

Pleiadian Code: The Great Soul Rescue

“Love is the essence of your being. Love is the miracle cure that will help you heal. Love is a gateway toward your journey to the stars.” The Pleiadian Code is a tool that star-seeds may use to sift through both personal and global history for the purpose of gaining a deeper understanding. This tool may guide your path toward remembering who you truly are. Additionally, it will help guide you in turning your inner compass toward the goal of starting your soul healing journey. Ultimately, the final objective of the Pleiadian Code is to help you return back to the Universe when you are ready to do so. Everything is energy. Everything that has ever existed has an energy imprint. You cannot destroy that energy although you can move it, or rather transform it. Moreover, all the energy imprints that have ever emerged are recorded and can be accessed from the Universal Mind. These recordings are available to anyone who seeks the knowledge for the purpose of spiritual soul growth. This knowledge is as free as the air you breathe. Part of the wisdom gained from those recordings may be accessed in this book. During your time on Earth, you will experience various levels and types of fear. This is due to the age old fact that fear is meant to keep you under control in order to help you survive. Unconditional love is the only true opposite of fear. The idea of unconditional love is unnatural in the fear mindset. To overcome this fear, love must be discovered and set as a new possible mindset program. At the moment, the only way to find the state of pure love is to release the negative emotions trapped in the lowest part of one’s subconscious mind. The negative emotions may be denial, anger, jealousy, guilt, despair, blame, hate, etc. After going through a soul journey, one may see the truth after accepting and surrendering to the divine knowledge. This will open a door to the state of unconditional love. If one must surpass the state of fear before surrendering to the mindset of unconditional love, one could say that

love is born out of fear. In this book, the Source/Universe/Creator will be referred as God. The word God has been misused throughout your history, often to keep you in a state of fear. This is so that you could be easily controlled by those who falsely made you believe that they were the superior God. However, the word God itself holds a high frequency full of power. This frequency doubles as the essence of your being. God, or the frequency that the word contains, is within everything that exists and everything that will be. It is within darkness just as it is in light. It represents all of us. This energy created the Pleiadians just as it created you. Everything is equally created out of what is referred to as God in this book. God has no defined emotion, character, shape, color, or sound. GOD JUST IS! God can be anything you want it to be. God is you and you are God. We all collectively came from the same God just as we all are on similar journeys back to God. On your own journey back to the Universe, you may even stop on planets, such as Pleiades, since these planets were once home to you long ago. As all journeys contain the original purpose of gaining new experiences, we are honored to be walking your new journey alongside you. With unconditional love ~ The Pleiadians Chapter 1 TWIN FLAMES God was peaceful in its realm. God's energy calmly spread above the dramatic clouds of light and dark and unconditional love was pouring into these clouds. God loves all its creations because it is all created with the same energy, the energy of oneness. We, Pleiadians included, all are children of the same Universe. We only take on personalities and characteristics after we separate from God. God hears all our pleas. God heard all those benevolent extraterrestrial beings who, because of their belief that light is the best, felt they needed to separate more to be in the light. God also heard all those malevolent beings who felt they needed to conquer all, because dark is the best. God does not judge and God does not pick favorites. So the energy we call God sent out a frequency of unconditional love frequency to equally heighten both polarities with the intention that opposites will attract. This, creating the union of twin flames for the reason of ending separation. Tia-La and Aro, Akashic Record This is a story from a long time ago when our galaxy was in a constant state of war because the Alliance of the Dark and the Alliance of the Light lived in separation, with a firm belief that one was better than the other. Tia-La was a beautiful Sirian princess, living in a secluded area of Sirius A with her family and friends. She loved wondering through the majestic gardens that surrounded her family dwelling, more than anything. She was the perfect embodiment of the energy of love, peace and innocence. She was like a pure white rose with droplets of morning dew glistening in the

