

# COLLABORATIVE COEXISTENCE



Your essence is quantum particles

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## INTRODUCTION 44

### COLLABORATIVE COEXISTENCE

#### **Your essence is quantum particles**

**H**umanity is not SURRENDERING to anyone or thing.

Knowing, accepting and owning what you really think is key to changing any thought you may wish to change. OWNING and operating with the truth, IS NOT surrendering to it. Quantum leaps in YOUR consciousness do not HAPPEN to you. The state of consciousness that you reside in is YOUR creation, what you have manifested for yourself.

You are free to create again and again more to your liking.

Your essence is quantum particles that collaboratively coexist no matter what vehicle, reality or dimension you put them in, human or extraterrestrial or alien or in a rock form. When you stop working with your "quantum particles of compassion" aligned with

universal laws, you drop into negativity, blame, drama, judgment and the dark bandwidth.

Quantum ENTANGLEMENT Theory is a central principle of quantum physics. Quantum entanglement means multiple particles are linked together in such a way that the measurement of one particle's quantum state determines the possible quantum states of the other particles. Scientists conclude that quantum particles are ENTANGLED but entangled has the negative connotation of being trapped, snarled, impeded, WHEN in FACT quantum particles work together, collaboratively to manifest or create what a soul essence, a mass consciousness or a human THINKS.

QUANTUM PARTICLES all know what each other know.

They all work cooperatively without judgment or blame.

Quantum particles are sentient, think, evolve, are self-directing and can transfer energy from one end of the universe to the other end, faster than light without being diminished. An action taken on one photon affects the others instantaneously. Information is transmitted and processed faster than the speed of light. Some scientists claim that quantum entanglement shows there is no such thing as space, and everything in the universe is touching.

**QUANTUM BIT or QUBIT** is a unit of quantum information that considers ALL possible solutions or answers to a question or problem SIMULTANEOUSLY and NOT sequentially. Quantum computing has zero **AND** one at the same time, it has past and present and future all at the same time. This is the light bandwidth of compassionate energy that follows the thought your essence of quantum particles form.

In the DARK BANDWIDTH, the earth matrix:

Computer code has zero **OR** one, it is sequential like everything in the third dimension matrix is. Space and time are "either / or" that is why we have past OR present OR future. The illusion that things are separated was created for this hologram / the dark bandwidth to understand cause and effect of living without compassion for the self. The solidness of the third dimension is the result of "light thoughts / compassion" losing its energy and turning into stagnated, negative, unconscious thoughts and objects. Compared to "physical laws" quantum law is baffling, illogical and wired. Compared to thinking thoughts of "force and control" COMPASSION is baffling, illogical and wired.

In the LIGHT BANDWIDTH

You can be in multiple places at once, hear color and see music. You can't know the location of a thing or person because it is NOT IN ONE SPOT. It is many subatomic particles pulled together AS YOU FORM your THOUGHT. The act of you imagining, desiring, JUST THINKING or dreaming starts a manifestation on the quantum level. That is how your thoughts create your reality. Your consciousness is scattered in multiple locations and in NO FIXED location. That is why when you think about another person their essence is present in your consciousness immediately. And you can communicate with that higher vibrating, compassionate aspect of them in the now and in the light bandwidth. The part of them stuck in the dark bandwidth you may not be able to reach or interact with.

Gamma consciousness and thought patterns of compassion are found in your imagination, fifth dimension and beyond. Gamma brain waves play an important role in the R.E.M. or Rapid-Eye Movement sleep stages and visualizations. Operating in the

light bandwidth, means coexistence and equality for all sentient life existing in the same time and place. Aligned with universal truths and compassion you stay in the light bandwidth. Move into upset force, blame or control you drop into the dark bandwidth. It is that simple and that complex. You manifest what you think and the reality you exist in. Considering all possible solutions or answers to a question or problem simultaneously, NOT sequentially is how the Gama brain-wave or "being in the zone" works.

The largest portion of your essence or soul, the 90%er, RESIDES in the fifth dimension or beyond and uses gamma brainwaves. This essence is the one that has created and monitors the game plan and ACTION of the "avatar" it created for the fourth dimension experience, your astral self in a dream state. The fourth dimension avatar, decided it wanted to experience even greater darkness and created many COPIES of itself to experience living in the game of "victim, predator and confused innocent" in many different types of illusions or realities or dimensions. The lack of light (compassion) caused MATTER to solidify into the third dimension, duality and humanity. 3D IS ONLY a holographic projection of the game going on in 4D. WHICH WAS created and monitored by YOU in 5D self. The low woman or man on this frequency trail is the human, possibly a 10%er of your essence, your quantum particles.

While in the fifth dimension and beyond the light we emanated was white. Dropping into the dark bandwidth, density and biology the white light was separated out into seven or more colors of different frequencies, chakras, portals or energy fields. We have the illusion of 7 different, and separated, chakras representing our SEVEN separated states

of consciousness. Before moving back into the fifth dimension and beyond the separated states of consciousness need to recombine into White Light and compassion again.

Our separated states of consciousness OR intentions also got separated out from COMPASSION into separate forms of indifference, insensitivity or cruelty manifested in third and fourth dimension as a lack of compassion for the self and then others.

By leaving the FIFTH dimension and COMPASSION this is what happened!

Compassion slipped -- into all negative emotions and drama

**WHITE** Light divided -- into all the colors

**BLACK** is no light or no compassion.

**GREY** has a percentage of light present.





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## INFINITE STREAM

**R**elease the misdirection or lie, that you are only one.

You are an infinite, immortal stream of consciousness.

The human biology close to birth or death opens a portal to flow their stream of consciousness, their essence, into or out of the biology that is ONLY a vehicle used to experience the dark bandwidth thought patterns of being a victim and a predator and a confused innocent. Many 10%ers are stuck in dark negative thought patterns. Many even decide the human is all there is and all that ever will be. They have created and owned that reality for themselves. Their thoughts created their reality.

The Universal Law of **PERPETUAL TRANSMUTATION** of energy says that all sentient beings have the power to CHANGE continuously.

Humans are sentient beings that create the reality they experience and when they are WILLING to own

what they created. They can gain the information and execute the action it takes to change their thinking by going within to commune with the 90%er. Your stream of consciousness, your signature frequency, also flows into and WITH the core of Gaia and into the higher dimensions of your soul conglomerate. The spiritual compassionate parts of the human are entangled in the matter of the third dimensional matrix and the biology all made from the same elements. Your essence is quantum particles that collaboratively coexist no matter what vehicle you put them in, human or extra-terrestrial or flowers or a cow form. When you stop listening to them or working with your "quantum particles of compassion" aligned with universal truths, you drop into drama, extreme excitement, negativity, blame, judgment and seeking external objects, stuff, entertainment and various other humans to distract and entertain you.

Quantum ENTANGLEMENT Theory:

Entangled has the negative connotation of being trapped, snarled, impeded, WHEN in FACT quantum particles work VERY WELL together, all the time collaboratively to manifest or create what a soul essence, a mass consciousness or a human THINKS. Quantum entanglement means multiple particles are linked together in such a way that the measurement of one particle's state determines the quantum states of the other particles. Quantum physics is the study of the behavior of matter and energy at the molecular, atomic, nuclear, and even smaller microscopic levels. You can plot the way subatomic particles structure and create energy and physicality.

The universal principle of **THOUGHT** is that energy follows your EVERY thought. Seek or wonder about something and your thought takes you there to

manifests your thought. The thoughts you hold are YOUR point of perception and the reality you created by giving it, your FOCUSED attention and emotion.

QUANTUM PARTICLES are sentient, think, evolve, are self-directing know what each other know, work together cooperatively, can transfer energy from one end of the universe to the other end, faster than light without being diminished. An action taken on one affects the other instantaneously. Some scientists claim that quantum entanglement shows there is no such thing as space, and everything in the universe is touching. Quantum Entanglement Theory says you can separate two electrons by as much space as you like and they would still be linked; know what the other is experiencing.

### **ADDING LIGHT TO MATTER**

Add light or awareness or compassion to matter in the third dimensional matrix and it gets lighter in weight and thought to become more spiritual and compassionate. The biology goes from carbon based to crystalline based to become a lightbody. Third dimension physicality decreases in density, gets airier and moves faster like it does on the higher fourth dimension astral plane. Dark negative, unconscious, stuck energy and thought creates matter and that process needs to be reversed to transmute matter back into light. Alignment with universal law will transmute matter BACK into light and all residing in the light bandwidth. Those residing in the dark bandwidth always have the free will to continue on their path of fear, judgment, blame, punishment, upset and anger OR move to compassion.

In the **DARK BANDWIDTH**, and earth matrix

All entities and humans carry **less than 59%** light.

Fear, dissociation and negativity are the creative force.



They have the free will other dark ones allow them to have.

The cycle of interactions is victim / predator / confused innocent.

Pituitary and adrenals keep the biology and survival truths alive.

Whatever Dark Ones have, it is never enough.

Ego, the little human or the dark soul aspects dictate the Dark Ones thoughts and actions. They tend to dissociate, allowing an expert or tyrant to do their thinking for them. Dark Ones always want MORE and approval from external sources.

In the **LIGHT BANDWIDTH** and vibration

All entities and humans carry **60 to 100%** light.

Compassionate thought and action is the creative force.

Equality for all and responsibility for the self happens.

The cycles of interactions are compassion for the self first.

Pineal gland connects you to your infinite energy stream.

Alignment with universal law guides your thought and action.

Transmutation is NOT a system of releasing or even repairing it is a system of expansion BACK INTO having compassion for the self first. The human is transmuting or expanding back into its entire self. In the dark bandwidth there has been access to only 10% of your infinite energy stream. This movement back into means radical change and rather uncomfortable changes physically, emotionally and mentally. That means being compassionate with your biology while 97% of our DNA is getting activated to increase our wakefulness our thinking and intelligence. The other

3% of our DNA or biology is transmuting from carbon base to crystalline base and that means cleansing, detoxifying, getting rid of people, things, dense thoughts and clutter or distractions to this process. There may be grieving and lots and lots of crying. Tears are cleansing and being released for all the times we were unable to cry for the wounded, traumatized or abused self.

No more pushing and forcing the biology, as it turns crystalline it is wise to LISTEN TO and HONOR what your biology is telling you it needs. Transmuting into higher frequencies is already an overwhelming task for the body. The psyche needs to mellow out and work with the rest of the soul conglomerate operating in the light bandwidth. Go within you to find ways to ENJOY the duties you must perform OR do what you need to do to change what you are doing. Restructure your point of perception, your thinking and actions more to your liking. Release as many thoughts of:

"I SHOULD do this or that."

"I OUGHT to attend this or go there." As you can.

Think differently about what you MUST do. Make it more interesting, fun or enjoyable. Come up with new options, go within and brainstorm with your soul conglomerate for new options and directions to go in.

The Universal Law of **PERPETUAL TRANSMUTATION** of energy says that all sentient beings have the power to CHANGE continuously.

The universal principle of **SPIRITUAL POVERTY** is that you are "in spiritual, emotional and physical poverty" to the degree that you WITHHOLD YOUR energy. Possibly in the form of money, time, attention or productivity, while expecting someone ELSE to do it for you and or carry your debt: physically, emotionally and spiritually. You will have unfairly claimed the

energies of another or others and squandered their energy: unbalancing you both or all of you. Poverty continuously recreates itself, attracts and entrains with MORE of what it has not.

Poverty can also come to you when you are productive and FAIL to properly take your reward, (energy) money or compassion in a suitable manner. Those convinced they are unworthy or incapable of having anything of value will be in poverty, as they have not created ENOUGH self-acceptance or self-worth and or compassion for the self to even accept the gift of love that is offered to them. They will discredit the gift or fear it is a set-up.

Dark Ones NEVER have enough and believe MORE will satiate and comfort them, but it never does. When you feel you are OWED something from some source OUTSIDE you there is always the craving for MORE. Because what you crave and what you feed yourself with have nothing to do with each other. You crave self-compassion, acceptance and self-worth that is only gotten from going within. BUT you feed yourself DEBT, guilt, judgment, blame, fear, JUNK FOOD, fake sugar, salt, fat and fantastic ARTIFICIAL toxic flavors.



## **CYCLES turn FASTER**

Increased consciousness or light shortens the length of time that a cycle takes to complete. Cycles used to take decades to complete, now the pace is greatly accelerated. New packets of information are flowing in through our crown chakra to energize, uplift and

complete cleaning up the dark density of the third dimension. Information that has been held in secret to keep us in a dependent and controlled state is coming to light now. There is increased truth, honesty and transparency happening. Humanity has the option to consciously perceive higher awareness and frequencies. The integration of the new, different and higher vibration into the biology gets physically exhausting. The biology wants and needs to sleep and to be nurtured. Not indulged and fed junk food or drink to help you disengage or dissociate.

Unresolved issues or dark thoughts become crystallized capsules of energy that need to flow again in each individual and the planet. Dark truths or pockets of density you hold and operate with need increased awareness to be released. Wanting and waiting is a crystallized capsule of energy that needs to be released now.

**WANTING or WAITING** for your stream of consciousness or vibratory thread to move you is passivity or stagnation, which prevents you from having insight and dulls your awareness. Passivity of waiting and wanting leads to being impatient, upset, depressed and numb. To feel alive again you create drama over "your perception of lack." Your fear and judgment possibly creates a need in you to be the hero, avenger or the one needing caretaking. Allowing your consciousness to reside in the dark bandwidth allows you to believe war or FORCE is a solution to waiting, negotiating and treating all as equals.

Your thought pattern of:

*"When will things be the way I WANT them?"*

Needs to shift to:

*"How do I change my thoughts to ENJOY or change what IS?"*

Own it and you can ACTIVELY partake in your world and version of your reality exactly AS IT IS. Your points of perception, your thoughts, need adjustment for you to actively enjoy and take part in YOUR current creation. The reality you have consists of the thoughts you hold. Change your thoughts and your reality changes. Since you ARE a STREAM of consciousness you need to find one satisfying or enjoyable activity or endeavor after another or your reality will stagnate, crystallize. After all, your thinking creates the reality you exist in; your stream of awareness is your creation and experience.

The Universal Law of **FLUIDITY** says life is best when experienced as a fluid substance and not as a solid. Life has no fixed shape and needs to yield easily to external pressure the way, water runs no faster or slower than is called for and seeks its own level. Its flow is even, unforced and fluid, staying in the now moment without hurry or standing still.

The universal principle of **ENTHUSIASM** is that new THOUGHTS make you feel enthusiastic. New beliefs are ALWAYS showing up to challenge your old perceptions and beliefs.

This new information or thought can originate from most anyplace. From within you, a child's mouth, any form of entertainment or on the Internet. The law of attraction always provides us with a match in vibration to the vibration we emanate consciously and unconsciously. The law of entrainment holds you in the vibration of your choice. The law of allowing always gives you the option to choose again and redirect your thinking.

BUT, when you CHOOSE to shut down YOUR thinking, feeling and compassion. You become numb or

unconscious or stuck in a rut generally living in your pain-body and suffering or depression. Anything other than compassion for you has dark truths and illusions in operation along with all the many wounds you carry and nurture.

Waiting for and wanting change, means you believe ANY action is better than waiting and wanting. Any ACTION mostly likely will be you using force and not allowing.

You become a super hero, a rescuer.

Fighting or going to war seems a good thing.

Provoking some distraction passes time.

All of these actions are entrained in the same self-deception, denial, and force or not allowing. Waiting and wanting by you, attracts and entrains MORE waiting and wanting for you, as expressed by the law of attraction and entrainment. WANTING means that YOU are unaware that you already have what you want INSIDE you. Self-approval, acceptance, peace, calm and compassion come from the quantum particles and photons flowing within your stream of consciousness.

Any negativity you are focused on prevents your AWARENESS of the flow of photons and compassion that has entered you. Are you focused on growing or nurturing YOUR wounds? A wound always means someone needs blaming and someone needs to make it all better for you. That way you do not need to change the flow of your thinking OR take responsibility for your thoughts. Fear that someone can't serve or service you to your satisfaction creates a distortion or virus or wound in you. Negativity runs through your thinking, tainting all your thoughts and emotions, Having some compassion for your suffering means

less distortion and the possibility that you may take responsibility for all you have created for you in your flowing stream of consciousness. Then you can create with compassion again and again for you.

Luke 23:34 Jesus said, "Father, forgive them, for they know not what they do." Forgive yourself, for you knew not what you were doing, but now you know.

When you are able to become the DETACHED observer, objectively viewing all sides of an issue with compassion and aligned with universal truths there is no fear, drama or emotion only discernment of what is truth. Money, memories, traditions and ritual, waiting and wanting are all REWARD systems designed to keep you tied to the dark bandwidth thought patterns. The truth is increasingly available to those that seek it out. It's being revealed by entities in the light bandwidth and brave humans pointing out what is true. Many have shared their truth and were punished or silenced historically. Now some very light entities are inhabiting abandoned biology's of the DARK movers and shakers of the world, so when they start acting differently you will know why.

What synchronicities are you experiencing?

Take time to feel, listen to and notice your flow.

Be mindfully present and peacefully alive continuously adjusting your energy. Suffering results when energy is too fast or slow or you allow siphoning or try to force or siphon from another. Which direction is your consciousness, awareness flowing? While logged into the third and fourth dimension holograph, we our soul essence is SIMULTANEOUSLY active in many other realities.



## BUNDLES of STUCK

Every personal thought you have, dark or light, has your signature frequency attached to it. Your thought has a distinctive or unique marker or pattern of energy on the quantum level that identifies it, with your eternal essence, your infinite energy stream. It has where you originated from, what you have experienced and what issues, not aligned with universal truths, remain STUCK in your energy field. Misdirection's, lies or dark truths you have YET to understand heal and release with YOUR detached compassion and understanding.

Before you can expand yourself into the fifth dimension your pockets of dark density has to be dispersed. That would include the density you created in all the forms you took while holding dark thoughts, when you were human, non-human, an animal, plant, Fairy or big tree. Regardless what form you took the dark behavior pattern will be roughly the same. Clearing your dense dark energy fields of its BUNDLES of dark stuck energy on a theme or in a category is what ascension is all about.

**ASCENSION** is moving out of the dark, back into the light bandwidth. Out of unconsciousness into consciousness and compassion. This activity must be done individually and alone with the rest of your soul conglomerate. Changing the way you think is NOT magic or about leaving or getting rescued or even going home. Ascension is about YOU, your essence and signature frequency actively taking full responsibility for all your thought forms, creations and energy fields while holding a form on the earth in the dark bandwidth. The issues needing resolution or HOW you stopped being compassionate, needs to get unstuck

and transmuted by you, while you are conscious and aware.

THIS dark CYCLE is OVER for this quadrant of the universe. To speed up the stragglers, the invisible realm or your light soul conglomerate has BUNDLED your personal, stagnant thought patterns by their THEME or category to heal and transmute as a group all at once. In present time while you are awake and aware. You can heal each bundle at once spiritually, mentally and emotionally through our psychic and mental energies. On the physical level, density is released through the skin, runny nose or eyes, or any of our orifices.

### **EXAMPLES of DENSITY**

When you failed to ALLOW others their reality, you victimized them by forcing your reality on them. They had to do things your way or pay the price. When you seduced or tricked or lied to make things go your way.

You ATTRACTED predators by playing innocent or confused or stupid. You ATTRACTED predators because you wanted them to be responsible FOR your body and / or your thoughts. To set them up so you could be the predator, judge, jury and enforcer.

The times you ENTRAINED with cruelty, anger, frustration or force to JUSTIFY becoming a predator. The times you ENABLED and sacrificed for others: is YOU NOT allowing them their path, reality, spiritual growth and development.

Your soul will pick one glaring example of your dark thought pattern experience to heal from one category or give you a slide show with many highlights for you to see, sense and feel what you have created for you. Its physics, all thoughts and motives have a vibration; self-serving vibrations reside in dark or unconsciousness. Compassion resides in the light. Your personal emotional charge, upset, anger or wounds will continue

to attract and magnetize darkness to you, until you change your point of perception - your thoughts.

**DARK ASCENSIONS** happen FIRST for those that have COMMITTED to moving out of the dark into the bandwidth of light or those carrying 60% or more light. This is a step-by-step process of releasing dark survival truths to align with universal truths.

Take responsibility for the self.

You work hard to AVOID judgment, gossip or blaming yourself and others.

You remain conscious in present time and manage what you think. Step-by-step you EARN each level of greater light by aligning your thinking closer to universal truths. Secrets, unethical behavior or withholds on YOUR PART are exposed for you to notice and change. When you have progressed through maybe hundreds of dark ascensions you reach the half dark, half light ascension. Waffling or any negativity, blame or judgment puts you back in duality. Throw a tantrum or feel the need to prove you are right and even better than anyone or thing AND energy-feeding cords and agreements are in place again moving you back into darkness and survival truths.

With each level of light you are tested on and earn, your history gets rewritten in all your concurrent realities. The actual physical shifting of the energy in your biology, takes a few days to complete. You will feel spacey during those transmutations. You need a lot of FAITH during this process as you are working hard to take responsibility for your thought patterns and behavior in the now moment. With each ascension or void you enter, you grieve the LOSS of old thought patterns, people and your stuff and all the amazing dark skills you mastered. Embracing your fears or darkness temporarily lowers your light as playing with



dark or being physically challenged always does lower your light temporarily.

WHEN a piece, maybe 10% of your light soul conglomerate, DECIDED to move its consciousness into 4th and 3rd dimensions it shattered into 598 pieces or COPIES. It is physics; dark is dense, slow vibrating, more solid, not so creative and lacks light. Your pieces became the little human or ego or dark soul aspect, an animal or deva or all of them.

Emotions feel the SAME WAY leaving you as they did entering you. Remind yourself that they are not staying but are on their way out and that is why you are temporarily experiencing feelings of abandonment or betrayal or anger or fear to test your resolve. Increase your awareness about how and why you adopted the dark beliefs you hold.

For example your biology and your feeling of safety was shattered when you were ABANDONED. The bundle may include times: 1. YOU were rejected or neglected by a parent, friend or spouse. 2. Your family member(s) died and you were the only one still alive. 3. Concurrent or past lives when people that protected you and kept you alive, died. 4. You were betrayed and or killed for your beliefs. All these events would be dropped into your awareness as a bundle for you to figure out the theme or category.

Most likely you have also been the ABANDONER, you left emotionally, physically and or spiritually. Who or what have you withdrawn from, stopped supporting or deserted? The problem comes when your CHOICE is to DWELL on ANY injustice, cruelty, darkness or wound and you judge or blame you or another YOU remain in darkness and have not gathered any knowledge or awareness or consciousness of how to be compassionate.

Another example is SEXUAL ABUSE as an infant you were anally raped and or a child being forced to give oral sex to a number of adult females and males. You may have even been created for this purpose. Possible physical issues brought into your awareness could be; jaw problems or grinding of teeth, vomiting, food issues because you were not ALLOWED to control what went in your mouth or what happened to your biology. These physical issues are USED to trigger your awareness of you thoughts and emotions. Own your experiences without blame or judgment. Show compassion for the abused infant and child forced to endure these traumas. Show compassion for the biology that enabled you to have that experience.

Most likely you have also been the SEXUAL ABUSER mentally, physically and or emotionally. You were the adult venting on or "training" the infant and child. You were the rapist or killer handing out justice OR just enjoying your power over a small dependent helpless one that trusted you. You gave what you got as a child. Owning the experience you created for you, gives you the power to heal and release the emotional trauma or wound you nurture and carry. If the emotional charge doesn't release with your awareness and owning and returns you need to dig deeper, you didn't get to the core issue yet. Or you didn't get it right. After one issue is resolved then you are presented with the next issue for you to address. Ask your soul aspects out loud, anything you want to know about that time period or a particular incident. They can share with you how everyone else felt and what everyone thought at that time also.





## 2

## YOUR RELATIONSHIP

**Y**our relationship with yourself, and others in physicality and those not so physical, on the astral plane or part of a mass consciousness without a form, helps define you. A compassionate relationship is without conditions or emotional drama, it seeks to SHARE, makes you feel confident and empowered. There is detached compassion with nothing to gain or lose in a LIGHT relationship. The truth has no agenda, it just is. Moving into the light bandwidth means you resolved your dark negativity and unconscious thought and behavior patterns in all your relationships with others. Many of us are changing our dark patterns and frequently we may need to do the resolution on the astral plane ONLY or on the physical plane and the astral plane together. The most pervasive unresolved issue humans have to resolve is allowing others,

The Universal Law of **ALLOWING** means you stop trying to get others to adopt your reality. Allowing

grants EACH individual the right to have their own reality to BE and DO whatever they choose as long as they avoid violating the rights of others or destroying any part of the collective environment we all coexist in collaboratively.

Gaia is not responsible for the thoughts and emotions of ANY of her humans. The human is not responsible for the thoughts and emotions of ANY other human. The law of allowing means you need to manage your OWN thoughts and emotions. NO giving your "stuff" to someone else to take care of or manage or be responsible for. YOU are NOT someone else's responsibility. Stuck pockets of dark stagnation in your biology and aura are for YOU to consciously own and change so your thinking aligns with universal law.

**MOST TROUBLESOME** is ALLOWING

The largest issue a person residing in the dark have, is NOT ALLOWING others to follow the reality they want and choose to follow. To heal YOU, it is important to revisit those relationships mentally and CHANGE the dark thought patterns YOU have held and acted on during all and any of your relationships.

It matters not if the other one changes.

You are not responsible for the thoughts and emotions of ANY other human or entity or astral body.

**BUT** it is critical that you change your thoughts in order to release your dark pattern of thought. FREQUENTLY the other human being is not available to interact with. They are located far away, have died, hate you and reject you or more commonly the 10%er essence, driving the human biology has chosen the density of the third dimension and is not really present enough to interact with on any level. There just isn't any consciousness home or available to interact with. You need to just allow that. It is what it is.

Your best option in the case of “no one is home” is to take your communication to the astral plane while you are awake or asleep, OR in your imagination. Either choice will create the same result. You will most likely be interacting with the 90%er part of the soul conglomerate, a very reasonable compassionate lot, they are, and they reside in the light bandwidth. In the LIGHT BANDWIDTH you can be in multiple places at once. You can't know the location of a thing or person because it is NOT IN ONE SPOT. You calling that consciousness to your awareness make it available for you to interact with. The many subatomic particles pull together when you focus your attention on them to commune with them. The act of you imagining, desiring, JUST THINKING or dreaming starts a manifestation, a gathering together of all the parts, on the quantum level. And you can communicate with that higher vibrating, compassionate aspect of them in present time. The part of them stuck in the dark bandwidth you may not be able to reach, ever. Allow the other individual their choices and walk away, let that part of them go.

#### FOCUS your ATTENTION

In a calm relaxed manner think about your relationship with another and the other person's essence will be present in your space, you invite and include them in YOUR energy field. NO need to travel to them. If they are feeling guilty, ashamed or afraid they may be a distance away but they will be there. Explain out loud what your intention is:

You want to change YOUR side of the relationship.

Talk of how you interacted with them.

Review your codependency or neediness or anger or frustration. Go into as much detail as you like. Know that when you are giving too much or sacrificing you

are NOT ALLOWING. Know that when you FORCE another you are NOT ALLOWING. Self-sacrifice or force unbalances you, drains your light and is a form of manipulation. Self-sacrifice is YOU avoiding responsibility for you. Forcing another is YOU forcing another to be responsible for your thinking and your wellbeing. Glorifying sacrifice and suffering, hard work, money, tradition, more stuff, memories, ceremonies and rituals are the reward systems of the dark bandwidth. ALL you have shared with them is YOUR neediness or dependency and lack of compassion for the self.

Compassionately listen to their responses when they choose to make them and how they choose to be with you in the now moment. Explain that NOW, in present time, you will allow them their choices and reality without you protesting, pouting, punishing or using force or trickery on them. You will stop upsetting yourself when YOU fail to get what you would like to get from them. You accept that it, JUST ISN'T going to happen. Explain that you realize that YOU are now responsible for making yourself happy and you are mastering enjoying what you can give yourself. You are changing the way you perceive the reality you have created for you.

There are many responses the other may have; they may not trust you, they may want to disengage from interacting with you or they may want to evolve to closer alignment with allowing also. Decide as you go moment-to-moment the way you want to proceed with your interaction and communication. Remember incriminating, blaming, chastising or feeling vengeful puts you back to square one and in the dark. If that is what you do own it and work with it until you make things compassionate for you.



On the astral plane change happens faster because the energy is less dense. It is easier to improve your relationship on the astral plane than it is with the human. Sometimes you can do both, interact with someone on the astral plane / fourth dimension and in physicality in the third dimension. As you clear your stuck energy, you clear Gaia and the rest of sentient life on this planet to some degree. Energy out, is energy back in AND you are always part of the mass consciousness. You going a bit lighter will increase the sum of the group. When you allow and own responsibility for your thoughts and resulting emotions, it is not possible for you to be a victim, predator or confused innocent.



## TIME and SEQUENCE

Time and sequence are slip sliding away. You are not going crazy. The reality around you is shifting. Humans are accustomed to structuring their thinking into units of the past, present or the future. That makes it easy to believe that something comes BEFORE or AFTER another thing or event. All our experiences in the dark bandwidth are SEQUENCED. All of our life is a sequence of events, having polarities and being an isolated individual struggling to survive emotionally and physically.

### **WITH TIME there is SEPARATION / SEQUENCE**

Now! Means DO IT NOW!

There are past experiences and future expectations

Different realities appear separately.

All realities are sequential, isolated and different.

Polarities, individuals and separation are an illusion or ignorance.

There are agendas, expectations, disappointments, and victories.

There is hard work, time and resistance to accepting what is.

### **WITHOUT TIME or only NOW**

Now means there is NO SEPARATION.

Different realities coexist all together all at once.

There are no past experiences or future expectations.

All realities are interwoven into one search engine.

All realities are INTERWOVEN and exist on a continuum

There are no agendas.

You understand cause and effect and choose compassion.

Expectations live in the future, disappointment lives in the past and failure is fear that haunts us. Slow and steady, quietly and introspectively our consciousness is expanding. We are losing time and not our MIND. All the differences, the past and future are coexisting together and always have coexisted together, now we are becoming aware of that. During this time of transition into unity you may BRIEFLY feel the concept of an expectation or agenda, disappointment and frustration, failures or setbacks and victories or wins. As our higher perceptions of clairaudience, clairvoyance and clairsentience come online we expand into our awareness of many different dimensions and realities, all coexisting in present time or in the now moment.

All realities are INTERWOVEN in a quantum state into present time. This new way of viewing and perceiving your reality will take some serious mental adjustments. You are moving into the light bandwidth of

Light Language packages of information. You are not going crazy. The ability to understand a new language happens before you are able to speak it. Instead of sequential words in a sentence and paragraphs we are learning Light Language carried to us by photons.

**LIGHT LANGUAGE** is a package of interwoven files and information that are SENSED, FELT and KNOWN through thought forms and energy fields.

**ENERGY FIELDS** arises from all life within an event site or area; it would generally include a thought form and the surrounding energy.

**THOUGHT FORMS** often arises from an individual or a group. There are collective and planetary and mass consciousness's thought forms. Historically when you got a feeling or sensation or "aha moment," you probably didn't assume it was a thought form from another entity, reality or dimension. But with the bleed through or thinning of walls between realities - images, sounds, smells and feelings are floating through that easily disappear when you try to examine them more closely. Our past, present and future are merging and coexist all together.

Light language is coded messages understood with theta brainwaves and above. Photons are a stream of oscillating electromagnetic fields or vortexes revealing themselves as pictures, ideas, knowingness and sensations all at once. As you sense a packet coming in: you may get VERY dizzy momentarily. Instantly become distracted from a third dimension task, and / or suddenly become very sleepy. This is receiving and sending the language of thought forms and energy fields.

Translating light language or energy packages of thought forms and energy fields, has been done through storytelling, art, music and dance. The interpretation is left up to the individual and their personal experiences and perceptions. Interpretations will shift

and change with new experiences or awareness. With increased light, wakefulness and awareness on earth the various realities that have always been present BUT never noticed before are "bleeding through" into our awareness now. Energy fields and thought forms are NOT as tangible and solid as the third dimension, but are very real and ALIVE with messages, information and truth WITHOUT words or heavy objects. These packages of information originate in the fifth dimension and compassion.

Packages of information originating in the THIRD dimension are dark and at best, conditional love, very enticing, drama filled and generally have fear, frustration and eventual disappointment.

DISCERN and CHOOSE

First, discern what you are attracted to and why?

Is your FOCUS on something you need or want to get from them OR something they need or want to get from you? You can KNOW in advance, that this will be a victim, predator and confused innocent interaction or manifestation or relationship. By attaching your consciousness to a thing, event or person you have chosen it and manifested the INTERACTION you are having. BASED on what IS true for both of you and the reality YOU HOLD or choose to experience. ULTIMATELY

Someone will force what they want on someone else.

One person will get wounded and angry.

And at some point there will be confusion.

A few examples: The child wants attention; love or money from a dysfunctional dark parent that only considers what the parent wants. A lover wants to have attention from someone living in his or her pain body or addiction or an inability to care for the self. The

instructor wants the student that can't read to enjoy what the teacher wrote.

**The REALITIES of the dark bandwidth are.**

They LACK compassion.

They always TAKE more than they give.

Always, there are secrets, lies, self-deception and denial. If you want to play with Dark Ones those are their truths. The truths they live by, interact with and manifest with. WHY would you expect compassion, equality and transparency when that is ONLY found in the light bandwidth? You go within to find the light bandwidth, realities and truths. By focusing your attention on being compassionate with you and responsible for giving you what you want you remain aligned with universal law.

It is imperative for the individual wanting to live in the light bandwidth to master their thoughts and consequently their emotions. Aligning with allowing and compassion helps one release the habit of REACTING to stimuli and upsetting the self over the very predictable behavior of the Dark Ones. When you insist, expect or demand Dark Ones behave according to light truths, you are nurturing your own DARK thought pattern, suffering from denial and not accepting what is. When you choose to upset yourself about another's choice, you're manifesting, attracting and entraining your own upset and victimhood.



**IN and OUT of 3D 4D 5D**

Two steps forward and one or two steps backward, IN and OUT of the third, fourth and fifth dimension

vibrations we go. Compassion is not easy when you have been dark so long. Third dimension is dissolving, breaking up and fading IN and OUT. The vibration or state of our consciousness also fades IN and OUT of third dimension, fourth dimension and fifth dimension. Once the fading in and out, enters your conscious awareness, the knowledge you have access to increases. You become aware of energy fields and other entities around you that are in constant contact and connection with your essence. Your contact with them fades in and out based on your focused attention and the vibration you are entrained with.

Frequencies or vibrations are rising for some people and LOWERING for others. As mass consciousness or awareness or wakefulness continues to increase on earth, some get more confused, angrier and drop their vibration even lower. Some humans' need more processing time or rest to integrate the increasing light, new truths and feelings, to accept that they are loveable just as they are AND are NOT judged or blamed. The best way to integrate new thoughts and sensations is to enjoy the self. Whatever that means to each individual. Even when sitting still, the human body is working very hard. As higher vibrations and photons move into the body's endocrine system the biochemistry of the biology is changing permanently. Nothing will ever go back to the way it was or the way you perceived reality in the past.

And then there is time that just keeps slipping away, but that is a good thing. When accomplishing a task and you allow yourself to be distracted or you change your focus, you forget about what you were doing. You forget about it until you rediscover it later on. With compassion and photons flowing through you, judging, blaming and upsetting yourself about

you and others, doesn't really happen, so much any longer. Strong emotion only serves to distract and mute your being in the flow thinking and deciding what YOU want and are manifesting for the self.

With no time, it's not possible to waste time or be impatient or in a hurry or react to past experiences or even upset yourself about another human's death that is simultaneously perceived as a "welcome home" back into the higher dimensions. Falling into the dark bandwidth or even choosing to incarnate into the forces of darkness is something to be healed with more knowledge or transmuted with increased awareness and your compassion for you. Listening always, to your self-talk, and then reframing your thinking to align with universal truths. Awareness and listening, is how one develops their receptiveness and ability to change their thinking.

Remaining open to new ideas and thinking clearly you have conscious awareness of all that is currently unfolding without upsetting yourself and moving into drama or fear. See situations for what they are without making them good or bad, they JUST ARE. Take the time to focus on the beauty all around you, like the sun, hearing the waterfall and the cat purr. Without time and YOU being the CONSCIOUS creator, means there are no questions or wondering about what comes next. Your imagination and being the conscious creator is really your fifth dimensional thought forms, BUT the third-dimensional brain is not programmed for that kind of perception yet and can easily get fatigued going back and forth or in and out of different frequencies and new knowledge. When you are resistant or in denial you may have difficulties perceiving, acknowledging and recognizing the details of what you do perceive. Work on being patient and

allowing what is. Accept what is true for you now and go from there.

Your biology and your third dimension consciousness focuses on fear and what causes it, putting you in a state of alert. Vigilant humans are easily distracted with particular products, situations or person that can "save them" or rescue them or be their hero. Being in a constant state of alert, lowers your vibration or state of consciousness. How easy is it to manipulate you when you are fearful? Dark Ones constantly talk about horrible diseases, which they created to keep us afraid and distracted from compassion. Frightening the people with talk of wars they create, candidates for election that are all the same. The fear or lies and distortions you are feed through the media that you can choose to dwell in and worry about until your focused attention on negativity attracts and entrains even more negativity and things for you to worry about.

From your lower fourth dimensional consciousness you can perceive the astral plane and all the war games or sexual distractions or fairy tales that live in those parallel and alternate realities and mostly in the dark bandwidth.

Your fifth dimension consciousness focuses on compassion, ALLOWING and understanding of the bigger picture, knowing that things JUST ARE. Don't put a judgment on them; work with them the way they are. From your higher frequency consciousness or fifth dimension and above you can perceive all the realities of that frequency, as well as all the lower frequencies.

