourself. Your very breath. Everybody take a breath. This is who you call God. This is who you called divine. Your soul-self. Because once all of you and you know, no, none of you get out of this experience alive. So, you're all gonna transition? Yes. We all know that. Like pay taxes. Your aware of this? Yes. So, when you, the soul part of you, the energy, the life part of you is done with this physical container, it goes back into pure positive energy. But right here, right now, that life, that co-creative divine light partner to each and every single one of you, how do you know if someone is alive? Well, you are talking, how are you talking? Because your brain is working, there is a nervous system that is firing. You have breath going in and out of your body. You've got blood pulsating through your body. Your heart is beating. As the medical community we call these vital signs. Is she awake? Is he breathing? This is your evidence of this God of divine, of soul, of life force, of universe coming through you, because each and every one of you are an individualized connection extension of the divine and the evidence of it you don't have to go looking anywhere for it. Just putting your hand over your heart and feeling that beat. That's your divine right there saying you're enough, you're important, you are here. You're alive, you're loved. Look at the abundance of how many times this heart beats.



Look at the success of that. All is well. There's no separation from the you and the you. The very breath just returning to conscious breathing, breathing in, and breathing out. Evidence of God. Evidence of life.

The very energy that you have pulsating through your body. That's life. Seek no more. It's within you.

**What is happening in our world today? What is your thoughts on what is happening and where we are now and where we're going?**

We like this question very much, and there's different levels and layers. So, let's start with the pandemic. Let's talk; we got excited because we, this is our first time that all of you had an opportunity to unify, cause everybody was going through the same thing all at once.

This was an opportunity for human beings to say look it, we are all one, going through the same thing. Well, even far beyond the pandemic, when all of you in the universe was birthed, you all had the same thing.

It is universal laws. All of you have an opportunity to understand each one of you that are alive, like we just talked about is having the same shared experiences.

You are breathing, your hearts are beating, your mind is working. You're all having the experience of divine living through you. That is a shared experience for every human that is on the planet, whether they are in the UK or. In Australia or in the United States. There is a common breath, it's like all the cells in a body working together, breathing.

And this is a universal experience, but with the universal laws, like the Law of Attraction, individually, what you send out, you get back.

We were asked, what gives counsel when everything happened with the pandemic? And we said it's an amplification time. What has been in the underground for each individual will be amplified, and what you all do with it from your free will and choice will then determine what you do in your future.

So, if someone is feeling lonely and they've been feeling they really want a partner and they live alone, woo, that got amplified. What did they do with it? Did they drink? More smoke? Do drugs more? Do they shop more? What? What do they do? Eating more? Or do they realize I'm really lonely? Let me do something about this and find a deeper connection. Many did. Many choose different ways. Those that were freaking out underneath about money, oh, oh, now here, you don't have a way to make money.

Well, those people said, OK, let me get creative, let me, instead of closing down my restaurant, let me do take out. And they were making even more money, cause now they didn't have to pay waiters and waitresses.

There were many people that use that opportunity to grow their business where others got more fearful about money and got worse and worse in their situations.

You have other people that were in a marriage and really didn't much like the person they were with, and now you are trapped with this person. And the reality of it, I haven't been satisfied for a very long time, and now I want to transition from this relationship. Or relationships got deeper and deeper.

So, everybody had a same shared experience. You all have a same shared experience in in the sense of life force is breathing through you. But with your individual free will choices, what did each individual do with that opportunity? Do with that? It's an opportunity to look at you all really are one in the end, because all of you are living, breathing extensions of the divine. And what

you do with that, with your own free will, you get to speak and think and feel and believe and of course do, based on what you choose.

So that's the first thing, is that understanding. Wow, there's unification. Everybody in all parts of the world are going through this and it really is a time to come together. Doesn't matter if what, what race you were, It doesn't matter if you were male or female, what religion you were, or whatever belief system it was a unification of everybody going through the same thing at once.

Now understanding that, understand that because of this free will choice thing that you know hands off with the divine, it gave it to each one so that you can all either choose to align and create from there or choose to misalign and create from there.

As far as your human history, not just U.S. history, but your human history. There's always been polarity. Polarity is a law of the universe here on planet Earth. In divine light, there's only pure positive energy. There isn't up, down, left, right, in, out, good bad, hot cold. It's all one and unified. But in here, in your 3D environment, you have polarity.

You have those that are very, very misaligned, to those that are very, very aligned. And each individual choosing their own life experience. But the thing to understand is that there's always going to be some form of contrast, what you don't want, so that you can pivot and turn it into what you do want.

Most people are not aware of it, but thanks to individuals like yourself, dear Alex, you are making more and more people aware of what alignment is and that they can properly choose to be connected to something so much wonderful and greater. An abundant than even their tiny situation or circumstances they feel is the end of the world. That if you bring light to that. If you bring a deeper understanding of that, well then, your life can be

very, very different. But polarity will always exist, and it is a time that all of you are aware of all of these things happening. We will say this. In your human history, there's always been politics, and there's always been arguing and racism and all of these other things. There's always been economic collapsing in recessions and things like this all over the world. But now with how everything has gotten in your awareness because of media, now social media. It feels like it's closing in on all of you. Because everybody is talking about it.

When you understand that you as an individual, create your own life experience by choosing to focus on what you do want, what you do desire, you get to choose where you put your focus. And if you are focusing on the good within you, the goodness in the universe, the abundance of opportunities focused on your divine design, well then life feels good. It doesn't feel stressful. Most people and living over here in lack and limitation and separation and chaos and drama, being said more and more of it, with a moment of joy, with a moment of happiness here or there, we have seen people move from here to over here, living in breathing, in joy with an annoyance over here or a point of anger over here. But with the tools, with properly knowing how to process split energy, you can live in joy, so you no longer even have a bad day. You might have a moment that you don't feel good, but you master your own energy, so you come back in alignment with feeling great.

**So where do you think we're going as a, as humanity? With all of the things that shift, that's happening right now, where do you think we're all gonna be going?**

Well, we see all of you in light and with more people doing what you lightworkers do, there's more light. There's more light on this planet now than there ever has been. There's more light accessible, more spiritual high dimensional light available to

each of you now, than there's ever been in a time in history, and we see that more people are becoming light workers. More people are dedicated to helping people through the process of life. As it is said, the forms might look different, might be looking like a podcaster. It might look like an author or speaker, or a channeler or healer or massage therapist or Reiki master. The forms all are very different, but as each one of you, that are in light are living and dedicated and committed to bringing light to the planet, you offset millions who are not.

One person adding and spreading light, offsets millions that are stuck and mired in lack, in limitation, in suffering. But each of you, no matter how much light is available or not. It is each of you that either awaken and move in and lean into that light or resist it. That's still and will always be an individual life experience of free will, but we will tell you more light and more is coming.