early sun. Her energy reflected in her ever-present visible aura as a shimmering silver glow. Tia-La was full of light. She was kind, loving, patient, gentle and understanding. She spent most of her time teaching children, and assisting them to develop their imagination, creativity, telepathy and inner intuition. She was as graceful as she was wise. Everyone adored her. Her Sirian mission was to be of light, to teach, and to be a Wisdom Keeper like her ancient Sirian ancestors. On Sirius A, Tia-La grew up as though living in a Utopia, believing that everything was perfect. She was a direct descendant of a very old and influential Sirian family. Thus, she held the ancient blood line, the original Sirian DNA. Under these circumstances, her family concluded that holding back information of lower vibrations would benefit her as she was considered the future of the Sirian race. Growing up she never heard about wars, the Alliance of the Dark, or struggles in the Universe. On occasion, she traveled with her family to Pleiades and Andromeda. Her family always arranged for a beautiful and peaceful stay without any interference of the galactic news. Sirius, Andromeda, and Pleiades, are soul planets connected by the power of a trinity. The energy of the trinity acts as a catalyst, and is respected across the Universe. For this reason it is a universal war free zone. God established this a long time ago and this is obeyed by everyone. One of the most honorable Sirian duties is that of being a scribe in the Akashic Records. Being a scribe is a choice. Tia-La was ambitious, and proud to be Sirian. She loved to study history, and could not wait until she could apply for a position as a scribe to honorably fulfill her Sirian duties. Naturally, her overprotective family tried to discourage her from accepting this duty because as a scribe in the Akashic records, she would be exposed to the truth about the Universe and become aware of the serious troubles that existed there. Nevertheless, her family could not stop her, so they secretly arranged that she would only be assigned scribe jobs that were connected to the highest vibrations in history. This worked for a little while. One day, when everyone was comfortable in their thinking that she would not be exposed during her scribing assignments, she opened the forbidden records regarding the wars. The shock of the news left her in a state of confusion. How could she not have known? How come no one told her? For the first time Tia-La experienced anger and turmoil that lead into an original discontent of her soul. She managed to keep her discovery a secret so she could have time to process it in her mind. The Akashic Records have a substantial amount of recorded history in them. Some records also have what is called the records of the living art energy encoded within them. For example, it's like adding a video clip to a news

article. Living art energy means that the energy of the moment of its capture is always present. When you look at a photograph that is encoded with living art energy, it would appear as a few seconds of video showing the person or scene at the moment that was captured. One of these pictures grabbed Tia-La's attention. She read in length about a dark Orion warrior named Aro. He was fearless, arrogant and cold. She imagined him to be a hideous man, in an old, sickening body. She was disgusted by all the wars he lead, planets he conquered, and things he did. In spite of this, why then was she intrigued to read more about his quests, she asked herself. Then she came across a living art picture of him. The picture caught her completely off guard. She did not know what to think! She stared into the most intense, beautiful, piercing light blue eyes that were looking straight back at her. They were staring deep into her soul, making her feel like he could read all of her thoughts. It felt like she should know those eyes! Perplexed, she stared at the handsome warrior with the light tone, perfect skin and prominent cheekbones. He had dark, wavy, slicked back hair, dramatic eyebrows arching over those sharp, piercing eyes, and full lips that could talk anyone into anything. Quickly, she stopped herself and tore her eyes from the picture. Her heart was beating so fast; she was confused by those eyes. They were not evil as she imagined him to be. There was something different about him. Then there was the way the news had described him. But there was something in those eyes, something that spoke to her. This story happened in the times when Orion was under the guidance of the Dark Alliance. The Orion warrior Aro incarnated into a family of dark. He never questioned it. He could not remember his parents, only his strict, military training. You had to be tough to survive and he was the toughest. Aro did not care to learn about God, or that we all came from the same place, and chose our own path, as a learning experience, only after being created. He did not know he was trapped in one part of duality and he genuinely believed his mission was to destroy and conquer. He did not know happiness or love, and he did not worry about it. Male energy had a need, and this need needed to be fulfilled by taking the right actions. That was his belief. After all, that was how he was raised. Genuinely ignorant to all that was happening, Aro lived life on the edge every single day, as he was spiritually in a deep subconscious sleep. According to him, all was good. One day everything changed. He had a dream. In the dream he walked into a garden full of beautiful flowers and for once in his lifetime, he felt relaxed and safe. He did not really know what beauty was, but these flowers and their magical scent did something to his senses that he could not understand. Then he saw her, walking down the