When the Galactic ones or Celestials or aliens or extraterrestrials or the rest of our soul conglomerate visit our vibration or reality frequency, they put a thought form around their energy field with their signature frequency, to let you know it is them. That is how

the human senses their presence. The human senses a THOUGHT they know they did not generate. Slowly and steadily humans are seeing the thought forms of others. First you just know or sense the thought; the Starship or the lightbody is present in your space when you use your heightened senses. Inside you just know.

And you think!

*"That was my Galactic relative, the Pleiadian and clearly not human, when we communed telepathically."*

While you are serving on Starships, you generally wear your Lightbody. When you are in your fifth-dimensional state of consciousness your body of Light has greater detail than when you are in 3rd - 4th dimensional state of consciousness and it looks more like a flash of Light or a bit of blurriness lacking details like fingers, toes, noses, eyes or gender, it is androgynous as things all are in the light bandwidth.

The brain is programmed for survival of the biology; our innate intelligence is concerned with our spiritual survival and is NOT centralized in one place or organ, it is a quantum energy field. When you move to the light bandwidth, the corporeal biology that the brain controls is starting to connect with our innate intelligence so you can become your own medical intuitive. Spiritual survival is aligned with universal law. Calibrated to the 5th and 6th dimension and GAMMA brainwaves, sharing, creating and evolving you are in the zone, inspired, learning and living in your lightbody.

All versions of reality exist simultaneously.

Some of our essence is always in the third, fourth and fifth dimension.

YOU choose the frequency or perception you WANT to perceive and reside in it, with the thoughts you hold, compassionate or negative.

The primary rule of inter-dimensional travel is that "where your attention is, YOUR essence or quantum particles are, you are. BI-LOCATION is shifting your awareness and experience to another reality, while staying put physically. BUT you are still aware enough to change your focus back to the human when needed. That way it is easy to commune with your parallel or alternate realities and the rest of your soul conglomerate. You can shift your awareness by merging with higher or lower vibrating aspects of your essence. That means you can remain home in your starship, on your planet and / or with the fairies in the fourth dimension. Everything in your reality is being tracked, observed, facilitated and guided by your soul conglomerate.

The consciousness residing in the light bandwidth and over-lighting Gaia and her humans can, and do, briefly lower their frequency into the third dimension to give us a SHOUT OUT, to remind us they are still present and ready to guide and support, but they can't stay long without getting sucked into the dark bandwidth or vortex of negativity. Light consciousness can see all the different frequencies, and the third dimension vision of Gaia's blue orb, which we are fed from our space stations. The version or picture we are ALLOWED to see. BUT there are MANY unknown space programs and nefarious ventures we are completely unaware of and are NOT allowed to see or know about. From the fifth dimensional perspective you see the "blue glow" clear skies and oceans of the light bandwidth and then there is the lower worlds imprinted on Gaia. Her third and fourth dimensional matrix is not so pretty.

There is also a fleet of starships from everywhere in our local universe. That have come to observe support and assist, by merging their consciousness with



the light bandwidth of earth to increase the percentage of light Gaia carries now. To increase the mass consciousness of earth and all that live on her. That way they can enter into the lower frequencies of earth, the fourth dimension of earth. While they are in the fourth dimension they can MANIFEST a great many changes in different timelines, alternate and parallel realities including the various sub-frequencies of the fourth dimension. Many of these changes have not yet worked their way solidly into the third dimension timeline BUT Dark Ones are daily decreasing through attrition.

Consider humans as miniature versions of earth, as a drop of water is to an ocean. Earth is like one human that has gout in one foot, the gout is still part of the total human. When we feel victimized we create the victimhood we experience and believe the self to be.

Victims and creators are NOT different.

Victimhood is where your focused attention is and you blame instead of own. When you blame or judge or punish your choice is to feel powerless and victimized.



## COMPASSIONATE ATTRITION

The DARK is being recycled or rehomed through attrition. Since November 11, 2011 universal law rules this quadrant of the universe. Human law of the dark bandwidth is not honored. The Milky Way Galaxy and earth are being flooded with compassionate support to help awaken those who have lost their light and

compassion. Our 90%er soul conglomerate in the light bandwidth are guiding and supporting THEIR 10%er that is lost in dark thought patterns of fear. BUT the individual still needs to choose compassion or negativity for their thinking. Planets generally ascend WITHOUT people on them, BUT the mass consciousness of humanity residing in the LIGHT bandwidth, decided to ascend with Gaia. That meant a great deal of darkness and dark ones, needed moving and or transmuting or recycling. To stay aligned with universal law, give and receive only compassion - negativity is being removed through attrition and the Universal ENGINE of perpetual creation.

ATTRITION is the process of gradually reducing the strength of someone or something through SUSTAINED pressure, transmuting or relocating. In the case of the earth's consciousness moving from the dark to the light bandwidth, the Light Ones assisting Gaia are confronting the issue of darkness on a great many fronts, while ALSO remaining in alignment with universal truths. Humans on earth have at least 42 Different DNA donors or parental races that we consider aliens or extraterrestrials. Human genetic relatives include the Pleiadians, Sirians, Arcturians, Dracos, Oions and other reptilian races that shared their quantum energy or DNA with the Lyrian humanoids. Our brainstem and the area immediately above it are called the reptilian brain and as a fetus we do not take in oxygen through the lungs.

When a higher vibrating soul group, residing in the light bandwidth, and that would be our alien or DNA relatives, want to help. Want to give the dark earth population an infusion of light and hope, they incarnate in large groups, mostly coming in as infants to emanate light and share new compassionate thought

patterns. The new weapon development and mean spirited treatment of others comes from our relatives operating in the dark bandwidth.

Babies arrive EN MASS on earth, carrying light and compassionate thought patterns to increase the percentage of light on earth. The color of their aura was used to name the groups and the purpose of their group mission. Anyone, child or adult, with these colors, ACTIVE in their aura would emanate the same energy and beliefs.

**INDIGO** babies and energy arrived en mass around 1975 to 1995. Their temperament and collective purpose was that of the warrior that challenged and destroyed old systems that lacked transparency and integrity. The child or individual with "indigo" vibration senses dishonesty, corruption and knows when they're being lied to, patronized, or manipulated.

**CRYSTAL** children came in the 1980s to 2000. Those carrying the crystal vibration have open hearts demonstrating compassion; they can read your thoughts, communicate telepathically and are creative. They love touch and are very affectionate. Their mission as a group was to demonstrate compassion for the self and others.

**RAINBOW** babies arrived en mass in the 1990s thru 2010 bringing harmony, balance and the skill to restructure and rebuild with integrity, transparency and compassion. They are fearless examples of service to others after you have been compassionate with the self-first. The rainbow personality has powerful energy and a strong will, which is not so patient with negativity, lies and deceptions. Rainbow energy radiates the energy we were created with, a full spectrum of colors instill health and balance. They expect INSTANT manifestation of their thoughts.

**INTIGRATED** or UNITY children are arriving. They do not experience or understand duality and survival truths. They are one with Gaia and arrive in the LIGHT bandwidth and fifth dimension awareness without any karma. In the light bandwidth the group and individual are always linked and interactive with each other.

**PHOTON BELT** In 1998 we entered the first of the twelve gigantic vortexes of the photon belt of electromagnetic radiation charged with ultraviolet and gamma rays. The outside edge of the photon belt both collapses and drastically recalibrates **electromagnetic energies** or photons to homogenize and rebalance all the energy fields that enter it. The photon belt takes two thousand years to pass through.

**MEMORY LOSS** in humanity is steadily increasing. Memory loss of emotional upset and you judging, blaming or punishing is one way to gradually reduce dark thoughts and emotions. When you forget the origins of your upset its hard to remain upset or blame or judge or desire to punish. January 2014, human memory loss for the general population was at 21%, August **2015** human memory loss is at 45%.

**Dark Ones INCARNATING** on Gaia has been stopped. In 2014 those carrying less than 60% light are not being allowed to incarnate into an infant, adult body, as a walk-in, and no dark ancestors or relatives allowed. Evolution moving forward in the current cycle is ENERGY based, NOT chemical or carbon based as the dark is.

**LIGHT INHABITING BIOLOGY** Many Dark Ones in powerful positions on earth have abandoned their biology. In 2015 abandoned biology's of Dark Ones, are being INHABITED by very LIGHT soul essence's residing in the light bandwidth working to bring the people in alignment with universal truths. To increase

access for the invisible realm to help clean up tasks left undone in the third dimensional matrix and transmute more darkness.

**DEATH RATE** is increasing from 2% in January 2014 to 17% in August 2014 and will increase to 25% in all age groups in 2015.

**DNA/RNA** is moving from carbon to crystalline that has greater cellular efficiency, intelligent quotients and the availability of wisdom will increase. The collective DNA / RNA on earth was locked in at 33 percent historically. At 36 percent efficiency you CAN CHOOSE to move into the light bandwidth and / or your lightbody. Human's group efficiency or the amount of light they carried was at 41% in 2014. The projection for 2015 is 44% light. When the human resides in the dark bandwidth the "invisible realm" that interacts with them most of the time are: the devas, angels, guides, elementals (not subatomic particles) ascended masters and "imaginary friends" that will leave when the human moves to the light bandwidth, because when your vibration changes those you interact with change also. Have FAITH you will feel temporarily abandoned during this transition or going into the void to release the old thought patterns. Many humans mistake moving to zero point energy as being abandoned BUT that is far from true. This is universal or compassionate energy at rest, to release the old and load up the new.

The wise masters walking on earth had cellular efficiency of 80 to 90 percent. They served as an example or template of compassion and wisdom. Mahatma Gandhi, the prophet Elijah, Jesus, Buddha and many more had DNA/RNA that worked at 90 to 100 percent efficiency. At 88% efficient DNA you start melding with your soul conglomerate. Your biology is crystalline or a lightbody and it is renewable, it automatically

heals itself. Cellular rejuvenation and healing creates new cells from the stem cell blueprint NOT from copies as it does now with the carbon-based biology. At 88% efficiency you have control over your physics WITHOUT the need or use of technology devices.

**LIES and DECEPTIONS** More lies and deceptions are coming to light, being accepted and owned by individuals, groups and countries. Restructuring of families, companies and countries is happening one-by-one. The lighter ones that have been in place for a while now are moving up the ranks and the Dark Ones are getting released or being fired or exposed.

**DIVERTING DARK ONES** Light has redirected Dark Ones the way you redirect children with a toy or food. Dark Ones are easily redirected with the promise of vengeance, violence and fighting each other and or the helpless and weak. The Dark Ones were DIVERED or redirected into parallel or alternate reality to play out their war games and negativity. Light Ones diverted them to prevent another world war and the use of nuclear weapons.

**HUMANS** in the light bandwidth, carrying more than 60% light, ground and emanate their light, which expands Gaia's consciousness ALLOWING higher dimensional beings to enter this matrix, to share their consciousness. They send thought forms from their starships, and actually come in smaller crafts that are lowered in vibration or frequency enough for humans to perceive them in a dream state and or in a meditative mind state. THIS IS ONE HOLOGRAM perceiving another hologram.







## 3

## COLLABORATION

Collaboration is an action of cooperation to create or produce something. That is what quantum particles do to manifest your thought all the time. Scientists concluded that quantum particles are ENTANGLED but entangled has a negative connotation. They are NOT snarled or trapped they are collaborative and interdependent on each other sharing all the same information. They operate with WHAT IS without evaluating its value or worth; there is no blame or judgment, good or bad. Quantum particles are sentient, think, evolve, are self-directing and can transfer energy from one end of the universe to the other end, faster than light without being diminished.

BUT! When you reside in the dark bandwidth and create there, manifestation is like construction in a tar pit or in molasses, very slow, frequently distorted and sometimes scary because thought patterns in the dark bandwidth LACK compassion for the self and

of course others. Dark thoughts are frequently mean spirited and cruel. Some thoughts are unbelievably INSENSITIVE, awful and terrifying.

Quantum particles in the light bandwidth work together the way Gamma brainwaves work together when you are "in the zone" or the way a quantum bit works. They PULL information together, from a wide variety of sources, to create the optimum outcome or manifestation. All possibilities or solutions are simultaneously considered and evaluated to arrive at the best solution for that moment and circumstance.

The **DARK BANDWIDTH** uses trial and error and one possibility at a time, sequentially, the way we experience life in the dark bandwidth, past, present and future, with beta brainwaves and thought patterns of:

"I must do this."

"I need to have that from you."

"How can I force you to do what I want"?

"I need to work hard to prove my worth."

The **LIGHT BANDWIDTH** uses Gamma brainwaves or electrical impulses or light thought patterns of "going within" bringing the physical, mental and spiritual together all at once interactively. Gamma brainwaves are found in virtually every part of the brain, acting to BIND and COORDINATE all the various associations of all the various perceptions and information. Neuroscientists say the nerve cell clusters, oscillate together in short bursts of synchronized firing integrating and harmonizing the various quantum particles like; visual precepts, size, color, texture and function into a cohesive unit.

Gamma electrical impulses or consciousness and thought patterns of compassion is your imagination, fifth dimension and beyond. Gamma brain waves

play an important role in the R.E.M. or Rapid-Eye Movement sleep stages and visualizations. Operating in the light bandwidth, means coexistence and equality for all sentient life existing in the same time and place. Universal truths spell out how that can be accomplished when you receive and give only compassion, to you first. All potentials coexist and you choose the reality you want to experience in present time. The subatomic particles create or manifest your desire, expectation and perception. They work with what you think or anticipate or desire. Aligned with universal law and compassion you can stay in the light bandwidth. BUT as you move into upset, force, blame or control YOU drop yourself into the dark bandwidth. It is that simple and that complex. You manifest what you think and the reality you attract surrounds you.

The source or quantum portions of light just are and every other entity is a fractal of that source. A fractal is a mathematical set, exhibiting a repeating pattern regardless of its size and has the same statistical character as the source does. A fractal is a repetitive part of the same thing. Your soul essence, which inhabits your biology or vehicle, is a fractal of your soul conglomerate. You can assume all fractals have a common system, structure and cycles of life throughout the galaxy. Not all, intelligent life in our galaxy has a soul. Only those SEEDED from a spiritual source have a soul.

**"DIVINE"** is a metaphor for, the LEGION OF LIGHT particles collaborating and using universal law as their operating system, which is receive and give only compassion. There is equality, compassion and responsibility for the self. The Legion of light or "god force" or Universal Mind or Source or Creator is a quantum

soup of energy that wanted to experience ITSELF so it started to create and manifest, just like humans do.

Humans and or the Dark Ones or the ruling elite in the 3rd and the lower 4th dimension of the earth matrix CREATED **"GOD"** and the religious texts and dogma to support their agendas. The oldest reptilian race in our universe is 7- 8 foot tall, with a white body, having wings attached to their shoulders and a long tail and is their representation of a vengeful controlling god. It is, a "do it my way or die," type of god: your basic tyrant or predator that doesn't bother to even groom their victims, I mean followers, those in training.

The **DARK** bandwidth consciousness carries 59% to NO LIGHT, is found in the third and the lower two thirds of the FOURTH dimension or vibration. In the dark bandwidth there is: duality, and the free will that other "Dark Ones" allow you to have. Things take a long time to be created and you need to work hard for them. Learning and understanding about "cause and effect." You play victim predator and confused innocent games and do not take responsibility for YOURSELF or what you create unconsciously. Pituitary and adrenals keep the biology alive. Ego, the little human or dark soul aspect decides the actions you take. Fear and negativity is the creative force. UN-consciousness, ignorance and follow the expert or biggest liar or bully is your guidance system.

The **LIGHT** bandwidth consciousness is the upper 4<sup>th</sup> dimension and above. It has NO time or space. It does have instant creating or manifesting. Your pineal gland connects you to your soul conglomerate in the light bandwidth when you carry 80% light or more. Alignment with universal law guides your action. Your

creative force is compassionate thought, consciousness and responsibility for the self.

Your divine complement or twin flame or soul mate is the "PRETTY STORY" for what happens to your soul aspect or 10%er WHEN it drops out of the LIGHT and into the dark bandwidth. When your many MORAL choices or dilemmas resulted in, you BLAMING, judging or refusing to be responsible for yourself, your "operating system became fear" not compassion. YOU were dropped out of the light bandwidth. You moved into free will. AND your soul aspect, ego or 10%er SHATTERED into pieces. NOT into two equal parts, one female and one male. The shattered pieces are NOT complements they are copies of each other. At each INCREASED level of darkness the shattered piece violently SHATTERS again into more pieces. Never into two even pieces. These "shattered pieces" are like a faded copy of the original soul aspect. So when you THINK you're meeting your "twin flame" or "soul mate" you are running into someone "just like you" that is POSSIBLY a bit more confused or less confused than you are. IF and WHEN one shattered piece of the soul starts to align with compassion AGAIN, another shattered piece may join it or bring it to greater darkness: free will, the law of attraction and entrainment operating in the universe. Allow others to make their own choice and their reality even when they are lost in the darkness they manifested.

Your DIVINE ESSENCE is a metaphor for your soul conglomerate living in the light bandwidth, complete in itself and responsible for the self, it does not demand action or response, compassion just is the vibration of the energy.

Your DIVINE INTUITION is a metaphor for or your soul conglomerate living in the light bandwidth

guiding over-lighting and supporting the human when they will accept it. This is the ability to sense and understand light language.

Your DIVINE PURPOSE in the earth matrix or illusion or dark bandwidth was to gather wisdom and understand the cause and effect of dark truths and master giving and receiving only compassion to move back into the light bandwidth. To move from FREE WILL back into compassion, universal law and the light bandwidth.



## The POINTS BETWEEN

The point between dark and light consciousness is a void, the GREAT VOID is the one between fourth and fifth dimension OR the dark and light bandwidth OR matter and antimatter. Each smaller level or degree of increased light has a smaller void from dark or no compassion to closer alignment with universal laws. As the old falls away, there is a time lag or VOID until the new takes hold. HAVE FAITH during the "time lag" or void because you are at zero point energy or energy in a resting state.

BUT there are also voids moving from light to darker, which is solidifying light and shattering into more copies in an effort to help YOU understand cause and effect better than you do. How and what YOUR THOUGHT creates for you.

Third and fourth dimension vibration is linked together in the dark bandwidth. Awake with your physical body or asleep or daydreaming with your

astral body. The process of shifting from one matrix to another is easy for those who live in the matrix and think the thoughts of that matrix or video game. Their thought forms or reality is a holographic projection CAST onto a 3D MATRIX or projected onto a third / fourth dimension screen and video game lacking compassion for the self and others.

The great void is dark like the night but you can still make out shapes. This threshold is like a dark hole of energy or dark matter and a WEAK quantum force. The GREAT VOID is also referred to as the Dark Night of the Soul or spiritual depression. This is when you commit to spending more time in the light bandwidth than the dark one. Actions in the light and 5th dimension are acceptance, ALLOWING, merging and fluidity. Higher dimensions easily view lower vibrating dimensions.

Dwelling in, out and around the great void may last for a year or so. This is when the little human, ego or dark soul aspect OWNED and chose to release the victim predator and confused innocent cycle for compassionate thinking and responsibility for the self.

MANY, many smaller voids or many trips to smaller voids before you make it to the great void. Many in voids experience it as FEELING EMPTY. Smaller versions of the void are experienced each time you release a DARK thought pattern you held. There is always one last test to measure your resolve. A sense of fear comes in, to ask you if you are sure you want to release that dark pattern? When you do, the VOID may last a few days because the release of that energy pattern will happen in ALL OF YOUR OTHER realities at the same time. You may feel spacey because of the difference in vibration. Your history gets rewritten to update and reflect your current thought patterns.

VOIDS are NOT bound by time or 3D thought. Being in the void is not being depressed; it is restructuring your thought patterns and grieving for the person you thought you were and the survival skills and truths you honored and were SO PROUD of mastering. Now you are releasing them. Cleansing tears and stories come out into your awareness.

In the dark bandwidth we hold dark energy for each other as a way to show conditional love. It is wise to release or return dark energy you have held for others since childhood, especially to family members. Cut energy feeding cords. Break old dark contracts. Reintegrate as many parts and pieces of you that you can. Parts of you that you gave away or were taken from you or you left laying around in all your concurrent experiences.

Observing the third dimensional matrix of planet earth from a distance, you see a gray haze, which has some VERY dark spots full of fear and those that consider themselves victimized. The dark is unbalanced energy or "cycles of karma" unconscious energy of people, animals and plants and the areas they use and live in. Some of the darkest parts have frequency trails or energy feeding cords that move into the lower astral planes of lower fourth dimension. KARMIC ENERGY is the energy of unfinished business OR a very old system of learning about balancing your energy and being responsible for your negative thinking and predator victim confused innocent games people play with each other. Our mass consciousness as a planet resided in the dark bandwidth for the past 13 thousand years and so dangerous to others that earth was quarantined.

Those incarnated on earth for the first time, do not have karma because the new soul aspects are born

with their consciousness in the light bandwidth. When they make dark choices it creates immediate imbalances in them that need to be rebalanced right away. If the dark choices are uncorrected and continue their many "lacking compassion" moral dilemmas and choices will drop them into the dark bandwidth.

Mass consciousness, group mind or collective consciousness that goes dark generally starts with an individual. That individual attracts other "like minded individuals" and a dark group is in operation in the dark bandwidth. They will generally have a nefarious purpose with an agenda of force, intimidation or control. A psychological phenomenon that occurs within dark groups is they reach a consensus without critically evaluating different ideas or viewpoints because there is really only one viewpoint. The "point of view" from the top bully or general or leader that works its way down to the bottom level the way a hive or army does what they are told, there is no individual creativity or input.

HIVE MINDS result in irrational and dehumanizing actions against some or most members in the group and any individual or group they choose to attack. The military and police are trained to groupthink and dehumanize the enemy so it is easier for them to force and control others and to carry out their orders, agenda or dogma. When an individual thinks for themselves they are called insubordinate, a troublemaker or fired or shot.

AGENDAS by definition are a dark negative FORCE that uses overt or covert methods; Dark Ones want power over others to control their SERVICES and / or GOODS. Group members go along with the dark agendas because they, DO NOT discern the lies / deceptions they are told. They agree with being

forced. They enjoy the perks the dark offer. They choose not to think for the self and become the "confused innocent" playing ignorant or stupid to avoid culpability and then claim they were victimized. The light ones that think for themselves and have a light consciousness leave the group to allow the dark their path. The group gets darker and darker because dark ALWAYS feeds off and uses each other physically and energetically.

Each galaxy, planet, family or couple has a group mind or a shared vibrating energy field, which is the sum of all the species or entities or the two people present. That is the law of attraction and entrainment working together. The group consciousness strengthens in compassion OR weakens with dark choices or allowing others to think for them. When a group dies or disbands or merges with another group the consciousness changes.

Group consciousness of a family, community, nation, or ethnic group provides guidance and focus for group members. Groups in the dark bandwidth frequently go darker, they imbalance themselves and create karma, like those from Atlantis, the Jewish Community, Mormons, Catholics, American Indians, and Nazi groups have done. Groups and individuals always have the opportunity to reconsider their moral choices or dilemmas individually or as a group.

BECAUSE this is a FREE WILL PLANET and dark bandwidth, information does not go directly into human consciousness or awareness. INFORMATION goes into the grid system surrounding the earth. That way you are allowed your personal FREE WILL CHOICE, you can choose to use or ignore the information. Most ignore or twist the information to manipulate and control other UN-conscious dark ones. Third and fourth



dimension thinking and behavior DOES violate each other's rights, their biology and astral bodies continuously. Most of humanity, some plants, animals, nanoparticles and even clouds are still serving the dark elite and choosing to keep their consciousness in the dark bandwidth.

To change or evolve or devolve the consciousness of a group in quantum physics: It takes **LESS THAN one-half of one percent**, of the population's sentient beings to accept, adopt and anchor a new thought, concept or option into the crystalline grid, which puts it into the mass consciousness as a choice or option or probability for the rest of the population.

Light consciousness or **PURE CONSCIOUSNESS** is not physical because it vibrates too high to be physical. Pure consciousness easily travels through the dimensions in service of others and may temporarily take on a body. These group mind beings are able to separate out individually. Pure consciousness will channel their resonance THROUGH those who are already physical.



### **3D 4D have the SAME sub-planes**

The same sub-planes are found in third and fourth dimension and in all your personal alternate and parallel realities. When you resolve the issue or clear up the density in one reality it clears it up, in ALL of your realities. Third and fourth dimension vibrations are linked together in the dark bandwidth. Awake with your physical body or asleep or daydreaming in your astral body. The process of shifting from one matrix

to another is easy for those who live in the same dark bandwidth, playing the same dark games. Universal truths and compassionate thinking are followed in the light bandwidth or you drop back into the dark bandwidth of victim predator and confused innocent cycle, over and over again. Different people or settings BUT the rules and vibration are the same.

**The ASTRAL PLANE or The Fourth Dimension** has many sub-planes. The THIRD Dimension has the SAME sub-planes, as do all the alternate realities have, if you can view or perceive it that way.

**The Lower Astral Plane** is the lowest sub-plane of the fourth dimension and lies partly on the surface of the earth and partly beneath the surface of the earth. It is "out of phase" with our physical perceptions generally.

**The Lowest sub-plane** of the third dimension lies partly on the surface of the earth and partly beneath the surface of the earth also. You can find it if you look for it. THIRD dimension cyber space or the Dark Web takes up to 95% of the Internet space with human trafficking, pornography, illegal hookups and scams and all the other ways criminals and the Illuminists generate money and control others. The Lower Astral Plane and the third dimension are both filled with fear, anger, sorrow, confusion, guilt, and suffering, often known as "Hell." Like looking through an infrared camera, the colors are black, gray, and dirty red.

Observing the third dimensional matrix of planet earth from a distance, you see a gray haze, with some VERY dark spots full of the fearful ones. The dark in 3D and 4D is unbalanced energy or "cycles of karma" unconscious energy of people, animals and plants and their energy fields. Some of the darkest parts have frequency trails or energy feeding cords that

move into even lower planes. KARMIC ENERGY is the energy of unfinished business OR a very old system of learning about balancing your energy and being responsible for your negative thinking and predator victim confused innocent games Dark Ones play with each other.

The common thread in the Lower Astral Plane and the dark third dimension is that all the Dark Ones lack compassion for the self. To move through, to a higher vibration, is to calm your fear by having compassion for the pain and suffering you experienced WITHOUT blame of judgment of others.

If you are doing "rescue work" in your night body or while awake for those calling for assistance. Increase their knowledge of universal truths.

**Fairyland** sub-plane appears very bright. Most of Fairyland looks like the physical plane, PLUS plants, beings, and humanoids that do not exist in the third dimension. Fairy tales and fantasy novels give a true representation of life in Fairyland. In the third dimension these are the people that prettify everything because they are unable to accept what is true. They deny, dissociate, tell pretty stories and pretend.

SERVICE to SELF or the DARK ONES or the RULING ELITE'S power is limited to the third dimension and the fourth dimension Lower Astral Plane. Some can enter the fourth dimension Emotional Plane and a few can briefly visit the lowest frequencies of the fourth dimension Mental Plane. Universal law does NOT bind those in the dark bandwidth. They are the ones that are making little to no progress in moving to the light in many worlds and realities. Their mission on earth was invading and pillaging COVERTLY, through psychological warfare. They think they are entitled predators sent by their god.

**The Emotional Plane** is a higher sub-plane and the world is much lighter. Colors are bright, vividly colorful and filled with happy and loving emotions. Objects are clearer and have greater detail. The Emotional Plane serves as a reflection of your human emotions BUT your third dimensional emotions are greatly amplified in this realm and reverberate back to your physical world creating exaggerated drama or excitement. However, you can balance yourself by ALLOWING others their reality and YOU being responsible for yourself, giving you what you want and need.

**Summerland** is a subset-plane of the Emotional Plane for those NOT aware or ready to accept that their physical body has died. They have trouble owning what is true; denial has worked well for them in 3D and 4D. In Summerland you can finish goals you were unable to achieve by creating an alternate reality to fulfill the self. BUT, if the goal was to harm another or seek vengeance, your vibration will drop you down into the Lower Astral Plane. In Summerland you can prepare for a rebirth into the physical world or into the higher fourth dimensional planes.

**The Mental Plane** is less dense than the Astral and Emotional Plane. Emotions are muted because they are more balanced and you are becoming aware of the continuum that is NOT polarized. Drama that disrupts you and your consciousness is gone or leaving. You stop judgment, blame and criticism and accept WHAT IS. You are moving into the light bandwidth in 3D and 4D. Matter is less dense and objects are temporary in 4D and losing importance to you in 3D. Mental Plane reflects your thoughts in the aura of your mind and your 3D brain. You are going into many small voids.

Astral beings are in shades of blue or orange or green depending on which of their chakras are

activated and thought forms they live by. 2nd and 3rd chakra are orange or yellow. Heart chakra is green. Activated higher chakras like the throat and crown mean you are fully bi located. Bodies that appear more solid, for example when you are in a meditative state of compassion and fifth-dimensional consciousness, resonate with blues and violets because they are actively aware, conscious and responsible for their thoughts.

**The Creative Plane** is moving into the light bandwidth, compassion and alignment with universal law and immediate manifestation of your thoughts in 3D and 4D. You are mastering your thoughts and emotions.

**The Spiritual Plane** is the highest frequency of the fourth dimension and holds very little matter. It is from the Spiritual Plane that the Rainbow Bridge or The GREAT VOID or the Dark Night of the Soul or spiritual depression is to lift your vibration, your consciousness into the fifth dimension. This is when you commit to spending more time in the light bandwidth than the dark one. Actions in the 5th dimension are acceptance, ALLOWING, merging and fluidity.

Those incarnated on earth for the first time, do not have karma because the new soul aspects are born with their consciousness in the light bandwidth. When they make dark choices it creates immediate imbalances in them that need to be rebalanced right away. If the dark choices are uncorrected and continue their many "lacking compassion" moral dilemmas or choices will drop them into the dark bandwidth.

ASTRAL TRAVEL or PROJECTION is your essence separating from the biology and can be used at any-time; there is no distance or time limitation. The projection is usually a wispy, ghostly thing but you can

develop a solid enough presence to handle objects. In astral travel you move in your fourth dimensional astral body to spaces that are still vibrating in the fourth dimension. Astral travel is not being in the fifth dimension.



## LIVING in the DARK

Those residing in the dark bandwidth exercising the FREE WILL other Dark Ones allow them, go by many different names like the ego, inner child, the little human, the soul aspect and the 10%er. The 90% of our soul conglomerate that exists in the light bandwidth is always in communication with itself and all of its various parts, it has a vibratory thread of awareness that connects to the human. The 90%er is compassionate quantum energy always seeking an opportunity to help, support and guide the 10%er into compassionate choices and synchronicities, most of the time it is telepathically conveyed or comes through the senses of the biology.

The ruling elite of the earth third dimensional game has convinced most players that "their 90%er" is evil or the devil or wants to mislead them, destroy or punish the human. All the evil things they do to humanity. The scared human has stopped communing with there 90%er or they argue with it or ignore it. The 10%er, when faced with moral dilemmas has made a preponderance of dark choices dropping it further into darkness, unconsciousness, free will, fear and multiple copies of itself to gather a deeper understanding of how



the thoughts the 10%er hold, create the reality the 10%er is experiencing. The 10%er generally employs force or deception to get other players to adopt their reality and play the game the way they want it played.

The 90%er will use many options to break up ANY stagnation found in the 10%er. Like transferring another part of the soul conglomerate into the biology to help the STUCK 10%er with new patterns of thoughts. Sometimes two LIKE-MINDED soul aspects will share the biology or a new one will move into the biology. Sometimes two or more LIKE-MINDED soul aspects will agree to "share a biology" by popping into an existing human's life at generally around 8 to 13 years of age to combine their efforts and wisdom. Biology sharing is very common. Frequently there is a soul of an elderly person with some wisdom sharing a young person's biology with less wisdom. In quantum physics, light can be in two places or more at once.

90% of earth's humanity currently, has experienced "soul aspect transfers." The new soul aspect will know the facts of the old aspect's history but will not have the drama and emotional attachments to the programming the other aspect had. Therefore, they will not have the emotional charge or compulsion to repeat that locks the human into re-experiencing or reliving their traumas over and over again in hope the incident can be owned and healed. When one is unable to process what has happened to them, they get stuck and stubborn or too fearful to change. They stay frozen in their traumas. The old aspect that got STUCK watches the progress of the new aspect to see what they can learn. The situations the old aspect created and got stuck in are still present for the new aspect to deal with, without the emotional charge.

A soul aspect transfer into the biology is a process that can happen overnight or take years to complete when there is resistance. When the biology gets overwhelmed and chooses to shut down, for example during a traumatic incident or coma or accident the transfer can happen immediately.

**GROUPS of SOULS** also take on biology to help the stagnated Dark Group. BUT when ANY soul aspect or essence incarnates onto a planet they can only carry as much light as the planet does at the time of their birth. Since the end of Atlantis Gaia has been around 40% light, until very recently, parent and child had to deal with the fear, negativity and unconsciousness of 40%ers responsible for their care, education, religious training and the society they lived in. Sadly, when children are raised in fear, abuse, violence and trauma some drop even further into the dark bandwidth and karma. They are angry, confused and become destructive to the self and others. In 2015 Gaia's light is more than eighty percent.





## 4

## DISCERN THE TRUTH

Vague generalities about what is true are hard to decipher and are frequently written that way to mislead and confuse. When one is misled or confused they frequently stop thinking for the self. They copy off the person next to them. OR they seek an expert to follow. Meaningless generalities like “love everyone” allow for very sloppy interpretation and inaction or doing what everyone is doing, an excuse to change nothing and do nothing. Even the very small child, regardless of the culture it was raised in, knows what is morally correct. Their essence knows what is truth and what is not. You can see it in their bodily reactions. If it feels Yucky to think about it or do it, the yucky thing probably IS NOT aligned with compassion.

The DARK BANDWIDTH, third dimension thinking uses trial and error, one possibility at a time, in sequence. That is the way we experience life past, present and future, using the beta or alpha brainwaves

and thought patterns. We maintain the illusion there is a logical progression but there isn't. In the fourth dimension or astral plane or alternate realities, the past, present and future get messy because the linear or sequential time lines aren't very present in your fourth dimensional consciousness and alpha and beta brainwave. Actually the vast majority of people in the third dimension DO NOT progress. Their biology gets older doing the same things over and over again with the same results. In the upper fourth dimension time is absent.

Before moving into the fifth dimension or vibration, all of the time, you need to CHANGE or resolve all of your dark or dense THOUGHTS not aligned with universal law and gamma brainwaves. What needs to go is any of YOUR thought patterns and behavior with others that are about.

Your neediness

Your codependency

Your need for others to believe as you do

Your need to have others surrender to your wants, your beliefs, your desires, your intelligence or your magnificence, because that is YOU thinking YOU are superior and not equal.

These thoughts and behaviors are the ones that show up in DARK relationships. Whether you are conscious or not even aware of them. These relationships are all happening in the dark bandwidth while you are asleep or awake and aware. You need to change YOUR side of the relationship. All your relationships ARE activated one at a time, anytime you THINK about them OR they think about you. One party of the relationship THINKING about the interactions you have would call the subatomic particles together to create that other consciousness for you to interact with it.

Remember all subatomic particles know what the others know at the same time. There are no secrets or time lag. All parties involved with that relationship or interaction would all have the same information about the originating thinker and WHAT THEY thought and when they thought it and what went down. THE HUMAN may or may NOT tune into the thought field that is present and activated. THE dark HUMAN typically twists or distorts ANY information or awareness they DO HAVE to FIT INTO their current belief system.

A few examples are: the sexually addicted and distracted will create something sexual when any consciousness thinks about them or tries to interact with them.

The victim or angry person will consider all thoughts and interactions as a call to fear and protection or battle.

The powerless ones brace themselves for another blow OR strike first, generally covertly, to get the upper hand to have the illusion of power and being in control.

The law of allowing strongly suggests there is NOTHING aligned with compassion you can do about the other individual's reaction and belief.

It will be, what it will be.

The only person YOU can MAKE be and react compassionately is you. That would mean that any interacting you have in the DARK bandwidth that IS NOT compassionate, YOU need to allow, without your interference.

When the human aspect of the soul conglomerate gets stuck and stagnant the 90%er lines up, options, synchronicities or a "2X4 up side the head" in hope that you will travel another road or have a new thought or come to some other thought. At this time, the soul

conglomerate is also lining up YOUR old relationships for you to revisit and revise now! This is your opportunity to CHANGE the way you relate to others. This is the time for you to CHANGE your behavior in relating to others. YOUR neediness, codependence or force, control and manipulation need to stop. Terminate your relationships with dark ones that want to maintain their dark thought patterns.

Revisiting relationships and the way you think and interacted with others can HAPPEN in 3D with the human or 4D on the astral plane while you daydream or meditate or sleep. You need to explain to those present, frequently it will only be their soul essence; that from this day forward you are taking responsibility for satisfying any need, want or wish you have because that is appropriate:

That is the way to be responsible for the self.

That is the only way to treat others as equals.

That is the way to stay aligned with universal truths.

That is how to remain compassionate and in the light bandwidth.

BUT when YOU feel the need to continue YOUR neediness, codependence or forcing with them, keep working on it until you can be and want to be responsible for you. AND you are willing to treat ALL others with compassion and as equals.

When the other individual(s) choose to remain in neediness, codependence or forceful ways, the compassionate thing to do for you, is to walk away. Sever the relationship; break all energy feeding tubes or cords, agreements or contracts. Be compassionate to them by allowing them the reality of their choice without your contribution. This is working your way back into the light, you being an example for them to follow or join.

Relationships have different purposes and are perceived differently depending on your state of consciousness. In the third dimension beta brainwave consciousness or electrical charge you know the truth inside you, but live in a reality filled with fear, hate, anger, wars, lies and deceptions that make it challenging to live the truth. People know what is true morally, but that doesn't mean they choose to act on it.

Consciousness's in the fourth dimension alpha brainwave, you still know the truth morally, but may or may not act on it.