**And how do we get over the fear that we all have? There's so much fear that we live with on a daily basis, most not all that afraid of just the kind of every, like, literally everything. And it's not just about the tiger around the corner. That's a good fear. I'm talking about the other kind of fears, the ones that don't. Let us move forward. The ones that don't let us get out of bad relationships, the ones that don't let us get open up that business or quit that job or ask that girl or boy out those fight fears. How can we overcome those things?**

Well, we called the pandemic a feardemic. Because really, that's what it really was. It's fearing the worst, and when you will understand how to master your own energy. When you understand that fear is coming from a perspective of lack. It is shifting out of the perspective of not enough, not good enough, and there's not another person, there's no more money. When

you are focused on the lack, you will always feel bad. But because this is a law of polarity, and because this is a universe, that is an abundant universe, when you move from lack to either compassion or satisfaction or looking for positive aspects, that's your gateway. That's your doorway into a world. Where you are in alignment with abundance. So, fear is a perspective, it's an energy, it's a state of mind, it's a belief. And you all do have it, nobody controls the mind. Nobody controls your emotions. You are influence over five different things in an individual life.

What you say, nobody can put words in your mouth. So, can you change your wording of fear to something that feels more hopeful and full of faith? Sure, you can, try it.

What about the thoughts? Nobody's thinking your thoughts for you, president of the United States, or even ex-presidents, former presidents. They don't put the thoughts in your head. You think the thoughts. Well, who has control or influence over your mind? You do. Sometimes you feel like you don't, but you do that thought you don't like.

There are techniques and processes that we teach all the time. Take your physical hand. Imagine pulling that weed out and then placing in a beautiful flower. What do you want to pull out? If you don't want to be afraid of something or think, there's not enough of something. Plant something in there, feel the energy moving.

I will give you another example, a lady was sitting and getting a massage, and she felt very anxious, all of the sudden and doing the work that she's been doing for decades. She thought, what's this anxiety about? OK. I know that anxiety is just an over amplification of something I haven't felt yet. So, what's the feeling? Well, I'm feeling fear. What's the fear? Let yourself feel, talk to the fear. What are you trying to communicate to me here? Because it's the mind that it does a really great job, so you don't

have to go, oh, what is this? Everyday come to your computer and go. How do I turn it off? What do I do? You know things. Your mind has memory. Well, it also has memory, of, ooh, last time I put my heart out there I got hurt. Last time I asked a woman out, she said no. Last time I tried to reach for my dreams I ended up being disappointed.

So, it's that same mind that tries to warn you about the tiger around the corner that also says this could happen and that could happen and that could happen and that happened, and all the bad things that could happen because it wants to keep you safe. But when you are connected more to the limited mind instead of the unlimited divine, that's where you stay stop.

So, she let herself here what the fear was about. The fear comes from lack. OK, what's the lack about? You've used it up. What have I used up? Your success. You've had great success; you've used it all up, and she said to this mind of hers. Well, that's an interesting perspective. But you can't use up success. It's not like a pie that I ate and now the pie is gone. I have a bakery and I can make as many pies as I want. There's no using up energy.

Each of you have a treasure chest above your head, always filled up. It can never be depleted. Nobody can steal from it or borrow from it. You can't lose it. It doesn't get misplaced. It's the universe and its energy, its light. And as you bring in the energy and light within yourself and you fill up with it, well, then you create what you naturally are divinely designed for. Success, abundance, love, well-being. And so, she started to feel that part of it, that limited part of her that felt bad, and let that part feel the abundance instead.

The transmutation of the lower vibration to the higher vibration shifted that. And it was interesting because just days after that her mother shared an experience of when her father

was having all this really great success and they were going here and going there and then all of a sudden all of it stopped and it was like they used it all up. And that was imprinted into her. And so, she had to reprint, reprogram. And you do that with energy because before I thought becomes a formed thought, it was energy.

So, you fill yourself up with the energy of abundance, like we started this conversation. Connecting, meditating on, what does it feel like to be in full abundance? What does it feel like to have massive, expansive success. What does it feel like to be loved and supported?

Not from your 3D environment, from your divine, because when you are filled in your energy container with the energy that you desire. Then you become a magnet to those people, those places, those situations, all of that that can support you in the energy that you're fulfilled in, not lacking.

**And can you talk about the power of money and how much people put emphasis on money and being negative and being evil? The root of all evil is money and all this kind of stuff. Can you talk a little bit about the power of money and how we can use money anymore positive and in a spiritual way?**

Well, we would like to have all of you feel that you are powerful and that you are not powerless to money. Going back to her, we like this very nicely, she always says, I think they deliberately try to mess up people because you need money. Someone long before we ever, we're talking about her perspective became in a physical body. Someone says instead of trading my pig for your chicken, we're gonna use coins and dollars and things of this nature called money.

And yet then in the Bible now it's, it is the love of money that is the root of all evil. Well, before it wasn't money, it was greed.



It's greed is the root of all evil. And, because they didn't even have money back then when they first wrote down the Bible. And so, you have this thing that every single human being, whether you wanna put a roof over your head or you wanna buy an apple to feed yourself, whether you want to put your kids in school where you wanna put clothes over your body, how do you go get all that stuff? Money. So, if you have a negative attitude or you are pushing against money, you're gonna have a struggle relationship with money. It's a push pull. I need it, but I, but I need it, but it's bad.

Anybody or anyone in this universe if you are pushing against something, you're gonna have a very resistant relationship with it.

When you all understand that it's not necessarily the bags of money that you love, but what you get to do with that money.

You get to have a bigger roof over your head or roof in general. You get to have air conditioning or heat when you need it. You get to have a vehicle that gets you from point A to point B.

If you get appreciation and gratitude, not for the money itself, but what it brings you, the freedom, the security, the choices, the options, you're gonna have a very different experience with money or the opinions of others that have money or even don't have money.

So, cleaning up your energy, you are in a relationship in this 3D environment with everyone and everything, whether it's a houseplant, money, the neighbor down the street, the dog, the sky, the sunset, the hummingbird, there's a relationship. Because you have eyes to see, have ears to hear, you have a mouth to speak.

You have energy of focus that goes out and then in exchange that comes in. But every single relationship starts inside of you.

When you shift your own interpersonal relationship with your idea and the appreciation of money. Good thing about money, unlike human beings, money doesn't have an opinion. Money is not gonna say Oh no, no, I'm not gonna go to Kristin, but I'll go to Alex cause he's cool. Money doesn't do that. Money is green energy and when you are open to it, when you're open to receiving it because of if you are really aligned person, you're gonna do some really good stuff with that money. If you're out of alignment and you're with, the original Bible talked about greedy. Well, then you're out of alignment with it. You're gonna be stingy. You're gonna do probably things that are not in alignment. Money is not the issue. Alignment or misalignment is the issue on any given subject, and all of them starts inside of each one of you.

Again, free will and choice.

**And do you have any final? Words any final messages for our audience?**

Each and every one of you, you are infinitely loved, infinitely. Nothing is being resistant to you. You don't have to prove yourself to anyone. There's nothing! You are infinitely, infinitely loved and infinitely supported. Infinitely abundant and successful. And you are infinitely adored. There is no other higher truth.