path. Her tall, slender figure moved with such elegance, enveloped in a silver shimmering glow, her rich brown hair falling back over her shoulders. He felt the urge to touch her, just to see if she was real. She locked her golden eyes with his and smiled at him. Her eyes were soft and compassionate. He felt this warm feeling spreading over his chest. She looked like a delicate flower. Something inside of him wanted to have this flower for himself. In his bed, his sleeping body moved restlessly. He murmured her name in his dream, Tia-La, like he knew her forever. At that moment their souls connected like two magnets of different polarities, like they always belonged together. The light and dark attracted one another and the twin flame was born. Time passed quickly after Tia-La learned about Aro. She developed a fascination for the Orion warrior. She followed his many journeys by reading that came in. She saw how menacing he was, but she also saw a hidden kindness within him, that she knew no one else noticed. Aro worked hard on covering it up. There were beings whose lives he had spared, and places that could have been ruined and damaged forever but were left standing. Tia-La seemed to know he was not all dark. She would gaze into his eyes every day and her aura filled with the pink energy of love when he looked back at her from the pictures, her heart flutter, and she thought it was just her imagination. Aro's dreams of this beautiful Tia-La intensified, and drove him crazy. On top of it all, he started to slowly change. He felt empathy toward places and people whom he had easily harmed in the past. Empathy was not a good thing to thrive on, while in the Dark Alliance so he had to hide his occasional act of kindness very well. This irritated him greatly! Why was he changing? What happened to him? Was he sick? Little did he understand he was awaking into the light. Tia-La on the other hand was awakening into the dark. She experienced new feelings such as being upset, anxious, angry, and wanting the wars to end. She also realized that she was in love with Aro, but she could not help it. She desired to help him. Tia-La knew what love was. She grew up surrounded by love and she believed that if she could meet Aro, and explain to him that love is the highest energy, all these ridiculous wars would end. He would end them and she would help him. She made it her mission to find Aro, to teach him about love and stop the wars. Since Tia-La stepped into her dark side, she no longer listened to God. She no longer meditated over her decisions. She was driven by needy love and desire. This made her naïve and narrowed her thoughts. Somehow, she did not realize that Aro was not the only warrior causing the wars. Aro was a part of the Dark Alliance and very much under the command of others. Needy love can blind you while unconditional love can heal you.

Tia-La told her family about her discovery in the Akashic records. She withheld her secret of being in love with Aro (never before did she have any secrets, that is dark sided energy). Of course, they tried to discourage her from any actions. She declared that she would apply to the Council of Light for a position to be a peacekeeper among other star nations. She thought that because she was a princess she would receive this position. She was wrong, her application was denied. The Council of Light would not just give her the position just because she was a princess. By this point, Tia-La was tainted with dark energy and desired to change the Universe according to what she thought was right. Aro was tainted with light energy. He wanted changes in his life and their polarities were calling to each other. So Tia-La took faith into her own hands and secretly left to find this warrior. She believed that if she could convince him to stop all the wars and declare peace across the Universe, they both would be heroes, fall madly in love with each other and live happily ever after. It was a perfect plan. Unfortunately, soon after her secret departure she was captured by dark forces from Mintaka and her freedom was gone. The high dark officials recognized that she was a royal princess from Sirius, and held her as hostage. At the same time, Aro's dreams of the beautiful princess were becoming more intense. Intuitively he felt guided to do some business in Mintaka, where synchronously Tia-La was being held captive. He was a high ranking commander with much power so he often associated with the high official council. In his meeting with the Dark Alliance intelligence officials he was told about the capture of the Sirian princess. His heart skipped a beat, his gut clenched like someone was going to punch it, but his face remained hard as stone. Who is this princess, he wondered in his mind. Why is his body reacting? At the first opportunity he had, he went to see this princess. With one look at her face he instantly recognized the women from his dreams. Could that be? Could she be real? The woman who haunted his dreams was standing in front of him, looking at him like she knew him as intimately as he knew her. Her eyes searched his face with hope. He dared not show any recognition or compassion for her in front of the guards, so he left. He was furious. Tia-La was confused and impatience stirred inside her. Their eyes had met for a brief moment, she knew he recognized her or was she just imagining it? His face showed no emotions, he did not say a word and he walked away as fast as he had come in. Why was this happening to him? Aro shook his head in an attempt to clear it. He used to be content; he did not care about anything. He was doing his job and he was pretty ignorant to all feelings until she came to him in his dreams. She opened something within him that he