In the fifth dimension gamma brainwave consciousness, you ACT and LIVE the truth or you drop back down into 4D and 3D dark bandwidth. It is either / OR never and.

Keep seeking, wondering and asking questions because that helps facilitate you increasing your knowledge, to wake up your physical brain that is in process of connecting with your fifth dimensional consciousness. When you live the truth, your consciousness is in the fifth dimension, aligned with universal law ascending, step-by-step into greater light. You need to be grounded in your biology and living in PRESENT TIME, connected fully to your soul conglomerate to move back into the light.

**ILLUSIONS** have very little life force. An illusion has a fuzzy aura that shifts or changes. Illusions cover a situation like a gauze curtain covers things blurring the details. In illusions or the conditional love found in the dark bandwidth the ability to be compassionate with the self is almost absent. Illusions are reflections of your own personal bias, emotions and CONFUSION found in victim / predator logic and game playing.

**TRUTH** has a strong aura that enters your awareness even before you become aware of it. The truth

goes before itself and stands on it's own. The truth remains the same, no matter how you feel or what you project. The truth is not influenced by your state of consciousness. Therefore, the truth of someone compassionately accepting you will always give you comfort and safety no matter what your mood or emotional state or country of origin.

The DECEPTION / LIE / ILLUSION of Dark Ones

The "love of a GOOD woman" or the love of any good individual will HEAL mental imbalances or the darkness one has CHOSEN for the self. That you can force or trick someone to change is a dark behavior in itself. The Dark Ones YOU have attracted to you, which exist in your reality, are REFLECTING back to you, the thoughts and beliefs you hold about yourself.

Are you the rescuer the healer OR setting yourself up to be victimized once again.

Both parties in the relationship are trying to manipulate, deceive or trick the other into FIXING or satisfying your neediness or HEALING your wounds or calming your fears or feelings of worthlessness. Both of you will try to manipulate, deceive or trick the other into DOING FOR YOU what you need to do for the self to bring your consciousness into the light bandwidth and compassion.

The logic that someone OUTSIDE of you can FIX you, or make you compassionate is an illusion, denial or lie. These dark traditions and faulty logic is what our ancestors have handed down to us. The dark elite one's, ruling this planet, have overwhelmed humans to the point that re-structuring their thought patterns seems out of the question. Dark Ones created businesses, jobs and global events that keep humanity focused only on survival. Dark has controlled earth at great expense to the physical body of Gaia and any

humans going against them. Dark Ones use the same psychology to force others in a personal relationship or in a population to DO THEIR BIDDING and convinced them that is what they wanted and chose to do.

“Blaming the victim.”

The wounded man or individual or society or ruler, seeks another to nurture their wound instead of being responsible for healing their own wounds gathered in childhood living in the dark bandwidth without compassion for the self. ANY WOUND you have means someone ELSE needs blaming and someone else needs to make it all better for you. That way you NEVER need to change the flow of your thinking OR take responsibility for the thoughts you hold and operate with. Fear that someone can't serve or service you to your satisfaction creates a distortion or virus or wound or infection in you. Negativity runs through your thinking, tainting all that you think, create and project or emanate into your reality and existence.

Having some compassion for your suffering means less distortion and the possibility that you may take responsibility for all you have created for you in your stream of consciousness to understand cause and effect. With compassion for you, there is the potential to continuously create compassion again and again for you. BUT you need to want to do it yourself and be responsible for your creations. Be responsible for the way you ALLOW others to treat you.

Examples of NO ONE being responsible for the self are found in MOST forms of entertainment, stories and movies we see. Two examples are *The Big Bang Theory a situation comedy* and *Fifty Shades of Grey, Darker Grey and Freedom 2011-12, erotic novels*.

***The Big Bang Theory*** is a situation comedy about two roommates Leonard and Sheldon, physicists who work at the California Institute of Technology. Sheldon needs to control, structure and limit his social and personal interactions all the time, to feel SAFE and balanced. He has many behavioral quirks and is an arrogant intellectual. Sheldon can only handle a limited number of friends so that he can control their interactions to make himself comfortable. He is socially inept, concrete, logical, lacks common sense and is childlike. Sheldon is unwilling to “play nice” and be compassionate with others. He is stubborn, fearful and feels justified in his insensitivity, lack of empathy and nastiness to his friends. As a child he was bullied and tormented by others or the attitude he emanated was reflected back to him.

As an adult Sheldon remains the bully and his friends accept that.

Sheldon's sexuality has always been an unknown. His “girlfriend” Amy, also feels intellectually superior and the two enjoy intellectual games that they create and play. Amy feels emotionally and socially exceedingly inadequate and persecuted. Physical contact is a challenge for both of them. To feel safe and protected Sheldon makes WRITTEN contracts or agreements with his friends and girlfriend, which they MUST honor or end the relationship. Their “choice” their “free will” is that they follow Sheldon's rules or there is no interaction. If you had compassion for yourself, why would you ever play with him and join him in his pathology, UNLESS he mirrors your dysfunction for you.

***Fifty Shades of Grey, Darker Grey and Freedom***, released in 2011-12; Erotic novels with the illusion of both becoming mature adults at the end is NOT likely because they never stop WOUNDING and trying to



control or heal each other and will pass that tradition down to their child.

Anastasia Steele, college senior, sexually inexperienced is attracted to and intimidated by Christian. He insists she sign a non-disclosure agreement forbidding her to discuss anything that they do together, which Ana signs. Ana exhibits classic signs of an abused woman, hyper-vigilant, romanticizes the relationship that is dangerous and abusive. She, like Amy alters her identity to please others. She believes love or surrender to her predator will "heal him" and is an act of love. Ana rants and rages but always gives into her predator's demands, she is jealous of any other dysfunctional relationships Christian has or has had. Ana is a girlfriend and a submissive mirroring his complimentary dysfunctions.

Christian Grey is prominent, wealthy, mysterious (keeps a lot of secrets) businessman, with the sexual proclivities of bondage and discipline, sadism and masochism or BDSM, characteristic of an abusive childhood. They need to control human contact and interactions so they feel safe and have the illusion of control. Nearly every interaction between Ana and Christian is emotionally abusive and includes stalking, intimidation, and isolation. Christian uses alcohol to circumvent Ana's ability to consent. Like Sheldon, Christian's motivations are selfish, immature and exceedingly controlling to make him alone, comfortable. Ana and Christian's baby will carry on the dark traditions her parent display and reinforce as they treat her the same way, unless the child has compassion for the SELF, first.

The men's fear and dysfunction emanated from within them, in these examples, and is being reflected back to them by the female's fear and belief that they

are worthless and don't deserve any better than submission and abuse. The females have WILLINGLY adopted the male's reality, creating a warped sense of superiority and safety in the male. Like attracts like and entrains with each other in the dark bandwidth.

Similar to the **Stockholm syndrome**, or capture bonding; the psychology is that the hostage or victim adopts the reality of the predator or bully expressing empathy, sympathy and positive feelings toward their captors, sometimes to the point of defending and identifying with their captor. Bonding with your predator is frequently called "love" in the dark bandwidth and was generally experienced first in childhood with a parent and demonstrated by the submissive fearful parent.



## HAVING an AGENDA

Having an agenda, forcing or manipulating is against the law of allowing and the law of balance.

The Universal Law of **BALANCE** is to maintain order, peace and harmony. All have CHOSEN their current reality and need to take responsibility for changing their reality to keep their energy balanced.

Maintaining balance is never the job of a submissive. Being the predator or victim is a lifestyle choice that the individual needs to change for the self. Our soul essence, the 10%er of our soul conglomerate has incarnated hundreds of times, in varying percentages in all the various bodies found on Gaia, human and non-human and mostly into the dark bandwidth

of fear. Including but not limited to animals, plants, fairies, devas, wind, rain, clouds and rocks. Third and fourth dimension thinking and behavior DOES violate others' choices all the time. Even if you are praying for peace in the world you are violating or forcing YOUR choice or agenda on others, which is against the Law of Allowing.

The Universal Law of **ALLOWING** means you stop trying to get others to adopt your reality. Allowing grants EACH individual the right to have their own reality to BE and DO whatever they choose as long as they avoid violating the rights of others or destroying any part of the collective environment.

The dark bandwidth of fear VIOLATES the rights of others:

Earth has been on the brink of destruction several times.

Humans violate others' biology and astral bodies.

Humans give each other their emotional baggage to carry.

Many are forced to carry others financially and spiritually.

Dark plants, animals, nano-particles and even some clouds and weather still serve the dark elite. These thought forms and energy fields are confused because they accepted the lies, twisted logic and deceptions of the Dark Elite's survival truths and fear.

For example, **BURNING TOBACCO PLANTS**

Burning tobacco plants GROUP consciousness has come, asking for clarification of the truth about moving back into the light. They had accepted being forced into service and the money generating projects of the ruling elite. Tobacco plants as a group consciousness are upset about their complicity with the Dark Elite to make money with all the cigarettes and resulting

medical issues humans suffer with. They have regret, guilt and fear.

I explained that their consciousness, quantum particles and awareness had dropped into the dark bandwidth BUT they have FREE WILL to choose again. Regret, guilt and fear are released by having compassion for the self. Their experience helped them increase their spiritual wisdom. The light bandwidth of compassion, the photons have always "held a space" for their return and judge them NOT. Judgment drops you back into darkness. Now that the third and fourth dimension is almost entirely recycled, there is no longer a reason to even exist in the dark vibration if that is their choice.

A portal of greater light for tobacco plants consciousness has been opened. All are welcome to go through the portal that chose to exist in compassion and increase their knowledge about aligning with universal law.

Tried and true patterns or habits that always got the same or similar result are in transition. Doing what you always did is getting unexpected and different results because the light and compassion are increasing in mass consciousness. What worked for the dark historically, isn't working like it did. Survival truths are being set aside and our soul essence is taking precedence. Having power over others is becoming a hollow victory. The light bandwidth, universal law, responsibility for self and compassion are in place now and gaining in acceptance.

One change for example, many spiritual ones had concerned themselves with clearing dark energies around them but when you carry enough light your presence does not allow darkness a point of entry. They used various stones to heal, balance and

cleansing energy. Historically, people used MANTRAS, RITUALS, PRAYER, AFFIRMATIONS, ceremony, traditions and habits like cleaning the hands or cleansing energy with incense. All of these had an agenda. Any agenda is using force or control.

Ritual puts you into a hypnotic or unaware state of surrender, compliance or acquiescence. The words or phrases used in all the various agendas have a dark vibration of neediness, force and your frequency signature attached to them. The sounds and energy you make and send produce quantum reactions chemically, emotionally and perceptually in you. They serve to LOCK you INTO a time period, holding you in PAST TIME and in a state of pleading your case or begging. This is a great comfort to and fortifies our handlers "the Dark Ones" that we allow to keep us "tied into" their fear based reality, energy vampirism, the ancestral line of genetics and money that re-stimulate and reactivate our dark perceptions and games of victim predator and confused innocent. You stay focused on the game or ritual instead of going within.

Dark Ones focus on their "feelings of lack" rather than gratitude for what they have. YOUR personal attachments are YOU asking another to do what you need to do for the self. Attachment is you redirecting energy for your personal agenda and reality. NOT allowing means you are ATTACHED to your belief, your reality and your agenda and you intend to INFLICT that on others.

Can you move to the law of allowing?

Residing in the light bandwidth in theta, delta and gamma brainwaves. Where there are light advisors in compassion leading by example and increasing your knowledge. In difficult situations, creating a compassionate countenance is healing. Compassion

is becoming the common sense reaction. Welcome change and realign your energy. Many changes facilitate you dropping habits and cravings you want to drop. Your changes in attitude and diet may delightfully surprise you. The dominant chemistry you had during most of your concurrent realities may become dominant now. So many changes mean your biology and brain may need time to catch up. You need conscious awareness of what you are doing or you might THOUGHTLESSLY injure your biology OR change your state of consciousness. Chores needing to be done in 3D need to be done one at a time and paid close attention to or you might well FORGET a step or two or even what you are doing.



## **FAIRNESS is ILLUSION**

Deciding if something is fair is a judgment used to assign blame, penalties or punishment. Fairness is not a concept in the fifth dimension, because if you do not plan on assigning blame, penalties or punishment what does it matter if it is fair? Fifth dimension has only compassion, when you observe someone challenged, you assist the individual with your positive, creative and unique thoughts. If you feel you sustained a wound of some kind your thinking needs to move to the law of allowing or YOU drop back into the dark bandwidth and judgment.

Release your attachment to your emotional third dimensional victim predator, confused innocent reactions and wounding. Your sense of being "I" or "me" is



moving into WE are all equal and compassionate with each other, positive, empowering thoughts unite and create a solid foundation of acceptance and safety.

Have you observed fairness in any aspect of our existence?

Why do we FORCE children to say sorry?

This life lived in our current biology is one small segment in our much larger game or CYCLE of victim predator, confused innocent. Just because you don't remember or own being the predator in another time and place, doesn't mean it didn't happen. Gaia is a free will planet so when you create a life or thought form it has free will also. It is allowed to make its own choices in theory. Those in the dark bandwidth chose to break the law of allowing and that behavior moves right through their family lines to become traditions and patterns of abuse, neglect or control. Our creations carry the amount of LIGHT we carry, OR the amount of light their CREATOR has. A Dark One emanates and creates increasing darkness. Many suck or vampirism the LIGHT their child is born with, this is fair? Or the "illusion of fairness" and free will we experience existing in the dark bandwidth.

Your creation has a life of its own; they are separate, just as your child is separate from you ideally, hopefully. The subatomic particles manifest your thought form giving it your signature frequency just as your child gets your DNA. Once you have created a thought form or a creative venture, ideally you set it free to manifest in the manner of ITS OWN choice. How often have you seen or experienced that actually happening?

A skill or an interest we have like being a king or painter or athlete or leader is NOT carried in your essence, it is something you experience or a skill you

master in a particular reality. Your essence will use that experience or skill in its own unique way and for its own agenda. The spiritual lesson that is SELDOM learned is can you become famous or infamous, a master or skilled person in any field and still REMAIN compassionate to YOU first, in this dark bandwidth of illusion and unfairness?

Dark Ones create wars and businesses to increase their wealth. They create jobs, diversions and global events, which are mostly tragic, designed to maintain our IGNORANCE, fear and keep us in survival mentality being good "worker bees" for them. Our educational systems are designed to dumb down students and perpetuate the lies we are told and our robotic compliance to their agendas. The religious dogma preaches that "hard work" makes you a good person that will reach nirvana AFTER your physical death. Earning a living is absolutely necessary for 99% of humanity to keep the biology going. Only 10% of those enjoy what they do. The other 90% frequently seek escapism from their reality with a variety of addictions and distractions, dissociation and being numb and thoughtless.

Third dimension and our biology is a holographic projection most people believe is REAL. BUT we are only a LIFE LIKE video game and game players. Those that continue maintaining their consciousness in the dark bandwidth will wake up one day on another planet in another system that is NOT in the light bandwidth either; it will be in the fourth dimension. They will not have conscious awareness of this transition because there WAS NO CHANGE for them internally, or mentally in their thought forms or belief patterns.

Rapid change in the universe takes years to happen. MAJOITY CONSENSUS is NEEDED for change.

Before our LIGHT ancestors, the aliens and extra-terrestrials can overtly help us and land for all to see and interact with them on a free will planet. There needs to be a "majority consensus" of earthlings that agree it is a good thing. That is the only way it will be safe for the humans and the planet. Currently the Dark Ones STILL conspire to keep humans, their slave population and totally unaware of all the interaction that actually does happen with aliens or extraterrestrials. AND many humans go along with that. They believe that there is NO civilization beyond Earth. The collective consciousness of the planet earth is a closed interdependent system consisting of Gaia, humanity and all the entities or life forms.

Fifth dimension or gamma consciousness or the New Earth or the Mother ship or Gaia are all the same thing, an organic, sentient being holding all our essences WITHIN a joint thought-form or package or envelope or event site. Our joint thought forms create and sustain it. Gaia and her humans left the light bandwidth during the fall of Atlantis. Gaia and many humans cry out for help and support BUT on a free will planet the ways to assist are subtle and frequently feels like there is "no one out there" or if there is they don't care. BUT Many Galactic ships are over-lighting Gaia, The Galactic Federation is preventing nuclear explosions from happening that may destroy the planet like Maldek was destroyed. Many from other planets incarnated into human biology to help Gaia and her people. November 11, 2011, Gaia moved from being a free will planet BACK into UNIVERSAL LAW again.

Following the law of allowing, Gaia is spewing out her own mixture of "dark pellets and molecule mixture" into the air to keep the earth balanced by converting

the toxins from chemtrails into another form. Everyone including all adults on earth have a degree of Morgellons disease or syndrome, which challenges our immune systems. Those born around 2011 and beyond, give or take a few years have genetically changed their DNA enough and vibrate high enough to not be reactive to the variety of pathogens dropped on us daily polluting our water air and food sources.

The earth has 3D, 4D, and 5D making it unique. The third and fourth dimension are not acknowledged in the galaxy. The solar system of the Milky Way Galaxy has a FIFTH dimension Sun, Venus, Earth, Jupiter, Mars and Neptune that are all in process of returning to the light bandwidth from the fourth and fifth dimension. Pluto isn't part of this system. Earth's Lightbody is a circle within her crystal core because she is a circular being and human's Lightbody is perceived as an androgynous human without the details of gonads, fingers and toes.

AN OVERVIEW of how **OUR ESSENCE** GOT HERE

Human's essence, the 10%er, arrived on earth with their essence flowing into biology, while leaving the higher vibrating and greater amount of their soul, the 90%er available to communicate and assist through the experiences in the third and fourth dimension. Our essence comes in when the biology OPENS UP to higher frequencies of the self. At birth, during a near death experience, a high fever, an accident, or extreme illness.

The higher vibration or frequency entered the biology, which has a third dimensional consciousness and vibration.

ENTER the law of entrainment.

How will the two states of consciousness BLEND or entrain?

1. Biology with beta / alpha brainwaves and survival truths.

2. Soul essence with delta, theta and gamma brainwaves and universal truths.

Which consciousness will bring about what consequence?

The Universal Law of **ENTRAINMENT** requires that two or more vibrations, frequencies or resonances or realities or thoughts existing in the same space **MUST** adjust to each other and combine creating a **SINGLE** resonance. That applies to everything, from subatomic particles to humans, planets, plants and universes.

When your biology "dies" in the third dimension your essence will carry a certain amount of light. Based on the amount of light you carry, the "law of attraction" will put your essence into the lower, middle or upper fourth dimension frequency ring, which is / was around Gaia. You will inhabit the fourth dimension as an astral body until you enter another biology again in 3D. Hundreds of times our essence has gone through this wheel of life in third dimension and death in fourth dimension.

BUT, this time is different.

The fourth dimension frequency ring has cleared out the lower and middle parts of the fourth dimension.

NOW at the time of your physical death or you abandon your biology your essence will be recycled, relocated or moved to the fourth / fifth dimension **BASED** on the amount of light / compassion you carry. Those normally going to the lower fourth dimension will be recycled. Those normally going to the middle fourth dimension will be relocated and those normally going to the upper fourth dimension will move into the fourth / fifth dimension.

Becoming increasingly fifth dimensional means having sensations from our Lightbody and Light language, at the base of the spine or just behind the heart from our personal, formless, inner essence. When you allow greater light to run through your body it flows through and then into the Core of Gaia. With increased light flowing through you, anything less than compassionate gets loosened from the illusion of your biology. As a result you may experience intense emotions, illness or injury. BUT that may actually be you releasing your pockets of density. Release of what is over and completed allows deep embracing of what is now. When a reality is reaching its golden age, or is in decline there is greater opportunities for immense soul growth or wisdom gathering.

Earth is releasing the third dimension game to evolve into the fifth dimension. The dimension our essence came from in the light bandwidth that had **NEVER** experienced the evil, hate, being victimized, darkness, prejudice or conflict since the end of the great galactic war. Coming into so much conflict and fear without enough compassion and light to balance that dark is shocking. Humans are in denial about other species being sentient, like the planet, plants, and all the animals and rocks. It is easier to be cruel and abusive to objects you consider less than you. Those in the light bandwidth had no concept of just exactly how traumatic it is and was. They have always underestimated the toxicity and damage darkness manifested here on earth in the third dimension





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## FULLY RESPONSIBLE

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Increasing amounts of light and compassion are entering our planet and awareness to rebalance it. Higher and higher brainwaves are being activated

and that is creating fear or confusion in the dark and uneducated while increasing joy in the compassionate. Our sun has gone from the third dimension narrow range of light to the fifth dimension light of INTENSE white light. This is the way our chakras are moving also. The cycles of our seasons are getting shorter and many plants are doing unusual things like bearing their fruit earlier because of all the light and other changes going on. Gaia and light humanity have joined their essences with the Arcturian Group Mind to increase the amount of light our darker group carries. Humans are a component or element of the larger whole that is Gaia. Many humans also share the same Galactic and Solar Oversoul. The Arcturians are well known healers throughout this galaxy and no longer are bound to a planet or solar system. Their world is on their Mothership that is as big as a planet.

Ascension must be done individually and is about YOU releasing your survival truths and negativity to move into compassionate thinking for you first. Taking full responsibility for all your creations, YOUR many different life forms, thought forms, and energy fields that have your sender's signature frequency, while logged into the dark bandwidth on Gaia, need to be reunited BACK into your field for you to transmute. Resolve YOUR dark thought patterns and lack of information to align with universal truths.

First comes your compassionate thinking.

Then compassion moves into your chakras and then into the biology. Taking full responsibility for you allows you FULL CONTROL of you. To help facilitate this reuniting process the experiences and dark choices we made personally and as a group, are bundled by themes. Like how you failed to ALLOW others (and victimized them) or the times you ENTRAINED

with cruelty (and became the predator) and / or ATTRACTED predators (by playing innocent or confused). The times you stopped being aligned with universal law, and stopped being compassionate. Enabling is YOU not allowing and engaging with Dark Ones. That is NOT aligned with compassion for you.

Its physics, all thoughts and motives have a vibration; the self-serving vibrations reside in darkness or unconsciousness. Compassion resides in the light. Your personal emotional charge, upset, anger or wounds will continue to attract and magnetize the same type of darkness to you in hope that you will understand the cause and effect so you can change your thoughts to RELEASE those kind of negative dark experiences.

***“Working hard makes you a good person”***

If the GERBIL runs faster in the wheel it will become a GOOD gerbil?

This is a third dimensional deception or disinformation or lie we have owned and reinforced for each other in family traditions in our religious, and educational systems. The various groups designed to help addicts say you need to “be clean” of your addiction to be in a position to help another get clean of their addiction. Your issues, your dark, negative thought patterns need to be addressed FIRST before you can be an EXAMPLE, or a template or helpful to others. While addicted all you have to offer is YOUR neediness.

Working hard has made many addicted to “compulsively working to avoid” thinking or feeling. Working hard has made many tyrants, bullies, and slaves or trapped ones. Hard work has no relationship to being good or compassionate. Self-sacrifice or your neediness does not benefit either party. Your hard work is a gift to the overlord. Surrendering to abusive circumstances or slave labor is a gift to the predator.

HARD WORK assists our ruling elite by keeping you in survival truths, beta brainwaves and pretending there is a time limit and lack. Hard work is resistance to releasing 3D truths and embracing NO time. Hard work, money, more stuff, memories, ceremonies and rituals, are the reward systems of the dark bandwidth. You are NOT your brother’s keeper or here to serve or worship anyone or anything. There is no way to do for another, what they need to do for the self. The ONLY way into the light bandwidth is compassion for the self.

DISCERN WHEN YOU ARE COMPASSIONATE and not.

If you have enjoyed yourself and what you are exploring then it was a compassionate act for you and not “hard work.”

If you have exhausted your body and or brain without enjoyment or honoring them, the hard work lacks compassion.

Always discern IF you have attracted, a gift, a lesson, or a person or situation to walk away from or an opportunity to engage with and learn from or gather wisdom from or are you being setup once again. Your point of perception is everything. When your spiritual group or town decides to commit mass suicide or one person kills all the others to avoid the “sin of committing suicide” and the killer takes on “all that sin” for the rest of the group:

Are they doing that to avoid slavery and abuse from others?

Are they trying to wake up compassion in those left alive?

Are they just freeing their soul aspect from the body?

Have they moved into their lightbody and left?



Is it the physical act of suicide or killing that is important?

Your biology is the VEHICLE for your soul essence to experience darkness and density. Are you focused on your vehicle or your soul essence?

Are you being a victim or predator?

Are you sacrificing your biology to subatomic particles?

Would they care?

Do subatomic particles notice being worshipped?

Are you focused on being the creator of what happens to your biology and / or your 10%er soul essence?

What is your focus and you will know what you are creating with your thoughts. Sacrifice and needing to please a supreme being, is only found in the dark bandwidth, because it is NOT compassionate for anyone.

The universal principle of **PROSPERITY** is that you prosper in direct proportion to your ability to receive and enjoy being prosperous. Prosperity is DENIED to you in direct proportion to you feeling guilt, not worthy, hostile or envious for witnessing another's prosperity or your own prosperity. Maintaining a prosperous compassionate attitude even in states of poverty or what you consider lack, is what will move you into prosperity and trigger the law of attraction to bring you more of what you have created already.

ABUNDANCE or PROSPERITY in higher vibrations is considered nourishment in the now moment or present time: for each day, one day at a time and everyday. Spiritual wealth is gathering and wise use of YOUR resources in a balanced way. Glorifying sacrifice and suffering, hard work, money, more stuff, memories, ceremonies and rituals are the reward systems of the "rat race."

The universal principle of **SPIRITUAL POVERTY** is that you are "in spiritual, emotional and physical poverty" to the degree that you WITHHOLD YOUR energy.

Possibly in the form of money, time, attention or productivity, while expecting someone ELSE to do it for you: for example, worshipping a leader, expert or guru to do it for you. Asking others to carry your debt, physically, emotionally and spiritually. You will have unfairly taken the energies of another or others and squandered them. And possibly they have ALLOWED you to do it. That will unbalance YOU first and then the others to the dark side. Poverty recreates itself, attracts, entrains and magnetizes to you MORE of what you do not have.

Poverty can also come to you when you are productive and FAIL to properly take your reward, (energy) money or compassion in a suitable manner. Those convinced they are unworthy or incapable of having anything of value will be in poverty, as they have not created enough self-acceptance, self-worth or compassion for the self.

In the fifth dimension there is NO sacrifice, suffering, hard work, time, money, stuff, memories, ceremonies, and rituals or resistance. There is no past or future there is only now, which includes all your past and future experiences so there would be no waiting or resistance to anything or anyone. All are compassionate in the light bandwidth, the 5th dimension and above. You can create anything and everything another has, what could you be jealous or envious of? What could you possibly need that you couldn't create?

MISDIRECTIONS and DECEPTIONS

The various Brotherhoods, Mystery Schools, Secret Societies or Cabalists of third and fourth dimension

have been around forever going back to the time of Atlantis. They claim a variety of DIFFERENT ways to train initiates or students on HOW TO! They OFFER to teach what you can master on your own, for a PRICE, you surrendering your connection with your 90%er and you being responsible for you. They make you FEEL SPECIAL because they have a secret - and you don't. You need to shut down your own thought process and adopt their thoughts. They teach darkness, controlling others, occult or esoteric teachings and "specialized knowledge and vocabulary" the little human or ego has created about the soul and what it is and does. All these organizations like the Freemasons, Knights Templar, The Order of the Knights of St John, The Round Table, Order of the Quest, Knights of Malta and the Jesuits have rigid hierarchies to manipulate and control their members with. They also provide dark entertainment to keep you entrained and collect your money in THERE offering plate.

The names and people change or reincarnate in these organizations and the numbers have increased since ancient times but the agenda is the same. Tempting little humans with personal power and or financial wealth with piles of lies and deceptions. These dark groups or schools are male ego driven, generally excluding females from the knowledge and decision-making BUT females are always available to be used and abused. They use hypnotism, brain wave manipulation, hallucinogenic drugs, sexual orgies, human sacrifice to maintain fear and keep all members entertained, controlled with threats and blackmail.

The modern versions of the brotherhoods would be groups like Theosophy; A Course in Miracles, the New Age movement and some "spiritual groups" with their hierarchy and structure having the Illuminati's blessing

and support to keep people from THINKING for themselves. They present conflicting and inaccurate messages to confuse you so you will stop trying to figure it out yourself. Just pay your "love offering," parrot what the EXPERT says, and enjoy the GROUP activities and parties, you are one of us. No one in secret societies is allowed knowledge ABOVE their level. Most active Brotherhood today is the Freemasons with origins in Sumer and Egypt. The AGENDA remains the same to keep spiritual knowledge from the general population.

Individual thought and alignment with universal truths, equality and balance is all you need master. There is no RIGHT way or carefully crafted lesson to pass. There is no magic or fast track or ritual, there is only you doing the work it takes to change the way you think

Your state of consciousness, PEACE and CALM are found by:

Going within to connect up with the rest of your soul.

Have compassion for you, first.

Be responsible for the self only.



## MEMORY SLIP SLIDING

Memory for events and activities in daily life in the third dimensional matrix are slip sliding around in our awareness, because many other memories from other realities are breaking into our consciousness causing some confusion. Many people are getting glimpses of their parallel and alternate realities, which

are happening concurrently in the dark bandwidth or 3D and 4D. All are various experiences of being the victim and the predator or confused innocent to master awareness of cause and affect. Dark negative thoughts always maintain the game of victim predator. Compassion is the ONLY way to leave the victim predator confused innocent game.

Memories serve to LOCK you into a time period, chemically, emotionally and perceptually. Memory is a great comfort to our handlers "the Dark Ones" to keep us "tied into" THEIR rituals and traditions, energy vampirism, the ancestral line and ancestral money that re-stimulate and reactivate dark controlling perceptions and beliefs or fears. These memories stay with us because of the emotional attachment or emotional charge we have associated with them and the wounds we keep dragging into present time. When we stop dragging the past into present time, memories leave or slip slide away making room for new and different things to happen in our awareness.

MEMORY has NO PURPOSE in the fifth dimension or light bandwidth BECAUSE there is no EMOTIONAL CHARGE or drama or prettifying of your experiences. YOU ARE the detached compassionate observer, ONLY! You are able to access any information anytime you want it and there is no emotional charge on that information. There are no rituals or energy vampirism. There is no time or negativity or abuse or trauma, which are YOUR emotional reactions to what you experienced. There is acceptance of WHAT IS TRUE. To get to the light bandwidth YOUR personal ISSUES and negativity MUST be resolved first by "forgetting about it" or increasing your awareness and alignment with compassion, which creates resolution. In the light bandwidth the mind or mental body continuously

sweeps through your thoughts and emotions to alert you to fear-based feelings or thoughts or wounding to address and transmute immediately.

The EMOTIONAL CHARGE is what keeps you stuck or locked into a "negative emotion" from a past memory or traumas. The emotional charge prevents you from becoming the detached observer to see and learn from your experience. Alzheimer's disease is a MEMORY REMOVER for those locked into their emotional pain and suffering, which they have failed to gain wisdom from. They were unable to allow and have compassion for the self. They never made it to being the detached observer.

From a physics point of perception: Alzheimer's is about the plaque-like material that literally encrusts parts of the brain that retrieves and process information. The plaque-like material can be weakened and dissolved with a high-frequency sound and amplitude.

Most memory is in the MENTAL BODY stored electromagnetically in the DNA and grouped by themes surrounding our biology. Memories are in loops or on chains of similar experiences. A chain of memories or experiences or activities has a particular theme or subject or people or locations from a few days apart to billions of years ago. This could include all the times you were the killer, abandoned, had hand injuries, engaged in abuse, smelled cookies or destroyed your planet and felt guilty. At this time our personal ancient and archived fears are being brought into our awareness to OWN and release the emotion and drama. Time to view your experiences as a detached observer from the perception of universal truths and compassion for you.

When you permanently remove your emotional upset from your experiences it changes all the loops on

that theme and you rewrite your personal history and sometimes a group's history that you were a part of.

#### APPLYING UNIVERSAL LAW

Accept what you did and what was done to you **ALLOW**, place **NO** blame or judgment and **NO** punishment on you or anyone else. **OWN WHAT IS TRUE** because that is the only way to move on, understand cause and effect, to increase your awareness and wisdom

**REALITY** happens on the quantum level, flashing in and out of existence hypothetically at "Planck time" or 1044 times per second, says, biophysicist William Brown of The Resonance Project. Our reality oscillates between **FORM**, and pure **ENERGY** 1044 times per second. Reality transitions **INTO** form or the holographic field, based on what you think. Each time we oscillate into formlessness or pure thought, what we think and focus on is manifested. Half of the time we are formless and the other half we are manifesting.

A reality is a subset of any dimension constructed by agreement with two or more parties involved. There is an outer flexible wall, or thought form enclosing that energy field that contains the controlling matrix or grid system or density in that agreed reality. The reality you create is largely dependent on your state of consciousness, the type of thoughts you hold.

Dark bandwidth rules and parameters are: extreme polarities, separation, unconsciousness and ignorance that result from leaving compassion and moving into "free will" this is the school of "cause and effect" or moral dilemmas for you to consider and observe the result of what you choose to think. Those in fear and mean spiritedness will want power to control others for them to maintain an illusion of **THEIR SAFETY**. There

are past experiences and future expectations, events are sequential and linear, isolated and different. There are agendas, expectations, disappointments, lots of wounding and victories. There is hard work, resistance and sacrifice. Parallel or alternate realities get created when there is a moral dilemma to consider. You can mentally or physically test outcomes of the different choices, through trial and error. We are not so aware of our Parallel and Alternate Realities because we judge and deny what is true and **THAT** behavior **SERIOUSLY** limits what we can know and our awareness of the **HUGE** number of options available to us.

**ALTERNATE REALITIES** are chosen to experience different versions of the self in the same timeline or vibration. You explore alternate types of personalities in similar situations. This would be similar to role-playing a street fight and you took turns playing each member of the gang present in the fight or argument. The situation is different because **YOU** are a different personality with a different point of perception. A different agenda to push.

**PARALLEL REALITIES** are created when we have a life-changing dilemma to consider. The human has one experience and the second, third or more options are played out in parallel realities. For example, you choose to be a farmer, in the parallel reality you go to college or become a criminal. Your personality or guiding belief system is the same in all your Parallel Realities. What we experience individually is also played out as a planet. In this reality, on earth, America won WWII, so in parallel realities Germany or Russia won or aliens landed or peace broke out. There are **TWO** kinds of **PARALLEL REALITIES** vertical and horizontal to give us the ability to engage in many versions

of the same experience and the ability to move back and forth in time and place.

We did not have "World War III" because the Dark Ones were redirected into another reality to have their war. AND there is enough light in the collective consciousness on Gaia to prevent large-scale wars. Also the Galactic Light Ones are seeing to it that NO nuclear weapons are detonated.

**Vertical parallel realities** exist across many different frequencies and dimensions of that version of reality. For example a person can be living now in the 3rd, 4th, 5th and 6th dimension being aware of them all when they vibrate to the 5th dimension and higher. The vertical flow, moves through all the dimensions times and places. Your soul conglomerate can choose to exist in all the various dimensions to assist itself.

**Horizontal parallel realities** exist on different levels within the same dimension. Two examples are JUST BEFORE the violent fall of Lemuria and Atlantis. Some chose to peacefully exit on different planets and some moved into the Hollow earth to maintain a fifth dimensional vibration and existence. And some transitioned into living in our oceans maintaining their consciousness in the light bandwidth. Those of us that stayed in third dimension and the dark bandwidth had no awareness of what all the others did. There are millions of realities and billions of possible realities.

ENTRANCES and exits into different realities or dimensions or vibrations are at 120-degree angles because that angle BLENDS like two rivers blending into one. 90-degree angles or RIGHT ANGLES are a JOLT; electricity at 90-degree angles creates a short.



## STATES of CONSCIOUSNESS

The brain always has some level of electrical activity going on that shows you state of consciousness or your brainwave activity. The size or strength of electrical activity increases as the frequency decreases. Brainwaves are measured in two ways. The frequency / speed of electrical pulses are in cycles per second (cps or HZ) that range from .5cps to 38cps. The second measurement is amplitude, or strength. When you are in the light bandwidth you can access all four brainwaves AND the extremely high, and low, frequency brainwaves that will become accessible to you as you CONSCIOUSLY expand your consciousness. Higher states of consciousness also assist you to travel inter-dimensionally.

**WHEN the HUMAN'S SOUL essence DROPPED OUT of the LIGHT bandwidth:** Their states of consciousness or brainwaves got separated out and they could only access or have conscious control of the lower ones.

**COMPASSION --- into all the emotions and drama**

Our intentions got separated out from COMPASSION into separate forms of indifference, insensitivity or cruelty manifested in third and fourth dimension as a lack of compassion for the self and consequently others.

**WHITE LIGHT --- into all the colors**

Their white light got separated out into seven or more colors of DIFFERENT FREQUENCIES, chakras, portals or energy fields. We have the illusion of 7 different, and separated, chakras representing our SEVEN separated states of consciousness. **BLACK** is



no light or no compassion. **Grey** has a percentage of light present.

The BRAIN ALONE in our biology was designed to keep you breathing and alive for this lifetime with basic survival thinking and truths to keep the biology alive in the dark bandwidth. The brain is used as a processing center or transformer to step down energy, information and awareness from sources outside the biology. The human brain is plugged into and connected to the universal Internet, OUTSIDE of the third dimension matrix and within the light bandwidth. The connection is through the pineal gland and your 90%er. Most humans have consciously shut down that connection, dark ones will argue with what comes through, doubt and discredit it, calling it the devil or evil. Some of us use this connection well and all the time. This connection supplies our intuition, creativity and knowledge. You can get a considerable amount of help, guidance or support even while asleep through this hookup.