# TWO WORDS

**T**here are two powerful words that can help you to create a life that you love. Again, it may seem way too simple, but once you understand what it really means, it'll make a lot more sense.

We're going to take a deep dive into two simple words of advice that have been hidden from you in plain sight.

Once you start applying these two words of advice, the universe will put everything you want in your lap.

The thing is, it's gonna sound so simple to you when you first read it. Your immediate reaction will probably be, "That's it? That's all this is about?"

But the golden nuggets of information aren't just in these two words. It's in the thorough explanation of what they mean.

These two magical words are- Wait..., let's go back in time.

When you were born, just like with any other baby, more than likely your mom, dad, family, and friends treated you as if you were a king or a queen. And yet, we were all born into the world with no ability to do anything. Entirely dependent upon our parents, completely incapable of doing anything of value.

Regardless, we intuitively knew as babies our own worth and value. So did everyone else.

Have you ever noticed that at a family gathering, it's always the baby who steals the show? They get all the attention, and everyone makes a big fuss over them.

The point is that when we were babies, we knew our own value, and so did everyone else. We weren't valued for our

talent, skills, or abilities. We were valued because everyone intuitively understood the limitless potential that babies have.

It was Doctor Glenn Dohman who once said something remarkable and true. He said children are born geniuses, and then we spend the rest of their childhood life de-genius-ing them.

In other words, when children are born, they're capable of so much more than parents in the public education system realizes.

And what happens? Rather than stimulating a child's intelligence with the right way to teach them reading, writing, and arithmetic at a very early age, most parents wait and allow the school system to teach them. In reality, babies are super smart, are like sponges, and can learn math, how to read, and multiple languages at once.

The reason why this is important to understand is that most of us went through this process in the end, and most of us who went through the public education system were taught a lot of things that ended up being highly restrictive: limiting beliefs that stop us from progressing and doing the best that we can in life.

The point of this isn't to tell you how to raise your children to be geniuses, but the real reason why I'm talking about this is because of the of the brainwashing that happens to all of us during that critical time of growth, during childhood.

Most of us create beliefs about ourselves that affect us throughout our whole lives. We create limiting beliefs such as, "I'm not good enough because I never got straight A's in school"; "I must listen to grown-ups instead of my own intuition and heart because any person of authority knows more than me"; "I'm not smart enough because I could have done better at school. I'm lazy because I could have tried harder"; "I'm not good

with money because I'm always in debt"; "I'm not good looking enough because others are better looking"; "I can't change because I was Born This Way".

So many of our limiting beliefs started as children.

All of these limiting beliefs created us to be adults with problems in life that never seem to go away. Such as, feeling depressed because it seems like nothing ever will ever change or improve. Feeling stressed out and angry because it's hard to do well in life.

Constant anxiety about our health and the health of our loved ones. Feeling listless and lifeless with no real direction. Feeling like the passion has gone out of our love relationships or our lives in general. Feeling resentment because we built our lives around what we thought others expected of us instead of what we wanted to do, be, and have.

Feeling jealous of others whose lives appear to be better than ours. Not happy. Feeling stressed out in bad relationships, in jobs we don't like, in careers we didn't choose. Feeling like others walk all over us. Depressed, short tempered, miserable, and so afraid that we're going to die that we don't know how to live.

But once you understand the hidden message from the universe that you knew oh-so-well right after birth, you will be happier and able to attract more into your life. Improve relationships with loved ones, friends, neighbors, and money too.

You'll have direction in life, passion, a sense of feeling adventure. You'll take calculated risk where you'll win almost every time. And you won't be the victim anymore. You'll be able to take charge of responsibility for everything in your life.

So, I'm sure you're wondering by now what these two powerful words are that can help you to create a life that you love. Again, it may seem way too simple, but once you understand what it really means, it'll make a lot more sense.

The two words are..., drum roll, please. I don't know if you can hear that.

FEEL GOOD.

That's it.

You knew it as a baby. You cried when you didn't have it. Your parents did all they could to help you to feel it. And they didn't bat an eye in understanding that you deserved it, desired it, and wanted it.

You knew that the most important thing for you to desire and attain was feeling good. Whether that meant having a full tummy, needing a nap, or having any desire you had met.

You knew to follow your intuition.

You didn't have anyone telling you otherwise at that point. You weren't asked or required to fulfill anyone else's needs.

In the beginning, you simply knew that feeling good felt good.

You knew that it was your natural state of being.

If there was something amiss or going wrong, you cried to get the problem resolved. The point is that you intuitively understood your value. You didn't see life from a scarcity standpoint. Life was abundant for you.

You didn't ever think things like, "Can my parents even afford to feed me and clothe me?"

You didn't give it a second thought. You were a free thinker. And no one messed with your subconscious mind.

No one tried to reason with you to get you to eat your vegetables because there are starving kids in Ethiopia who would love to eat them if you didn't.

You didn't have anyone trying to make you feel guilty for looking out for yourself or for putting yourself first.

But then, just like most of us, you entered the dreaded school system. Suddenly there was a very big person with authority that more than likely scared you into submission. Gone was your status as the most important person in the room. Gone was the notion that you could get what you wanted in life, and when you wanted it.

You started to realize that you were judged by the bigger people and that if you stepped out of line, you'd get punished for it. We all go through this. We all lose our way.

We get compared to other children and unless you were the top of your class in every single classroom, all through years and years of school, until you graduated, you were made to feel less than.

Then we started to beat ourselves up inside. Our subconscious minds went to work overtime to try to make sense of the world. And in our desperate desire to understand and survive. We all had to give up the notion that we should strive to feel good.

Feeling good was replaced by appeasing others, appeasing those in authority, appeasing our parents, appeasing our teachers. Feeling good was replaced by being quiet, not rocking the boat, doing as we were told, drawing within the lines conforming, doing what we could to be accepted by our friends and family and letting go of any childhood dreams we might have had.

This is the process that most of us go through in life, whether we realize it or not. Some of us do well in this contrived and controlled system, but a lot of us don't. Some of us rebel against the system and find our own way, but most of us don't. The end result is that we devalue ourselves and who we really are.

We get a job that we hate, buy things that we don't need to impress neighbors who don't really care, and once in a blue moon take a vacation so we can forget about our futile, meaningless, stressful lives. That's the reality for most of us.

The school system is designed to get you to become a slave to the system. Where you work, for your whole life for the system, in the hopes of saving enough money so that when you can retire at an old age, you can then go have fun in life.

But by then, your body is too feeble to enjoy anything physical. It's not this cut-and-dry for all of us, and some of us do manage to be happy and joyful at work.

But statistics show that eighty-five percent of us in the world are not happy with our jobs. We feel overworked, and overburdened, and the stress of it could cause problems in our relationships.

So now let's get back into this super simple solution that can help you to manifest a life you love.