never knew existed. He began to care for all those planets he was supposed to conquer. Now he had compassion toward innocent beings, and a need for her. He decided it was all her fault. He hated her at that moment, and he hated himself. At the meeting he learned that the Dark Alliance was planning to sell Tia-La to the highest bidder. He knew that her future would be as dark as his soul was before he started to dream about her. If he bought her it would be highly suspicious among his kind. He could not just buy her and live happily ever after. That was not in his destiny anyway, he thought, but his mind was working at the speed of light on a grand plan. The only way to rescue her would be by creating a distraction. And the only way he could leave his current life behind would be to fake his own death. Aro experienced a great awakening. The shock of needing to save Tia-La opened his eyes and his mind to new realizations. He was sick and tired of wars that never ended, of seeing that it was all about conquer or be conquered, and of knowing that no one had the intention to end this. It was the power of love that opened his eyes, but Aro did not know it yet. Planning took a few days. He could not visit her, or let her know she would soon be safe. If he did it, it would raise great suspicion, and this was killing him inside. His mind was clouded with worries and he could not see her in his dreams. For the first time in his life, guilt gnawed at his insides. He decided to betray his own people to save Tia-La. Secretly, he gave tips to the enemy on how they could invade the headquarters in Mintaka. When the invasion started, he cleverly offered to secure the high profile prisoner. It was granted to him without any suspicion. Shortly after he entered the building where Tia-La was held captive, the building exploded and all that was left was dust. The master plan included explosions where everyone believed that Tia-La and he had died in an unfortunate fate. As soon as he entered the building he killed all the guards and ushered her onboard an unmarked space ship before the explosion happened. Confusion of the invasion and dust from the explosion covered their escape and they were not detected. Finally, they were together and they traveled at the speed of light into the unknown. They had plenty of time to unravel their feelings for each other, fight each other, and love each other. They were mirrors for one another. Showing one another what each was missing in themselves. Time came and went and eventually, they were both lost as to what was to come next. Each of them had to give up their life. Nothing was like they had imagined it would be. Even though the feelings of passionate love were amazing, there were unhealed soul memories that created unwanted sorrow. Tia-La did not stop the wars and she missed her family. She felt guilty for leaving without saying goodbye. Now she

would never see them again. Aro lost everything he knew and believed in. He betrayed his people and he lived in fear that if the Dark Alliance would figure out the truth, they would hunt them down until they were found. He knew very well what they would do to Tia-La, and fears of not being able to protect her turned into nightmares. He also started to feel guilty over the actions he had taken in his life prior to his awakening. Their twin love was based on needs for one another, needs for energies (pieces of puzzles) they each lacked. They gave and they took, they hurt and they healed. They loved and they hated, they pleaded and they demanded, but, still they did not learn to compromise to meet each other on neutral ground; to be equal. At last they agreed to secretly contact Tia-La's family in Sirius to let them know she was still alive. Her family rejoiced in this information, but, Tia-La and Aro could not visit Sirius since everyone believed her to be dead. If she would miraculously re-surface, it would bring great danger to everyone. So they lived in hiding and their fairy tale life was not as bright as they thought it would be. Tia-la's family turned to God to ask how to help this couple, so they too, could find their everlasting happiness and peace, without having to stay hidden. God guided them to join with the Pleiadians in their Earth project. The purpose of this project was to learn about all aspects of duality, the dark and the light, for the purpose of finding the path to the house of God. The twin flame couple welcomed this opportunity. You may ask, did they have to come to Earth to learn this, to unify their polarities? The answer is simple, no. There are always multiple choices. If they would have followed the guidance of God instead of their ego, since the first realization of their connection, they would have been guided on how to achieve their union, how to stop wars, how to live in harmony and peace. Now on Earth, they received the opportunity to learn the meaning of the old saying, "Let go and let God". They arrived amid the Atlantean time. Earth density heightens the lower vibration emotions such as shame, guilt, fear, anxiety, desire, etc. That was a great hurdle for both of them that they did not expect. Thankfully, they were welcomed into the Pleiadian soul family of light. Pleiadians are soul healers and they assisted them in understanding what they were feeling. They assisted them in seeing the original hurt/pain in their soul. How did it happen, why did it happen, and how they could transform all these low density emotions into the higher vibration emotions to heal their soul. All changes take time. There is no change until you are ready to clearly see everything as it is. Until you reach the realization that you are the creator of your own misery, and that it is only you who can change it. You are not the victim. You just believe you are because you are disconnected from