Non-physical perceptions or states of consciousness are electromagnetic energy fields that appear as a flash of energy. These flashes of perception are REAL. They connect and merge your brain and your mental body, surrounding your biology to your pineal gland, your 90%er and the universal Internet in the light bandwidth.

**BETA** brainwave activity or consciousness can only be consciously perceived, interacted with, and communicate with the third dimension. When humans use only the limited frequencies of the third dimension and below, they access about 10-15% of the brain. Only 3% of the DNA efficiency is used. Beta is entirely focused on the external; it pulsates between 13 - 39 cycles per second. Beta consciousness is alert, vigilant,

concerned with survival of the biology and all that it takes to maintain physicality in the third dimension and lower fourth dimension. Experiencing stress, fear or anger in a higher brainwave state WILL instantly lower your awareness into beta brainwaves. When you drop into negativity and / or darkness you can't hear or sense higher vibrations. Dark Ones do hear and interact with other Dark Ones; one will enslave the other generally. The victim predator cycle continues with energy feeding cords and dark contracts. Abuse and trauma victims, sexual addictions and sexual slaves remain in the beta state of consciousness.

**ALPHA** brainwaves accept third and fourth dimensional perceptions and are the major rhythm of normal, relaxed adults, and present during most of our lifetime, especially beyond the age of 13 years. Alpha activity is aligned with relaxation and a receptive mental state, creative thought, fun, and a sense of well being that improves immune functioning. Alpha brainwaves allow our cells to resonate to photon energy and enable them to clear out, our pockets of density that we have carried in our emotional body. Our brainwaves in the alpha beta range create our sense of aloneness and the illusion we are separate. Reality is perceived as a blend of inner and outer focus. It pulsates between 8 - 12 cycles per second. Fourth dimension "dreams" in the alpha state of consciousness or "day dreaming" may actually be YOU consciously aware of one of your alternate or parallel realities.

**THETA** brainwaves are normal for all ages during sleep and perfectly normal in the waking state for children up to 13 years old. Theta is high fourth dimension, the ability to dissociate from the biology and BE the objective observer. Theta state of consciousness is believed to reflect activity from the limbic system and

hippocampus regions of the brain related to emotional reactions. Theta is usually only accessible while you are feeling safe and protected or when you are being creative or meditating. Theta brainwave state can produce a sense of unity, knowingness, and inner peace. It promotes adaptive behavior, complex behavior and emotional healing. Theta brainwaves are calibrated to the fifth and sixth dimension or vibration. Light language is understood by theta brainwaves and above.

Cannabis helps you move into the theta brainwave and connect to the pineal gland and the universal Internet, your intuition, new ideas and your creativity. Cannabis relaxes your muscles and emotional upset, allowing your MERIDIANS to release internal pressure and flush out pain and pockets of density. Cannabis is an energetic tonic as well as a physical one.

When the inner peace created by the theta brainwaves gets shattered by negativity, fear, verbal, physical and or sexual abuses it is very JARRING to the child creating an impact 100 times more intensely on them, than it would be on an adult having the same experience. Along with the "jarring traumas" the child does read the thoughts of their predator more proficiently than adults do. They tune into the thinking of the predator in hopes of anticipating and minimizing the next encounter.

When a child is abused in anyway; complex tasks like reading and math are disrupted and may stop. Surviving abuses and trauma, beta brainwave, always takes priority over mastering any complex academic thought or skills. Theta states of consciousness are primarily an inner focus to survive in the dark bandwidth and inner focus in the light bandwidth to be creative. Theta brainwaves pulsate between 4 - 7 cycles per second.

**DELTA** brainwaves are found in infants up to one year of age. Delta is the deepest level of dreamless sleep and releases you from your attachment to your physicality. Delta state of consciousness is associated with near death experiences, trauma recovery, being in a coma, hibernation or found in yogis to regulate their body temperature and heart rate. The focus is on growing, healing or staying connected to the universe or cosmos or galaxy to receive awareness, knowledge or wisdom. It is challenging to maintain attention or focus while you are awake in third dimension BUT your state of consciousness is in the delta brainwave.

Many individuals diagnosed with Attention Deficit Disorder (ADD) have increased Delta activity making it hard to attend to third dimensional activities AND master skills in school and life. The brain seems locked into a drowsy state "open to receiving" the universal Internet and NOT so much what is going on in their third dimensional existence.

When the infant's environment is one of fear, anger, sexuality and or abuse, the infant would definitely absorb that energy and NEVER feel safe. The infant would move into GREATER dissociation and possibly even death. Extreme fear will appear to be calm, dissociation and the soul essence would leave the biology. There is always hyper-vigilance and / or "failure to thrive" and medical problems for the person.

Delta is triangular shaped and an infinity shaped number. The greatest amplitude and the slowest frequency are the dominant rhythm. Delta waves are connected to our cellular, subatomic and universal reality. The relatively high vibration and slow brainwave activity of DELTA and THETA brainwaves creates a dissociative state. Dissociation in the **light bandwidth** is a process of thinking, feeling and physical

sensations of drifting away from your physical awareness. Dissociation can occur during meditation, exercise, while driving or while immersed in a good book, movie or personal experience. Delta state of consciousness is entirely focused internally. Delta pulsates between .5 - 4 cycles per second. The third dimensional brain is generally not conscious of delta and gamma brainwaves.

Dissociation in the **dark bandwidth** or DISSOCIATIVE IDENTITY DISORDER / DID or having ALTERS or multiple personality disorder is a coping mechanism against severe trauma as a fetus, infant and / or during early childhood, usually extreme, repetitive physical, sexual, and / or emotional abuse. A situation or experience that's too violent, traumatic, or painful to assimilate for the conscious self and the soul essence LEAVES the biology because the vibration is too low for it to stay, its physics. When faced with overwhelming abuse, the child dissociates from full awareness of the traumatic experience. Dissociation can become a behavior pattern that persists throughout life. Those with DID when given traditional psychological tests frequently show up as Schizophrenic.

**GAMMA** brainwaves are found in virtually every part of the brain. Neuroscientists believe that all the neuronal clusters oscillate together for short periods of synchronized firing, originate in the thalamus moving from the back of the brain to the front and back again 40 times per second, drawing different neuronal circuits into synch with the person's perceptions, thoughts, beliefs, visual precepts, size, color, texture and function to synthesize all into a coherent whole to improve memory, perception, performance, create new ideas and memory processing or being in the zone. Gamma brain waves play an important role in

the R.E.M. or Rapid-Eye Movement sleep stages and visualizations. Gamma brainwaves consider all possible solutions or answers to a question or problem simultaneously, NOT sequentially. Acting like a quantum bit does.

Gamma waves were unknown until the development of digital EEG (electroencephalography) recorder. Analog electroencephalography did not measure brain waves at the high frequency of Gamma, the fastest brainwave frequency with the smallest amplitude.

When the thalamus is damaged even a little bit, this wave stops, and the CONSCIOUS awareness does not form. Everyone has gamma brainwave activity, but the amount of gamma waves produced varies greatly. Low amounts of gamma activity have been linked to learning difficulties, poor memory and impaired mental processing. Gamma brainwaves are plugged into the universal Internet not the third dimensional matrix. Gamma pulsations are greater than 10 to 19 cycles per second.

**EPSILON**, Hyper-gamma and Lambda brainwaves have a circular link and work together. The three brainwaves are said to be present while meditating, during creative problem solving and having awareness of the self in the light bandwidth of compassion. Our expanded, psychic senses are embedded or piggy-backed on our five senses.

The slow Epsilon brainwaves at 0.5 cycles per second have fast Lambda brainwaves embedded in them. Lambda brainwaves at 100hz - 200hz are associated with integrated wholeness and out of body experiences.





6

## 3% MATTER, 97% LIGHT

ONLY 3 percent of our DNA is needed to operate the biology. Ninety-seven percent of our DNA is ready to FLASH into higher states of consciousness the light bandwidth and our lightbody. At the birth of our biology the electromagnetic code or DNA is calibrated to the planet's DNA or the amount of light the planet carries. Newborns are incarnating with more than 80% light, in the light bandwidth, now in 2015. Gaia and Her human's are a closed interdependent system. Their DNA and RNA are sentient, self-replicating, wormholes or electromagnetic oscillating flows or codes for our consciousness of all we ever were and will be when operating at 100% of the original design. BUT for the past 13 thousand years, earth has been in the dark bandwidth carrying only 40%ish light of the original design found in the fifth and sixth dimension.

The collective consciousness of the planet and its entities or life forms and people Gaia attracted were

those in the dark bandwidth. Earth was quarantined because of the fear grid that surrounded it. From the 3rd and 4th dimensional matrix, you CANNOT flash into the fifth dimension because its vibration is too negative, low, slow and NOT aligned with universal truths.

ELECTROMAGNETIC is the interrelation or collaboration of electric currents or fields AND magnetic fields. Electromagnetic energy from the Sun and other cosmic energies are escalating and expanding during August 2015 and reaching their peak the end of September 2015, one more time. We are getting lighter incrementally. Greeting each influx of energy with fear is resistance of the energy. Greeting any influx of energy with ALLOWING, and acceptance allows fluidity and calm for you.

"It is what it is."

The Universal Law of **FLUIDITY** says life is best when experienced as a fluid substance and not as a solid. Life has no fixed shape and needs to yield easily to external pressure the way, water runs no faster or slower than is called for and seeks its own level. Its flow is even, unforced and fluid, staying in the now moment without hurry or standing still. Always OBSERVE, KNOW and ALLOW with silence, nonresistance, and BE fully present and aware.

You decide the state of consciousness YOU want to experience with each escalation of light. The higher vibrating frequencies of LIGHT are not really separated from lower frequencies or vibrations, but there is less energy in it. Gamma brainwave fifth dimensional consciousness FLOWS into Alpha brainwave fourth dimensional consciousness into Beta brainwave third dimensional consciousness where compassion is diluted and hard to experience or even notice.

The real you, RESIDES in the fifth dimensional gamma brainwaves and beyond. This is the state of consciousness that your 90%er created, an avatar to play the game with 10% of its essence, in the upper fourth dimension. The 10%er or avatar had FREE WILL. The Avatar is "living in" and playing the game BUT thinks it is real. When moral dilemmas were presented to the avatar or fourth dimension astral self, many moral choices that were made were dark lacking compassion, which were not corrected right away. The fourth dimension avatar chose to experience even greater darkness or lack of compassion and dropped into the dark bandwidth, the middle and lower fourth dimension and eventually the third dimension. With each level of greater darkness the avatar shattered into more copies of itself to experiment with cause and affect by playing "victim predator and confused innocent" games in many different types of illusions or realities or dimensions. The lack of light (compassion) in this darker game caused MATTER to solidify into the third dimension, WHICH IS ONLY a holographic projection of the game going on in 4D. WHICH WAS created and monitored by YOU in 5D.

This explains why some dreams we have feel more real than third dimensional life. They ARE closer to real. Those dreams happen and are experienced in your fourth dimension astral body or you lightbody self. The 90%er is waiting for your 10%er core self to decide to value yourself enough to commune and interact with it. Ask questions out loud, be guided and supported by the creator. As you commune more with your fourth and then fifth dimensional self or 90%er you will find light language communications are accompanied by bodily sensations like, movement or joyful feelings up and down the inside of the

spine. Your body's negative response is a hollow feeling inside you accompanied with sadness or fear. Your biology tells you the truth WHEN you choose to perceive and own the truth.

Moving through the different dimension of 3D, 4D and 5D can cause confusion for sequential 3D memory and time. You can experience lost "time" or "lost sequence of events." When you find yourself in a different space or time, but cannot remember how you got there. If you keep yourself aware of what is going on you can avoid moving into doubt or fear that will put you back into the third dimension of physicality.

THOUGHT FORMS or light language are generally FIFTH dimensional gamma brainwaves that contain MANY versions of the same information. That way, people perceive the information from their point of perception. While in higher states of consciousness, you can even perceive energy packages, BEFORE they leave the fifth dimension and drop into third and fourth dimensional reality. The Light language embedded in the higher dimensional energy wave allow transmutation and understanding when you keep your third dimensional awareness awake and aware to connect you to the fifth dimensional experiences.

Gaia has vortices or DNA or wormholes leading to higher vibrations and some lower ones or dimensions, just as humans do. These portals are a means of traveling and receiving information, visitations, or know- ingness about other parts of your soul without moving the biology. Human biology is made up of the same elements found on earth because we are a small part of her many bodies. Therefore we can open her portals the same way we open our own personal portals or a portal of greater light or a wormhole to the dark or light bandwidth.



DNA is altered or restructured continuously with our thought, words, imagination, exploration, sounds and light, genetically and environmentally. Our color spectrum has gone from 72 to 123 colors. Humans on earth have at least 42 Different DNA donors or parental races like Pleiadians, Sirians, Arcturians, Dracos, Orions, Ocuturians that gave us an inheritance of quantum energy. Arcturians seeded the Pleiadians making them our grandparents, great-grandparents and great-great great-grandparents. These relatives come and go as they please just by THINKING about us, not generally using space ships. They see, hear and over-light our world to help, guide and support their 10%er raise its consciousness as much as possible in a free will environment.



## DARK ONES ENTRAINED

Increased focus and intent creates a clearer more defined creation. Sustained thought and organized work can bring a thought into physicality and the third dimension. BUT when another's INTENT is stronger than your intent, the strongest intent overrides a weaker intent. If you want to stop eating sugar BUT your desire to eat sugar is stronger, you know which intent will win.

The universal principle of **RECONCILIATION** allows different qualities to get unified into similarities to diminish differences and decrease conflict. Therefore you will probably eat sweets.

The Universal Law of **ENTRAINMENT** requires that two or more vibrations, frequencies or resonances or realities or thoughts existing in the same space MUST adjust to each other and combine creating a SINGLE resonance. That applies to everything, from subatomic particles to humans, planets and universes.

Examples of combining two or more to make a single resonance: on a scale of 1 to 10 if you are at 2 and the other is at 8 you will vibrate at 5 together. Unless one vibration is overpowering then it will pull the other to their level. That way both would be at 2 or 8 or possibly 3 or 7.

Another mathematical example to explain entrainment is to use a number line with zero at the center and positive numbers on one side and negative numbers on the other side of the number line. A darkness of -3 would need at least a + 3 to neutralize the darkness or to REMIND the dark one that it comes from the light. It will take more than a + 3 in changes of thought and behavior to move to + 4 or + 5.

To arrive at a family, clan, country or the world population's percentage of light you would add all the various individual's percentage of light and divide them by the numbers of entities to arrive at the ratio of dark: light. BUT those in the light bandwidth carry more weight. When light humanity and Gaia are united chakra by chakra and the Arcturians include their light THE ENTRAINED LIGHT ratio and efforts are considerable.

Because you create as you go or exist, you can't imagine a reality that exists without you, the WAY YOU have always been. What you expect to be present WILL be there, because you created it OR as is frequently done in the dark bandwidth, you ALLOW

another(s) to create for you and you ADOPTED their creation as your VERY OWN. This is why it is important to be conscious and aware of your thoughts. You need to choose exactly what YOU REALLY want and hold that in your thoughts.

The battle between dark and light is for your consciousness.

To remain in the dark bandwidth or move back into the light.

The “humans” that greatly intensified the darkness on earth were clones doing as they were told to do or were shape shifters passing themselves off as humans following orders. Just as light workers are emissaries to earth and members of galactic and celestial families who sent 10% of their essence into biology. There are those of the Draconian galactic families with 10% of their essence in a vehicle on earth or an astral body in the fourth dimension. When you are a hybrid 50% human and 50% or more reptilian genetic code, shape shifting is a case of shifting the hologram from one genetic code to another and back again. They change their vehicle with their THOUGHT and EMOTION.

Dark Ones are called by many names: unbalanced demon, devil, reptilians, evil, dark aliens, dark soul aspects, ego or the little human and frequently they include your relatives or ancestors. They are dark and dangerous because they lack compassion for the self. They follow dark survival truths, seek power over others, and are generally ignorant and unconscious. They can have biology or only an astral body. As Dark Ones love controlling, forcing and making fun of others, “their essence” enjoys taking charge of an abandoned biology. Dark Ones consider the biology abandoned when the core personality has left or dissociated or allows others to use their body.

The **GALACTIC or ORION WARS** were waged in the third and lower fourth dimensions in the Milky Way Galaxy lasting for 20 million years. This war has been over for ages, BUT was transferred onto Earth when many of the Draconian troops returned to earth around the time of Atlantis. Being of dinosaur ancestry, the Draconian believed earth was their home. Dinosaurs were one of the first inhabitants of THIS CURRENT CYCLE of reality on earth.

Gaia has had many cycles that came before the current cycle we are in now. The previous cycles were all in the light bandwidth. For the past 13 thousand years, until VERY recently, earth has been in the dark bandwidth carrying only 40%ish light. That meant being born into the dark bandwidth of consciousness. At our birth our electromagnetic code is calibrated to the planet’s DNA or the amount of light the planet carries at the time of our incarnation. Being a planet with light and dark bandwidths coexisting with each other is an extreme challenge. Humans choosing to incarnate on Gaia could facilitate their advancement into the light and greater wisdom, if and when they could move OUT of the dark bandwidth.

Gaia’s third and lower fourth dimension, the School of Cause and Effect is almost closed. Gaia’s planetary body can no longer tolerate the damage humanity has caused Her and the cycle has ended for a variety of reasons.

During the Galactic wars the Dark Alliance was mostly made up of the Reptilian Races that originally came from the constellations of Draco and Orion that blended with our universe. Their consciousness was in the dark bandwidth also, they were aggressive, lacked compassion and believed “their god” gave them the right to dominate the Milky Way Galaxy. They were

the "Sons of Biel" that became the "Dark Robes of Atlantis" and were responsible for the fall of Lemuria and then Atlantis. Currently we refer to this group as the Draco's, the Dark Elite or Illuminists, which are the primary carriers of Draconian DNA on planet earth, dressed in a humanoid suit. Fear is their creative force and to sustain themselves they FEED or siphon energy from those they put in a state of fear. They consider humanity their labor force, slaves and lab rats.

The constellation of Lyra was mainly human races that stayed in communication with their 90%er, were responsible for the self, they were farmers that lived off the land in harmony with their planet. They had no defenses or military. The Draco's wanted what they saw and took it. Four million years ago the victims and their allies joined forces against the Alliance of the Dark Ones to protect themselves. They formed the Galactic Federation that represents over a thousand star systems in this region of our galaxy.

Draconian Reptilians are a society that uses psychological warfare and advanced technology. They have PSYCHOLOGICALLY managed humanity and life on Venus, Saturn, Jupiter, Earth and Mars. Draconian Reptilians created Grey Aliens that are soulless. They are the WORKERS from whatever group that owns them, like Zeta Reticuli I and II, and Sirius A. This is why petroglyphs found in America, Egypt, Mexico, Peru, Bolivia and Columbia have drawings of Grey Aliens. The short 3 to 5 foot grey extraterrestrial races with the large black eyes are from the star system Zeta Reticulum and the Orion Constellation described in most abduction research and in reports of UFO crashes.

The reptilians of LEMURIA from Draco had, and always have had, advanced technology. They loved

experimenting with DNA and had the ability to clone. They wanted to use reptilian DNA as the foundation for a new humanoid creation. The Reptilians had convinced the humans they were gods.

Genesis 1: 26 (KJV) from the Old Testament

*"Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing upon the earth."*

Both Lemurians and Atlantians experimented with DNA and cloning long before they settled on earth. During the Lemuria and Atlantian eras the reptilians were visible and worked with humans even though they fought a lot. Draconians made genetic hybrids with their DNA and Lyrian refugees from Mars to psychologically control them. They forced female Lyrians to reproduce ONLY with the male reptilians. 90% of reptilians were soulless and this allowed the infant to be born with a soul and reptilian DNA.

On Draco they have a caste system similar to the one found in India and the hierarchy found on earth with the 13 Illuminist HYBRID families that have been running the earth. They all have 50% or more reptilian DNA from Draco. The hybrids were all raised with the SAME trauma based programming developed by the Draconian reptilians and used on their own children.

The Dark Alliance put the Anunnaki Reptilians in charge of the earth during the time of Atlantis, and they have remained in power until 1995 MOST of the Anunnaki decided to move to greater light and changed their name to **ANNANUKI** and are members in good standing of the Galactic Federation.

Some of the rank and file or dark underlings left on earth, chose to remain in the dark bandwidth and

enjoy their power over others and ill gotten gains on earth. To this day they continue to lie, deceive, control the third and lower fourth dimension with their PSYCHOLOGICAL and CHEMICAL warfare on humanities CONSCIOUSNESS and biology. More have been lost to dark thinking than were lost in the Galactic wars. They joined the dark game and survival truths of victim predator and confused innocent.

The dark underlings or Illuminists on earth, the moon and Mars are still pushing their agendas of domination through the **NEW WORLD ORDER or N.W.O. or "FOURTH REICH"** or the One-World-Government planned for earth in the dark bandwidth. Insiders call themselves the NETWORK. They are the global government dictatorship that manipulates countries, governments, world events, bankers, the media and politicians with their secret organizations like the CIA, NSA, IMF, WHO, UN and their doubles or clones working with their "enforcers" the programmed military and police. Don't forget the **NEW WORLD RELIGION Programming or N.W.R.** to facilitate tighter control after Project Blue Beam has installed the new religion everyone is schedule and forced to join.



## PERPETUAL CREATION

The **UNIVERSAL ENGINE of PERPETUAL CREATION** and RECYCLING, also called the cosmic pulse / "push pull system" / inflow and outflow of FREE renewable energy. This system is SENTIENT and alters or restructures matter, energy and universes. It is a QUANTUM

ELECTRICAL force of perpetual motion with strong crystalline / photon influences. ALL the electromagnetic grids or matrixes of reality are free renewable energy sources.

All physics in the dark and light bandwidths come in pairs, with ONE WEAK force and ONE strong force having a double event: like breathing is in and out, surging back and forth to energize our holograms and grid structures. It responds to thoughts the way a photon and all subatomic particles do. This energy pushes objects around to control mass.

There is matter and antimatter and a white hole not VISIBLE to most humans twinned with a black hole. Dark matter or the black hole is the weak quantum force. Black holes, wormholes draw approaching LIKE energy or matter toward its core located in another dimension. The twined holes come in all sizes from subatomic to very large energy vortexes of immense size and power. These multidimensional strings of force connect themselves to other galaxies and planets including earth, weaving in and out of their centers stringing all the galaxies together. Looking down the middle of the galaxies in the universe you see the symmetry of a Mandela. Spaceships align their routes along the push pull of the electromagnetic energy and travel these space highways or wormholes. This vortex technology takes you from one reality to another. 17 wormholes or space highways have been discovered in our galaxy so far. A propelled spacecraft moves through dimensions NOT from planet to planet.

Movement is never random. All objects around a gravitational pull seek their orbits based upon their mass and speed. That's why all the planets have different orbits. Galaxies have something in the middle that is gravity based and everything moves around

the center as one unit. The cosmic pulse within spiral galaxies forms a creation pattern spiral that lends itself to physical matter and the creation of duality or not. The electromagnetic grid and crystalline grid of Gaia are next to one another. After 1987 our LIGHT mass consciousness moved from inside Gaia and the human electromagnetic grid onto the crystalline grid.

Gaia's **ENGINE of PERPETUAL CREATION** includes her sacred sites, portals, Inner Earth tunnels, Ziggurats, Obelisks, Pyramids and the Crystals from Atlantis in caves around the earth that are on line again. There are twelve MAIN polarized pairs for a total of twenty four spots on earth, of NODES and NULLS that electromagnetically work in tandem with each other to keep this holograph balanced, functioning and transmuting, all at the same time. There are also many smaller polarized pairs working in tandem around the earth.

A **NODE** or ley line intersections, are points where electromagnetic flows of energy cross and attract current. Points were Gaia's three energy grids of consciousness, gravity, electromagnetic and crystalline OVERLAP. Nodes are on raised land or mountains. People have built temples on them to make use of the intense energy.

There are three types of nodes: portal, vortex and vortal. PORTAL is a tube, of higher vibrating energy in air or space. VORTEX is cone shaped of colliding energy that is constantly whirling. VORTAL is half portal and half vortex. There is no symmetry. They occur beneath the earth or on the surface or anywhere between land, water and air.

The location of the 12 major nodes in alphabetical order is: Glastonbury, England; Island of the son, Lake Titicaca Bolivia; Machu Picchu, Peru; Maui, Hawaii,

USA; Mont Blanc, Swiss Alps France; Mt. Cook, New Zealand; Mt. Ida / Hot Springs, Arkansas, USA; Mt. Shasta, California, USA; Rila Mountain, Bulgaria; Table Mountain, South Africa; Uluru, Australia; Yucatan Peninsula, Mexico.

A **NULL** or zero has no electromagnetic radiation because it is in a resting state open to all potentials and options. A null zone has the absence of the crystalline grid and the collective consciousness BUT has pure Gaia energy. Similar to when a human goes into a void and the great void, the energies cancel each other out creating a null where the human has the choice to choose again. Where the 90% of your soul conglomerate OR Gaia's soul conglomerate can offer NEW information and synchronicities of thought. Nulls are exciting but the energy can be overwhelming making it hard to stay balanced in it, certainly difficult for dark humans to negotiate with irregular electromagnetic fields. There is unbalance, malfunction and confusion in humans and machines. Some null zones are in the ocean, like the Bermuda Triangle or on land as the Valley of the Moon and San Pedro de Atacama a town in Chile are.

The location of the 12 major nulls in alphabetical order is: Aneto, Pyrenees Spain; Gunnbjorn Fjeld, Greenland; Meili Snow mountain, China; Mt. Aconcagua, Argentina; Mt. Ararat, Turkey; Mt. Fitz Roy, Patagonia Argentina; Mt. Kailash, Tibet; Mt. Kilimanjaro, Kenya, Africa; Mount Logan, Yukon Northern Territories, Canada; Tibetsi Mountains, Chad Africa; Ural Mountains, Russia; Victory Peak, Tien Shan Kazakhstan, central Asia.





## CLEARING DARKNESS

A TRIAD including the Node and null system, the crystalline grid and light humans are using electromagnetic energy flow and movement to vacuum up and transmute dense dark energy on earth. Collecting and transmuting the fear and emotional charge left on Gaia by her humans and their wars and battlefields, dramas and traumas, from the unending sexual abuse and cruelty to each other.

Space is only experienced in the dark bandwidth to help one understand cause and effect of their thinking. The fact that it takes time to travel across to a new location gives you time to think. In the light bandwidth you can travel in a vehicle or in your mind. BUT to journey in your mind, without a vehicle, you need to raise your vibratory rate to the seventh dimension. Your thoughts of compassion create a force field and a very powerful thought form to enclose your energy field.

The Arcturian Mothership has been over-lighting Gaia.

The Galactic Federation is preventing nuclear explosions from happening that may destroy the planet like Maldek was destroyed. Many from other planets incarnated into human biology to help Gaia and her people. Many light ones inhabit abandoned biology's of those in a position of power.

The Anunnaki Reptilians on earth left their underlings alone to fend for themselves and they did what they were trained for and always did. Their lieutenants stole the 2000 United States election, created 9/11 and began wars in Iraq and Afghanistan and tried hard to start WWIII, but the Light Ones moved those energy

patterns into a parallel reality to play out. Light Ones have and continue to interfere or prevent any nuclear weapon detonations. That was when they were the strongest and more organized. The infighting, dysfunction and chaos increase BUT the chemical warfare on humans and financial control continues.

The only one that can heal your personal darkness is you. When your consciousness is focused on your INWARD breathe or INTERNALLY, you can perceive your INFLOW of thoughts: What you THINK what you have created and allowed to exist for you, in your reality. During your OUTFLOW or outward breath or focused states of awareness you, SEE what you emanate or project out into your reality. You are the source or creator of your outflow. You are the core of your reality and universe. With your conscious breathing you experience the inflow and outflow of time and space moving through you.

Many CONFUSED ONES believe they are operating in the light and compassion, BUT they are not. Because they mimic or mouth light thoughts, listen to or read passages about unconditional love, BUT FEEL emotionally wounded or abandoned or angry, their thinking and emotion remain negative. When they blame, judge, are impatient and are concerned with being rewarded or stroked or being BETTER THAN ... they are not owning what is true and being responsible for themselves.

Dark thoughts are muddy colored dissolving easily EXCEPT when energized with the creator's intense feeling and REPETITIVE thoughts. Then the negativity becomes solid, like the third dimension became solid. When you think and feel the self to be stupid, ugly, bad or entitled or better than others these habitual thoughts become well formed, clear and powerful.

Worry creates what you worry about. Doubt lowers your vibration and creates the illusion that you are a victim. Doubt, worry and blame thought patterns, **IS YOU, victimizing you.** Dark Ones, with or without biology pull power or siphon energy from the essence of others in the dark bandwidth.

When your DARK thought, emotion and drama are in sync they become strong, solid and frozen resulting in a rigid, stubborn and stagnant individual. Each and every thought we have BECOMES an individual entity or image with color, shape, and vibration carrying a percentage of light. Our thoughts and emotions are our creations that carry OUR PERSONAL MORAL character and energy signature.

The law of attraction electromagnetically, pulls SIMILAR thoughts and vibrations and people together. The law of entrainment holds and homogenizes SIMILAR thoughts and vibrations and people together in the light or dark bandwidth electromagnetically. When your thoughts and emotions are in alignment with each other, you LOCK into or entrain with the light or dark bandwidth. Once you enter that energy field it REINFORCES YOUR energy patterns or thoughts creating your own personal feedback loop that your thinking exists in. For eons, fear on earth replicated itself, becoming a tradition accepted as "the truth" handed down to the next generation. These truths are dark "survival truths" designed to keep the biology alive because the human doesn't realize the biology is only a vehicle you work WITH for your soul essence to experience this vibration.



7

## CHAKRA / PORTAL

Chakras are 2-way portals or energy fields to keep us connected to the frequency trail of the rest of our soul. Each chakra vibrates to a different frequency that corresponds to your brainwave or state of consciousness. Brainwaves are measured in two ways. The frequency / speed of electrical pulses are in cycles per second (cps or HZ) that range from .5cps to 38cps. The second measurement is amplitude, or strength. The OUTWARD focus brainwaves have a *faster frequency* and lower amplitude. The fastest wavelength with lowest amplitude, are closer to the base of our spine.

INNER focus brainwaves have **lower frequency** and higher amplitude or size. The inner focus brainwaves, with the slowest wavelength and the highest amplitude, are closer to the crown of your head.

EACH CHAKRA represents or rules a different area of your biology, in a different location along the spinal

cord to interface with the corresponding endocrine gland and group of nerves. Chakras are small vortexes that rest on the surface of your etheric body to absorb and distribute energy to the etheric and physical bodies uniting you with the fourth dimensional, astral world and eventually the fifth dimension.

Chakras are like wheels with varying numbers of spokes: fewer spokes correspond to the lower chakras. Energy rushing into the center of the chakra at a right angle sets up a secondary force creating an undulation, which catches the spokes and causes the chakra to spin. Your THOUGHTS need to be compassionate to spin faster connecting you to higher vibrations that will alter your physical body and thinking. Your chakra activity is a REFLECTION of what thoughts you hold. The spin slows or stops with your negative thinking and unconsciousness.

Human changes are shared with Gaia and Gaia's quantum changes are shared with her humanity. The planet, humans and all sentient life ARE connected and communicate in roughly the same manner, with telepathy or light language. Now they are in the process of coexisting, melding or "hooking up" or connecting to each other collaboratively. These shifts / transmutations start on the quantum level. When humanity and planet are united chakra by chakra, their efforts are joined along with the Arcturian's mass consciousness. The entities in the light bandwidth are always "OUT THERE" in the now moment with information for the general population to seek out and know. When you commune with your 90%er soul conglomerate you can get VERY specific information for you, individually and personally.

TWO WAYS to COMMUNE

Downloading and interpretations of Light Language OR you can PLUG into upgrades through the chakra system. Both are acceptance "of increased light flow" that will happen many times a day without your conscious awareness of it. READING Light Language means you are bringing it into your conscious awareness THROUGH bodily sensations, emotion, and thought that you have identified. You absorb the information, have knowingness, rather than interpret it. This reality of melding is a SUBSET of the fifth dimension constructed by agreement by many sentient beings. An outer flexible wall or thought form encloses this energy field or controlling matrix or grid system of the individual and the planet.

The earth's navel energy field will meld with the human navel energy field and on up to the crown chakra. The first or root chakra is the grounding point to the FINITE planet and FINITE human. The crown chakra grounds us to our INFINITE self, 90%er, soul conglomerate. The fourth or heart chakra is the blending vortex of the FINITE and INFINITE. The pineal gland is the portal between the physical and nonphysical balancing both the left and right hemispheres of the brain helping them work in harmony and is associated with the sixth chakra or third eye chakra, where our soul aspect can anchor into the physical body.

Our breathing gets odd at times during this process. Vision can blur and there can be headaches, nausea and lots of forgetting as you move into higher dimensions away from time and into the now moment. We are moving from 7 to 13 chakras and then to one large heart chakra that surrounds all four of our bodies.

While in the fifth dimension and beyond the light we emanate is white. Dropping into the dark bandwidth,

density and biology the white light was separated out into seven or more colors of different frequencies, chakras, portals, energy fields and state of consciousness. Our separated states of consciousness OR intentions also got separated out from COMPASSION into separate forms of indifference, insensitivity or cruelty manifested in third and fourth dimension as a lack of compassion for the self and then others. Before you can move back into the fifth dimension and beyond the separated states of consciousness and chakras need to recombine into White Light and compassion again.

Compassion is 5D and slipped -- into all of the negative emotions and drama that are 3D-4D. States of consciousness slipped -- into beta and alpha brainwaves.

**WHITE** Light divides -- into all the colors.

**BLACK** is no light or no compassion.

**GREY** has a percentage of light and compassion present.



**Gaia's FIRST chakra** represents Her physical body and is located in Mt. Sinai in the Middle East a mountain in the Sinai Peninsula of Egypt. The first dimensional self of human and planet are comprised of genetic coding, cells and minerals. Earth's body and Her consciousness, Gaia, is the third dimensional planet that supports our biology. When your first chakra is opened and connected to Gaia, there is a sense of protection through unity with all life. With this awareness, the boundaries between personal and planetary reality get blurry or indistinguishable.

The first chakra rules the physical energies, heredity, security, safety, finances and home. The primitive states of fight or flight responses and the truths that keep the biology alive. Frequently the perception is you are the victim or predator and isolated. Human awareness of the rest of the soul conglomerate may not be present.

For humans, the root or first chakra is located at the base of the spine having the slowest wavelength, and the lowest frequency of human's visible light spectrum. The vibration is the note of C; the color is red for anger and / or vitality. Four is the number for a strong foundation. The symbol is Taurus the bull. Our sense of smell is the first sense that awakens at physical birth. The sense of smell feeds directly into the limbic system, the area of memory and emotion. That is why aromas instantly trigger emotional memories stored in the conscious and unconscious. This chakra represents the reptilian portion of our brain, which is our brainstem, our center for life support. The brainstem and the area immediately above it are called the reptilian brain. For a reptile that is their entire brain, for humans it is the base, or stem, of their brain.

When we are cut off from our roots, we feel cut off from the earth as well. The endocrine gland for the first chakra is the adrenal glands located on top of the two kidneys. When adrenaline is released into the system our perceptions become clearer, we have added vigor and feel brave. Release of adrenaline and activation of the fight or flight response is brought on by real or IMAGINED danger. The first chakra is located near the sacrum, the triangular bone in the lower back formed from fused vertebrae. This nerve center, rules the skeleton, legs, feet, eliminatory system, male reproductive organs, and the prostate.

Emotional, behavioral, and physical health issues of the root chakra have to do with the ability to LET GO of survival, keeping the biology alive. When you nurture old wounds, believe you are the victim or the predator, you bring past pain and suffering into present time, which keeps you stuck in your pain body and your suffering starts to **DEFINE YOU** and who you are.



**Gaia's SECOND chakra** is in the Brazilian Amazon.

With our second chakra open and consciously aware, we are protectors of the earth. The second chakra rules the feminine component of sexuality, whereas the first chakra rules the masculine component of sexuality, more sensual than sexual. The second chakra interacts with the mammalian portion of our brain where the limbic system rules our emotions, short-term memory, instincts and mood. It controls basic emotions like fear, pleasure, and anger and drives hunger, sex, dominance and care of offspring.

The limbic system is an important center for creativity and learning because it is where emotion and memory combine. The sense of taste is related and is important for identification of what is edible and nurturing. The astrology sign of Cancer rules emotions, receptiveness, and fertility. The endocrine glands for the second chakra are the gonads; both male and female sex organs. When the second chakra is shut down due to abuses or dysfunction, we feel impotent, frigid, or sexually over stimulated. You may use sexual activity addictively to avoid feeling what you really

feel or sense. Fear, anger, dissociation and denial create anxiety and / or depressed functioning.

The Second Chakra when open and clear is connection to your senses and your "gut instincts" passion, gestation, birth and re-birth. The second chakra is located in the lower back, with a network of nerves ruling the reproductive system and abdomen. The navel Chakra is the first physical home for the biology and ruled by water. It has six spokes representing responsibility, nurturing and balance for family the environment, the note or vibration is D and the color is orange.



**Gaia's THIRD chakra** is also the **PORTAL to the FOURTH DIMENSION**. Gaia's third Chakra is located in Mt. Kilimanjaro in Tanzania, Africa and is one of the largest freestanding mountains in the world. This mountain is surrounded by barren land.

Mt. Kilimanjaro is a NULL. A null is a resting state of energy, open to all potentials and options. Nulls have electromagnetic energy fields and patterns that are irregular, intense, exciting and overwhelming at times. That much intensity makes it a challenge to stay balanced in a null area. The human gets easily confused and machines can malfunction. The null energy makes it easier for Gaia and your higher vibrating 90%er soul conglomerate, to offer or introduce new information, new ideas and templates and setup synchronicities of thought for the 10%er to explore.