**FEEL GOOD.**

Let's address the most likely objection that your subconscious mind is probably thinking right now. You're probably thinking, "This is ridiculous. I can't just purposely feel good. It's impossible. I have so many things I don't feel good about. How can I just start feeling good now? And isn't that a rather selfish thing to do?"



When others tell you that you're being selfish for putting your own life and interest ahead of others, how is it not selfish of them to expect you to do what they want you to do?

If your choice is to be their slave or be selfish, wouldn't you rather choose to be selfish? And if everyone simply chose to do what they wanted, when they wanted, wouldn't the whole world be a little happier, being a bit more selfish?

But then you might be thinking, "Okay, I can agree with that. But how can I just start feeling good? I've so many things that I feel bad about." And yes, that's true for a lot of us. We do have a lot of things to feel bad about. You may work at a job you hate, be in a bad relationship, have serious money problems, and have health problems, too.

How can you possibly get back to the proper mindset of feeling good, regardless?

And why is it so important to feel good anyway? You may have heard this already, but the way that the universe works is that your subconscious mind and the universe work together through something called the Law of Attraction.

The better you feel, the more you will attract things that are a vibrational match to how you feel.

If you feel bad, you'll attract people, circumstances, and events to match that feeling.

If you feel good, likewise, you'll attract people, circumstances, and events to match that feeling.

You get what you think about whether you want it or not. You get what you feel whether you want it or not.

The trick to life when you're down and out is to not allow those outside external conditions to change how you feel.

You can choose to feel good no matter what your circumstances are.

This is why meditation is so valuable. Where you can detach emotionally from reality. Let go of the past, and the problems of now, and embrace that future version of the person who you really want to be.

By becoming nobody and no time and no space, you can easily feel-good no matter what. It won't matter if your bank account is too low, or if your relationships are on the rocks, or if your health is a big issue. When you choose to feel good no matter what, regardless of whatever is going on, then you have embraced the real you.

Then you have empowered yourself too. Then you have mastered creation and life itself. Then you will have control once again, just as you did when you first started out in life as a precious, powerful divine baby.

Is it possible to feel good regardless of your circumstances? Can you, do it? If not, what's stopping you?

I highly recommend that you start using this tactic of feeling good first. If you can do that, the universe will put everything you want in your lap.

Make these two words the backbone of your daily life and you will see how things will magically change your **Belief System** and create a better and abundant life for you.

# VERBATIM TEXT OF CHANNELED MESSAGE FROM ARCHANGEL MICHAEL

Beloved's Masters, ascension means attaining a clear awareness of self, and accepting the fact that you are a white fire seed atom facet of your Mother, Father God.

As you delve deeper and deeper within yourself, you come to realize your intimate connection with all that is. Once you have felt the exquisite bliss of a heart-to-heart connection with our Father, Mother, God, and you are able to draw fully on the adamantine particles of Love-light, you're yearning for love is gradually fulfilled.

Your hunger for sustenance will also be satisfied, and you will be given the strength, the will, and determination you require to joyfully complete your earthly mission.

Energy is generated by the frequency patterns of attraction rather than patterns of resistance or friction. Thoughts, words, and emotions have either a helpful or detrimental effect on the physical vessel. And they also create a certain band of frequencies within your auric field and beyond.

There by your reality on the physical plane is created. The laws of the universe state that you must always experience that which you create.

Remember, the spoken word is the language of the physical world. The language of spirit is composed of light, sacred geometry, imagery, sound, and color.

When you are radiating the refined frequencies of love all around you, the negative forces will simply not affect you.

My brave ones. You must become a tributary of the river of life. A channel for the divine force of creation.

Stagnation begins immediately when you stop the flow of adamantine particles into and through your Sacred Heart. As you become a Sentinel of light, your aura will grow and glow. As you become illumined by the radiance of spirit. You. Your home, your neighborhood, city, State, province, and country, all have an auric field whether it is bright or dim. The heart and soul of each country must be revived.

When Unity consciousness is lost, the spiritual life force of a country begins to wane. Remember, everything that exists has an aura. The Divinity and awesome power of the creator is in everything.

Many souls are what could be termed spiritually bankrupt. For they have either used up their allotment of adamantine particles of life and light and are now so steeped in the lower frequencies of the 3rd and 4th dimensional world, that they can no longer tap into the Cosmic River of life and draw forth the full spectrum of light of the creator. Or, since early childhood, they have not been able to obtain the required level of harmonious frequency patterns to ignite their allotment of adamantine particles stored within their sacred hearts.

Unfortunately, many dear souls take with them into death the greater portion of their allotment of creator light. These are the tormented souls who feel unloved and have led a life of suffering and often isolation or violence, which was created by a sense of hopelessness, feelings of self, hatred, and inferiority.

They often focus their hatred and frustration outwardly, blaming others and fate for their failures, while all the time being unaware that they are the source of their own pain and suffering.

Many of these precious ones choose to come forth on what could be called the lower spectrum of shadow and light. At a soul level, they chose the overlay for the life's drama they would experience because they wished to overcome certain imbalanced frequency patterns from the past.

However, many times the path they chose is too much of a challenge, and they fall back into the negative patterns of many fruitless lifetimes.

Those who have the least freedom of choice are driven by obsessions, addictions, and unconscious impulses. They are controlled by past negative influence. Is that our very difficult to correct.

Remember dear hearts, you are not judged by anyone but yourself. And you will always be given an opportunity to overcome past transgressions.

Self-forgiveness is the first step in healing the past and reconnect it to the power within.

It may seem heartless and uncaring; however, a self-master will gradually end relationships with people they are no longer in harmony with. There should be no judgment, just a gradual letting go and a withdrawal of severance of any energy cords of attachment.

It is usually the other person who ends the relationship, for they could no longer receive the emotional energy they require from the enlightened person.

So many lonely souls are seeking their soul mates, and this is taking place around the world as more and more souls reach a certain level of harmony within. For millions of you, this is the time when your soul has reached the furthestmost point of its journey of separation. And you are now in the midst of the journey of reunion and integration.

Your soul has gradually been infused with the divine discontent which is slowly filtering into your consciousness, and you have turned inward in order to tame the ego and reconnect with the soul, the oversoul, and the multiple facets of your greater self. You now have the potential to connect with the many facets of your soul family, your higher self, your many over souls, and your God Ray I am presence.

On the other hand, many soul mates have similar soul vibrational patterns, but do not necessarily have similar physical auric capacitance. Soul frequencies are stronger than physical frequency patterns, and they are stronger when you are in an emotional, heartfelt state. If the radiance is strong enough the beauty of soul shines through.

However, it may not be strong enough to overcome the physical, emotional, and mental traits that are not in harmony one with another in order to create a lasting, satisfying relationship.

Physical relationships are difficult at best on the earthly plane, and especially when you're striving for self-mastery and you are in the process of knowing thyself, which leads to constant transformational changes within and without.

My brave ones never forget you are eternal and immortal.