your higher self and God. Tia-La and Aro did feel like the victims of their own circumstances. Both were stubborn with each believing, my way is the right way. Aro was drained by the emotional suffering he endured every day because he blamed himself for everything. He had a need to be in control over their future which was unclear. He felt angry often. He hated himself and thought how could anyone love him? He felt done with life, he had reached the end. He felt that no matter what he did, he could not make Tia-La happy. Tia-La had frustrations of her own. She loved their new life in Atlantis. She met so many soul brothers and sisters that made her feel like she was home on Sirius. She was teaching children again and walking in beautiful gardens. She loved Earth, she also loved Aro, but, their love always faced some serious problems. She wondered why love has to be so painful. She remembered love as the most beautiful, profound energy she had ever experienced. Now her love was laced with fear and control. She felt that no matter what she did she could not make Aro happy. One day as she was walking in the garden, she bent down to look at her reflection in the stream. Her silver glow was gone, she was sad and tired. She could see the mistakes she had made and knew that there was no one else to blame but herself. Suddenly, she remembered how she used to talk to God when she was little. Without even thinking about it, her whole story was pouring out with her tears falling into the stream. That morning Aro woke up with an intuition to finally surrender. For the first time, he acknowledged his inner self and he began to meditate, venturing into the depths of darkness within himself. He no longer fought the urge to forget all he had ever done. He accepted it and all the consequences it would bring, even though it would mean his own death. He walked through his darkness; like it was a tunnel and he witness every part of his life. He was sorry and he cried, he acknowledged all his actions and that which he learned from them. Then he saw a sign, "Forgive yourself and give forgiveness to others". Through inconsolable sobs he forgave himself and he forgave others. He did not know how long he was there, how long he cried, or how long it took him to forgive himself. Aro surrendered, and he accepted his dark side within, with the full knowledge of how destructive it could be. This led him to a new kind of energy. For the first time in his life, he felt the love of God, he felt surrounded by magnificent benevolent beings from all parts of the Universe, both dark and light in nature. They all shined unconditional love at him. For the first time in his life he felt the dark and light, unified within him. There was no need or desire, the love he felt was unconditional. The love opened the end of the tunnel and light poured in. In this light the most beautiful being walked in, surrounded in

her shimmering silver glow, her white gown gently flowing as she moved, her brown hair fell on her back, her golden eyes smiled and she called his name. Aro stood up and ran toward Tia-La. Each of them surrendered. They accepted their light, their dark, and the circumstances of their life. They forgave each other. They were filled with unconditional love. Their soul shined bright rainbow colors so that other twin flames could follow this path, their twin flame rainbow path of soul healing. The experience made them whole again. He no longer needed her, she no longer needing him, yet they wanted to be with each other. Their unconditional love was pure, strong, and infinite. They could have easily walked their separate paths feeling the same about one another, wishing the best for one another, no matter what circumstances. They decided to stay together since they both felt an unconditional love for one another. They decided to dedicate their lives together to spread information to and about other twin flames. After all universal love is the highest frequency. They built the Twin Flame Temple in Atlantis, mirroring the one on Sirius B, and dedicated their energy and life to this sacred journey. The Twin Flame Teaching The twin flame energy intensifies attraction and passion. The energy of twin flames creates wants and needs that are often confused for love, where in reality this energy works as a mirror to show you what you are missing. The intensity of twin flame relationships opens the door for finding the missing pieces of oneself, and the opportunities for soul healing. The twin flame energy helps us find the opposite sides in ourselves, the dark and the light within us which we are meant to unify. Thereupon, the needy love of the twin flame could be transcended into unconditional love, oneness, and wholeness. This is only after both polarities accept one another the way they are and surrender to the will of God instead of their own will. You cannot change someone to be the way you want them to be, but rather accept them the way they are. Respect their soul choices, love them unconditionally. Ask yourself, what is it that you are missing? What triggers you? Instead of wanting to change another, change yourself. Work on yourself, identify your weaknesses, and your blockages. Heal your soul, find self-unconditional love, and observe how your change impacts the other person. Go within yourself often, do not be afraid to open the door of dark and light and accept both sides as equal forces. Naturally, you are afraid of darkness, but darkness is a natural part of you and accepting it will open the hidden door into the ultimate power you have and are afraid of. Just like God, you can create or you can destroy with a simple thought. It depends on what you choose. The one who holds the power has integrity, aligned to the higher self and God.