NODES and NULLS are part of the PERPETUAL motion of Gaia's engine of perpetual creation and restructuring. There are twelve MAIN polarized pairs



for a total of twenty-four different spots on earth, of NODES and NULLS. Nodes and nulls work in tandem with each other electromagnetically to keep this holograph balanced, functioning and transmuting, all at the same time.

Third chakra in humans is the entrance to the fourth dimension or Astral Plane and our psychic abilities or brainwave state to communicate with those in the higher fourth dimension to gather greater knowledge and wisdom. It is the location of our sense of sight, physical and astral vision.

The fourth dimension is also a place to go to resolve thought patterns or issues you have with other people, with or without their biology. Generally you can interact with a part of there 90%er residing in the light bandwidth, in the various planes of the astral world. You can also increase their knowledge of how to align closer with universal truths.

The SOLAR PLEXUS is located between the sternum bone and the navel. It has ten spokes spinning that appear as a vortex. In numerology, 10 reduces to the number 1, symbolizing new beginnings. D is the note and the mantra is "ram" or "aum". The color is yellow (ego) to gold (soul) and represents your psychic knowing and intellectual thought or wisdom. The pancreas, liver, gallbladder, stomach, spleen, and digestive organs, synthesize, and distribute food in this chakra for the body and soul. The pancreas secretes the hormone insulin, which regulates blood sugar and metabolism to digest carbohydrates. Enzymes that are secreted by the pancreas are important for the balance of fats and proteins. This endocrine gland is thrown off when too much sugar is taken into the system. Instead of eating sugar try connecting with your 90% soul conglomerate for nurturing. Leo is an

astrological sign symbolizing our warmth and strength or neediness for recognition, power, and social status. The area of the brain associated with this chakra is the neo cortex, which is the beginning of higher mental functioning.



## FINITE / INFINITE

**Gaia's FOURTH chakra** is the blending vortex of the FINITE and INFINITE. Gaia's Heart Chakra is located in Haleakala Crater in Maui, Hawaii, and is a NODE. Nodes are the intersection of electromagnetic flows of energy that cross and attract even more current. Nodes are on raised land or mountains. Haleakala Crater was once a massive volcano with its core far beneath the Pacific Ocean, and once the continent of Lemuria. Now Haleakala Crater is a small circular mountain, within a circular crater on a circular island that is surrounded by the Pacific Ocean. Humans and cetaceans are uniting again to become guardians of earth and water.

The Heart Chakra has twelve spokes, 12, in numerology reduces to the number three and the balance of wisdom, power and compassion. The note is F# and the mantra is "Yam" or "a" as in ah. Color for this chakra is green (and pink for the High Heart, Unconditional Love). Green is the middle color on the light spectrum and represents healing, growth, health and human love. The Heart Chakra rules our sense of touch. The High Heart governs compassion, healing, lungs, breath, and sense of time, tied into rhythmic

cycles of our breath and heart beat. Air is the element and our lungs that take in and expel air. The immune system organs include the thymus, bone marrow and lymph nodes and are included in this chakra. The immune system is moving from being oppositional to incorporating or absorbing invaders. The open-heart chakra allows higher vibrations from our 90%er, to heal our wounds, traumas, transmute darkness and fear into light. Compassion for you heals you.

The nerve plexus for this chakra is the cardiac and neurological hub for the heart, lungs and the blood circulatory system. The Heart Chakra rules the Beta wave consciousness of everyday third dimensional life and the Alpha wave consciousness is the bridge to the higher dimensions. When our heart is open, we create harmony and balance. Heart Chakra rules the areas of the brain that are the higher cortex and abstract thinking.



**Gaia's FIFTH chakra** is located in Mt. Shasta, California, USA and is a NODE. Nodes are electromagnetic intersections of energy that attract even more current. The Lemurians, were the first beings to hold form in fourth dimension on earth and chose Mt. Shasta to exist in. The Lemurians or Paa Tal or Telosians or Agarthans are our ancestors; they are mostly a civilization residing in the fifth dimension and live in the hollow earth.

The fifth chakra in humans is the throat chakra, speech, communication, self-expression and listening. Use deep listening and go within to hear your inner self. The astrological sign is Gemini, and its ruler

Mercury whose focus is on communication that is ruled by our conscious mind. The Throat Chakra has sixteen spokes. In numerology, 16 reduce to 7 and seven is analysis, knowing and inner focus. The note for the fifth chakra is G# and the mantra is "ham" or "u" as in blue. The color is pale blue or a greenish blue. You strive for truthful communication with the self and others OR you could be bored and boring to others and disconnected with your 90%er.



**Gaia's SIXTH chakra** Her third eye is located in the Himalayas. The Transhimalaya or Gangdise - Nyenchen Tanglha range, which is a 1600 km or 994 miles long mountain range, in China extending in a west-east direction parallel to the main Himalaya range. Mount Kailash is in Tibet China in that range. It is a NULL zone, in a resting state open to all possible potentials on the spectrum. Nulls have electromagnetic energy fields and patterns that are irregular, intense, exciting and can be overwhelming at times. Humans will get confused or disoriented. Machines can malfunction or stop working. Tibetans have always cherished awareness and consciousness and going within to seek the truth. The Sixth and Seventh Chakras have polarity, but function androgynously.

The SIXTH human chakra is governed by the PITUITARY GLAND that releases adrenaline to give you enough energy to keep the biology alive by fighting off predators or giving you the ability to flee from dangerous situations. When you carry the vibration of fear consciously or unconsciously your biology perceives any stress or negative emotion as fear. Those

that are hyper-vigilant release a low level of adrenaline all the time and keep their bodies in a state of stress continuously. We always manifest what we think, but in the dark bandwidth it takes a much longer time and a lot of work. The human perceives the self as being victim and / or predator and / or confused innocent. Possibly all three in an hour or two and that perception is your individual choice.

When you align with universal truths the pituitary shuts down and the pineal gland is opened to the fifth dimension, theta and delta brainwave activity and beyond. In the light bandwidth manifesting is immediate, BUT when you drop into fear or negativity you have a few moments to redirect your thoughts OR drop into the dark bandwidth. Compassion and responsibility for you first, holds you in the light.

There are ninety-six spokes in the swirling vortex of the sixth chakra when the third eye is opened. The note for this chakra is high A, and the mantra is "aum", "om", or "mmm" is used to achieve theta wave consciousness. The network of nerves and meridians are in the face, sinuses, vision and hearing. The color for the brow, 6th chakra is indigo and the individual with "indigo" vibration senses dishonesty, corruption and knows when they're being lied to, patronized, or manipulated. The open 6th and 7th chakras enable increased and higher sensory and psychic abilities.



**Gaia's SEVENTH chakra** and crown CHAKRA is located in Mt. Fuji, Japan where She senses the seasons, the cycles and eras happening. From the seventh chakra and the light bandwidth, there is interaction

with all the various dimensions, planets and galaxies. The crown chakra has always been detached from third dimension because it resides in the dark bandwidth.

SEVENTH chakra in the human is the crown and the PINEAL GLAND that opens as our pituitary and adrenals shut down, it is either, or. BUT you will go back and forth a lot before staying in the pineal and light bandwidth eventually bringing the pituitary back on line. The pineal produces the hormone serotonin a derivative of melatonin. It affects our wake or sleep pattern and seasonal functions. Photons enter the pineal and are distributed throughout the body, it is the portal between physical and nonphysical balancing both the left and right hemispheres of the brain helping them to work in harmony. The pineal gland balances the liquids in humans. Water is energy and is in evolution now. During this transition humans carry more water for a bit while acclimating to higher vibrations and energy. Humans stop retaining water as the biology becomes more crystalline.

The crown chakra is known as A Thousand-Petal Lotus. The musical note for this chakra is B and the Mantra is "aum" or "ee" as in bee. The color for the seventh chakra is violet. The crown chakra includes the cerebrum, top of head, the entire brain, and nervous system.

As you master ALLOWING, you realize, it is not your job to interfere with other people's choices. If someone desires help to heal from you, offer what he or she is able to accept and YOU are able to give, without your NEEDINESS for appreciation, or gratitude or forcing your truths on them.



## INFINITE CREATING

The infinite part of us is our consciousness our essence is quantum particles. Our consciousness reside in the dark OR the light. You do not need biology or a sexy body or a drink to think. The infinite part of us, can be measured, calculated, understood and is predictable. You need to own your thoughts and decide if you want to change them. You are the ONLY one with the power to do that, you have free will.

The Universal Law of **MACROCOSM and MICROCOSM** is the first law of infinity. The same pattern is reproduced on all levels of the universe from the largest to the smallest sub-sub-atomic particles. The whole is equal, more or less to the sum of its parts depending on the ordering of those parts. The whole is the grouping together of each of its parts in a certain order. In each living thing, in everything that exists there is within it some part of the whole. A drop of water contains the same elements the ocean has. The human has consciousness as the universe does.

**MICROCOSM** is a miniature of something larger. In quantum physics / a very LARGE number of sub-atomic particles build and create the macrocosm.

**MACROCOSM** is the whole of an entire complex structure made up of a very LARGE number of sub-atomic particles found in the microcosm. The human is a microcosm of the planet and the planet is a microcosm of the universe.

All existing matter, subatomic particles, consciousness, universes and planets are sentient and created or built with light energy traveling in vortex spins or circles. UNIVERSES are created, restructured and recycled all the time and exist in many dimensions

or realities or vibrations simultaneously. A universe expands until it reaches the point where all the different realities intersect. As it reaches this point it continues with the same motion eventually collapsing in on it self until it reaches zero point energy again or a resting state.

This universe is a 21 trillion year old holograph made up of the collective consciousness of all within it. The outermost circles are the highest vibrating and encompass the lower vibrations or dimensions, illusions or realities. Planets, universes, people and portals are sentient beings that choose to experience living in the form they adopted in present time.

Nothing can die within the light bandwidth BUT it can transmute into a higher or lower frequency of expression. In the higher dimensions CREATION and PERCEPTION are the same concept. Your consciousness sets your perceptions, AND the reality you perceive is the reality you create and experience. Dimensions, vibrations or frequencies are distinct event sites that DO NOT occupy time or space so there can be an infinite number of sites. They are states of consciousness or awareness that form, are pulled together, when your focused attention is on them and dissipate when you redirect your attention. You move into or out of any state or site, when you can MATCH your vibration to that reality.

The dark bandwidth is a flow or stream of negative energy NOT included in the light bandwidth. Dark, 3rd dimension is solidified light. Once a fetus, infant or child is trained by a DARK PARENT or caretaker to allow energy feeding the child continues to allow energy feeding from any dark one, because they were taught that is appropriate and it is, in the dark bandwidth. To move into the light bandwidth, one MUST

take responsibility for the self and consciously decide to align with universal law. That would mean you also STOP allowing energy siphoning of your light. Feeding Dark Ones your light energy will always restrict the amount of light you can carry. Giving and receiving compassion, for you first, is the only way OUT of the dark bandwidth.

When your biology “dies” in the third dimension your essence will carry a certain amount of light. Based on the amount of light you carry, the “law of attraction” will put your essence into the lower, middle or upper fourth dimension frequency ring, which is around Gaia. You will inhabit the fourth dimension as an astral body until you enter another biology again in 3D. Hundreds of times our essence has gone through this wheel of life in third dimension and death in fourth dimension.

BUT, this time is different.

At the time of your physical death or you abandon your biology your essence will be recycled, relocated or move to the fifth dimension BASED on the amount of light / compassion you carry. Those normally going to the lower fourth dimension will be recycled. Those normally going to the middle fourth dimension will be relocated and those normally going to the upper fourth dimension will move into the fifth dimension.

The universal principle of **PARADOX** recognizes the MOVEMENT of four principles or laws of energy simultaneously: Causes and Effect, Microcosm and Macrocosm, Vibration and Inertia. The four have a certain momentum of equal and opposite reaction all coming together in a COLLISION at a certain point in the cycle.

A paradox is two swirling portals or frequency trails merging partially or overlapping each other to create a new reality or truth or thing, in the area that overlaps

each other. One portal will vibrate higher and will impart new information to the lower vibrating portal. These paradox portals are all over the earth now.

A universe expands until it reaches the point where all the different realities intersect. As it reaches this point it continues with the same motion eventually collapsing in on itself until it reaches zero point energy or a resting state to release the old and install new thought patterns.

On a FLAT two-dimensional plane it is like a stone dropped in a stream with the ripples moving out. In a CUBE of space, movement occurs in all directions simultaneously at a certain vibratory rate. Like the ringing of a bell creating vibrations in all directions. Paradox touches high levels of vibration (light) and dense levels (dark) of vibration simultaneously making the entire area appear to be alive. What is said about one level holds true or is UNTRUE for all the levels.

A paradox is something, which despite sound reasoning from acceptable premises leads to illogical or contradictory conclusions. Since Quine’s work with paradoxes a 4th one was added, a dialetheia paradox that is true and false at the same time. It is a matter of degree. An example of this is when you are halfway through a doorway are you here or there?

Computer code has zero **OR** one, it is sequential like everything in the 3D matrix is. That is why we have time, past, present and future. The dark bandwidth is a flat plane.

Quantum computing has zero **AND** one at the same time. In quantum computing a QUANTUM BIT is a unit of **quantum information** that considers all possible solutions or answers to a question or problem SIMULTANEOUSLY and NOT sequentially, it is a cubed space, creating vibrations in all directions



The universal principle of **VIBRATION** or **RESONANCE** or **FREQUENCY** is that everything in the universe, physical or not, moves in waves or circular patterns with a unique color, vibration, sound and smell. Each vibration can be measured, calculated, understood and is predictable with a **FIXED** level of consciousness, rules, themes or purposes.

The universal principle of **INERTIA** is that a body at rest remains at rest until an equal and opposite reaction happens that moves the body at rest into another direction or vibration or reality or dimension.

The Universal Law of **CORRESPONDENCE** is "As above, so below" and as within, so without. The laws of physics explaining the physical or material world of matter, energy, space, time, light, vibration and sound have their corresponding principles in higher and lower vibrations, which is light solidified.

In the dark bandwidth things are either / or.

In the light bandwidth things are multiple in all directions.

Humans can choose to keep their consciousness in their physical biology consuming all their time and energy managing their body, other people's biology and all their stuff. The people, stuff and things that they own or control and are responsible for or are delighted they own. All the things you clean, organize, wear and eat.

Or humans can move their consciousness to the light bandwidth of compassion where sentient objects care for the self and are all that exist. Physicality is gone, no cleaning, eating, moving, storing or deciding either / or you can have it all or none of it.



## 8

### INACTION IS STUCK

**N**o one can do it for you!

You will never leave the dark bandwidth unless you are proactive. **YOU** need to **CAUSE** the change in your thinking and your thought patterns. **ACTION**, most any action will speed up the process. The invisible realm can't just **GIVE** you the information. **BUT**, when you **ASK** the question **OUT LOUD** and are ready to explore the answer. You will be put in the potential for rapid discovery.

The Universal Law of **ACTION** says the human, residing in the dark bandwidth must act first to make any changes or adjustments in their perceptions of reality.

When you are operating in the dark bandwidth, your synchronicities are lined-up in the same vibration **YOU ARE** in. If your belief is that you are a victim you will create more victim experiences for you. The confused innocent will try to get another to do their

thinking or being responsible for the self. The predator will be offered more opportunities to victimize others, as expressed by the famous saying about gullibility.

**There's a Sucker Born Every Minute** possibly by, P.T. Barnum? Hungry Joe Lewis? Artemus Ward? Mike McDonald? Apocryphal? or Anonymous?

The laws of physics try to explain the function and properties of atomic and subatomic particles; like electromagnetism, gravity, motion, force, vibration, heat, light, radiation and sound. The laws of physics and the laws of the universe DO NOT have any intentions they are NEUTRAL principles used to understand why things work as they do. Putting the focus on physics to heal humans instead of drugs might be considered. Physics has the ability to shatter the atoms of biological weapons that have been used on us, like inoculations, genetically modified organism and GMO food. The chemtrails, polluting our bodies, food, air and water supply.

The BIOLOGY can be HELPED using physics alone, instead of drugs and medicine. Disease can be destroyed with magnetics, electricity or the ENERGY of consciousness. When you understand how mass is created on the quantum level, you can un-create it, or make it massless. In theory a massless particle's mass is zero. As of 2015 that would include the photon, the carrier of electromagnetism and the gluon, the carrier of the strong force.

**From a physics point of perception:** Alzheimer's is about the plaque-like material that literally encrusts parts of the brain that retrieves and processes information. The plaque-like material can be weakened and dissolved with a high-frequency sound and particular amplitude. Reproducing the prime resonance

of an organ or cell can heal or realign the cells with their optimal vibration and functioning.

**From a state of consciousness point of perception:** Alzheimer's plaque-like material is built up with RIGID negative thought patterns of suffering or revenge or no compassion for the self. The person is unable or unwilling to be the "detached observer" of their traumatic experiences. Their unresolved emotional charge on past traumas, get re-stimulated frequently short-circuiting the brain. Alzheimer's disease is a MEMORY REMOVER for those locked into their emotional pain and suffering from their experiences living in duality and darkness. They are trapped in their experiences or "engram" or their pain-body. They move into a dissociated state and re-experiencing their past traumas as present time incidents.

BUT if you remove the plaque-like material with sound and the thinking stays stuck in negativity the plaque-like material will regrow.

**From a physics point of perception:** Human physicists are learning that human thought structures and restructures matter on the quantum level all of the time. Dark negative thought patterns solidify light into physicality, thicken and slows up our abilities to create and adds hard work to our creating. Time, space, duality, separation and opposition become a living lesson in cause and effect.

**From a state of consciousness point of perception:** Creating and manifesting is just a thought away and compassion is always present in the light bandwidth so you are always safe.

Thought on the quantum level creates everything in the universe including galaxies, planets, countries, neighborhoods and families. Each planet, group or

couple will have consistent or complementary thought patterns and energy fields or intention or theme or vibration that results in similar collective reactions from the environment they chose to exist in. The reality they choose to focus on and experience.

The light bandwidth and light mass consciousness, view the Dark One's lack of reasoning and refusal to take responsibility for their thoughts and actions, as UNWORTHY of serious consideration. They do NOT engage with the Dark Ones. When you engage or play with the dark, you need to play by their rules, which means your thinking has lost compassion. Then you become stuck in the dark, and entrained with it. Dark Ones have automatic, habitual reactions to specific stimuli. They frequently use twisted logic, self-deception, lies, distortion and denial. These are the addicted, dissociated and those that have compulsive reactions or behaviors in all aspects of their life. The Dark Ones function in a loop of blame, judgment, punishment, anger, drama and suffering that never ends. They seek out and follow external sources to make their choices and distractions for them that give them the illusion of having value, being special or having a sense of self worth.

Light Ones hold a space for those living in the feedback loop of darkness to return to compassion and responsibility for the self. Since November 11, 2011 universal law rules this quadrant of the universe and not the human laws of the dark bandwidth. The Milky Way Galaxy and earth are being flooded with light to help awaken those who have lost their light and compassion. In the case of earth, the dark is being transmuted and dispersed by various forms of attrition. Boundaries are being set and thought forms are being infused with light and transmuted.

Electromagnetic energy from the Sun and other cosmic energies are escalating and expanding during August and reaching their peak the end of September 2015. These increases or spikes in electromagnetic energy will continue until we stabilize in the fifth dimension. Greeting the energy and its accompanying changes with fear will cause resistance and resistance creates suffering. Greeting change and higher vibrations with acceptance and allowing allows fluidity and calm.

"It is what it is."

Acceptance of what is TRUE and allowing that: brings you peace, calm, harmony and detached compassion. All that exists in your life is a reflection of what you're thinking. You decide the state of consciousness YOU want to have to ride the escalating tide of light infusing earth. The higher vibrating frequencies of LIGHT are not really separated from lower frequencies or vibrations, but there is less light in lower frequencies. Gamma brainwave fifth dimensional consciousness FLOWS into Alpha brainwave fourth dimensional consciousness into Beta brainwave third dimensional consciousness where compassion is diluted and hard to experience.

The Universal Law of **FLUIDITY** says life is best when experienced as a fluid substance and not as a solid. Life has no fixed shape and needs to yield easily to external pressure the way, water runs no faster or slower than is called for and seeks its own level. Its flow is even, unforced and fluid, staying in the now moment without hurry or standing still. Always OBSERVE, KNOW and ALLOW with silence, nonresistance, and BE fully present and aware.



## METACOGNITION

Thinking about what you think.

Metacognition is awareness and understanding of YOUR own thought process, knowledge about what you think and regulation of your cognition or self-monitoring. Cognition is a **mental ACTION** of acquiring knowledge and understanding through using your perceptions, sensations, experiences or intuition. Actively discerning if your thoughts are ACCEPTING of what is true, compassionate and allowing.

Observing the thoughts you have. Realizing that many things don't sound right on closer examination. The games you play are not really fun or enjoyable, the pain and suffering are not achieving anything you really want. Insisting that things be the way you would like them to be has not really worked for you either. The thought that all others are equal to you and what you want is horrifying. Something is not right.

Do you DEMAND to be the most valued?

Do you DEMAND that reality be the way you want it to be?

When a person close to you dies or leaves you. Do you refuse to accept that happened and throw a tantrum? Make everyone you know miserable because you are consumed with DEMANDING that they can't die or abandon you because you don't want that.

Can you understand that demanding anything from another is NOT honoring what they want and turns into you FORCING, not allowing and not being compassionate with you or them. Why would you demand another be with you if they do not want too? Or they have a mission greater than taking care of you and

your feelings or needs? NOT accepting what is true in the reality you exist in keeps you STUCK.

The Universal Law of **ACTION** says the human, residing in the dark bandwidth must act first to make any changes or adjustments in their perceptions, sensations and experiences of reality.

When you are operating in the dark bandwidth your synchronicities, perceptions, sensations and experiences are lined-up in the vibration of victim, predator and confused innocent to demonstrate to you what your thoughts are currently creating for you UNTIL you decide to change them. Using metacognition, actively discerning if your thoughts are compassionate, allowing and accepting of what is true will help you DIRECT your thinking to acceptance and compassion.

The Universal Laws of **CONSCIOUSNESS** follow the physics or truths of QUANTUM energy. All quantum energies can be measured, calculated, understood and are predictable. Subatomic particles are synchronized patterns of vortex spins and circles of structured energy, which create what we think.

Thinking MEANS you are creating. Human thought or consciousness; structures, deconstructs and restructures matter all of the time. Your consciousness JUST IS and is capable of being aware of what all others are conscious of. It glues all of life together.

### CONSCIOUSNESS

Does not get bigger or smaller

Is everywhere and always present

Does NOT TRAVEL from place to place.

When COMMUNING with another consciousness. You expand or increase your awareness enough to INCLUDE the other consciousness. There is no need for "your vehicle" or "location" to change or move.

Awareness of others and like-mindedness holds this or any construct or hologram or matrix or corridor or portal together.

Consciousness is to be awake and aware accepting what is true.

The Universal Law of **COMPASSION or DIVINE ONENESS** or unconditional love is that all is created from compassion; unconditional love and our essences are connected to that, on the quantum level.

**RECEIVE and give only compassion:** are all the universal laws together in one sentence. To be compassionate you need to be CONSCIOUS and RESPONSIBLE for what you think. Consciousness and thought or metacognition is the same thing in the light bandwidth.

The dark bandwidth is not acknowledged by the light bandwidth because it is NOT compassionate and is unconscious, especially with the self.

The universal principle of **THOUGHT** is that quantum particles organize themselves around your thought and manifest it. Seek or wonder about something and your thought takes you there. The thoughts you hold are YOUR point of perception and the reality you created by giving it, your FOCUSED attention and emotion.

**REALITY** on the quantum level flashes in and out of existence hypothetically at "Planck time" or 1044 times per second oscillates between form, and pure energy 1044 times per second. When it transitions back into form our thought, INFORMS the holographic field what is to reappear. Each time we oscillate into formlessness, we choose with our attention and thought what we create or manifest.

**THOUGHT in the dark bandwidth** is generally UN-conscious, ignorant and "do what everyone else does," to keep the self-entertained, distracted or

busy. There is self-deception, lies and denial. Dark Ones consider themselves to be victim, predator and the confused innocent. They function in a feedback loop of blame, judgment and denial that goes on continuously to justify their unkindness or cruelty to the self and others. They have an inability or unwillingness to THINK and act for the self.

**Confusion or Denial:** Some Dark Ones express light thoughts and words but feel and live dark emotion. If you are blaming, feeling judgmental, vengeful or forcing what works for YOU onto others, you are not owning and being responsible for YOUR thought and actions. Dark thoughts are muddy colored and dissolve easily EXCEPT when you energize them with intense emotion and REPETITIVE thoughts. Then they become solidly your negative thoughts about you. When you consider YOU are stupid, ugly, bad or entitled or better than others. Worry and doubt always helps you create MORE of what you doubt or worry about.

Thought BECOMES an individual entity or image with color, shape, smell and vibration, animated with YOUR PERSONAL MORAL character and frequency signature. The law of attraction pulls similar thoughts or vibrations together. The law of entrainment holds similar thoughts or vibrations together in the light or dark bandwidth. When your thoughts and emotions are in alignment with each other, you LOCK them into the light or dark bandwidth. Once you enter that energy field it REINFORCES your energy patterns or thoughts creating a feedback loop that your thoughts or your consciousness exists in until you ACTIVELY change them.

**THOUGHT FORMS** have mental and emotional components. When two or more people have "in sync



thoughts and emotions" you get a "thought form" with greater intensity. Third dimensional thought forms assist in creating and sustaining our daily life "unconsciously" for most people.

Directing your thoughts toward ANYONE only affects them IF you both share a similar vibration and interest. Dark and light thoughts do boomerang back to their sender / creators. You get back what you emanate out. In the dark bandwidth, thought forms and prayers are frequently directed toward others to control, protect or heal them. BUT, imposing your own truth or beliefs on others is considered FORCE and not allowing. Exploring what YOU THINK in the now moment generates your benevolent and compassionate thoughts and action. Acceptance of WHAT IS, allowing that and working with it: brings peace, calm receiving and giving compassion.

There are different names for the behavior of various thought forms.

**WAVEFORMS or WALLS** of thought are created the way you build a snowball or avalanche. Similar vibrations attract and entrain or are magnetized to each other creating large waves or walls that move like waves in the ocean move.

FOR EXAMPLE: When two or more individuals are feeling warm and friendly toward each other, that energy will attract and entrain other energy that feels warm and friendly. When enough individuals feel that way a waveform of warm friendliness is created and builds. At some point it will be attracted back to ALL THE VARIOUS creators and contributors of the warm friendliness. In this manner the whole becomes greater than the sum of the parts. The GROUP INTENSITY is attracted back to the individuals. The intensity of energy remains in their space for them to use anyway

they like. When the individual changes their focus the energy dissipates to be reformed into something else.

ANOTHER EXAMPLE: Two or more individuals feeling anger and upset WILL attract and entrain other energy that has anger and upset to create a waveform that continues to build in intensity. Then the group intensity will be attracted back to the individuals emanating anger and upset. As waveform energy hits the individual, family, group or country THEN they will CHOOSE how they will experience and use that returning energy. They can consider the chaotic angry upset energy as a catalyst to create positive change or use it to step up their criminal activity and revenge. Are you the victim or the creator?

**ROGUE WAVES or SURGES** move erratically. High vibrating Celestial entities can and are creating waves of compassionate energy rising up to create great change in this quadrant of the universe. LIGHT rogue wave supports and amplifies those in the light bandwidth. When the LIGHT rogue wave or thought forms hit the Dark Ones; their fear, deceit and self-servicing beliefs are exposed, upset, provoked and hopefully questioned. Throwing Dark Ones into moral dilemmas so they get to choose again.

There is a ledge of light or overlay of light energy that floats above the darkness of the dark bandwidth that surrounds earth. Gaia, her light humans and the push pull engine of creation are currently FORMING a TRIAD of energy that is moving and transmuting or recycling the darkness we all manifested and maintained for so long. This is a SENTIENT, conscious, and compassionate process with the creative force of photons and elementals working hard, right along side us.

You can FLOAT your consciousness through existing, forming or abandoned THOUGHT FORMS both

dark and light. Like incomplete sentences or unfinished projects that are in space. Leave your intention open and your questions open ended. Close your eyes and calm yourself down to match the frequency or vibration of "floating thought forms" you want to check out. Move like a photon does.

In the quantum physics of CONSCIOUSNESS or awareness: It takes **LESS THAN one-half of one percent**, of the population's sentient beings to accept, adopt and anchor a new thought, concept or option into the crystalline grid / light bandwidth, which puts it into the mass consciousness as a choice or option or probability for the rest of the population. That the planet and its humanity should ascend together was the concept that was put into the crystalline grid and ADOPTED by humanity and Gaia.



## MOTIVE MATTERS

Gossiping or discerning what is going on.

Are you trying to increase your awareness and clarity about others and what they are doing or just gossiping, being snarky and spiteful. When talking about another person(s) to a third party, are you trying to discern what is going on with them and what you are able to do or assist with or are you FEELING insecure and mean spirited? Are you basing your value or self worth on what others think about you by minimizing another's value? When speaking to another about a third party what is your intent? Your motive matters, is

it compassionate or condescending or patronizing or spiteful.

When exploring and researching information about a third party what are you seeking? More awareness and deeper compassion or proof to support some subversive activity or mean spirited endeavor. Knowing your thoughts and why you have them matters. Snarky and gossipy is probably an indication that you fear you have the same issue and you have judged yourself as being "less than." Can you gather up some compassion and understanding for you instead of judgment, rejection or negativity for another?

Knowing the amount of light an individual or group carries is very helpful in discerning their intentions. Dark bandwidth individuals are ignorant, unconscious, and negative, you probably do not want to entrain your energy with their lack of compassion. Ignorance attracts and entrains more ignorance. Conditional LOVE of the third dimension is too slow and unconscious a vibration to maintain compassion.

Conditional love ALWAYS wants to GET something from another without giving anything of equal value in return.

It looks sparkly, warm and fuzzy but sooner or later the offering feels cold and prickly. Conditional love is a SET-UP, it is FEAR wrapped in the illusion of compassion to get something FROM you or to get something for nothing. Even religious or spiritual conditional love HAS; fear, anger and revenge. Conditional love is frequently manipulative to satisfy a need in the giver, emotionally, physically or sexually. Someone and mostly ALL involved with conditional love come up short.

All players eventually choose to feel wounded about what they PERCEIVE they did not get from

another. The thing they DID NOT GET was definitely SOMETHING they needed to give to the self. The lie or misdirection is that YOUR compassion, value and your worth come from OUTSIDE of you and you need to earn it. Acceptance and your worth are found within you, a gift you give yourself.

Unconditional love or compassion seeks to SHARE helping you feel confident and empowered. Compassion for the self, first means you own the responsibility for satisfying ALL your needs and wants with the help of the rest of your soul conglomerate. You allow others to live the reality THEY have chosen currently to live.

No sacrificing for others.

No control or forcing others.

You do NOT know what is best for them.

If or when another requests greater awareness or knowledge from you and you have the knowledge and want to share, do that. You can nurture or support or give more information or you can hold a space for them while residing in the light bandwidth. BUT you can only share what you have already given to yourself first. You can only give what you have. Be aware of yourself and where you are spiritually aligned with universal truths or NOT aligned. The light shining from you supports others, because light is honest, transparent and ALLOWS other's their choice of realities dark or light. Light is an example to follow or template of increased knowing and wisdom.

Suffering is an indication you are losing compassion. Reexamine and clarify the cause and affect of each of your thoughts. Be present in your biology living in the now moment, present time. Your involvement in your experiences in this reality creates your

sense of worth and your information of how the dark aspects of you operate.

Your victim aspects feel worthless and powerless

Your predator aspects feel powerless and entitled to deliver "justice."

The confused innocent aspects play ignorant, dissociate, have an addiction or uses denial to get others to care for and be responsible for them. Your personality and moral choices are PREDICTABLE based on the thoughts that you carry, project, reflect and the amount of light and compassion you carry for you. Compassion for YOU is found within you and never obtained externally. More light means wakefulness, higher intelligence and increased awareness of YOUR feelings and thoughts. There is never magic or a super hero that will rescue you - that job is your job.

The compassionate or deep listener LISTENS to help ease another's suffering and can be a catalyst for change by increasing the person's value by giving them your undivided attention and awareness. Encourage the one suffering to share. Tell them you can see they are in pain and you want to understand their point of perception about their experience. As you LISTEN ONLY, this is not the time to offer advice or tell your story. You're gathering THEIR information, your response or reaction to their experience can bring them relief or more suffering. You can gossip and be snarky or compassionate and bring clarity or wisdom. Know your thinking and motives. At a later time you can present a different point of perception or more information when they seek it.



## NO NEED TO DECIDE

BREAK the HABIT of deciding if you SHOULD upset yourself. Forget about deciding if a person or event is good or bad, fair or unfair, right or wrong.

“Accept what is” without judging it, observe, allow and know. YES this did happen or NO! This did not happen.

It doesn't need to be judged - it just is.

You do not need to upset yourself - it just is.

Accepting what is true is having compassion for you.

Someone didn't keep his or her word and you were left waiting. No blaming, judgment or upsetting yourself. In future you may want to discern if that individual is dark or light and do you want to interact with them, are they being compassionate with you or not.

You can only GIVE others, what you have.

AND set boundaries to prevent Dark Ones from being in your space.

When you have none judgment for you, than you can give none judgment to others and just allow. Allow them to carry on in a manner that pleases them. If they are scattered and not true to there word, lack ethics and are insensitive, WHY do you play with them? You might discern that they are not adding to your calm and peacefulness.

You cannot create anything outside of you until you have created it INSIDE of you. Go within to master having compassion and acceptance for you, just as you are. Changing your point of perception, the way you view others and situations in your reality BRINGS the peace inside of you. Managing and judging others, brings the upset and negativity to all in that situation.

When a child needs guidance or a coworker needs more information or understanding, GIVE that. That way you all remain calm and peaceful.

Individuals that are disruptive or calling attention to them self, feel invisible and unsupported. Your judgment or blame will maintain their disruptiveness and isolation. BUT your FOCUSED attention and support can bring them calm and warmer feelings.

Be still, relax and go within to allow your brainwaves to move into a high enough vibration to commune with your soul conglomerate in the light. Discern the lies and distortions you are no longer willing to tolerate and reinforce. Can you face the pretty stories and lies that you have told your self and move to what you know is true for you? Give your FOCUSED attention and support to those that will benefit and walk away from those that still choose the dark bandwidth of drama, attachment to opposition, conflict, excitement, suffering, sacrifice and fear, allow them their reality without your judgment about them.

**CRITICISM and JUDGMENT** improves no one.

You will release your criticism and judgment of others when you stop criticizing and judging you. Once you have compassion for you and have calmed and centered you, there is the potential skill for you to assist another without feeding from their energy. The more detached you are from the rules, traditions and rituals of the third dimension of how to be polite, treat everyone better than the self, suppress the self and serve others the more compassion you can have for you.

Detached compassion is always found in higher consciousness along with calm, enabling you to objectively perceive your own THINKING and behavior, to engage in metacognition.

Are you allowing?

Forcing your reality on others and judgment, lowers your own state of consciousness and brainwaves to beta consciousness.

Criticism creates negativity and defensiveness.

The higher your state of consciousness, the greater is your compassion, forgiveness and acceptance for the self. Judgment comes from doubt and fear within you; humility comes from compassion within you. You emanate what you are thinking within you. The energy you send out is the energy that is attracted back to you. What you send, you are simultaneously receiving. The laws of attraction and entrainment, are you calibrated to the fifth dimension OR the third or the fourth dimension?

To help avoid distortions of what is true review the guidance offered by universal laws.

Are you out of the dark bandwidth?

Are you allowing others?

Are you entrained with judgment and criticism?

Do you enjoy the reality you have created for you?

Joy is a state of your consciousness.

The Universal Law of **ALLOWING** means you stop trying to get others to adopt your reality. Allowing grants EACH individual the right to have their own reality to BE and DO whatever they choose as long as they avoid violating the rights of others or destroying any part of the collective environment.

If you are sacrificing you are NOT ALLOWING. Self-sacrifice drains your light. It is force / fear and or manipulation. Self-sacrifice avoids responsibility for you. Prevents another from learning cause and effect. Glorifying sacrifice and suffering, hard work, money, tradition, more stuff, memories, ceremonies and rituals are the reward systems of the dark bandwidth to

keep one plugged into a lack of compassion for the self. IF ALL you have to share is YOUR dark neediness. You have no compassion for you, by you. Consider perceiving your reality in a new way by altering what you think, instead of repeating your old thought forms. Repeating old thoughts is like spinning wheels, caught in the mud, sand or ice, going no place. When you CHOOSE to shut down YOUR thinking and feeling. You become numb or live in your pain-body and suffering, you are stagnating.

The Universal Law of **LIGHT** is win-win-win-win to benefit all involved and harm to none. Any harm to another in the process or outcome of ANY creation is not LIGHT and carries karmic debt, moving you into FREE WILL and the bandwidth of darkness, ignorance and unconsciousness.

The Universal Law of **FREE WILL** is that "quantum particles" grant each entity the right to direct and pursue their life as long as they DO NOT VIOLATE the same rights of others.

Do you play with those that violate your rights?

Are you willing to walk away from them?

You need to be your own hero.

As you master ALLOWING, you realize, it is not your job to interfere with other people's choices. If someone desires help to heal from you, offer what he or she is able to accept and YOU are able to give, without your NEEDINESS for appreciation, or gratitude or forcing your truths on them.

Consider what compassionate thought you can hold for you? Anything other than compassion has dark truths and illusions in operation. You emanate and attract other WOUNDED victims, predators and confused ones all entrained and entwined together. Waiting for and wanting something to change. Waiting



and wanting to be rescued or for a super hero, someone else to do it for you. That is not going to happen. Act on your behalf or NOTHING different will happen or change.