Your physical body is a temporary temple in which God dwells. The Sacred Heart is the temple of the soul. Therein is the essence of life where true love resides a way your awareness of Infinity begins.

The diamond core God cell within the Sacred Heart contains the 12 rays of God consciousness, which are etheric crystal prisms of refracted light called, rays that beam forth, the essence of creation.

Death is a metamorphosis, a changing of the cloak of flesh for a cloak of light. You have but one life, and that is eternal. You have assumed many roles while on your journey throughout eternity. However, you are, as you were in the beginning, within your Sacred Heart, a divine child of the Supreme Creator.

To become Christ-ed is to realize your divinity within, and then following unerringly the guidance of your God-self. In the higher realms, your vessel of light is pure, perfect, and indestructible. Envisioned a wholeness that has never been altered and has no imperfections.

Staying centered within the Sacred Heart maintains your connection to the higher levels of God consciousness and assures a steady flow of creator light, love, and life.

The Super conscious mind is a magnet for higher godly truth. The desired body is a generating force within each person. You are dominated by either the ego desire body, which is controlled by the physical senses, or the spiritual righteous desire body, which is controlled by the higher self.

The subconscious subjective mind is ruled by the conscious mind and past conditioning. It is programmed and reprogrammed through vibratory influences, whereby the lower negative thought forms of the past have convinced you that you are sinful, weak, imperfect, and inferior. Throughout your many past life experiences, you have created a powerful vortex of doubt, depression, fear, scarcity, and debilitating disease which leads to premature death. These harmful thought forms have been repeated over and over until they are firmly entrenched within each individual subconscious mind as well as within the collective consciousness belief structure, until they become the accepted reality of the masses.

Your sacred mind always knows the truth, and it will eventually override the misconceptions the conscious mind,

which can be reprogrammed as you strive to clear the subconscious mind of negative influences.

Your sacred mind is the direct connection to the God mind.

Moderation in all things results in equilibrium, balance, and a sense of well-being. Self-Mastery leads to control of the physical emotions and the thought processes of the lower mind. The self-master stands firmly centered within the Sacred Heart in the midst of chaos and change, holding fast to the wisdom of the sacred mind as it gathers strength and guidance from our Father, Mother, God.

Always an observer of the process as all illusions slowly fade away.

Ascension means attaining a clear awareness of self and accepting the fact that you are an extension of your Father, Mother, God.

As you begin the process of integrating the many facets of your higher self, you will also tap into your higher creative abilities. You must learn to perfect a state of alert relaxation. Whereby you are the Co-creator as well as an observer of the process. You must be patient for there is a preparatory stage that must be followed in the process of activating your higher consciousness powers and attributes.

The language of the unconscious and subconscious minds is primarily imagery. The activation and integration process of the subconscious, conscious, and subconscious minds is greatly accelerated by the deliberate practice of perfecting your imagery and visualization skills.

Affecting your Tele-thought skills requires an intense will to succeed, along with determination and concentration. Your progression into the higher realms of consciousness is a gradual



awakening process whereby you awakened to the nudging's and wisdom of your soul, self and higher oversoul.

As you step onto the path of enlightenment. You initiate the process of developing a conscious mindful awareness. You must first focus on the physical aspects of your being, your physical vessel, the chakra system, your emotional nature, and your mental capabilities.

Gradually, overtime, as you balance, harmonize, and integrate a certain degree of unity consciousness within your physical state of being, you are ready to access the vibrational patterns, wisdom attributes and abilities of the higher 4th and lower 5th dimensional realities.

This is the basic transformational process called Ascension in consciousness.

This procedure includes joining, balancing, and integrating the right and left hemispheres of the brain, gaining access to your sacred mind, as well as balancing and harmonizing the seven etheric mind centers within the physical body called the Chakra System.

As you ignite the kundalini fire that is stored within the root chakra and your reserve of adamantine particles of light, which were stored there at birth for future use. You begin the process of opening and activating the seven seals of higher consciousness. You will gradually gain access to your Sacred Heart center and your diamond core God cell begins to blaze forth, thereby magnifying and radiating in greater force the dynamic rays of God consciousness.

This is your own special formula, your soul song, which was encoded within your crystalline structure before your journey into physicality. Your task is to magnify, increase and add to this

soul signature of light as you move deeper and deeper into expanded God consciousness.

You must realize that you exist in a world with vibrational frequencies created through your own forceful thoughts, actions, and intention. While existing in the lower frequency environment of a third and 4th dimensional reality, you only have access to energy forces composed of primal life force substance, the half spectrum light of the inharmonious material planes of existence.

These vibrational frequencies will respond to your thoughts and actions, whether positive or negative, eventually manifesting materially depending on the force and repetition of your thoughts.

Your mental state of mind determines the outcome of your creative endeavors. Universal law assures you that you will experience the resulting manifest expressions of your thoughts and actions, whether positive or negative. Are you willing to strive to maintain a balanced, forceful nature so that the frequency patterns you've radiate forth into the world, are loving, kind, and beneficial to all.

If you are truly serious about developing your latent skills of telepathic communication, it is important that you devote some time each day to study and practice. Create sacred space where you won't be disturbed and ask your guides and teachers to join you there.

As you gradually attune to the higher realms and clear the distortions of the past from your personal column of light, which connects you with your I am presence God self and our Father Mother God, you will slowly develop your ability to maintain a constant alpha state.

Thereafter, you will enjoy an ongoing relationship with your higher selves, your guides, teachers, the Cosmic Council of Light, and the Angelic realm.

This is your ultimate goal. My brave ones. We know there can be much pain, discomfort, and fear as you move through these accelerated processes. Know that together we will overcome all adversity.

Our mission is to open the way for any dear soul who expresses a desire to return to harmony. When you doubt, need inspirational strength, come into your pyramid of light and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center and we will be waiting there to fill you with the radiant love of our Father, Mother, God. I am Archangel Michael.

# ADVANTAGES OF KNOWING and the RESULTS OF CHANGE

**T**here are multiple reasons why we should change, and the results obtained are mind-blowing to say the least.

We can begin with health. As you become in tune with your body, you learn to take care of your incarnation vessel. You eat better, you intuitively become aware of the proper foods needed and never again worry about things that do not do you good.

Let me give you the biggest insight I have regarding foods. Since I learned that our seven main Chakras have colors, I further learned that the best way to care for our body is to eat fruits and vegetables that have all the colors of the Chakras.

Due to my negligence in taking a hot bath and coming out to an air-conditioned room, I will admit that I have only had a cold once in the last seven years. That last cold was very recently.

There are many other daily things that one can do to have a better life and be happy twenty-four seven.

Meditation is key to our connection to consciousness. It will change you forever. Start with just a couple of minutes a day and you will be amazed at how you feel.

You gain expediency in many facets of your life.

I, for example, can ask my angels to guide me as I drive somewhere, where I know there will be throngs of people, and

ask them to direct me to the most convenient parking spot. It always works.