Transcending the duality into oneness and fully embodying the oneness within, is the key to the ultimate soul power. Eduardo and Natalia In 2018, I was working with my client Eduardo on healing his past relationship. The story you just read was from Eduardo's Akashic Record. Eduardo (Aro) ended a five year marriage with his ex wife Natalia (Tia-La), on really bad terms. Both were stubborn, angry, and blamed one another for the failure. Eduardo awakened into spirituality through tremendous soul suffering and problems in his business. He was willing to address his darkness to heal whatever it was between them, for the sake of their two young children. As we worked together, he began to see his own ego, which was rather inflated at the time. To my pleasant surprise he turned the stubbornness into the most positive will power you could imagine. This propelled him on his healing journey. The beginning of his conscious journey was painful and hard. There were many ups and downs. He started to read spiritual books that interested him, applied the knowledge he learned, and slowly started to change. The most phenomenal part was that as he was changing, his whole family started to heal, his mother, his sister, people around him began to change and speak truth. He even began to heal his business and had many new ideas. Eduardo accepted that his ex-wife and him, would walk separate paths in this life. This was life changing. He understood what unconditional love is, and that he could love Natalia unconditionally. He could see her get married to another man. He could give her support when she needs it, and he could have a magnificent happy life of his own without any jealousy, anger, guilt, or blame. He could be a good father to his children and have an amazing business that is based on integrity, honesty, abundance, success, and a mutual benefit for all involved. And that is the power of a healed twin flame love. It manifests in your life to help you, not to harm you. You may wonder, if Aro healed his soul in Atlantis, why did this repeat in this lifetime? After the fall of Atlantis, those who decided to stay on Earth to be in service (like Tia-La and Aro), eventually fell into the trap of reincarnation, and suffered spiritual amnesia. At the current time, you are living in the momentum of energy that is highly supportive to remember who you truly are, but you need a reminder, we (Pleiadians) call it a trigger. Triggers offset suffering with the goal of awakening ancient memories. To fully comprehend these memories you are required to heal your soul. Triggers are negotiated among souls prior to birth. You know these as soul contracts. Prior to this lifetime Eduardo made a soul contract with Natalia in which they would find each other to recreate all the passion, attraction, and unhappiness created from the needs and wants of the twin flame. They agreed to

have two children together, because the love for their children will help them to make peace with each other, and this will also positively contribute into their children's soul contract. In their soul contract for their current lifetime they each agreed to embody the energy of wholeness and unconditional love to become frequency holders for others, not as a couple, but as separate whole individuals to demonstrate to others that you do not have to live a life in limited misery. It is normal to fall in love, learn from it, grow from it and fall out of love. No one is bound to one person forever just because you felt passion which later turned into jealousy, and a need to control one another. They needed to recreate their experience so they could remember their ancient soul memories which will serve them (and others) in their life mission. True Love The passion, and attraction one feels when finding that right person is just the energy of a missing piece of the puzzle, something you subconsciously feel you want or need. Next time you feel you are attracted to someone, just ask yourself what attracts you the most to this person? It could be that he/she is outspoken and you are shy and secretly wish to be a good speaker. Maybe it is a beautiful body and you secretly wish that your body was more beautiful. Maybe it is generosity and you secretly wish you were more generous. It can be anything. Be honest with yourself and before you fall in love, first give yourself that which you are attracted to. For example, if you are shy then work on your confidence. Once you find your confidence and you are still attracted to this person then that could be true love that will last, instead of just an attraction to something you subconsciously need or want. In conclusion, be brave. Do not confuse love for something you are missing. If you meet your twin flame, find your missing pieces, change yourself and see if your relationship develops into true unconditional love. Ask yourself, if it is a happy ever after or was this just another opportunity to find what you wanted or needed for your soul healing. Life is too short to spend it being heartbroken, bitter, angry, or sad. Chapter 2 SOUL, EGO, AND YOU The soul is part of God, as the ego is part of the human, with you being part of both. Throughout this book, we will utilize the word ego to define your human energy, and the word soul to define your God energy. When a baby is created, the first organ to develop is the heart. The heart represents the unique and physical you, a wild card with infinite possibilities. The heart is directly interconnected with the soul for each incarnation. For each incarnation you will have a different heart within a different body, but the same soul. Soul The soul is a spark from God that gives animation to the body. Your soul keeps repeating journeys to Earth, by way of different bodies. Imagine a closet full of outfits (bodies), each