The universal principle of **RESPONSIBILITY** is that you respond to a need when you have the ability and carry enough light to respond to that need. Without energy feeding cords or dark contracts or agreements of sacrifice and debt. THEN, you will receive energy from all those you respond to, because you are creating light, wisdom and energy together synergistically.

The PARADOX of having FREE WILL is that darkness, the third dimensional matrix, IS the mental construct of LIGHT ENTITIES that decided to set aside their compassionate thought patterns to experience cruelty, negativity and thoughtlessness. Their many small dark choices created solidified light / physicality and cruelty to each other.

The universal principle of **AUTHORITY** means that the one that is aware, worthy and capable of accepting responsibility for an act has the authority to act. Many want the authority, but will not take on the responsibility for their creations, actions or inactions. Those that have trapped themselves in the victim predator confused innocent cycle of darkness will generally ask or even demand that their predator help, guide and assist them.

The universal principle of **LEVERAGE** is that using a small amount of energy NOW changes the course of YOUR concurrent experiences and consequently your future and past NOW.

The universal principle of **ENTHUSIASM** is that new THOUGHTS make you feel enthusiastic. New beliefs are ALWAYS showing up to challenge your old perceptions and beliefs.

New thoughts or information mostly come from within you BUT can come from most anyplace. The law of attraction always provides us with a match in vibration to the vibration we emanate consciously and unconsciously. The law of entrainment holds you in the vibration of your choice. The law of allowing always gives you the option to choose again and redirect your thinking.

The universal principle of **SILENCE** is that when the little human or ego or dark soul aspect views their experiences THROUGH the light soul's point of perception, which is compassion, it can experience chaos and trauma with nonresistance, silence and be fully present. There is no need to OWN or force or CHANGE the chaos or abuses. There is no need for you to dissociate, prettify and deny or get stuck in an endless loop of righteous indignation, learn to allow. BECAUSE ANY engagement with darkness: fear, pleasing, seducing, sacrificing or lying for them, lowers your vibration to the level the Dark One is functioning in. Then you will have joined them in forcing or NOT ALLOWING them to experience THEIR cause and effect. Dark and light is either / or. Be like them (dark and not allowing) or walk away. Always OBSERVE, KNOW and ALLOW with silence, nonresistance, and BE fully present and aware.

The universal principle of **INERTIA** is that a body at rest remains at rest until an equal and opposite reaction happens that moves the body at rest into another direction or vibration or reality or dimension or the dark or light bandwidth.





## 9

## YOUR INSIDE

**Y**ou project out what you carry on the inside of you. It is getting easier to see and own the lies, denial and deception in the self and others. The reign of darkness is slowly coming to an end. There is a greater amount of light than dark now. To fully heal your personal wounds, you need to remember them and understand the process of creation you used. For example:

Jo hits Kim.

Kim had said, negative things to Jo.

Jo's family members; hit each other when frustrated.

Kim's family members; verbally assault each other.

Who's the victim and who is the predator? Where did it start and how does it end? And should someone be punished or educated? Move to the broader picture to notice it NEVER ENDS. Broaden your point of perception to KNOW no one ever wins for long when there is no compassion or equality. The ONLY

compassionate option for you is to WALK AWAY from the game. Leave the cycle that you and your family play or you play. Know the cause and effect we created with, UNCONSCIOUSLY over and over again, while playing victim predator and confused innocent games with each other.

Which family isn't destroyed?

Wars are the same, which country ever wins?

Allow each country to resolve their issues their way.

Some humans are consciously experiencing some of their parallel, alternate and higher dimensional realities. These dreams, dramas, stories or memories of different timelines and / or locations will have a THEME FOR YOU about the cause, the thought you held and its effect. A recurring DARK thought pattern you have experienced, in many different ways, in many different realities and locations. Healing and release happen when you change your thinking - see the light - understand and honor universal truths. Understand why the same thought resulted in the same disagreeable outcomes in a variety of different circumstances and realities.

For example, the **cause**, problem or issue is:

You NOT ALLOWING

The **effect** of you not allowing is that you will FORCE, control, bribe, seduce, please or manipulate to get the outcome you want or to satisfy your agenda. In ANY and ALL scenarios like this you are victimizing or being a predator that will eventually BECOME victimized by YOUR victim or another predator. The cycle of dark survival truths is very predictable and can happen in a few minutes or play out in many lifetimes over and over again. The victim becomes the predator and at any point in this cycle the predator gets outsmarted and becomes the confused innocent in

denial of their darkness. The cycle continues until you understand there is NO WIN, it is all lose-lose-lose. There is not enough compassion or allowing for you or anyone else in the dark vibration to win.

An example would be that you demanded your child / spouse / friend / coworker or lover conform to your reality, do or at least deceive you enough to make you comfortable in your perceptions of how things are going on in your relationship. "Not allowing," means you do not care so much about the other individual's beliefs or feelings or being equal, because what you want or believe is more important and "the right way" according to you. Their INTERNAL response to your demands or neediness is to feel invisible, unimportant, angry, wounded and frequently vengeful consciously or unconsciously. They will feel they are being victimized and have the right to be the predator on you or someone else.

An individual having compassion for the self would walk away from you and your neediness, controlling and fear.

BUT a victim or confused DEPENDENT innocent will continue with you in this lose-lose-lose cycle to prove they can make it a win. That never really happens. When one of you thinks you won, it will be short lived and only the winning of a small battle in the war. Mostly illusions get created, "set-ups" lies or denials happen. The victim or confused one will bottle up or suppress awareness of their negative feelings and let them fester inside OR endlessly act out destroying you or anything you value that is yours. Some will do it all, fester, deny and act out.

When you play with Dark Ones and try to win or outsmart them by using their methods, or withholding something they need or want you ENTRAIN with

their vibration in the dark bandwidth. That is the lesson, the cause and effect. To move past the lose-lose-lose cycle, OWN your dark thought patterns and consciously chose to stop playing. You can only heal and release what you have KNOWLEDGE OF and OWN. Awareness heals you. It is time to collect and integrate all the dark energy fields that have your signature frequency within them and transmute the energy with your wisdom.

Time to release the dark illusion that there is safety, privacy and free will while residing in the dark bandwidth of illusion and lies. In the dark there is no safety, privacy or actual free will. Humans have compartmentalized their awareness / consciousness to accept and believe in MANY LIES and dark truths. Frequently just to stay alive you adopt dark truths. The third dimensional illusion lowers your consciousness to only perceive the physical world. Dark survival truths are valid to keep the biology, our vehicle alive, but fail to address our eternal essence, our soul, and the 90% of our essence that resides in the light bandwidth.

The information about how we have been controlled and made into a slave population on earth for the past 13 thousand years is out there. BUT you need to seek it. Learn how we are assaulted daily with chemical warfare by the ruling elite your response may be disbelief, anger, blame, sadness, denial or fear, which are victim predator thought patterns and negative. Can you accept WHAT IS and go on from there. Fighting the dark feeds them YOUR light.

Projecting negativity means that is what you have within you and that is all you can offer another. When a Dark One "HELPS you" - they will take more than they give. You will feed from each other and victimize each other. If you are unable to embrace, accept, and

have compassion for your personal suffering and dark thought patterns, how can you help heal another to move into compassion? How can you do for "others" what you cannot do for your self?

The universal principle of **RESPONSIBILITY** is that you respond to a need when you have the ability and carry enough light to respond to that need. Without energy feeding cords or dark contracts or agreements of sacrifice and debt. THEN, you will receive energy from all those you respond to, because you are creating light, wisdom and energy together synergistically.

Remember, darkness is a frequency, the vibration of your thoughts, your brainwaves. All life forms, sense or read the thought patterns / vibrations of others consciously or unconsciously. When the thoughts or vibrations are dark you learn to ignore the words and READ or SENSE their energy field / signature frequencies. Light is available to all on the quantum level in the light bandwidth, BUT only with compassion can you absorb it.



## **YOUR WANT becomes FORCE**

Getting what you want from another or a situation means someone else or some event will BE FORCED! The dark encourages the belief that you can have whoever and whatever you want, you deserve it, you earned it! If all else fails TAKE it. Dark Ones reinforce the ILLUSION, that without applying yourself, no matter what your motive is, magically you can get all kinds of perks. That lie or misdirection is how Dark Ones get

new recruits. It works the same way as "selling your soul to the devil" works, with deceptions and lies and your denial. You believe that what you really want can be had with force or magic. The thing, skill or person you want to HAVE, mean you or someone else will be forced at some point to engage in some even greater unpleasantness. The cycles always get bigger and nastier, always.

From Scottish poetry from Canto VI, XVII:

*Oh, what a tangled web we weave.*

*When first we practice to deceive!*

By not accepting "WHAT IS" the way IT IS.

You choose FORCE / self-deception, lies or denial because others around you SEEM to have more than you do, without earning it. Or they own more than you and appear to enjoy it more than you enjoy you. Or, what "they" are doing isn't fair, so you decide to go all negative and punitive joining them in their dark behavior of force and control. BUT you are forcing, outsmarting and punishing the "bad guys" and you are the "good guy." That could only be a truth in the dark bandwidth of keeping the biology alive and avoiding compassion for you.

Wouldn't it be easier, ethical and more compassionate for you to alter your perception of the situation and change the way you think? Deciding to enjoy what you have and do.

Talk to yourself some, say:

"I am observing a greedy DARK person that no matter what they have or take from others, it is NEVER ENOUGH. They think gathering MORE will increase their joy. That is what the other Dark Ones have handed down as their TRUTH and excuse to take what and who they WANT to take. Observe and know without resistance that they will all stay dark until they

discern they have been misled and lied to by the self or others. Peace and calm come from going within the self and communing with the rest of your soul conglomerate.

Reconsider what you really want?

Has having more stuff or forcing another EVER increased your joyfulness and self worth for more than an hour or two? Focus on figuring out what YOU really want. Then construct the steps YOU need to take to get there. Put your thought, energy and creativity into getting what you want for yourself without taking it from another. Take responsibility for making you joyful from YOUR INSIDE out, feeling valued and unconditionally loved.

Go inside you and your thoughts to be metacognitive.

Deep down do you think another should do it to you or for you?

Consult your 90%er; get a second objective compassionate opinion about your thinking. Ask which universal truth you are having trouble understanding or accepting fully. Ask what reality you are failing to accept? Consider when you do get another to do it for you - are you happy with the result. Have you given the quantity and quality they gave? Has there been an equal exchange? Did you generate a synergy? Did you interact or cooperate with the other, produce a combined effect greater than what you could do separately?

Accepting and owning what you really think is key to changing any thought you may wish to change. This is not surrendering; this is "OWNING the truth" and operating with the truth. NOT surrendering to it. Quantum leaps in consciousness do not HAPPEN to you. The state of consciousness that you reside in - is YOUR creation, what you have manifested for

yourself. Maintain your calm patience and compassion for you. Doing this alone without the support and agreement of others is not easy. It goes against all the dark training and programming we got to keep us happy COMPLIANT worker bees.

With greater wisdom you increase ownership of your creations, thoughts and experiences. Making you totally responsible for your creations and your enjoyment.

Not too impressed with your current creations and thoughts?

Owning gives you the power it takes to change, alter and experiment with who you are now. Forgiving the self allows you to release what has been completed and no longer useful to you.

### **NEVER ENOUGH**

In the dark bandwidth, Dark One's NEVER have enough ABUNDANCE or PROSPERITY. They always believe MORE will satiate and comfort them, but it never manages to do that. Because getting your needs met from another ALWAYS means you are a predator victimizing the other and possibly yourself in one way or another. When you feel that some source or individual, OUTSIDE you OWES you something there is always the craving for MORE because you never get enough.

Eating junk food never nourishes the body and leaves you hungry wanting more. Getting YOUR emotional and spiritual needs met from another never satisfies the soul, the other 90% of your essence living in the light. Looking outside your SELF for love, acceptance and self-worth is HOW others gain power over you. Feeding the self DEBT, guilt, judgment, blame, fear, JUNK FOOD, fake sugar, salt and fat holds you in the dark bandwidth of thinking. Self-compassion



and unconditional love is only gotten from going within. You are the only one that is aware, worthy and capable of accepting responsibility for satisfying your own needs spiritually emotionally and physically. The unconditional love is given to you by you. Nourishment in the now moment or present time: for each day, one day at a time and everyday is abundance and prosperity. Spiritual wealth is wise use of YOUR resources.

The universal principle of **HAPPINESS** says that the way you feel about WHO you are, what you do, and what you have manifested, creates your happiness. Not your title or role you play, what you own or whom you control or what human law you follow. Your point of perception creates your emotion of sadness or joy. It is imperative for you to own what you HAVE created, even when you created with some very dark thoughts and you did it in ignorance and or unconsciousness.

The universal principle of **ACTUALITY** is that a thought or belief is REAL and does not need to exist in material form to be considered real.

What you do NOT want to see or own is STILL present.

You can't find what you don't seek!

You choose the reality that you want to see / perceive / manifest. Looking out is in the dark bandwidth, looking in your own consciousness calls for a level of self worth that is absent if you have adopted negative perceptions of you and your worth.

The universal principle of **REALITY** is that any measurable things like an idea; object, event or person that can be seen, heard or felt becomes an object having REALITY or mass. We are the creator, the programmer in the fifth dimension and the one experiencing the reality we created in the fourth and third dimension.

All you remember and everything you imagine is REAL because it is your creation and perception. What you think about, you bring about. You always find what you SEEK because you CREATE the pathway to its manifestation. The consciousness or thoughts or NEW CREATION of one person in the light bandwidth goes into The Crystalline Grid for all to access when they seek or wonder about it. Moving into greater light means less physicality, negativity, judgment, blame and drama. The light to dark ratio or balance of consciousness is flowing into more compassion and away from dissociation, unconsciousness and negativity.

Discovering what was true in your past increases your knowledge and awareness of what you believe. Knowing the truth clears up confusion and doubt making it easier to discern how you want to move forward. It is even common to take two simultaneous lives or more to be on multiple sides of an issue, like having a debate or committee meeting with yourself. Or being the victim and the predator. Sometimes you chose to die for YOUR God, or for a horse or for nothing at all. War and fighting is not acceptable in the light bandwidth. IT DOES NOT MATTER; whether you are the winner or the loser BOTH sides represent inappropriate dark energy not aligned with compassion. The victim is not setting boundaries and walking away and the predator is forcing their reality on another. How many times do you gamble on winning or losing in a contest or war, before you realize there is nothing of real value to gain or lose? Power over others is you being a predator or bully. Victimized yourself is you not being responsible for you. Sacrificing yourself for another or a cause only sustains your darkness and their darkness.

With compassion there is no time, past to remember or future to hope for. There is flowing within the present. Light streams are portals you choose to enter and match YOUR thoughts with. Rebooting into a higher frequency might well mean that you will lose data, facts or even dark ones from your computer, your phone or your life. During the transition period from the familiar and easy moving into another direction there will be losses. Possibly you will lose a home, spouse, friends, family or job. Try to welcome the change, and upheaval that always comes with transition.

The changes humanity desires will mean upheaval of governments, financial institutions, religious practices and frequently family disruptions. We might lose the serial liars in our life and all the disruption they create. Humans receive synchronicities laid out by their 90%ers on where to go and what to do and how to be, on their vibration current vibration. If all you interact with are serial liars you might take a closer look at you and what you project out from you. Humanity collectively desires equality, fairness, integrity from others and comfortable lives for all, that means perceptual changes and personal responsibility for what you think.

In the light bandwidth, all know everything about all others there are no secrets. Your SIGNATURE FREQUENCY tells your whole story and anyone can read it. Your information exists on the quantum, photon level. They identify your eternal essence or light skeleton, your form, location, planet, where you originated from, what you have experienced and what issues you have not resolved yet to align with universal law. Unresolved issues or dark thoughts become a crystallized capsule of energy that needs to flow again

for you to move to the higher vibrations of compassion. Before you move to the light bandwidth, YOUR thought forms, energy fields, "markers" or derivatives carrying your signature frequency, from all your incarnations on Gaia, need to be reunited BACK into your energy field and be transmuted to compassion.

There are many possible, probable, alternate and parallel realities simultaneously flowing through the higher and lower dimensions. Your consciousness or perceptions flow in and out of higher vibrations. We go back and forth being compassionate and going negative until you are comfortable with light or dark and stay there. Life, our essence or consciousness IS everywhere and always exists BUT you can only identify and be aware of, energy fields that resonate within the spectrum of your personal energy fields. Your personal thought patterns. Everything in your frequency range is responsive to your energy field. FEAR or ignorance is a human emotion and creation.

Your "life stream" is your IDENTITY.

In higher dimensions, you are not recognized by your name or physicality or who you know or who you took a "selfie" with. YOU are a field of flowing energy. But when you reside in the dark bandwidth you are not aware of your stream's choices. Our biology, vehicle or space suit, confines 10% of our energy flow / signature frequency to experience the physical world. Our meridians, energy fields or DNA are interwoven into the biology and connected to the field surrounding the biology always interacting with it.

You also carry group signature frequencies. When group members are very intimate they are even able to take short trips in consciousness as one entity, like people on a plane. When all are compassionate. The group thought form is to receive and give only compassion.

The universal principle of **EXPANSION or INCLUSION** is never-ending as long as there is more to be included in the definition or description. We are all that THERE IS and all that can be. To EXCLUDE anyone or thing limits you and your options.

The universal principle of **RELATIVITY** says; that what you view and understand from your particular, personal viewpoint is true for you. That point of perception is RELATIVE and accurate to the viewer's point of perception.

The Universal Law of **PERPETUAL TRANSMUTATION** of energy says that all sentient beings have the power to CHANGE continuously.

The universal principle of **SPIRITUAL POVERTY** is that you are "in spiritual, emotional and physical poverty" to the degree that you WITHHOLD YOUR energy. Possibly in the form of money, time, attention or productivity, while expecting someone ELSE to do it for you and or carry your debt, physically, emotionally and spiritually. You will have unfairly claimed the energies of another or others and squandered their energy: unbalancing you both, or all of you. Poverty continuously recreates itself, attracts and entrains with MORE of what it has not.

Poverty is attracted to you when you are productive and FAIL to properly take your reward, (energy) money or compassion in a suitable manner. Those convinced they are unworthy or incapable of having anything of value will be in poverty, as they have not created self-acceptance and self-worth and or compassion for the self.



## **EMOTION needs OPPOSITION**

Emotion needs drama, opposition and upset.

All found in the dark bandwidth of 3D and 4D.

Emotion is a consciousness found in the dark.

Compassion is a CONSCIOUSNESS found in the fifth dimension and light bandwidth. Emotion is attachment to opposition, drama, conflict, and excitement, suffering, sacrifice and fear. Emotion serves to make you feel vital and alive in dark realities BECAUSE Dark Ones have shut down their thought and senses. To feel SOMETHING that passes for being alive they have created FAKE things to feel. Fake drama and opposition makes them feel something. Emotions ALWAYS reside in some frequency of fear, doubt, anger, sorrow or negativity. Emotion and desire are interwoven in dark vibrations because you are unaware that you already have all you need or want. As you start to balance your emotions you realize that NOTHING is a matter of life and death because your essence can't die, only your vehicle, your biology can. Anything your soul wants can be manifested.

In the light bandwidth there is no biology or physicality, no need to eat, eliminate or sleep. As you put your attention on a thing, person or event IT IS PRESENT in your awareness. Your THOUGHT, DESIRE and SENSE are immediately present and integrated as one unit. Take your attention or focus in another direction and that will appear. Just as you decide when and how it should be. You sense what you focus on, inside and outside of you, because you can bi-locate your awareness or have coconsciousness in more than one place.

Communication is telepathic or anyway you like. Answers are clearly seen, as you are ready to accept

and experience them. When you desire / expect to see a loved one their consciousness is with you ready to interact. When you desire or expect to be tricked or set-up you will manifest that for you. All potentials coexist and you choose the reality you want to experience. The subatomic particles create / manifest your desire, expectation or perception.

When you have grown up with negativity in your environment, that becomes your NORMAL and what is SAFE because you understand it and how it works. It might be ALL you know and understand. You may not even be able to imagine being compassionate or equal or accepted for whom you are. When you have grown up in abuse, neglect and fear your focus and awareness is on surviving one more day.

Illusions about the world or reality around you are reflections of illusions that you have built within yourself. You have adopted the reality you were born into, the law of attraction and entrainment put your essence, with parents and a planet that carried the same amount of light your 10%er carried at the time of your birth in the dark bandwidth. Owning, resolving and releasing negativity and pockets of density that you carry is needed on the energetic level to increase the amount of light you can carry. Know, accept and act on the awareness that YOU ARE a self-sustaining entity that creates what it needs and has the wisdom to enjoy what you have or you change it.

**FREE-FLOATING fear or anxiety** is when you are unable to attach your fear to a current situation; it is about an old incident or old pattern of yours frequently from childhood or concurrent life times or deep, ancient fears. As an adult you can also be compassionate with you and heal the fearful child in you. We are being given all our past fears and old darkness

in bundles to heal. When you are ready for a change, fear comes to challenge your resolve before your history is rewritten. Fear is an energy field we chose to enter and now choose to release into a portal of greater light to be transmuted.

**ANGER and RAGE** covers up **HURT** or wounding, frustration, and fear of feeling more pain. All addictions and compulsions are to avoid feeling. Anger HOLDS hate in one spot. For example you could hold anger in your muscles, bones or in your jaws or legs. Built-up anger can turn easily into rage and arthritis. ARTHRITIS is crystallized ANGER in the joints creating energy blockages in the nervous system and shuts down your meridians. Anger and rage are drama and a poor form of communication. Anger and rage are DENIAL about how deeply wounded you feel. Please, NEVER waste time or energy JUSTIFYING anyone else's behavior. The ONLY way you will heal you is having compassion for YOU and your wounding. Anger holds pain, fear, blame and desire for punishment and "not allowing."

**SADNESS** is prolonged SORROW and contains some fear of perceived loss or possible retribution AND anger about being abandoned. Prolonged sorrow turns into depression and or anger turned in on the self. Sadness released at the time it arises lets you stay aligned with the law of allowing. Everything has a cycle, and sadness says the cycle has ended it is time to release it. You grieve and cry for what is known, mastered, lost or changed. Events just are, do not move into their energy and LIVE there, stuck and stagnant. That energy is you victimizing you.





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## QUBIT REALITY

**PHYSICAL LAWS** and principles are about how solidified light, physicality, negativity, cruelty and unconsciousness operates within a third dimensional matrix, illusion or holograph. They are the NEUTRAL principles used to understand why things work as they do.

**QUANTUM LAWS** and principles are about light, compassion, and subatomic particles, like photons, the fifth dimension and beyond and how they operate in COLLABORATIVE COEXISTENCE. Universal laws and principles actually explain how subatomic particles work together in a harmonic cooperative manner and that is how compassion or unconditional love feels and surrounds us WHEN we can match that consciousness, resonance or vibration and we become aware of that energy, while joining in the flow of universal energy, "being in the zone" or gamma brainwaves most of the time.

Compared to "physical laws" quantum law is baffling, illogical and wired. You can be in multiple places at once, hear color and see music. You can't know the location of a thing or person because it is NOT IN ONE SPOT. It is many subatomic particles pulled together AS YOU FORM your THOUGHT. The act of you imagining, desiring, JUST THINKING starts a manifestation on the quantum level. That is how your thoughts create your reality. Your consciousness is scattered in multiple locations and in NO FIXED location. That is why when you think about another person their essence is present in your consciousness immediately. And you can communicate with that higher vibrating, compassionate aspect of them, in the now moment. Everything happens at once, your thought manifests immediately as you think or dream them up.

Computer code has zero **OR** one, it is sequential like everything in the 3D matrix is. That is why we have time, past, present and future.

Quantum computing has zero **AND** one at the same time. In quantum computing a **qubit** or QUANTUM BIT is a unit of **quantum information**. A quantum bit considers all possible solutions or answers to a question or problem SIMULTANEOUSLY and NOT sequentially. It pulls the particles it needs to manifest the consciousness of a person, event or thing as you think about it, all at once.

Considering all possible solutions or answers to a question or problem simultaneously, NOT sequentially is how the Gamma brainwave or "being in the zone" works. You experience peak performance and enjoyment when it all comes together physically, mentally and spiritually. Gamma brainwaves are found in virtually every part of the brain acting, to BIND and COORDINATE associations of all the various



perceptions like your thoughts, beliefs, visual precepts, size, color, texture and function. Neuroscientists believe that all the neuronal clusters oscillate together during short periods of synchronized firing help to integrate or synthesize or harmonize the particles into a coherent whole to improve memory, perception, performance, new ideas and processing. Gamma consciousness is your imagination, fifth dimension and beyond. Gamma brain waves play an important role in the R.E.M. or Rapid-Eye Movement sleep stages and visualizations.

Gamma waves originate in the thalamus moving from the back of the brain to the front and back again 40 times per second, drawing different neuronal circuits into synch with the person's PERCEPTIONS, bringing them into the foreground or conscious awareness. Gamma brainwaves filter-out individual stimuli and move your awareness beyond time and space, they are associated with peak concentration, extremely high levels of cognitive functioning, happiness and rich sensory experiences. Neuroscientists believe that people can train themselves to produce more gamma frequency, by focusing on compassion and self-control, which reduces activity in the amygdala, where the fear response gets activated and agitated.

The fifth dimension and beyond is found in your IMAGINATION and your sensory perceptions. It is otherworldly, "filmy like" and almost formless. It is composed of subatomic particles waiting for your thought to instruct them. These "building blocks" like our consciousness is scattered in multiple locations and in NO FIXED location. You or your parts and pieces of consciousness can be in multiple places at once. You can't know the location of a thing or person because it is NOT IN ONE SPOT. The elements await your thought / instruction / desire to manifest, to form

your thought. JUST THINKING puts the elements into motion, coming together on the quantum level. That is how your COMPASSIONATE thoughts create your reality in the fifth dimension. OR your negativity and refusal to be responsible for your thinking drops you into the lower fourth and third dimension to manifest disagreeable outcomes in your reality not aligned with universal truths.

When you think about another person their essence is present in your consciousness immediately. And you can communicate with that higher vibrating, 90%er of them residing in the light, as you do with anyone by talking aloud and listening compassionately. The 10% of them, their essence residing in the dark bandwidth, human biology or the lower fourth dimension with limited dark thoughts CANNOT HEAR YOU generally. Can you allow the 10%er in the human biology their choices and path? Can you enjoy, and be satisfied with your interaction with the 90%er and its reality in the light?

Compassion, knowledge and a sense of well-being and ALL potentials or options exist and are always present in 5D and beyond ready to take shape. All realities are available to you as you focus your thought on them. Then they go away go away as you refocus on something else. Nothing is linear, there is no time / distance or separation. No secrets or fear because all is compassionate. Any fear or unconsciousness is given knowledge and transmuted right away. No possessions, what you have created only remain manifested for as long as you are thinking about it. When you desire something, you create it and when you change your focus it goes away.

Compassionate GROUP thoughts create and sustain large, organic, sentient beings holding all their

essences WITHIN that joint thought-form or package or envelope or event site, like the mother ship or fifth dimension of Gaia are large organic sentient beings.

#### ENTRAINMENT WITH GAIA

Back in the day, many very Light Ones volunteered to drop their vibration and entrained with Gaia to help raise Her vibration by incarnating into human biology. BUT many dropped into the dark bandwidth, and stayed there. They forgot about higher vibrations and helping Gaia move back into the light bandwidth. Human biology is made from the same elements as Gaia's planetary body is constructed from. To move out of matter and back into spirituality or light, the change starts within the essence inside the biology and moves out. The human's thoughts REFLECT the "core frequency" or state of consciousness the human holds. When your thoughts shift and you commit to compassion the changes in vibration starts within your core, goes up and down your spine and slowly works throughout the biology. In the alpha brainwave, higher fourth-dimensional consciousness, you may feel a tingling sensation in the biology and buzzing sound in the ears that seems to get louder every day. This is the 90% of us residing in the light bandwidth assisting the 10%er to recalibrate their thinking and perceptions.

First step to moving from dark to light is developing awareness of the self, having acceptance of the self and always being compassion with the self. Dark Ones treat everyone poorly, including friends, family members and the self. Loyalty is based on fear rather than compassion and joint purpose. Money, sex, food and other addictions are distractions from the fear one feel and will HEAL nothing. Illusion, denial and self-deception bring people comfort, when they decide a lie is better than the "truth."

The cleaning up of the dark bandwidth is taking time to our third dimensional perceptions. When you sleep or go into deep meditation your consciousness expands beyond your biology and it is easier to commune with your 90% in the light bandwidth that is guiding, over lighting and supporting you. When you get temporarily lost in your fears of the past or physical challenges happening in the biology, your 90%er is there to comfort, guide and support you.



#### QUANTUM is all at ONCE

About 200,000 years ago on the QUANTUM level, Gaia and her three energy grids of consciousness, gravity, electromagnetic and crystalline were all created at the same time using Pleiadian energies or DNA structure or template. It took 110,000 years for this to manifest itself into physicality and the upper fourth dimension, in the light bandwidth. The ground was able to sustain many different species of Humans. Some species on earth exist to allow others to be created and then they become extinct.

The "god force" or energy is a QUANTUM soup of particles that wanted to experience ITSELF. Quantum particles are called by many names: the Legion of Light, Universal Mind, the Source, Creator, Consciousness or the HIGGS boson PARTICLE. The quantum portion of light just IS and every other entity is a fractal of that source. A fractal is a mathematical set, exhibiting a repeating pattern regardless of its size and has the same statistical character as the source does. A

fractal is a repetitive part of the same thing. Your soul essence, the 10%er driving your biology or vehicle is a fractal. Because all are fractals, you can assume all have a common system, structure and cycles of life throughout the galaxy. Not all, intelligent life in our galaxy has a soul or is in the light bandwidth. Only those SEEDED from a spiritual source have a soul.

Planets in this Solar System operate with similar systems. Different laws of physics are present in different galaxies. The diamond crystal tetrahedrons have been determined by scientists to occur on the Planets at 19-degree parallels. These Planets are hollow and all have inner Suns. Inside the earth is a diamond tetrahedron crystal core that supports Inner Earth's blue Sun that emits the Aurora rings of colored light from the North and South Poles. The crystal core supports the Atlantean Crystals; not the Silica Shafts in caves found in Mexico and Arkansas.

PLEIADIAN BIRTHS are all at ONCE

Once a soul essence chooses to experience incarnation into the fifth dimension of Pleiades, the parents and soul essence work together to "make it so" or to create collaboratively.

THE PARENTS can be two or one combined individual.

There is a pregnancy or not.

All is discussed and decided in advance. To begin the process parents and child determine what is best for them all. Does the soul essence want to take life in their Pleiadian world, or enter into the female and go through a pregnancy, similar to what pregnancy is like on earth. The male and female are equally involved in the pregnancy. Or the male secures enough of the soul essence into the fifth dimension to create and inhabit a form and he places it on the woman's womb

to offer the fetus the compassion of its mother. They all embrace to send and reinforce their child unconditional love and infinite peace. The three remain intertwined until the child gradually adapts to fifth dimensional reality and creates a form for itself. The soul essence of the INFANT decides what its form will be, a he, she, or an androgynous self. After that, the parents or unified parent and child move to a Central Living Room. The Central Living Room has members of the same Oversoul vibrating on the seventh dimension.

As new children of the oversoul move into lower dimensions, the Oversoul guards over its fifth dimensional fragment. Each fragment / child remains in constant contact with their sixth dimensional self. The parents keep a constant connection with their infant to assist their child in grounding their consciousness into the lower frequency. Aspects of the extended family or greater family of the new parents, also temporarily live in the Central Living Room working in unity to assist the new members of the Pleiadian reality to acclimate. They function as ONE being of parental compassion. When each family leaves the Central Living Room they resume the reality and vibration of their choice.

A being CONSCIOUS or awake on many different vibrations at once, will have different situations on each plane. For example, have a quiet life on the third dimension. Living with the fairies on the fourth dimension. Being an infant to a Pleiadian parent in the fifth dimension. On the sixth dimension, you could be on the moon in communication with your Pleiadian and Antarian expression that resonates to the eighth dimension. You can be different expressions, of the same Oversoul. There is a myriad of worlds, and dimensions to exist in and experience when you leave physicality

and move into present time, that is where your focus and attention goes.

Take the time and effort to bring the consciousness of your choice into your focus and bond with it energetically. Decide who or what you want to interact with. The intensity increases as you connect to the information you READ in each other's aura. You communicate with light language, telepathy and or use words. Our consciousness is comprised of the subatomic particles THAT are NOT separated; they all know what each other knows in real time. That is why there are no secrets and only compassion.

Photons enter the pineal gland JOINING the physical and nonphysical together, to be distributed throughout our biology. Photons raise our vibration; wake us up, intensifying our senses and increase our IQ (intelligence quotient). Photon energy is becoming the predominant energy on earth as we move into the light bandwidth.

The POLAR or MONOPOLE shift is NOT happening in the "fourth dimension dream world"; it's a threshold shift into the fifth dimension, a transition of consciousness from dense physicality into a filmier state. The South Pole is moving into the center of the earth and the North Pole will surround the outside of the earth. Historically the polar shift happens approximately once every 500,000 years when the magnetism completely changes from north to south. This has happened 5 times before that we know of. Preceding each pole shift is a decrease in the magnetic and gravitational pulls moving the planet to zero point energy. All matter in the galaxy is moving to zero-point energy or a resting state to release the old and install a new pattern of spiritual thinking and awareness. At first you may feel stuck because motion

has stopped, becoming neutral as it rebalances. As the old falls away, there is a time lag or void until the new takes hold. HAVE FAITH during the "time lag" or void because you are at zero point energy, a resting state.

Your light-body is slowly seeping into the biology transmuting it, cell-by-cell; the subatomic particles are at work, transmuting matter into antimatter. From zero-point energy one is ready to create in a state of compassionate detachment and joy. ZERO is the POTENTIAL of all that ever was, is or can be and removes what is not needed to reveal new thoughts, ideas and solutions. All reality is beginning to resonate to present time and expand beyond this matrix or illusion of cause and effect. This world of work, the heaviness, dramas, duties and chores are tedious and getting harder to attend to. There is a greater desire to be creative, do research about changes and new feelings. Your consciousness can expand into the fifth dimensional resonance, have a wonderful experience there and then return to physicality a second before or after you left. At first the third dimension brain doesn't register this information because it is calibrated to attend to information about physicality and this lifetime, but the physical body shifts with your expanding consciousness. You learn to function through your aura or the mind surrounding the body. YOU are merging with the fifth dimension and beyond, on the quantum level, BUT you must believe in it to perceive it. You only perceive what you believe to be true.

Most likely the fifth dimension is what you will notice / sense and experience first. You may rejoin your ongoing, fifth dimension soul aspect you originally bi-located from. It is likely you will notice and be distracted by the bright golden auras around all

sentient beings. You can perceive everyone's aura, their thoughts and feelings and they can perceive your thoughts also. It is most likely that your fifth dimension self, was and is on a Starship or Mother ship, when you volunteered to bi-locate into biology to assist Gaia with her planetary ascension. Most of the beings on the Ships are fifth dimensional. Star ships have many visitors from Earth.



## **BIRTH of THE DARK**

The movement of our consciousness from upper fourth to the middle and lower fourth on into the third dimension happened during the Golden Age of Atlantis. Before that, Gaia's vibration was in the higher fourth dimension and humans perceived and interacted compassionately with each other in their daily life. To exist in any given reality YOU must align your state of consciousness to it. There IS and always has been a fifth dimension version of earth that can only be perceived when your consciousness is compassionate, aligned with universal truths.

After the destruction of the planet Maldek, The Aryan Sons of Belial, moved their operation from Maldek to earth during the end time of Lemuria and then Atlantis. Atlantis existed for over 200,000 years. During the last two thousand years and the 3rd Atlantian Empire from 17,500 BC to 10,500 BC thought patterns got darker and darker for many people. There were those on earth that refused to allow others to do their thinking for them and

drop their state of consciousness even more. They MOVED out of the increasing darkness and lack of compassion.

Some went back to their home planets, some acclimated to living in the oceans, some went to live in the hallow earth and the humans left on the surface of earth got further and further out of alignment with universal truths.

The Aryan Sons of Belial, some dark Sirians, Pleiades, and the Orion Confederation worshiped a Draconian god. The Sons of Biel became the Dark Robes of Atlantis, and were responsible for the fall of Lemuria and then Atlantis. These Dark Ones keep reincarnating, they wear white robes and are "the color white" in the Illuminist trauma based programs. They have always believed in genetic engineering and a master race found in the Nazi plans of WW II, which are the same as the New World Order, New World Religion and Transhumanism, which consider the current human to be only a work-in-progress. The same type of experiments on human genetics that went on then have continued on in the US Government Bases like Dulce and on the population at large with chem-trails, inoculations and the genetically engineered food, air and water that have polluted our bodies with toxins and strange organisms.

After Gaia was nearly destroyed in the fall of Lemuria and then the fall of Atlantis, Earth's vibration dropped into the third dimension, duality and physicality. Once your state of consciousness drops into lower vibrations you are unaware of higher vibrations. Those remaining only perceived the third dimension reality while awake and the lower fourth dimension while asleep or meditating. It has stayed that way up to present time. That is how to keep humanity enslaved, with the belief



that third dimension and their biology and its survival is all there is.

Maldek soul aspects became our global banking families like the Rothschild extended family is. This Illuminati Russian elite, just as the others do, keep reincarnating into the same genetic family line and have conscious awareness of their Maldekian and earth incarnations. Possibly 85% of the souls alive at the end of Maldek were the same souls alive at the end of Atlantis and are in biology now. The earth has been controlled and manipulated psychologically and technologically for the past 13 thousand years with their lies and deceptions we have handed down and reinforced throughout the ages. They have also psychologically controlled and managed life on Venus, Saturn, Jupiter, and Mars.