I can come up to a location that I have never been to and ask for help, and I get a nice, gentle response in my mind, as if it were myself talking and it never fails, I am always directed to the right place. The more subtle, the more you will know that it is spirit talking, and not your ego.

Your intuition is enhanced greatly; to where you become a magnet for many things, such as lotteries and games of chance. Since my awakening, I have acquired more than two hundred and fifty thousand dollars playing lotteries and other chance games over the past six to seven years.

In my previous books, I have posted most of the earnings obtained before that last book.

I can give you a boring assessment of my life, but I would prefer you learn to assess your own life and change it so that you can be happy and full of abundance and love.

Basically, you learn to live in peace. I will not preach to you that nothing ever bothers me. I'm human, of course things bother me, but that is all I allow it to be, just a bother. I'm not going to let something of low vibration carry on for more than a few seconds or minutes of my life; then I forget it. **It was never intended to control my life.**

Never let anyone else or anything outside of you control your life. You are the creator of your life, and no one else can make changes to your life unless you and only you allow it to happen.

It is your prerogative to stop things in their tracks or let them jump on you and grab you by the arm and allow that negativity to take over your life.

Don't let thoughts ruin your happiness. You are better and deserve better.

If you have had a life of giving to others without the expectation of anything in return, you have had a head start to billions of people and have reaped the rewards life has given you. You will attain financial growth and love-of-life growth.

VERBATIM TEXT OF CHANNELED  
MESSAGE FROM MY MOTHER – ROSA  
M. RIVAS HERNÁNDEZ

Giving - It is an opportunity to give to others something that they desperately need, or want, or must have in order to continue to live; to continue in a very happy life, or it could be a continuation, or starting over their life with a means of continuous love.

We must all learn to give; living is really a sense of one. There is a sense of being one; in one place to help each other, to work with each other, to create a wonderful and happy life.

When we give, we should never expect anything in return.

For me too, we can smile, it makes us smile in our hearts. It's fun when we give; we give to feel good, we give to feel happy; we give to see happiness, feel the joy, to feel the light, the light of source bestowed upon both the giver and the receiver.

The light that brings happiness because source created us to be seen in the light. (End of Channeling)

“If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present.”

—Lao Tzu

As you progress in your Spiritual Awakening, you become more and more aware of many facets of your life. But the one that I am very conscious about is present at all times, and that is to be totally clear to people and always be honest. -These two words are the basis for the words and thoughts that I utter and provide to others.

Learn to always maintain a high level of vibration within your thoughts and your body at all times. This will greatly enhance your ability to manifest and reap all the rewards that are available to everyone every single day of our lives.

Remember, vibrations are frequencies. You are also a frequency. But, when you vibrate at a high level, everything you desire and are required to attain, will be given to you. Everything on this planet has a vibrational pattern. If you vibrate above that pattern, there is no reason why the Universe will not gift you your desired result.

Be in the moment at all times; do not let thoughts get in the way of your life. Just say to each unwanted thought, "Thank you, but I really don't need you right now." It is that simple. Don't allow a thought to grab on to your arm like your swarming best friend does.

It is just a thought that your ego sent you at a specific moment. Let it go and stay present at all times.

Be consistent with everything, be it nature, animals, people, and everything that is around you, at all times. Basically, everything in your universe, and everything that is around you at all times.

Try and keep trying to never use negative words. Be they spoken, written, or thought words. This is extremely important. I have been told by many people that the reason they listen is



because I never talk negatively of others, and I have no reason to.

Always try to sync your Heart and your Brain. Place your hand over your heart when in doubt about something, and you will be amazed at the results of the information that will be given to you.

You can ask your higher-self, or any other angelic being a question and you will see that sooner or later, you will receive the knowledge you are requesting.

As you continue on your journey, you will notice how things will be granted to you. You will see things that you never imagined; that is the way the Universe is tweaking things for you at all times.

Never think of lack.

Never say, "I need, or I want." Always give gratitude as if you have already obtained what you desired. Trust, and things will come to you.

Spread your knowledge to all those who ask. This is not a religion trying to convince others to join you for a visit to a congregation. This is who we really are, nothing more and nothing less. You provide truth of us all being one with God.

Of the many topics that could be written here, I think I must mention to all of you, what I considered a valuable tool with my kids. This was a homemade dogma that I used. It is what I used to emphasize even before I became awoken, I would say, "If you think you have a problem, fix it. If you can't fix it, it was never your problem. Don't worry about it, let it go and move on with your life."

Last but not least, we must be aware of what we do every second of our existence. Keep your vibrational level high.

Remember, you are here for many reasons and what actions you take will always produce a reaction in some other form.

When we say something out of line to someone, you must remember that that person has feelings and is also empathic; maybe not at your level, but they feel it, and it might be another burden on that person and possibly become karma, depending on how they take what you say or do and then the outcome of what they say or do, and these will be reflected on both souls.

Everything is known and everything is forever recorded.

# VERBATIM TEXT OF CHANNELED MESSAGE FROM PLEIADIANS

We are the Pleiadians, and we now communicate through this instrument vibratory sound complex for the purpose of aiding the human collective consciousness at this time to understand about the queries which have been placed today. However, it is vitally important for the people of your planetary sphere to use your own inner discernment when listening to our thought forms, as this will aid the understanding of the nature of reality which is dependent upon the perceptions of the entity based upon it's inner understanding may be different from another entities perception.

Furthermore, discernment is advised when listening to our thought forms.

The first query pertains to what is it like to live in the 4<sup>th</sup> Density or the 5<sup>th</sup> Dimension?

We as Pleiadians shall now address that this query pertains to the understanding of life in the 4th density. Which may be composed and understood greatly by firstly realizing that fourth density is comprised of love in each action.

Each action which the entity makes in the fourth density is composed of love and compassion.

Which means that whenever an entity is interacting with another in the 4<sup>th</sup> density planetary sphere, there is no need for any type of self-service, but a type of service to other situation, which eventually leads to a situation of win-win, as known by your people.

This type of distortion is primarily combined with a greater effort of understanding that the 4th density life cycle or the 5th

dimensional life cycle is but a type of creation. Wherein many entities will objectify the ability of creating reality.

These entities who are of the 4th density vibration are at the level of the vibration of love.

Hence, they have the ability of creating anything they desire by focusing their attention on the thought forms of the desire and by sending love to such a desire.

The entities are able to bring forth those desires through space-time and the materialization of such aspects will happen anytime and anywhere as desired.

This means that there will be no need for any of the entities upon your planetary sphere to work or to actually learn the lessons as the people of your planets currently do.

To learn the workings of society will not be required in this level of 4th density consciousness, as the 4th density consciousness also will automatically bring forth the energy vibration of creation. Which means that entities will be able to create their desires by focusing on love and their thought forms.

And this will also lead to the ending of the cycle of learning as known by your people in your so-called schools. As the schools which will be present in the fourth density consciousness may be considered as the schools of spiritual vibration understanding.