designed with a personality that will give you the feeling of being in control of your own destiny. However, what you do not know is that each outfit when worn is greatly limited because your soul is stuck in a confused state. You are not supposed to fully awaken and become aware of your life. If you do, you will desire healing. If you heal your soul, you will never want to return to Earth by your own free will, and what you will have is a closet full of unworn outfits. The soul and ego begin their journey at the moment of conception. The energy for new life already exists behind the scenes. With your first breath, your soul and ego walk hand in hand into your heart. Both are present throughout your whole life. Your soul is connected to your higher self. The higher self, which contains memories of your extraterrestrial lives, is connected to God's oneness. The ego is connected to the Earth's source of energy, that we call the Surrogate God, which was genetically engineered to be a reflection of God, and eventually was misused (you will learn more about this later). Your mind is artificially blocked. When you figure this out in one lifetime, you will forget it in the next. This happens when you descend from Heaven to your next incarnation. You are guided to walk across the River of Forgetfulness, which causes your conscious memory to be wiped out. Some who manage to rush through this river keep some of their memories intact. Ego The ego represents human energy, which is deeply anchored within the Earth's energy, in the Surrogate God, to play the important role of holding you in the incarnation cycle. The ego is an anchor for your soul, which cause you to thrive in Earth's environment while in the physical body. For the time being, it is your helper; your protector. When the heart, soul and ego originally meet (notice the trinity of energy), the soul and the ego instantly exchange files containing information about your past soul journeys that hold your soul wounds. Imagine two smart phones transferring files by simply taping them together to transfer the information from one to the other. The ego perceives soul wounds as possible life threats, its life mission is to protect you. In other words, the ego is a life jacket that keeps you alive while the soul is on a life experience or adventure. Your higher self is patiently waiting for you to figure out how all this works, so that you will stop walking in circles, find healing, become whole, and return back home. The ego is your biggest protector, yet your biggest blockage. The ego's main job description is to help you survive, reproduce, and stay in the incarnation cycle so it can have a meaningful job. It does not care about spirituality, your soul growth, or your desire to go back home. However, to please you, it will pretend that it cares. By the age of seven your ego will descend into your 3rd chakra while your soul will remain in

your 4th chakra. You When you consciously awaken, and have that big “AHA” moment, you will understand that there is much more out there than the life you are currently living. You are suddenly going to be dealing with two energy forces which will almost constantly compete to be the main navigator of your vessel. You will start to experience huge highs and lows. Remember that your ego, which strongly identifies with the human you are, has the job description of protecting you at all costs while your awakened soul has the job description of guiding you on the soul healing journey as fast as it can. We would like you to consciously notice these two energy forces and always be aware of them. Since Earth is a place of duality, you will always have to identify with two main forces (your human ego and your infinite soul). These are represented by the symbol of a circle, and are your two main active strands within your DNA. The Three Wheeled Car Often, we favorably speak of the power of the number three. If you desire to generate a transformation, healing, and growth, you will need to understand the soul and ego first, and then add your energy to make three to create the catalyst. Your awakened soul being the first. The aspect of the ego, being the second. The physical you, a consciousness, making the third particle. Combining these three together can generate the transformation you are seeking. We know that this is confusing, as we just split one whole being in the three different parts, connected by one heart. Imagine you being a simple car with three wheels. Each wheel representing one of the parts above. For most of you, your wheels are going in different directions. You think you are moving, whereas in reality you are just stuck in one place. To reach your destination you have to pay equal attention to each wheel. You just need to learn how to make all three going the same way, at the same time. The ego and soul take equal turns to be the main driver of your car. This greatly influences your life, with each turn lasting seven years. What does this mean? When you are in soul years, the soul has a little bit more power to influence your life journey. It is the most fruitful time to create out of your heart, and your soul. You feel creative and freer. When you are influenced by your ego years, you put more focus on your safety and security in your Earth life. You feel more fears. When you become conscious of these energy patterns you can easily navigate through them and make them work for you in a positive way instead of having these energies sabotaging you. 0 - 7 soul years 7 - 14 ego years 14 - 21 soul years 21 - 28 ego years 28 - 35 soul years 35 - 42 ego years 42 - 49 soul years 49 - 56 ego years 56 - 63 soul years 63 - 70 ego years 70 - 77 soul years 77 - 84 ego years 84 - 91 soul years 91 - 98 ego years And so on End of the Cycle By the end of your physical three