Draconian Reptiles or Draco's have greater intelligence than the Annunaki Reptilians that were left in charge of earth at the end of Atlantis until 1995 around 13 thousand years. These brotherhoods, the ruling elite running the earth belong to organizations that go by many different names throughout the ages like, Knights Templar, The Order of the Knights of St John, The Round Table, Order of the Quest, Knights of Malta and the Jesuits. The most active brotherhood today is the Freemasons with origins in Sumer and Egypt; the top levels of the present day Freemasons are the Illuminists.

The structure of the illuminati pyramid is the same as on Draco and other planets. The structure consists of 13 ruling families. Each family is given an area or function to fulfill like global finance, mind control, military or technology research and development, media, entertainment and news or religion. Each ruling family has a council of 13. All 13 families are shape shifters

or hybrids 50% human and 50% or more reptilian. ALL their infants are raised as Satanists with trauma based and mind control programming. The committee of 300 is the layer below the 13 ruling families in the hierarchy and supports the ruling families.

When you get the personal story of an illuminati slave you can learn the duties and traumas THAT SLAVE experienced. BUT that will not help you understand the motives, game plan or structure of the ruling elite, who they are, what they want and how they operate in the LOWER part of the 4th dimension the dark bandwidth and carry less than 30% light to no light at all.

These Dark Ones worship the beings of the lower dimensional astral plane because they resonate to a slightly higher dimension than the third. The lower astral entities can easily perceive and are attracted to like-minded humans and wanted to join forces. Of course, that is always a "set-up" they wanted to use, abuse and make fun of or be entertained by the humans and their trusting ignorance. In tandem with the lower astral beings, dark humans can set fires mentally and perform other tricks including reading other Dark One's thoughts. When your consciousness merges with the energy field or vibration of the lower astral plane the entities choose to enter your biology or possess it and use it like a puppeteer would. They can shape shift or change holograms. They follow dark survival truths, seek power over others, and are generally ignorant of how the light works and are unconscious.

**DARK or LOWER ASTRAL ENTITIES** of the 4th dimension: carry less than 30% light and have many names; demon, reptilian, devil, evil, alien, dark soul aspects, ego, the little human, dark relative, or ancestor

ORIGINATED in the third dimension as a thought form or energy package that has little to no light energy by themselves. When the human biology died the dark essence or energy field or astral body continues to exist seeking energy to siphon to exist. Many eons of cruelty, war, torture and suffering has increased the dark energy and its density found in the dark bandwidth of 3rd and lower 4th dimensions created and sustained by humans. The Dark Ones entrained with all the other negative energies.

Dark is the absence of light. Dark Ones exist and continue to exist when they can siphon energy from others; with or without biology or form, it is especially easy to do that when they are worshipped or admired. Evil has NEVER been a force outside the human. LIGHT and DARK is balance and harmony that humanity PULLS in either direction. When you carry ANY type of fear, anger, compulsive sexual energy or righteous indignation, addiction or dissociation and denial you are feeding, sustaining and allowing the dark to siphon your energy. When you fight or try to outsmart them, they get bigger and meaner BECAUSE you are feeding them MORE of your energy / light and you get darker.

Humanities consciousness is tied lock step and reinforced by Gaia. She cooperates with human consciousness. If humanity spends its energy being mean spirited and angry then Gaia will do her best to cooperate with what you choose. The planet responds to our presence and thoughts. Her energy grids consist of humanities mass consciousness. Our energy trails, silver cord, vibratory thread, kundalini are entangled with Her energy trail or frequency into the core of Gaia. This is a quiet still trail inside you UNTIL you

move CONSCIOUSLY into the light bandwidth, and then it comes alive. This is not energy feeding.

The universal principle of **RESPONSIBILITY** is that you respond to a need when you have the ability and carry enough light to respond to that need. Without energy feeding cords or dark contracts or agreements of sacrifice and debt. THEN, you will receive energy from all those you respond to, because **you are creating light, wisdom and energy together synergistically.**

Dark Ones open portals or siphoning tubes, to other dark entities that want to feed. Abused and Illuminist children have been TRAINED as infants to allow dark entities to enter them and allow feeding. There is the very formalized trauma based training or programming to allow DARK entities or demons or other DARK soul aspects to enter their biology allowing it to take over because then they will have "greater power." In your chaotic and dysfunctional family creating Dissociative Identity Disorder DID, or Religious Fanatics or Borderline personalities, children and adults will ALLOW "evil spirits" to enter them AGAIN to give them more power over others or the devil or to "act out" without feeling responsible for their behavior, they are "the victim" in their state of awareness or consciousness.

An essence with or without a biology or form is an energy source or field with less than 30% light and is considered dark, by universal physics. The victim predator and confused innocent is the game they play with you. When YOUR consciousness abandons your biology you INVITE or give PERMISSION for dark ones to use your biology anyway that amuses them. Your consciousness leaves when you dissociate, use a

mind-altering substance or move into any compulsion or addiction.

**HAUNTINGS or DARK ENERGY IMPRINT** is the intense EMOTIONAL interactions of humans or other entities in a particular space. A loop of information and feeling is left and played over and over again. For example in a place that there has been violent abuse, murder, a battlefield or ritual there will be a strong energy imprint left. When you are in a space or building that has held strong emotion you can feel it when you focus on it and even interface with it. The imprint or haunting carries scientific attributes that are measurable like magnetism, gravity, light, time anomalies and temperature changes on the cold side. Haunting or energy imprints are multidimensional events.

That loop of information continues to play out until there is new stronger information to make it fade away or a resolution is worked out. For example they want to be "remembered" so make some way to remember them. The imprint might want a wrong to be made right or they may need "clarity" about an event that causes them confusion. Dark survival truths are followed because of their ignorance about how light and compassion work.



## 11

### BACK AND FORTH

**Y**our RATIO of DARK to LIGHT THOUGHTS, determine your STATE of CONSCIOUSNESS. Your state of consciousness is a reflection of what you are thinking now in present time.

The universal **principle of AWARENESS** is that YOU need to observe the ILLUSION of separation, duality, negativity and the dark bandwidth of physicality, cruelty and survival truths, found in free will.

In the light bandwidth there is NOT free will, there is universal truths and compassion, following the truths is the only way to have responsibility for the self, equality and compassion for all.

The Law or **Principle of POLARITY or DUALITY or OPPOSITES**: operates ONLY in the physical realms, alternate and parallel realities found in the dark bandwidth / third and lower fourth dimension. AN OPPOSITE is an ILLUSION where emotion and logic have been artificially separated out. Just like male and

female or good and bad have been artificially separated out, necessitating an either OR choice or moral dilemmas for the human to learn about and understand cause and effect.

In the light bandwidth or universe, there is a CONTINUUM or SPECTRUM of AWARENESS or consciousness, including all the extremes and the middle. Operating in the dark bandwidth you see or perceive the EDGES of the continuum. That illusion creates polarity for humans. On the continuum of light to NO light every situation, emotion or event JUST IS, your consciousness or point of perception, YOUR judgment is what puts a negative or positive spin on anyone or any event or experience.

Our state of consciousness moves from dark to light and back again frequently, over and over again before STAYING in the LIGHT. There are hundreds of different parts or aspects or pieces of you separated by time and space and your limited belief that there can be only one, in the third dimension. In other dimensions there are different selves, resonating to different vibrations and realities. EACH reality or life or experience is separate until you are able to become consciously aware of them. Slowly you start to perceive the connections and how they are all truly parts of the whole, your whole. The advantage of being and individual or one unit is that you can explore each reality or distinct personality intimately and in greater depth.

Various realities are surrounding us all the time. They are entered when you entrain with and focus on them. Of course in the dark bandwidth a ritual, ceremony, drama some suffering, worshipping and sacrifice makes it more exciting, important and REAL. The

more you pay and get out of control, the better is your experience and the darker it gets. This all allows the dark to feed on your energy.

Various LIGHT realities surround us all the time. They are entered when you match vibration and entrain with them using COMPASSION and NO drama or ritual or money or energy siphoning needed. In the light bandwidth you merge energy fields to commune with each other BUT you maintain your individuality. You can even merge with a particular version of reality or an alternate reality to experience them simultaneously. There is no going or coming in higher vibrations, there is going within and becoming aware that **everyone's consciousness is always there ready to commune**. You experience another person, place or object as if you are inside of them or "being" them or in that energy field.

### **ILLUSION verses TRUTH**

An Illusion has very little life force and is static. The illusion's aura is fuzzy, covering situations or beliefs with a gauzy filmy quality that blurs details. The vagueness allows you to guess at what might be true. Your personal perceptions will be colored by your beliefs, your state of consciousness, and becoming reflections of your own bias, emotions and confusion. This is the dark bandwidth / third and lower fourth dimension.

TRUTH has a strong dynamic aura in motion, which enters your awareness even before you become aware of it. The truth goes before itself and stands on its own. Truth is consistent in all situations and environments. The truth and universal law is not influenced by YOUR state of consciousness at all, not even a little bit.

## UNIVERSAL LAW or TRUTHS

Universal law and principles are statements about how the light bandwidth or universe operates. They are NEUTRAL statements used to understand in words, why things work as they do. To operate in the light bandwidth you need to remain **consciously compassionate** and accepting of "WHAT IS TRUE" or what is.

Many use the word **SURRENDER**, to god or a higher power, which is misdirection and has negative connotations. Surrender means submitting to an authority or giving up or giving in, bending to another's will.

When you stop at a stop sign are you surrendering to it? Or are you **OWNING** and accepting the truth that not stopping at a stop sign in the third dimension could cause harm or destruction to your physicality and or any stuff you have.

Accepting **WHAT IS TRUE**: is **OWNING** what is true, honoring and respecting that truth. That is not a passive act of surrender. Accepting and working **WITH** the truths of the universe creates peace and calm inside of you. **DEMANDING** the universal law and principles comply with what you want is **YOUR** state of consciousness residing in the dark bandwidth of third and lower fourth dimension.

As you master always being compassionate, with you first, and allowing others their reality, your reality expands and includes more of your alternate and parallel realities and your soul conglomerate communes when you are conscious of it, more and more. **YOUR** compassionate thinking opens the pineal gland that can then accept more photons and all the information they carry and transfer throughout your body. Growing your personal portal of light starts with your increased alignment with universal laws. You need to be operating in the light bandwidth to **BE OF** service

to others. You can't give what you **DO NOT** have. In the dark bandwidth you have only your neediness to share.

Your negative thought patterns are ignored and avoided by photons and light energy fields. Negative thinking shuts the pineal gland down so the pituitary and adrenals can take over to "save your biology." The pineal gland lays dormant when you deal with darkness, negativity, doubt, worry, physicality, pleasing and servicing others.

Before we can maintain alignment with universal laws all the time we will do a lot of going back and forth from dark to light to dark again. When you move to the light bandwidth you meld with the rest of your soul conglomerate and have a continuous connection of compassion and consciously owning the truth. Eventually a **TRIAD** is formed: The pineal gland located at the posterior end, near the rear of the third ventricle of the brain. The pituitary gland located in the roof of the third ventricle of the brain start to work together to open the third eye or your awareness of the "invisible realm" and higher vibrations forming an interactive triad.

The pineal gland inhibits the **IMMEDIATE** discharge of your thought into action **OR MANIFESTATION** giving you an opportunity to consider the outcome of your intended action or manifestation and its results. Will it be win-win-win? Your focus is moved from **ACTING** or creating into going within to reflect on each moral dilemma you face. As the **EXTERNAL** world disappears, your awareness contracts and goes within to consider what is aligned with universal truths, compassion and allowing.





## ALIEN and ANCESTOR

When you cling to what is dying or changing you feel as though you are dying as well. Being resistant to change means being doomed to extinction eventually. The old energy and enslaving people on earth has been a "house of cards" of lies. As the truth unfolds the lies are exposed and distortions are falling away. Attachment to the old retards change and creates YOUR pain and suffering. The members of your galactic family, from your soul conglomerate are here to help their human aspect embrace the changes by over-lighting them or even bi-locating into their body when needed or invited. BI-LOCATION is shifting your awareness and experience to another reality, another set of truths while you stay put where you are. BUT you are still aware enough to change your focus back and forth. You can shift your awareness by merging with higher vibrating aspects of you and lower ones of course are always an option.

Humans have created and sustained negative thoughts, the pollution earth has, and the distortions Gaia has suffered, what you create needs un-creating or transmuting. Light humans, their alien ancestors in the light bandwidth and the way universal laws operate are now the "clean up and transmutation crew." Currently we are immersed in light now. You can sense that if you choose. BUT most of humanity is floating in unawareness or anger or upset or fear only sensing their personal anguish. Gaia is and has returned to the light bandwidth, She chooses not to wait any longer for Dark Ones to reflect on what they have created and sustained. The lower and middle fourth dimension has been transmuted. Conscious humans

choosing to move to greater light with Gaia are collecting and integrating or releasing all that has their signature frequency on it or in it.

### **THERE ARE MANY WAYS for ALIENS to LAND!**

Many Dark Ones in powerful positions on earth have abandoned their biology, the way a cockroach runs from the light, the truth. NOW in 2015 abandoned biology's of Dark Ones, are being INHABITED by very LIGHT soul essence's residing in the light bandwidth. That would include our human DNA ancestors from our soul conglomerate also called Arcturian, Pleiadian, Andromedan and Sirian.

They ARE NOT here to learn lessons.

BUT they are here to help facilitate and support Gaia and her light humans in there transitions. Aligning with universal law, compassion and truth. To expose the perversions and corruption, the control and manipulation that has been "business as usual" around the world in the dark bandwidth for thousands of years. One very small example: as reported by BBC news 8/10/2015 have you seen it on any USA news report? Yet I know versions of the below example happen all the time in every country including America.

*Seven people have been arrested in eastern Pakistan on suspicion of involvement in a child sexual abuse and extortion scandal. The chief minister of Punjab province, Shahbaz Sharif, ordered a judicial inquiry into reports that hundreds of children had been abused. Local media say a gang made videos showing the abuse of children, whose parents were then subject to blackmail. Correspondents say many victims are afraid to report abuse, in a society, which allows abusers to brag about their exploits but stigmatizes their victims.*

The very light soul essences or GROUP CONSCIOUSNESS of the Arcturian, Andromedan, Pleiadian, and Sirian aliens or extraterrestrials are here to increase the amount of light on earth and to help those incarnated into biology to "MAKE IT SO" for Gaia to reside in the fifth dimension and higher vibrations. They are cleaning up our ignorance and negative thought patterns and straighten out all the lies and deceptions we have been fed for eons. They have and are helping dismantle the third and fourth dimension matrix of duality, corruption and perversion.

90% of earth's humanity currently, has experienced at least one "soul aspect transfer." A different 10%er moves into the biology or two 10%ers share the biology to hopefully increase the wisdom of the darker soul essence. This is a subtler, wakeup call than a "2by4 upside the head." The new soul aspect knows the facts of the old aspect's history but will not have the drama, emotional attachments or programming the dark one had chose not to own and make morally ethical. The situations the old soul aspect created and got in overwhelm and stuck in, are all still present for the new aspect to deal with and fix whenever possible.

Sometimes there are **BAR CODE DOWNLOADS** or TRANSMISSIONS from the "Pleiadian and Arcturian Alliance" locating you, sending new information, and giving you updates on mergers and or new activations. A bar code is a readable code in the form of numbers or patterns of parallel lines of varying widths. You may see bar codes moving in one or both of your eyes. These may run in your eye from 10 to 40 minutes, making it a bit of a challenge to see. There are enzymes / subatomic particles in the pineal gland that move throughout your entire endocrine system that keep track of the light you are carrying currently,

and the state of your consciousness and your physical location.

Also, to stay in the light bandwidth, you need to interact with your soul conglomerate and the entire invisible realm. YOU need to believe they exist and become increasingly aware of the many exchanges and interactions you DO have. When you DOUBT or discredit the many exchanges and interactions you have that will be the stuck spot you will remain in.

Being stuck or blocked in physicality and only your biology means something deep-seated needs to emerge into your awareness to be healed and released. Burying truth, denial, or fighting what is true is no longer working as the planet carries more light and greater awareness than it has. Giving these pockets of density time to take shape in your personal awareness is not procrastinating, don't judge or blame or be impatient with the self, more things than you can imagine are in play now. Attempting to show compassion for others while condemning or blaming the self will keep you stuck and unable to move forward or carry more photons and increase your senses. Go within to get clarity, spend time with your thoughts.

Waiting, upset, thinking a thing or thought is correct or incorrect and resistance are so very third dimensional and limiting. Ruminating on new ideas and concepts generates enthusiasm, stimulates your creativity and understanding bringing you greater clarity. Short-term memory loss stimulates and precipitates experimenting with new ways to be. When you forget something, instead of blaming the brain and judging yourself move into your mind and your 90%er connection that surrounds the biology to find what you are looking for or just take your thinking in a new direction. Seek the spiritual why and explanation

for any condition or circumstance puzzling you. All humans have an individual life with their individual unique experiences always happening. Gather enjoyment from the new and different in your awareness.

Your 90%er is delighted to answer questions BUT the light invisible realm must observe the law of allowing and can only give what is asked for, they do not lie or prettify, and always give compassionate truth. Humans already working with their higher vibrating aspects give implied permission for their 90%, to look into their consciousness to know what answer the human can grasp, understand and embrace. They also see your withholds your stuck spots and your remaining fears.

The light invisible realm, are amused by us and laugh a lot at / with us, because they have the advantage of not having biology to maintain and worry about all the issues having biology creates. They have so much more information available to them, about us that you might be horrified. The human condition is pretty amusing, frustrating and entertaining to them. The way an infant amuses the human adult. When you fail to see the humor in your situation you miss out on a lot of fun. The reality we created together with our diversity of thought is something to behold and laugh at sometimes.

Each individual creates and EDITS their OWN reality.

*A tiny example: In a fifth dimensional society, each individual has a different perception of the same building, of the same home or the same person. You can join another person's perception or join into a group's perception. You can see your personal perception and or the group's perception. Approaching a building,*

*there appears to be no door until you desire to enter the building. Then a door appears and opens.*

Each individual explores and experiences their version.

Each individual human is connected energetically to the other 90% parts and pieces of themselves and their alien ancestors. There are many other parts and pieces of your soul essence in a wide variety of realities mostly in the light bandwidth BUT if you are a human some parts are probably not in alignment with compassion. When all your frequencies are in alignment, there is a clear flow of awareness of all 100% of yourself. When a piece of your soul conglomerate, like the human aspect, chooses to make dark choices, lacking compassion, they will fall out of alignment ALONE. The unbalanced energy can easily create illness or an accident to get you attention or your awareness. Your biology malfunctioning can make it too difficult for you to continue in your dark negative rut. You can correct your unbalance or get another to point out the issue for you to reconsider and rebalance if you aren't "getting it" or understanding the universal truth. If you fail to rebalance your thinking your separation from the light and the rest of your essence continues to increase.

ALL of HUMANITY has GALACTIC ancestry in their soul conglomerate. After Atlantis all humans ALSO had at least 10-20% reptilian DNA. The human fetus starts out reptilian and turns into a mammalian mostly. We have 2 brain hemispheres, a reptilian and mammalian brain a reptilian lymphatic system and on and on. No persons galactic ancestry is pure anything. Most of the rulers and leaders on earth NOW are 50% or more reptilian and that is why they are called blue bloods or HYBRIDS. At least 42 or more different alien or

extraterrestrial groups have contributed their DNA in the usual way with various groups of people on earth.

Then there is and has been considerable amounts of experimentation with DNA historically. HUMAN CLONES or any clone for that matter, does not have an energy field or aura around its body. All that can be seen is a slight white color around the head produced by the microprocessor grown inside of the head. When an organism or structure is created, cloned or copied it is SOULLESS because the soul did NOT create it will not inhabit it. Now there are a great many clones and doubles of people in positions of power. When humans go very dark the soul will leave the biology. There are many soulless individuals currently. Since 2012 babies born to dark parents are soulless also.

The Law or Principle of **POLARITY or DUALITY or OPPOSITES**: operates ONLY in the physical realms, alternate and parallel realities found in the dark bandwidth. AN OPPOSITE is an ILLUSION where emotion and logic have been artificially separated out. Just like male and female or good and bad, light and dark have all been artificially separated out, necessitating an either OR choice or moral dilemma for the human to learn from and about how cause and effect operate.

In the light bandwidth / universe, there is a **CONTINUUM or SPECTRUM** of AWARENESS or consciousness, including all the extremes that are connected to the middle. Operating in the dark bandwidth you see or perceive ONLY the EDGES of the continuum. That illusion artificially creates polarity for humans. On the continuum of light to NO light every situation, emotion or event **JUST IS**, your consciousness or point of perception, YOUR judgment is what puts a negative or positive spin on anyone or any event or experience. No judgment about anything is

ever needed. Just discern what is true and go from there.

Thoughts FREE from contrast, free of judgments free of separation and especially free from YOU being negative about YOU hold you in the light. Own where you are and build on that. KNOW you are infinitely over-lighted, valued, accepted, guided, and protected by the rest of your 90%, soul conglomerate. The ability to maintain compassionate thought patterns moves you into your fifth dimensional and your Lightbody and staying connected to the rest of your soul conglomerate residing in the light bandwidth. Increasing conscious awareness of your experiences in the light and your Lightbody will be happening.

The Crystalline grid is filled with SPIRITUAL knowledge and wisdom it is interactive and in continuous fluidity, also called the Cloud of Knowledge / the Multidimensional Library that exists OUTSIDE of the earth matrix or reality and always has. Your thinking or creativity changes WHAT IS into something useful or beneficial or a cross to bear. It is all up to your point of perception. Fully accepting whatever may show up in your life enables you to restructure what you have or are.

The Universal Law of **PERCEPTION** is that you cannot PERCEIVE a frequency that you cannot MATCH your vibration with.

You need to move in awareness or consciousness or vibration to the light bandwidth of compassion, to observe the ENTIRE continuum or entire spectrum. Doubt or you deciding it is "just your imagination" hold your consciousness in the dark bandwidth WITH all the fear and negativity that vibration holds. Darkness is the absence of light or awareness or the ability to see some usefulness in everything. Lack of



light solidifies your awareness or consciousness into UN-consciousness, darkness and ignorance. NOT THINKING and not acting on your spiritual beliefs.

The universal principle of the **UNCONSCIOUS MIND or BRAIN** is only used for this lifetime and it is unable to distinguish FACT from FICTION and follows what YOU tell it. You experience and continuously recreate for yourself your perceptions or beliefs.

Moving out of dark thought patterns and dependency is hard work that only YOU can do for you. Instead of UNCONSCIOUSLY following habitual old programs you have adopted, KNOW and clarify the truths you want to operate with now. Questioning and reevaluating all your thoughts is like going through your belongings. Consciously PICK what stays and what goes. Being NICE or POLITE out of duty or tradition definitely needs to go. Sacrificing for anyone or thing needs to go. An attachment to people, agendas, traditions, bloodlines, money, status or control needs to go.

Other words used for cleaning your "THOUGHT CLOSET" are **purification** or purgatory or transmutation or alchemy; they are the process of purging distortion or misdirection in you as you work your way back to compassion and alignment with universal truths. This means radical change and rather uncomfortable changes physically, emotionally and mentally. There may be grieving and lots and lots of crying. Tears are cleansing and help release dense emotion.

Energy is universal. Money is NOT. In the earth illusion money is power, in the universe, ENERGY is the creative force, the universal principle of THOUGHT is that energy follows your thought. Your thoughts create and manifest the reality you perceive and live in.



## MERGING ENERGY

When various writers say things like, you can merge your essence with another person or object to gather information about each other. They fail to mention that this is done primarily in the light bandwidth. When your thoughts lack compassion you fall out of the light and into the dark bandwidth. Generally merging your energy with a dark one would not be a pleasant or helpful experience. BUT misery does love to have company and siphon energy from others.

Sadly, it is common for two unhappy or cruel people to bond together and call their codependent, feeding and abusing experiences, love. How many people do you know that feel more "loved" when the other person joins them in a depression or in acting out? One will match the bad mood of the other to show they REALLY care. People that are compassionate with themselves choose NOT to merge with dark mean spiritedness, they KNOW how the other person or object feels without experiencing it first hand and / or mimicking it. Would you want to meld or merge your essence with another persons IF they are dark, angry, depressed or negative? How valuable an experience would that be for one that wants to keep their light and compassion? That is why Light Ones "overlight" instead of "meld with" and leave when things turn darker.

**EMPATHIC** individuals are aware of the NEGATIVE or painful feelings of another BUT never OWN those feelings as their own. The feelings are always low



vibrating, dark and you are in danger of getting stuck there.

All too often the “empathic one” takes on the dark feelings of the other person and moves the EMPATHY in CODEPENDENCY and that helps neither heal anything. In codependency there is always an agenda of neediness, feeding energetically and strings attached to both parties and all parties. Those operating in the dark bandwidth or vibration, individually or as a group, generally twist empathy into co-dependency and feeding because they do not have boundaries or borders. Predators, dark parents and dysfunctional adults will hang onto and nurture the over empathic / codependent child or adult WILLING to take on the responsibility for “making the dark one happy” by becoming their victim, slave, servicing them or being abused and / or used as a sexual object.

The empathic or compassionate speaker is able to put their audience, into a kind of hypnosis that will overtly or covertly SUGGEST an action or belief or feeling. They become “in sync” or entrained with each other to destroy or take down something or someone. Sometimes when a weakened state is noticed in an individual or crowd, such as during a demonstration, riot or disaster the dark one’s engage in all manner of criminal activity individually and as a group. Dark group consciousness can easily move into killing, raping, destroying just to vent pent up negativity and feelings of long standing powerlessness. You see that thought form at athletic events and political and protest rallies. Each falls into their wounds or pain-body, energy feed off of each other to amplify their anger and suffering.

Crystal children or adults or light energy around darkness has no way to deal with or process the

negative, predatory meanness of the Dark One. When a Light One is forced to interact with Dark Ones and they lose compassion for the self and boundaries for the SELF, they will MIMIC or give back the energy they get, which will always drop them back into the dark bandwidth WITH the Dark One because they adopted dark truths by engaging WITH darkness. They act out the Dark Ones guilt, frustration or anger they have picked up from family members or classmates and can do some very destructive things to the self and others.

In the light bandwidth you merge your light energy fields with each other to commune with each other, but you maintain your individuality. You can even merge with a particular version of reality or an alternate reality to experience them simultaneously. There is no going or coming in higher vibrations, there is going within and becoming aware that everyone’s consciousness is always there. You experience another person, place or object as if you are inside of them or “being” them.

**OVER-LIGHTING or OVER-SHADOWING or MIND MELDING** happens in the light bandwidth to guide and support the human in carrying more light. When you drop into beta brainwaves and / or darkness you can’t hear or sense higher vibrations. Dark Ones do hear and interact with other Dark Ones; one will enslave the other one generally. The victim predator cycle continues with energy feeding cords, dark contracts and abusive behavior.

On the individual level when the human carries enough light, 70-80% light, they will generally be working with their soul conglomerate, doing some over-lighting when a LIGHT soul-to-soul contract is made. These hook-ups or overlays or connections are made by the soul for short periods of time, possibly hours or weeks. The receiver will pick up on the new

information or energy or not. BUT the light thought pattern was offered to their awareness and that is what matters. You can overlay the physical, mental, emotional or spiritual body or all of them to help with a physical healing, sharing a new concept or idea, expanding emotional growth or giving another the strength, to hold the course.

The one doing the over-lighting has their thoughts and feelings tainted to a degree with the other person's thoughts and feelings. That can generate STRONG self-doubt and could precipitate a "crisis of faith" in the light one and what they are doing, thinking or feeling. The other individual's doubt could shake you up some, for a short bit of time. When you have trouble coming up with rational reasons, thoughts or feelings for YOUR doubts. That is the "tip off" that it is probably NOT YOUR personal concern. If one party drops their vibration into beta brainwaves or the dark, the connection is terminated. Overlaying or bonding lasts as long as the over-lighter stays detached and compassionate. That is honoring and ALLOWING one to choose to go darker at anytime.

BONDING is giving the emotional support another needs to do it for them self. By bonding with them long enough YOU can put some light on a dark belief, behavior or pattern they have or have been SUBJECTED to. Strong bonding ideally is with the rest of your light soul conglomerate or any light human that can increase your awareness, seeking or wisdom.



## TRUTHS OF THE UNIVERSE

Wisdom or the truths of the universal, is how to get along with others, how to coexist in a collaborative compassion. Universal law and principles are statements about how the light bandwidth / universe operates. Universal truths are NEUTRAL statements to understand why things work as they do. To operate in the light bandwidth you need to remain **consciously compassionate**, responsible for the self and accepting of "WHAT IS TRUE."

Many use the word SURRENDER, as a "state of being" to a god or a higher power, which is a misdirection in the light bandwidth and has negative connotations. Surrender means submitting to an authority or giving up or giving in, bending to another's will.

When you don't jump from tall buildings, are you surrendering to tall buildings? Or do you OWN and accept the truth, that jumping from tall buildings in the third dimension could cause harm or destruction

to your biology. Accepting **WHAT IS TRUE**: is you **OWNING** what is truth, honoring and respecting that truth. That is not a passive act of surrender. Accepting and working **WITH** the truths of the universe creates peace and calm in you.

**DEMANDING** the universal law and principles comply with what you want is **YOUR** state of consciousness residing in the dark bandwidth / third and lower fourth dimension, probably suffering and no closer to god or changing the way quantum physics work.

One example of how quantum physics works:

In a fifth dimensional society, each individual has a **DIFFERENT** perception of the same building, of the same home or the same person. You can join another person's perception or join into a group's perception. You can see your personal perception and / or the group's perception.

Approaching a building, your home or another person there appears to be no door until you desire to enter the building. Then a door appears and opens. When you approach another person there reaction to you happens, as you desire a particular reaction. You can experience your personal perception and / or the perception "other people" experience.

Operating in the light means coexistence and equality for all sentient life existing in the same place and time. Universal laws spell out how that can be accomplished when you, the individual, master receiving and giving only compassion, to you first. Our group consciousness is moving **FROM** very little compassion to receiving and giving only compassion. The universal laws explain how the operating system of compassion function to give all equality and you, responsibility for yourself, first. Your thoughts manifest your reality.

The universal principle of **SECURITY** is that you can express in a manner that allows your best performance without infringing on the expression of any others expressing their best performance.

The Universal Laws of **ATTRACTION**, **ALLOWING** and **ENTRAINMENT** all work together all of the time to support and reinforce your light, dark or confused thinking. When what comes out of your thought or mouth is not backed up with what you feel, **YOU** create confusion and stagnation for **YOU** alone. The invisible realm, the photons flowing through and around you, read in your aura or DNA what is true.

The Universal Law of **ALLOWING** means you stop trying to get others to adopt your reality. Allowing grants **EACH** individual the right to have their own reality to **BE** and **DO** whatever they choose as long as they avoid violating the rights of others or destroying any part of the collective environment.

**NOT ALLOWING** means you are **ATTACHED** to your belief, reality or agenda and you intend to **INFLICT** that on others, that is force, fear and manipulation. Self-sacrifice drains your light and you are not being responsible to you. You are **NOT** your brother's keeper or here to serve or worship anyone or thing. There is no way to do for another, what they need to do for the self. Even if you are praying for peace you are forcing your agenda and not allowing.

Humans violate others' biology and astral bodies continuously. Humans and their astral bodies give each other, their emotional baggage to hold and carry for them. They give their darkness to their animal friend, child, spouse, employee or anyone willing to take it on. When you believe someone or thing **OUTSIDE** of the self, **MUST** deliver to **YOU**, a sense of financial security, spirituality or caring, **YOU** have set yourself

up to be wounded, unhappy and carrying a VICTIM label. You have also created an excuse or justification for you to “throw a tantrum” “create drama and vent” and carry the label of PREDATOR. Or you play stupid and wine about not understanding what is going on and carry the label of CONFUSED INNOCENT.

The Universal Truth about **FREE WILL** is that “quantum particles” grant each entity the right to direct and pursue their life as long as they DO NOT VIOLATE the same rights of others.

The Universal Truth of **LIGHT** is win-win-win-win to benefit all involved and harm to none. Any harm to another in the process or outcome of ANY creation carries karmic debt, moving you into FREE WILL and the dark.

The light bandwidth, fifth dimension and higher, does not violate the rights of others. To attract and maintain light, you need to be compassionate with you, first. In a DARK REALITY that means you need to have boundaries to protect yourself. You need to know how to say NO and walk away.

The universal principle of **JOY and INNER PEACE** is that it increases when you OWN and operate with the truth.



The Universal Law of **ATTRACTION** or “like attracts like,” “You get what you give.” What comes to you reflects with CLARITY the thoughts you hold.

The universal principle of **COMPENSATION** and the Universal Law of **ATTRACTION** both say that we receive “like energy” to the energy we emanate in our thoughts. We attract and are attracted to realities,

people, diseases, animals, planets and activities that vibrate to our signature frequency or vibration and emanations. In the light bandwidth any dark thoughts or choices create immediate imbalances that need to be rebalanced right away. All thoughts and choices are made CONSCIOUSLY, no dissociating or denial or claiming ignorance or innocence.

The Dark Ones you have attracted to you are REFLECTING back to you, the thoughts and beliefs you hold about yourself. When you feel ENTITLED to force, yell, hit, gossip or be righteously indignant you are reflecting darkness and have moved into judgment and blame. Blaming you, god, your soul, the devil, a child, spouse, Illuminists, corporations or governing body will attract more lessons in suffering to you. “Beating them at their own game” or withholding what they want is ALL a dark vibration. Punishment NEVER alters behavior; but it does bind your essence and you, to the same low vibration of the “punished one” and teaches the offender the wisdom of operating more covertly.

On the surface two people may seem like opposites, but the percentage of light they both carry will be similar and or complementary. The victim that feels worthless always finds its predator that feels entitled to abuse and vent on them. The abused becomes the predator when they strike back or pass the abuse on to another. Both of you will try to manipulate, deceive or trick the other one into fixing or satisfying your neediness or soothing your wounds, or your fear or feelings of worthlessness. This cycle is stagnation.

Consider what compassionate thought you can hold for you? Anything other than compassion has dark truths and illusions in operation. You emanate and attract other WOUNDED victims, predators and confused

ones all entrained and entwined together. Waiting for and wanting something to change. Waiting and wanting to be rescued or for a super hero to do it for you.

Not going to happen.

You do it for you or NOTHING different happens.

Thinking about thinking. Metacognition is awareness and understanding of YOUR own thought process, knowledge about what you think and regulation of your cognition or self-monitoring. Cognition is a **mental ACTION** of acquiring knowledge and understanding through using your perceptions, sensations, experiences or intuition. Actively discerning if your thoughts are compassionate, allowing and accepting of what is true.

The Universal Law of **ACTION** says the human, residing in the dark bandwidth must act first to make any changes or adjustments in their perceptions, sensations and experiences of reality.

All your synchronicities, perceptions, sensations and experiences are lined-up in the vibration you hold to demonstrate to you what your thoughts are currently creating for you. Using metacognition, actively discerning if your thoughts are compassionate, allowing and accepting of what is true.

The universal principle of **LEVERAGE** is that using a small amount of energy NOW changes the course of YOUR concurrent experiences and consequently your future and past NOW.

The universal principle of **ENTHUSIASM** is that new THOUGHTS make you feel enthusiastic. New beliefs are ALWAYS showing up to challenge your old perceptions and beliefs.

New thoughts or information mostly come from within you BUT can come from most anyplace. The law of attraction always provides us with a match in vibration

to the vibration we emanate consciously and unconsciously. The law of entrainment holds you in the vibration of your choice. The law of allowing always gives you the option to choose again and redirect your thinking.

The universal principle of **SILENCE** is that when the little human or ego or dark soul aspect views their experiences THROUGH the light soul's point of perception, which is compassion, it can experience chaos and trauma with nonresistance, silence and be fully present. There is no need to OWN or force or CHANGE the chaos or abuses. There is no need for you to dissociate, prettify and deny or get stuck in an endless loop of righteous indignation, learn to allow. BECAUSE ANY engagement with darkness: fear, pleasing, seducing, sacrificing or lying for them, lowers your vibration to the level the Dark One is functioning in. Dark and light is either / or. Be like them (dark and not allowing) or walk away. Always OBSERVE, KNOW and ALLOW with silence, nonresistance, and BE fully present and aware.

The Universal Law of **FLUIDITY** says life is best when experienced as a fluid substance and not as a solid. Life has no fixed shape and needs to yield easily to external pressure the way, water runs no faster or slower than is called for and seeks its own level. Its flow is even, unforced and fluid, staying in the now moment without hurry or standing still.



## **ENTRAIN and RECONCILE**

The Universal Law of **BALANCE** is to maintain order, peace and harmony. All have CHOSEN their current



reality and need to take responsibility for changing their reality to keep their energy balanced and harmonious.

Our soul essence, the 10%er of our soul conglomerate has incarnated hundreds of times, in varying percentages in all the various bodies found on Gaia, human and non-human and mostly into the dark bandwidth of fear. Including but not limited to animals, plants, fairies, devas, wind, rain, clouds and rocks.

Your expectation starts creation on the QUANTUM LEVEL. The amount of focus and intent you put into your thoughts create the reality you experience. Increased focus and intent creates a clearer more defined creation. Sustained thought and organized work can bring a thought into physicality and the third dimension. BUT when another's INTENT is stronger than your intent, the strongest intent overrides a weaker intent. If you want to stop eating sugar BUT your desire to eat sugar is stronger, you know which intent will win.

The universal principle of **RECONCILIATION** allows different qualities to get unified into similarities to diminish differences and decrease conflict. To reconcile is to RESTORE friendly relationships, to coexist in harmony.

The Universal Law of **ENTRAINMENT** requires that two or more vibrations, frequencies or resonances or realities or thoughts existing in the same space MUST adjust to each other and combine creating a SINGLE resonance. That applies to everything, from subatomic particles to humans, planets and universes.

Examples of combining two or more to make a single resonance: on a scale of 1 to 10 if you are at 2 and the other is at 8 you will vibrate at 5 together.