And this is a type of training system for all those entities of a fourth density vibration to understand. How to you shed the ego minds and instead shift into the higher frequencies, or the elevated levels of consciousness which allowed the fourth density conscious vibration to emanate.

Furthermore, there may be also other frequencies of higher nature, which is the path of moving operates into the 5th density consciousness.

And the lessons which I've learned in the fourth density primarily involve the lesson of balancing the aspect of love. Since the over giving of love will lead to the ending of the entity being feeling used by another entity.

Therefore, the balancing of the love is learned primarily at the 5<sup>th</sup> density level.

In the level of 4th density, therefore, in the beginning stages, the energy body will begin to restructure and there will be a restructuring of the cellular memories. Which means that the old energy vibrations and templates that had been installed in your cellular memory based upon your societal exposure and exposure to other entities since your childhood will allow the old patterns to be released.

And these old patterns once released will allow your energy, vibration, or a system to affect and allow a higher 5<sup>th</sup> dimensional frequency of the 4<sup>th</sup> density to arise.

And this will allow the entity to have the ability of a higher vibration which will aid the entity to recognize vibration of others and the true feelings of all entities would be found by this aspect.

As no longer there can be deceit in the 4th density consciousness.

Consciousness will become the most valuable currency, as consciousness is the creative aspect which is within all beings, and entities who are learning the lessons.

Furthermore, this will also allow the creation of understanding of soul memories and also many entities of a

similar vibration will find themselves understanding of their past life connections.

Which this will also allow themselves to heal their past by forgiving such entities and healing the subconscious portions of their belief systems.

Which are primarily their main activators, or the creators of healing within the self. This will also create a sense of inner peace. This peace will allow the love vibration to transition into the higher levels and allow the free will of many other entities to be exchanged in the form of energy vibrations.

In the 4th density consciousness, there will also be many of the so-called systems as known by your people, as the system of language will soon begin to transition and fade into the aspect of vibration communication or telepathic communication.

Much like the so-called, as known by your people, as in their scientific language terms, as quantum entanglement communication, which will become the main factor or the main system of communication in the 4<sup>th</sup> density planetary sphere.

Furthermore, the feelings that you feel within yourself in the 4th density consciousness will be completely of love, and this vibration of love will allow you to affect other entries also in a joyful and loving manner.

Furthermore, this will guide you to make better choices and also will teach you how to handle your emotional and mental complexes more better.

And further, in the 4<sup>th</sup> density life cycle, there will be no need for the aspects as referred to by your people as the need of desires, as the desires upon your planetary sphere are the main reason why many entities find themselves in situations of negative nature. Which is the results of the desire, leading to psychological suffering.

In the higher level of vibration of love, of the 4<sup>th</sup> density, there will be no desires as such, and desires for the lowering of all of your understanding and dependency on the outside world completely is removed.

Which means that many of your entities who enjoy the outward third density pleasures will find themselves not being interested in such aspects as the vibration of the planet shifts into the 4th density.

4th density life cycle is also but a lesson in sharpening the self. And the main challenge will be to understand how the balance between the aspects of giving love to others and also the wisdom of realizing that too much love to others may not be a great idea.

Further, this is the main lesson which is to be learned in the 4th density, or the 5th dimension, as known by your people.

To gain the wisdom and understanding of 5<sup>th</sup> density; to balance the aspect of love.

VERBATIM TEXT OF CHANNELED  
MESSAGE FROM ARCHANGEL  
MICHAEL

## **Timelines according to Archangel Michael**

I am Archangel Michael, and you must remember that I am connected from the angelic realm through this boy. And, before I share my thoughts and insights you need to guard your mind. And only take in those thoughts that feel right to your inner heart.

**In addition, remember to grow spiritually, it is each beings purpose in this incarnation. Which means that each being on this incarnation, also has a purpose of learning to create its own reality. And learning to manipulate the so-called energy movements of its physical vehicle, and of its chakras to create the timelines required.**

Since many beings on your planet may not only exist in one reality; but they also exist in multiple parallel realities. Every time you make a certain choice, another self will be living in the other choice that you did not make in this experience.

Furthermore, every choice that you make and do not make is co-related and allows entities and beings to experience everything at once. Since there are numerous multiple timelines, there is no end to the experience.

Every being the must understand that it is the father, the source, and the creator.

Many beings on your planet feel that they are not the creator, the father, or the God, as they say in your language. Many beings



worship the father outside of themselves, believing that the father is only outside in the form of a picture or an image.

However, they fail to recognize that the father is within each entity and each being.

**The father, the creator, or the so-called God, as your people call it. Are all within each entity.**

It is just a simple process of realizing that each being is the father.

And for this you must remember since you are the creator of your life, you are the person responsible for everything that happens in the outward reality.

Even if there is a certain soul agreement which has already been prearranged. You, being the creator, can change sole agreements based upon your creative power.

Today, I am going to share with you how you can exercise this power that is within each being. And those who desire shall find that this power to be the real crux. Which shall change your timelines and realities.

Many beings on your planet have believed things to be one way, however in truth, they are not the way they seem. Meaning, most of the beings beliefs are backwards, and not everything seems to be as it is.

You must understand that you create your reality through your feelings, your thought forms, and beliefs.

Your thoughts and feelings are the real reasons that determine what you will attract.

And your feeling or the emotion is the primary factor which you feel inside your physical body or in your heart. Which is the main reason all the determinant factor of the vibrations you will meet and encounter in the outward reality that you call life.

Your emotions and feelings are what determine how fast you will get or receive the desired timeline.

Everything in your life emerges firstly from a feeling you have; because without the inner world of feelings, you will not create the outward reality.

There is an uncanny relationship between your feelings and your outward reality.

Many beings on your planet do not realize this connection, because there is a certain time difference, between the feeling emotion forms and the appearance of their effect in the outward reality. And many beings, they cannot trace back to the feeling that triggered a certain timeline to come into place.

Furthermore, out of the three modalities of creation. Which are **feelings, imagination and thoughtforms**. The feelings are the most powerful because the feelings determine your outward reality.

**Most beings on your planet believe that outward reality causes feelings. From our perspective, the opposite is true.**

**What you feel inside creates a ripple or rupture of the timeline**, directing you into the timeline with the exact feeling in the outward reality.

Furthermore, most people on your planet believe that your thoughts give rise to the feelings. However, from my perspective as seen from the angelic realm, **the feelings determine the thoughts that you will encounter in your mind.** Hence, the feeling is the crux of creation.

**The feelings are the reasons why people on your planet are able to activate certain timelines.** Whenever you feel something deeply and you let the emotion ride through your physical vehicle, and you stay present with this feeling as long as

it takes to manifest or create the timeline, you begin to balance all your lower chakras.

And if the **feeling is very powerful**, it will **activate the highest chakra** as well; which is an **interconnection with the source**. And this interconnection will allow you to choose the timeline of reality that you so desire.

Choosing the timeline which you are desirous of will allow you to cycle forward into the chosen timeline faster. Because of this connection with the father within. Because of the emotions that you feel, this creates a strong potential or triggering the timeline that you desire to enter into.

The best way for each being on your planet to exercise this power is simple.

Firstly, whenever you want to create your reality or choose a certain timeline. You must **allow yourself to Daydream and to Fantasize** about the type of reality you want to experience.

**Firstly**, you must picture in your mind from the first-person viewpoint, the type of environment you would see yourself in and as you begin to see the picture in your mind, you will feel an underlying emotion. This emotion that you must grasp, and you must not let go, and you must stay present with this feeling. Just as a lover attaches its mind towards its partner who is deeply in love.

In a similar manner, **you must attach to the feeling that will get created when you bring in your imagination**, the timeline of the reality you want to enter into an experience. **After you bring this image in your mind's eye, ask yourself this question. *How do I feel and where is the feeling located in my body?***

The answer to that question maybe you will be feeling happy, elated, satisfied, excited, or a mixture of emotions that cannot be described using your language.

**This feeling is the one that you must attach yourself to and stay with it even during your waking daytime.**

The outward reality may try to dis-attach you from this feeling. But if you persist, it will lead you to the reality of the timeline that you desire.

**If you are able to focus even more intently and make the scene that you are imagining even more brighter and even more real, you will feel a real emotion, a joy, an explosion of the emotion, whether it be happiness, joy, fulfillment. You will feel something within your physical vehicle.**

If this is continued and persisted upon, the emotion will rise up through this layer of chakras. And the emotions rise up and reach to the upper chakras of the indigo ray. Wherein it will enter and meet with the source, thereby creating this timeline. It will happen to you, in the coming days or months. It will happen to you, and you will realize that what you felt today, is the reality that created it.

**The best way for beings on your planet is to perform this emotion.** Exercise is the time when you are **relaxing or going to sleep.** Because at that **time your mind is free of any of the words that normally are found in your mind.** Since most entities minds are very unbalanced and create many unwanted words and images. **The best time for entities to perform this exercise is during the so-called sleep time. Where in the mind is free.**

However, remember more important than the image is **the feeling because the feeling will allow** and bring forth this timeline.

Hence, this is the secret of creation, my beloved friends. I am Archangel Michael from the Angel realm and I have seen many entities on your planet changed their life with this simple use of feeling.

The grasping of this concept will allow entities to rise up in the level of consciousness.

This is one of the factors which must be mastered by each being before reaching into the upper octaves of the 4th density consciousness.

Which requires the knowingness of the creator, since in the upper octaves each being must be capable of creating its own reality. This must be mastered in this incarnation as well; if entities are desirous of rising into the higher levels of consciousness in the 4th density positive.

Therefore, I am Archangel Michael and I leave you now, so, be it.

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Each action which the entity makes in the fourth density is composed of love and compassion.

Which means that whenever an entity is interacting with another in the 4<sup>th</sup> density planetary sphere, there is no need for any type of self-service, but a type of service to other situation, which eventually leads to a situation of win-win, as known by your people.

This type of distortion is primarily combined with a greater effort of understanding that the 4<sup>th</sup> density life cycle or the 5<sup>th</sup> dimensional life cycle is but a type of creation. Wherein many entities will objectify the ability of creating reality.

These entities who are of the 4<sup>th</sup> density vibration are at the level of the vibration of love.

Hence, they have the ability of creating anything they desire by focusing their attention on the thought forms of the desire and by sending love to such a desire.

The entities are able to bring forth those desires through space-time and the materialization of such aspects will happen anytime and anywhere as desired.

This means that there will be no need for any of the entities upon your planetary sphere to work or to actually learn the lessons as the people of your planets currently do.

To learn the workings of society will not be required in this level of 4th density consciousness, as the 4th density consciousness also will automatically bring forth the energy vibration of creation. Which means that entities will be able to create their desires by focusing on love and their thought forms.

And this will also lead to the ending of the cycle of learning as known by your people in your so-called schools. As the schools which will be present in the fourth density consciousness may be considered as the schools of spiritual vibration understanding.

And this is a type of training system for all those entities of a fourth density vibration to understand. How to you shed the ego minds and instead shift into the higher frequencies, or the elevated levels of consciousness which allowed the fourth density conscious vibration to emanate.

Furthermore, there may be also other frequencies of higher nature, which is the path of moving operates into the 5th density consciousness.

And the lessons which I've learned in the fourth density primarily involve the lesson of balancing the aspect of love. Since the over giving of love will lead to the ending of the entity being feeling used by another entity.

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And these old patterns once released will allow your energy, vibration, or a system to affect and allow a higher 5<sup>th</sup> dimensional frequency of the 4<sup>th</sup> density to arise.

And this will allow the entity to have the ability of a higher vibration which will aid the entity to recognize vibration of others and the true feelings of all entities would be found by this aspect.

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Furthermore, this will also allow the creation of understanding of soul memories and also many entities of a similar vibration will find themselves understanding of their past life connections.

Which this will also allow themselves to heal their past by forgiving such entities and healing the subconscious portions of their belief systems.

Which are primarily their main activators, or the creators of healing within the self. This will also create a sense of inner peace. This peace will allow the love vibration to transition into the higher levels and allow the free will of many other entities to be exchanged in the form of energy vibrations.

In the 4<sup>th</sup> density consciousness, there will also be many of the so-called systems as known by your people, as the system of language will soon begin to transition and fade into the aspect of vibration communication or telepathic communication.

Much like the so-called, as known by your people, as in their scientific language terms, as quantum entanglement



communication, which will become the main factor or the main system of communication in the 4<sup>th</sup> density planetary sphere.

Furthermore, the feelings that you feel within yourself in the 4<sup>th</sup> density consciousness will be completely of love, and this vibration of love will allow you to affect other entries also in a joyful and loving manner.

Furthermore, this will guide you to make better choices and also will teach you how to handle your emotional and mental complexes more better.

And further, in the 4<sup>th</sup> density life cycle, there will be no need for the aspects as referred to by your people as the need of desires, as the desires upon your planetary sphere are the main reason why many entities find themselves in situations of negative nature. Which is the results of the desire, leading to psychological suffering.

In the higher level of vibration of love, of the 4<sup>th</sup> density, there will be no desires as such, and desires for the lowering of all of your understanding and dependency on the outside world completely is removed.

Which means that many of your entities who enjoy the outward third density pleasures will find themselves not being interested in such aspects as the vibration of the planet shifts into the 4<sup>th</sup> density.

4<sup>th</sup> density life cycle is also but a lesson in sharpening the self. And the main challenge will be to understand how the balance between the aspects of giving love to others and also the wisdom of realizing that too much love to others may not be a great idea.

Further, this is the main lesson which is to be learned in the 4<sup>th</sup> density, or the 5<sup>th</sup> dimension, as known by your people.

To gain the wisdom and understanding of 5<sup>th</sup> density; to balance the aspect of love.