Unless one vibration is overpowering then it will pull the other to their level. That way both would be at 2 or 8 or possibly 3 or 7.

Another mathematical example to explain entrainment is to use a number line with zero at the center and positive numbers on one side and negative numbers on the other side of the number line. A darkness of  $-3$  would need at least a  $+3$  to neutralize the darkness or to REMIND the dark one that it comes from the light. It will take more than a  $+3$  in changes of thought and behavior to move to  $+4$  or  $+5$ .

To arrive at a family, clan, country or the world population's percentage of light you would add all the various individual's percentage of light and divide them by the numbers of entities to arrive at the ratio of dark: light. BUT those in the light bandwidth carry more weight. When light humanity and Gaia are united chakra by chakra and the Arcturians light quotient is included in the equation the ENTRAINED LIGHT ratio and efforts are considerable.

The universal principle of **HARMONY** and **AGREEMENT** says efforts to manipulate, trick, coerce, compromise or force harmony and agreement disrupts areas of harmony already established. Between hostile enemies there is always some small area of agreement that can be increased.

Harmony may be found in CONFLICT when "standing in your truth" or the truth, is essential for the welfare of all. Setting boundaries, exposing lies or misdirection is needed at times when dealing with Dark Ones.

Jesus exposed lies and misdirection using COMPASSION for their ignorance. When Jesus drove the moneylenders out of the temple – Matthew 21, he

was setting boundaries and exposing lies and misdirection's of thought and action. Anger, judgment and not allowing create war and separation.

The universal principle of **LIABILITY** says YOU are responsible and answerable for the use, abuse or neglect of the rights you have and the rights you have earned. You are always responsible for the thoughts you hold that create your reality. Receiving what you enjoy or fail to enjoy is NEVER luck, it is your ignorance of other factors in play.

Discern when you have attracted, a gift, lesson, individual or opportunity to engage with OR when you have attracted the option to DISENGAGE and walk away from a dark choice. It is not what happens it is what you do with it. When your family, group or town decides to commit mass suicide or ONE person kills all the others to avoid the "sin of committing suicide" and the killer takes on "all that sin" for the rest of the group. This is ONLY killing the biology, the vehicle and has nothing to do with the soul essence and weather it resides in the dark or light.

The universal principle of **PROSPERITY** is that you prosper in direct proportion to your ability to receive and enjoy being prosperous. Prosperity is DENIED to you in direct proportion to you feeling guilt, not worthy, hostile or envious for witnessing another's prosperity or your own prosperity. Maintaining a prosperous compassionate attitude even in states of poverty or what you consider lack, is what will move you into prosperity and trigger the law of attraction to bring you more of what you have created in reality or in your imagination already.

The Universal Truth of **PERPETUAL TRANSMUTATION** of energy says that all sentient beings have the power to CHANGE continuously.

The universal principle of **POVERTY** is that you are "in spiritual, emotional and physical poverty" to the degree that you WITHHOLD YOUR energy.

Possibly in the form of money, time, attention or productivity, while expecting someone ELSE to do it for you: for example, worshipping a leader, expert or guru to do it for you. Asking others to carry your debt, physically, emotionally and spiritually. You will have unfairly taken the energies of another or others and squandered them. And possibly they have ALLOWED you to do it. That will unbalance YOU first and then the others to the dark side. Poverty recreates itself, attracts, entrains and magnetizes to MORE poverty to you.

Poverty can also come to you when you are productive and FAIL to properly take your reward, (energy) money or compassion in a suitable manner. Those convinced they are unworthy or incapable of having anything of value will be in poverty, as they have not created self-acceptance, worth or compassion for the self.

In the dark bandwidth, Dark Ones NEVER have enough and they always believe MORE will satiate and comfort them, but it never manages to do that. Because getting your needs met from another ALWAYS means you are a predator victimizing the other and possibly yourself in one way or another. When you feel that some source or individual, OUTSIDE you OWES you something there is always the craving for MORE because you have not gone within to be comforted.

Eating junk food never nourishes the body, leaving you hungry. Getting YOUR emotional and spiritual needs meet from another never satisfies your soul. Looking outside your SELF for love, acceptance and self-worth is HOW others gain power over you.

Feeding the self DEBT, guilt, judgment, blame, fear, JUNK FOOD, fake sugar, salt and fat holds you in the dark bandwidth of thought.

The universal principle of **AUTHORITY** means that the one that is aware, worthy and capable of accepting responsibility for an act has the authority to act. Many want the authority, but will not take on the responsibility for their creations, actions or inactions. Those that have trapped themselves in the victim predator confused innocent cycle of darkness will generally ask or even demand that their predator help, guide and assist them.

You are the only one that is aware, worthy and capable of accepting responsibility for satisfying your own needs spiritually emotionally and physically. The unconditional love is given to you by you.

The universal principle of **RESPONSIBILITY** is that you respond to a need when you have the ability and carry enough light to respond to that need. Without energy feeding cords or dark contracts or agreements of sacrifice and debt. THEN, you will receive energy from all those you respond to, because you are creating light, wisdom and energy together synergistically.

ABUNDANCE or PROSPERITY in higher vibrations is considered nourishment in the now moment or present time: for each day, one day at a time and everyday. Spiritual wealth is gathering and wise use of YOUR resources in a balanced way aligned with universal truths.

The universal principle of **HAPPINESS** says that the way you feel about WHO you are, what you do, and what you have manifested, creates your happiness. Not your title or role you play, what you own or whom you control or what human law you follow. Your point of perception creates your emotion of sadness

or joy. It is imperative for you to own what you HAVE created, even when you created with some very dark thoughts and you did it in ignorance.

The universal principle of **ACTUALITY** is that a thought or belief is REAL and does not need to exist in material form to be considered real.

What you do NOT want to see or own is present BUT you may not look for it. Therefore, you do not find it. You choose the reality that you want to see / perceive / manifest.

The universal principle of **REALITY** is that any measurable things like an idea; object, event or person that can be seen, heard or felt becomes an object having REALITY or mass. We are the creator, programmer and the one experiencing the reality, our creation.

The universal principle of **EXPANSION or INCLUSION** is never-ending as long as there is more to be included in the definition or description. We are all that THERE IS and all that can be. To EXCLUDE limits you, your options. Expansion can also mean resurrection.

The universal principle of **RELATIVITY** says; that what you view and understand from your particular, personal viewpoint is true for you. That point of perception is RELATIVE and accurate to the viewer's point of perception.

The universal principle of **GRACE** is that a Light Being can apply mercy to set aside THEIR karma. Grace is the free unmerited favor and blessing that flows always in universal energy.

Here comes the BUT, you need to carry 80% or more light to do that. It is a matter of universal / quantum physics it is nothing personal. KARMIC ENERGY is needed for those still living in the dark bandwidth of cause and effect to stay somewhat balanced.

The drama or EMOTIONAL CHARGE you carry on your experiences and wounds need releasing so you do not get triggered to dissociate or deny. Emotional charge is the intense electrical impulses stored as potential energy like anger, fear, grief, apathy, betrayal and or sorrow that gets stored in the biology as tension. Your inability to release an upset is your inability to see your experience from a different point of perception. INSTEAD you relive and drag that issue or event into "present time" and storing it in your pain body, affecting you exactly as it did during the original incident.

RESOLUTION has two components: 1. Own the truth of your point of perception. Your soul can give you that information: JUST ask out loud. Run the phrase, sentence or original incident over and over again until you EXHAUST YOUR emotional upset YOU created within you. 2. SEE your experience framed in universal truths the compassionate point of view or perception FOR YOU.

Some examples: The abuse you suffered COULD be, rebalancing your energy (you got what you gave). You chose abuse to help another OR to experience how NOT BEING ALLOWED feels. You need to understand the law of attraction better, "like attracts like" OR playing with Dark Ones is always a lose-lose-lose experience, they ALWAYS lie, cheat and steal, while blaming you. Valuing someone's thoughts and opinions OVER your own. When you value experts, leaders, the famous and infamous, an abusive spouse parent or child's thoughts and beliefs over yours. You worship, pray and wait for others to do what YOU are responsible to do for you.

Resolving issues to raise your vibration is "knowing the truth" and "applying compassion for you, first."

Tell me about how your poor mother only did what she knew and I can tell you, YOUR issue will NOT be resolved until you have compassion for YOUR suffering FIRST.

SADNESS or SORROW released at the time it arises, allows us to stay aligned with the law of allowing. Prolonged sorrow or sadness contains both some fear and anger. Fear about what was lost or possible retribution and anger about being abandoned and your personal loss



### The INFINITE is PREDICTABLE

The infinite part of us, can be measured, calculated, understood and is rather predictable.

The Universal Law of **MACROCOSM and MICROCOSM** is the first law of infinity. The same pattern is reproduced on all levels of the universe from the largest to the smallest sub-sub-atomic particles. The whole is equal, more or less to the sum of its parts depending on the ordering of those parts. The whole is the grouping together of each of its parts in a certain order. In each living thing, in everything that exists there is within it some part of the whole. A drop of water contains the same elements the ocean has. The human has consciousness as the universe does.

**MICROCOSM** is a miniature of something larger.

In quantum physics / the subatomic particles create the macrocosm.

**MACROCOSM** is the whole of an entire complex structure made up MANY of the microcosm OR the

subatomic particles. The human is a microcosm of the planet. Biology is only the vehicle for your soul essence or aspect to exist in, and experience, your thinking or how your thoughts are creating the density and reality you manifested. The planet earth is a microcosm of the universe. The planet body is only the vehicle for Gaia's soul essence or aspect to exist in, and experience density with her humans and then transition back into the light bandwidth.

All existing matter, subatomic particles, consciousness, universes and planets are created or built with light energy traveling in vortex spins or circles. UNIVERSES are created all the time and exist in many dimensions or realities or vibrations simultaneously. A universe expands until it reaches the point where all the different realities intersect. As it reaches this point it continues with the same motion eventually collapsing in on it self until it reaches zero point energy again or a resting state.

This universe is a 21 trillion year old holograph made up of the collective consciousness of all within it. The outermost circles are the highest vibrating and encompass the lower vibrations or dimensions, illusions or realities. Planets, universes, people and portals are sentient beings that choose to experience living in the form they adopted currently.

Nothing can die within the light bandwidth BUT it can transmute into a higher or lower frequency of expression. In the higher dimensions creation and perception are the same concept. Your consciousness sets your perceptions, AND the reality you perceive is the reality you create and experience. Dimensions, vibrations or frequencies are distinct event sites that DO NOT occupy time or space so there can be an infinite number of sites.

The dark bandwidth is a flow or stream of negative energy NOT included in the light bandwidth. Once a fetus, infant or child is trained or programmed by a DARK PARENT or caretaker to allow energy feeding the child continues to allow energy feeding from any dark one, because they were taught that is appropriate and it is IN the dark bandwidth. To move into the light bandwidth consciously decide and choose to STOP allowing energy siphoning of your light. Feeding Dark Ones your light energy will always restrict the amount of light you can carry. Giving and receiving compassion, to you first, is the only way OUT of the dark bandwidth.

The universal principle of **PARADOX** recognizes the MOVEMENT of four principles or laws of energy simultaneously: Causes and Effect, Microcosm and Macrocosm, Vibration and Inertia. The four have a certain momentum of equal and opposite reaction all coming together in a COLLISION at a certain point in the cycle.

A paradox is two swirling portals or frequency trails merging partially or overlapping each other to create a new reality or truth or thing, in the area overlapping each other. One portal is higher vibrating and imparts new information to the lower vibrating portal. These paradox portals are all over the earth now.

A universe expands until it reaches the point where all the different realities intersect. As it reaches this point it continues with the same motion eventually collapsing in on itself until it reaches zero point energy or a resting state to release the old and install new thought patterns.

On a FLAT two-dimensional plane it is like a stone dropped in a stream with the ripples moving out. In a CUBE of space, movement occurs in all directions



simultaneously at a certain vibratory rate. Like the ringing of a bell creating vibrations in all directions. Paradox touches high levels of vibration (light) and dense levels (dark) of vibration simultaneously making the entire area appear to be alive. What is said about one level holds true or is UNTRUE for all the levels.

A paradox is something, which despite sound reasoning from acceptable premises leads to illogical or contradictory conclusions. Since Quine's work with paradoxes a 4th one was added, a dialetheia paradox that is true and false at the same time. It is a matter of degree. An example of this is when you are halfway through a doorway are you here or there?

Computer code has zero **OR** one, it is sequential like everything in the 3D matrix is. That is why we have time, past, present and future. The dark bandwidth is a flat plane.

Quantum computing has zero **AND** one at the same time. In quantum computing a QUANTUM BIT is a unit of **quantum information** that considers all possible solutions or answers to a question or problem SIMULTANEOUSLY and NOT sequentially, it is a cubed space. It pulls the particles it needs to manifest the consciousness of a person, event or thing as you think about it, all at once.

The universal truth of **VIBRATION** or RESONANCE or FREQUENCY is that everything in the universe, physical or not, moves in waves or circular patterns with a unique color, vibration, sound and smell. Each vibration can be measured, calculated, understood and is predictable with a FIXED level of consciousness, rules, themes or purposes.

The universal principle of **INERTIA** is that a body at rest remains at rest until an equal and opposite

reaction happens that moves the body at rest into another direction or vibration or reality or dimension.

The Universal Truth of **CORRESPONDENCE** is "As above, so below" and as within, so without. The laws of physics explaining the physical or material world of matter, energy, space, time, light, vibration and sound have their corresponding principles in higher and lower vibrations.

In the dark bandwidth things are either / or.

In the light bandwidth things are multiple.

Humans can choose to keep their consciousness in their physical biology consuming all their time and energy managing their body and stuff they own and are responsible for or are delighted they own. All the things you clean, organize, wear and eat. OR humans can move their consciousness to the light bandwidth of compassion where sentient objects are all that exist. Physicality is gone, no cleaning, eating, moving, storing or deciding either / or you can have it all.



## CONSCIOUS THOUGHT

The Universal Truths of **CONSCIOUSNESS** follow the physics or laws of QUANTUM energy. All quantum energies can be measured, calculated, understood and are predictable. Subatomic particles are synchronized patterns of vortex spins and circles of structured energy, which create what we think.

Thinking MEANS you are creating. Human thought or consciousness; structures, destructs and restructures matter all of the time. Your consciousness JUST

IS and is capable of being aware of what all others are conscious of. Conscious glues all of life together and does not get bigger or smaller. It is everywhere and always present and does NOT TRAVEL from place to place.

When COMMUNING with another consciousness. You expand or increase your awareness enough to INCLUDE the other consciousness. There is no need for “your vehicle” or “location” to change or move. Awareness of others and like-mindedness holds this or any construct or hologram or matrix or corridor or portal together.

The Universal TRUTH of **COMPASSION** or UNIVERSAL ENERGY is unconditional love and our essence is connected to that, on the quantum level.

**RECEIVE and give only compassion:** are all the universal truths together in one sentence. To be compassionate you need to be CONSCIOUS and RESPONSIBLE for what you think. Consciousness and thought or metacognition is the same thing in the light bandwidth.

The dark bandwidth is not acknowledged by the light bandwidth because it is NOT compassionate and is unconscious, especially with the self.

The universal principle of **THOUGHT** is that quantum particles organize themselves around your thought and manifest it. Seek or wonder about something and your thought takes you there. The thoughts you hold are YOUR point of perception and the reality you created by giving it, your FOCUSED attention.

**REALITY** on the quantum level flashes in and out of existence hypothetically at “Planck time” or 1044 times per second oscillates between form, and pure energy 1044 times per second. When it transitions back into form our thought, INFORMS the holographic field

what is to reappear. Each time we oscillate into formlessness, we choose with our attention and thought what to create.

**THOUGHT in the dark bandwidth** is generally UN-conscious, ignorant and “do what everyone else does” or do what you are told to do, to keep the self-entertained, distracted or busy. There is self-deception, lies and denial. Dark Ones consider themselves to be victim, predator and the confused innocent. They function in a feedback loop of blame, judgment and denial that goes on continuously to justify their unkindness or cruelty to the self and others. They have an inability or unwillingness to THINK or be responsible to the self.

Conflicting thoughts create confusion and darkness. Some Dark Ones express light thoughts and words but feel and live dark emotion. If you are blaming, feeling judgmental, vengeful or forcing what works for YOU onto others, you are not owning and being responsible for YOUR thought and actions. Dark thoughts are muddy colored and dissolve easily EXCEPT when you energize them with intense emotion and REPETITIVE thoughts. Then they become solidly your negative thoughts about you. When you consider YOU are stupid, ugly, bad or entitled or better than others. Worry and doubt always helps you create MORE of what you doubt or worry about.

Thought BECOMES an individual entity or image with color, shape, smell and vibration, animated with YOUR PERSONAL MORAL character. The law of attraction pulls similar thoughts together. The law of entrainment holds them together in the light or dark bandwidth. When your thoughts and emotions are in alignment with each other, you LOCK them into the light or dark bandwidth. Once you enter that energy

field it REINFORCES your energy patterns or thoughts creating a feedback loop that your thoughts or your consciousness exists in until you ACTIVELY change them.

**THOUGHT FORMS** have mental and emotional components. When two or more people have “in sync thoughts and emotions” you get a “thought form” with greater intensity. Third dimensional thought forms assist in creating and sustaining our daily life “unconsciously” for most people.

Directing your thoughts toward ANYONE only affects them IF you both share a similar vibration and interest. Dark and light thoughts do boomerang back to their sender / creators. You get back what you emanate out. In the dark bandwidth, thought forms are frequently directed toward others to control, protect or heal them. BUT, imposing your own truth or beliefs on others is considered FORCE and not allowing. Exploring what YOU THINK in the now moment generates your benevolent and compassionate action. Acceptance of WHAT IS and allowing that: brings peace, calm receiving and giving compassion.

There are different names for the behavior of various thought forms.

**WAVEFORMS or WALLS** of thought are created the way you build a snowball or avalanche. Similar vibrations attract and entrain or are magnetized to each other creating large waves or walls that move like waves in the ocean.

FOR EXAMPLE: When two or more individuals are feeling warm and friendly toward each other, that energy will attract and entrain other energy that feels warm and friendly. When enough individuals feel that way a waveform of warm friendliness is created and builds. At some point it will be attracted back to ALL

THE VARIOUS creators and contributors of the warm friendliness. In this manner the whole becomes greater than the sum of the parts. The GROUP INTENSITY is attracted back to the individuals. The intensity of energy remains in their space for them to use anyway they like. When the individual changes their focus the energy dissipates to be reformed into something else.

ANOTHER EXAMPLE: Two or more individuals feeling anger and upset WILL attract and entrain other energy that has anger and upset to create a waveform that continues to build in intensity. Then the group intensity will be attracted back to the individuals emanating anger and upset. As waveform energy hits the individual, family, group or country THEN they will CHOOSE how they will experience and use that returning energy. They can consider the chaotic angry upset energy as a catalyst to create positive change or use it to step up their criminal activity. Are you a victim or creator?

**ROGUE WAVES or SURGES** move erratically. High vibrating Celestial entities can create waves of compassionate energy rising up to create great change. This is what the light energy hitting earth currently is doing to the dark bandwidth. When the LIGHT rogue wave or thought forms hit the Dark Ones; their fear, deceit and self-servicing beliefs are upset, provoked and hopefully questioned. Throwing Dark Ones into moral dilemmas so they get to choose again. The LIGHT rogue wave supports and amplifies those in the light bandwidth.

You can FLOAT your consciousness through existing, forming or abandoned THOUGHT FORMS both dark and light. Like incomplete sentences or unfinished projects that are in space. Leave your intention open and your questions open ended. Close your

eyes and calm yourself down to match the frequency or vibration of “floating thought forms” you want to check out. Move like a photon does.

In the quantum physics of CONSCIOUSNESS or awareness: It takes **LESS THAN one-half of one percent**, of the population’s sentient beings to accept, adopt and anchor a new thought, concept or option into the crystalline grid / light bandwidth, which puts it into the mass consciousness as a choice or option or probability for the rest of the population. That the planet and its humanity should ascend together was the concept that was put into the crystalline grid and ADOPTED by humanity and Gaia.



## SURVIVAL TRUTHS

Some laws and principles seem paradoxical and TRUE for the DARK bandwidth mainly because the object is to keep the biology, your vehicle alive instead of your essence being compassionate. Your RATIO of DARK to LIGHT thoughts explains your STATE of CONSCIOUSNESS, your brainwave activity and the amount of light you carry.

The universal principle of **AWARENESS** is that YOU need to observe the **ILLUSION** of separation, duality, negativity and the dark bandwidth of physicality, cruelty and survival truths, found in free will. In the light bandwidth there is NOT free will, there is universal truths, following them is the only way to have equality and compassion for all or a collaborative coexistence.

The Law or Principle of **POLARITY or DUALITY or OPPOSITES**: operates ONLY in the physical realms, alternate and parallel realities found in the dark bandwidth. AN OPPOSITE is an ILLUSION where emotion and logic have been artificially separated out. Just like male and female or good and bad have been artificially separated out, necessitating an either OR choice or moral dilemma for the human to learn about cause and effect in greater depth.

In the light bandwidth or universe, there is a **CONTINUUM or SPECTRUM** of awareness or consciousness, including all the extremes and the middle. Operating in the dark bandwidth you see or perceive the EDGES of the continuum. That illusion creates polarity for humans. On the continuum of light to NO light every situation, emotion or event **JUST IS**, your consciousness or point of perception, YOUR judgment is what puts a negative or positive spin on anyone or any event or experience.

**ILLUSIONS** have very little life force and are static; their aura is fuzzy, covering situations or beliefs with a gauzy filmy quality that blurs details. The vagueness allows you to guess at what might be true. Your personal perceptions will be colored by your beliefs, becoming reflections of your own bias, emotions and confusion.

**TRUTH** has a strong dynamic aura in motion, which enters your awareness even before you become aware of it. The truth goes before itself and stands on its own. Truth is consistent in all situations and environments. The truth and universal law is not influenced by YOUR state of consciousness. Every experience, situation, emotion and event is raw material to be used to create what you like with it. No judgment or blame is assigned to any condition or experience. Your thinking

or creativity changes WHAT IS into something useful or beneficial or a cross to bear. Fully accepting whatever may show up in your life enables you to restructure what you have or are.

The Universal Law of **PERCEPTION** is that you cannot PERCEIVE a frequency that you cannot MATCH your vibration with.

You need to move in awareness or consciousness or vibration to the light bandwidth of compassion, to observe the ENTIRE continuum or entire spectrum. Doubt or you deciding it is “just your imagination” hold your consciousness in the dark bandwidth WITH all the fear and negativity that vibration holds. Darkness is the absence of light or awareness or the ability to see some usefulness in everything. Lack of light solidifies your awareness or consciousness into UN-consciousness, darkness and ignorance. NOT THINKING and not acting on what you believe.

The universal principle of the **UNCONSCIOUS MIND or BRAIN** is only used for this lifetime and it is unable to distinguish FACT from FICTION and follows what YOU tell it. You experience and continuously recreate for yourself your perceptions or beliefs.

Moving out of dark thought patterns and dependency is hard work that only YOU can do for you. Instead of UNCONSCIOUSLY following habitual old programs you have adopted, KNOW and clarify the truths you want to operate with now. Being NICE or POLITE out of duty or tradition needs to go. An attachment to people, agendas, traditions, bloodlines, money, status or control needs to go. This is also called purification or purgatory or transmutation or alchemy; they are the process of purging distortion or misdirection in you as you work your way back to compassion and alignment with universal law. This means

radical change and rather uncomfortable changes physically, emotionally and mentally. There may be grieving and lots and lots of crying. Tears cleanse and release dense emotion.

The principle of **MONEY** is that it is an artificially created symbol for ENERGY: that is stored, borrowed, earned, spent, owed, claimed or exchanged and does not exist in higher vibrations.

When you want to improve your finances, do what it takes to clean up your debt FIRST and your habit of borrowing from the future. Taking what you have not earned is forcing others to pick up your slack. Not being responsible for your self. Start enjoying what you HAVE created and earned. Your thinking or creativity changes WHAT IS into something useful or beneficial for you to build on. Know that WAITING for something to manifest or waiting for money or a gift of money to come will CREATE the energy-field of waiting for YOU. The law of attraction and entrainment will attract more “waiting” JUST for you.

Having a generalized grateful personality greatly diminishes the many ups and downs that dark humans tend to create for the self to experience over and over again. Gratitude maintains or perpetuates any of your creation for as long as you keep your attention on gratitude. To receive you need to be awake and aware that you have been offered something of value to you, RECEIVING is interactive.

MEMORY has many components and is rather complex in the dark bandwidth. The elements of memory are chemical, emotional, and perceptual that are easily manipulated and restructured by Dark Ones for their agendas. Our memories LOCK us into PAST TIME, keeping us re-stimulated, fearful, and getting our light siphoned. Memories are a great COMFORT



to Dark Ones and keep them “tied UP” to the ancestral line and money.

In the fifth dimension or light bandwidth memory doesn't have a purpose because you can access any information anytime you want. There is no time or negativity or abuse. When in the light bandwidth the mind or mental body continuously sweeps through your thoughts and emotions to alert you to fear-based feelings or thoughts to address and transmute immediately.

The universal principle of **PRIVACY** means every person is entitled to the right of privacy and others can't infringe, read minds or question their motives without their consent.

The light bandwidth has no secrets your thoughts can be seen by those in the invisible realm. This principle is for the dark bandwidth. That is **WHY** the invisible realm needs to be **INVITED** into your space and spoken to “out loud.” Out loud means you have given consent for others to know your thoughts. This is why you need to give a **SHOUT OUT** to anyone you want to commune with dead or alive by using their name or job description. Speaking aloud makes what you say concrete or manifested in this physical reality.

Communication with any **LIGHT** or **DARK** entities will come to you only with your allowing it and inviting that communication. **BUT**, “Dark Ones” twist everything to do as they wish. For example, if your dark relative, three generations back invited a dark one **IN**, that carries only 17% light to possess their biology, they may consider themselves invited into your biology also. Discern and decide whom you want to share your consciousness with. When humans operate in the light bandwidth any awareness they ask for out loud is with them immediately.

The Universal Truth of **CAUSE and EFFECT or RECIPROCAL ACTION** says that nothing happens by chance or outside of universal law. The fact that you cannot identify the cause or effect is **IRRELEVANT**. For every action there is a reaction or consequence someplace.

Your **EFFORT** matters aligning it with compassion and allowing is what matters. The result or outcome does not. The results or effect of your effort are never counted against you, like they are in the dark realities. What another person does with your offering or the result of your light emanation is **NEVER** an excuse for you, self-judgment or self-hating or self-doubt.

In the dark bandwidth there is generally a time lag between cause and effect. That creates the illusion that you **CAN** get away with **GREEDINESS** and cruelty with impunity or freedom from a consequence from your action. There is “time” between the cause; what you project out into your reality and **WHEN** the effect, **RETURNS** back to you, the sender. In unity, fifth dimension reality and higher, cause and effect occur instantly. With this instant feedback it is quick, easy and wise to change your point of perception to compassion.

**DUALITY** or **OPPOSITES** separate out emotion and logic. While functioning in duality **GREAT WISDOM** could have been gained from emotion and logic combining their gifts equally. Together they could have created a beautiful, peaceful and enjoyable reality. This joyful bonding would then have culminated in ascension. **BUT** each wanted it all, forcing, controlling and taking from the other. Allowing and compassion got lost and disowned. Greediness was the cause and destruction was the effect.

The **BACKUP** plan to get us back into the light bandwidth has been implemented. May 20, 2012

marked the “booting up” of a new program and higher vibration for the entire Milky Way Galaxy. The solar eclipse marked the start of a new orbit or cycle around ALCYONE our Central Sun. December 12 and 21, 2012 or 12/12/12 marked the recalibration of the sacred calendar and the beginning and the end of “The Shift” and multiple other cycles. The history of mankind up through 2012 will be considered old, DARK, unconscious, negative and created with free will not by quantum universal energy. End of 2012 earth entered Her Golden Age that will last for 2,000 years. Unconditional love or compassion flows directly from the Galactic Center to Gaia and all her inhabitants in the light bandwidth.

The universal principle of **PENETRATION** states that anything that is seen with great attention and QUALITY of awareness penetrates the heart, which emanates into all of consciousness creating compassion.

Being involved and paying great attention TO YOU and your inner child or core personality you CREATE or rediscover all that you are. Go within and gather even more knowledge from your soul conglomerate. OPEN UP your electromagnetic field to receive and give each other your essence, your consciousness and your compassion. Engaging with each other passionately CHANGES your energy signature during the time you are engaged with each other, especially when it is the rest of your soul, your inner child or your core personality.

Dark Ones opening up to ANY OTHER results in using and feeding. Dark Ones share their lies, pretty stories, denial and abuse. Creating a fantasy, pretty story or denying a reality you experienced that LACKS FEELING or emotion penetrates NOTHING and does not open up your electromagnetic field to give and

receive new awareness, increase your spiritual wisdom or create compassion for you. You will experience the mechanics of an interaction without sensing or feeling it. It will be a FAKE interest and a fake feeling, a mechanical empty gesture. That is how the Illuminist slave goes through life being endlessly handled and triggered to complete fake robotic acts that serve their current handler and ultimately the dark elite.

The universal principle of **PROJECTION or EMANATION** is that you create your own reality or personal STORY with the THOUGHTS and beliefs you hold and focus on. They are projected out from you and played out so that you can see the effect or results your beliefs create for YOU.

Both the dark creator and the one that allowed another to create for them EXIST in the dark bandwidth ONLY. Dark doesn't generally think for the self they follow, beg, pray and worship.





## DEAR READER,

I am Bonnie Baumgartner, and it was around 1999 when I started being curious about and researching the invisible realm. What various people thought about it and reading what I could find on the subject. In the process of collecting information about the soul or spiritual world I found what seemed to be confusing and conflicting concepts. Different words and terms were used for what I perceived as the same phenomena, which was frustrating. I am comfortable with a structure I can work from and I wasn't finding any.

Most information came from humans that channel information from entities in a reality most of us can't see and refuse to believe in. Many of those that channel didn't understand or know how to interpret much of what they are told. When you are a human residing in the dark bandwidth and the VAST MAJORITY of humans are dark, what you hear is filtered and interpreted through your personal negativity, ignorance and unconsciousness. Dark Ones always have an agenda so they twist and distorted information in a variety of ways to make money or gain self worth, from those that want someone else to "do it" for them.

Some of the same issues are present when you try to understand the Illuminists structure, cruelty and reasoning. As with the invisible realm, most of humanity refuses to believe they have psychologically enslaved themselves thirteen thousand years ago up to present time.

What I have pieced together about the structure and rules of the light bandwidth and the universe is what I share in my writing. I am an educator by trade, and studied psychology at length to understand my abusive extended family and the families my students and clients experienced. Psychology, teaching, what people have shared and the answers I get from questions I ask my soul conglomerate has created my point of perception. I could document much of what I write but its time consuming and frequently used for people to argue about minutia, the trivial details, which is too energy and time consuming for me and in my experience not productive. The information will ring true for you or not.

SOME CONSISTENT PATTERNS I FOUND interacting with the invisible realm: They operate under Universal Truths, give and receive only compassion. 90% of our consciousness or soul resides in the light bandwidth and tries to help and support the 10% of the soul experiencing the dark bandwidth. When the human interacts with the invisible realm the vast majority of the time it is with your own 90% that you call by a variety of different names. Because humans are convinced that is "crazy" and we don't trust our self, the 90% interacts with us through our senses and telepathically. You may get a "gut feeling" feel dizzy or spacey; have a NEW idea or resolution for a problem pop into head. That is your 90% sharing with you what it knows.

Those in the invisible realm in the light bandwidth that speak to humans in words, use British English, because it is much older than what we speak in America. Some words and phrases are strange to us and may carry different meanings. Those in the light bandwidth are not allowed to read your mind without your permission OR interfere with your free will / your choices. The invisible realm considers humans relatively devolved or at a MUCH lower level of awareness spirituality than the human or 10% of the soul has ever been. That makes communication a large challenge for both parties.

You create your reality with the thoughts you hold. Theorizing is entertaining and fun to play with mentally, socially and emotionally, but theory needs to become active participation. Going within and self-discovery is an on going expansion of who and what you are.



Some of the humans that get and give information from their soul conglomerate and share are: **Dan Laudicina** and **Torben Hansen** and

My web master is **Kelly Arbogast**.



I have been an educational therapist for the past few decades and have done private therapy with children, adults and families. I understand the devastation of child abuse and how darkens is absolutely soul crushing. For the past 50 years I have taught emotionally challenged and severely learning disabled students

and adults from grades 3-12 in public schools and in my private school, these experiences have showed me what heals wounds and what does not heal. Lies, pretty stories and self-deception heal nothing.

Psychology and sociology have always fascinated me in many more lifetimes than just this one. The Illuminati programmed slaves have showed up at my door and I wanted to help the ones that wanted to break free so I have studied and researched even more about the way the Illuminati program all their children, a third of all children on earth, and how to crash the programming so they can take back their WILLINGNESS to think for the themselves.

**My CERTIFICATIONS:** Master in Education Degree, Educational Therapists, Principal, Special Educator of Emotionally Disabled and Learning Disabled, Reading Specialist, Art Instructor and Supervisor

**My EXPERIENCES** are as a Spiritual Therapist, Acting Principal, Program Director and Community Coordinator for the Severely Emotionally Disabled, grades 7-12 Designed, developed and implemented a therapeutic approach. Collaborated with psychologists, peace officers, parents and Administrators. Have designed, developed and implemented curriculum, for at-risk, multicultural students in inner cities. Facilitated group processing. Helped to transition students into the mainstream, Student advocate for student's and families rights. Peace Officer for Harris County Texas, Member of the Biltmore Who's Who



My book's FOCUS falls into 3 directions  
**SPIRITUAL LAW Dark / Light**  
 TRAUMA BASED Programming  
**UNIVERSAL PHYSICS or TRUTHS**

1. **ENTRAINMENT is Universal PHYSICS** and requires two or more vibrations existing in the same space combine to create a SINGLE resonance and that applies to everything, from subatomic particles to the universe.

2. **ALLOWING is Universal PHYSICS** it grants EACH individual the right to have their own reality to BE and DO whatever they choose as long as they avoid violating the rights of others or destroying any part of the collective environment.

3. **ATTRACTION is Universal PHYSICS** says the vibration you emanate attracts more of the same. What comes to you reflects with CLARITY the thoughts you hold.

4. **Consciousness is QUANTUM Physics** and the Universal Laws of CONSCIOUSNESS follow the physics of quantum energy. Subatomic particles are a synchronized pattern of structured energy that carries our consciousness or awareness. When COMMUNING with another consciousness. You expand or increase your awareness enough to INCLUDE the other consciousness, person or entity. There is no need for "your vehicle" or "location" to change or move. Awareness of others and their like-mindedness is what holds this or any construct or hologram or matrix together. Going outside of your inner self and into the outer or external world around you is where the 3D video game is located and played.



**5. COLLABORATIVE COEXISTENCE, Your essence is quantum particles** Humanity is not SURRENDERING to anyone or thing to move into the light bandwidth. OWNING and operating with universal truths, responsibility for the self and compassion is what determines YOUR personal state of consciousness, your brainwave activity and is YOUR personal creation to maintain and change anyway you choose.



#### SPIRITUAL LAW Dark / Light

1. **Ritual or Free Will**, trying to find your joy through things, events and FORCING others doesn't leave a warm feeling inside you because they are external. Deep satisfaction and peace comes from communion within you.

2. **The WAY of IT** loving yourself is our largest challenge. After you master loving yourself, instead of "taking care" of others, it is easy and natural to love others. Going against the universal laws creates SUFFERING.

3. **The GRAY Soul** is the 10% of our essence, consciousness or our soul that resides in the dark bandwidth of cruelty and abuse and negativity. Owning and integrating your dark experiences, while having compassion for you, is how you work your way back into the light.

4. **Your Thoughts CREATE You** What you think and focus on creates reality you experience.

5. **VICTIMS are PREDATORS also**, Generally the victim finds someone weaker, trapped, crippled or

smaller to victimize, and a predator is created. A survival truth.

6. **SOUL'S POINT of PERCEPTION**, 90% of your signature frequency resides in the light bandwidth. While 10% of your signature frequency is residing in the dark bandwidth, working its way back to the light. Universal law or compassion or unconditional love, is governing Earth since November 11, 2011.

7. **COMPASSION for YOU** Being aware of and OWNING your suffering, confusion, pain or feeling of isolation is valuing you.

8. **MORAL DILEMMAS of the 60%er** is; do I want to be the CREATOR of my thoughts, or keep being a VICTIM of those I allow to think for me?

9. **The 70%er AVOIDS DARK** thoughts, especially dark FAMILY members, people, projects and beliefs. To give and receive only compassion for you means no engaging with dark ones.

10. **HALF and HALF 80%er** is in the light bandwidth 50% of the time.



#### TRAUMA BASED Programming

1. **Programming INFANTS** "Training" is what the Illuminists give their children and slaves. The programming is exactly the same around the world.

2. **Integrate Yourself** The rules of engagement for all of us are the universal laws. Consciously gather all your pieces and alters and integrate them.

3. **ASK your INVISIBLE ASPECTS** Key to illuminati programming is that the slave never has conscious

awareness or control of what they do. They are given the "illusion of deciding."

4. **PORTALS are SENTIENT** Portals or parallel universes or time gates, doors or different realities are entrances into other frequencies or vibrations. The last half of the book is a partial list of Illuminist programs.

5. **Awareness Heals Me** I write about how trauma based programs affect the adult's functioning in society when they are not aware of the "training" they experienced and the robotic responses their handler's elicit in them, their entire life. I have included a great many of the programs the Illuminists use. To heal these traumas you need to be consciously aware of your triggers and consciously choose NOT to respond. Only when you stay in present time can "YOU CHOOSE" to do as YOU wish.