dimensional life, your last heartbeat allows your final breath, allowing the ego and soul to exit the vessel, partially disconnecting from each other. The ego rests in the 3D energy of the Earth, and the soul rests in the 4D Heaven. The symbioses of these two energies could be compared to the twin flame energy of the love/hate, need/want relationship. If your goal is to end the incarnation cycle, then you need to start consciously working on healing all these parts. You are the third particle, and you have tremendous power to heal yourself. The physical body is a gift you are not aware of. It begins with accepting and encompassing your ego and your soul wounds. Just become best friends with both of them. Each of them has a story to tell you. Each of them could grant you a tremendous amount of help. The Souls Post Traumatic Stress Syndrome Disorder Journeying from one lifetime to another without soul healing poses various problems for the soul as well as the quality of each life. Being stuck in the incarnation cycle, between Earth and what you call Heaven, is the biggest one. Throughout your physical life you often experience various challenges that lead into an emotionally broken heart. You may have suffered abuse, poverty, hopelessness, illness, or any misfortune that may torture you; leaving invisible emotional scars on your soul. Only low vibration energies leave marks. If you do not allow yourself to heal these scars in the lifetime they originated in by the end of that life, records of these traumas are sent back with your soul to be written in your Akashic Record and in your Soul Cave. You will carry imprints of them into your next incarnation. When your soul is overloaded by traumas (future records), the soul develops what is called the souls post traumatic stress disorder (S-PTSD). This results with the soul somehow forgetting that it is part of God. The soul slowly loses its hope and faith. The soul becomes lost. This is the current situation of many incarnated souls, depending on how many unhealed lifetimes they have lived since Atlantis. The soul is infinite; love is infinite, with love being the highest energy to heal the soul. You are a Soul Healer Pleiadians are Soul Healers. Pleiadian star-seeds are Soul Healers. Earth needs many Soul Healers at this time. If you feel connected to the Pleiadians or any other star nation, you are one of them. We are your ancestors. You do carry our DNA and have what we like to call 'special abilities' (to make it sound more exciting). That is, until you arrive at the realization that there is nothing special about it. It is as normal as someone having blonde or black hair. Our collective mission is to assist Earth and its inhabitants to heal their soul so that they are able to elevate from the energy of fear into a frequency of unconditional love, then ultimately, reaching Universal peace. Extraterrestrial or human beings, we are all one. No one is better

than the other. Earth is a learning place. You return to this world in different bodies, having different races, colors, or sexual preferences. You may speak different languages, have different spiritual, or religious beliefs. You are learning to put your differences aside, preserve this place for others, while being one of them, then return back home. One may know more or be more skilled than another, however, any one can learn if they have the will to do so. Ultimately, WE ARE ALL ONE! 4D is a Trap for the Soul The fourth dimension world is a fascinating place, but it is also a trap for the soul. When the soul develops S-PTSD it ultimately gets stuck in the re-incarnation cycle. The rule of Earth is that what happens on Earth has to be healed on Earth. If the trauma has happened in the physical vessel (body) it has to be healed in/through the physical body. The S-PTSD cannot be healed while the soul is out of body (after passing away), or rejuvenating in the fourth dimensional energy (Heaven). Heaven is a wonderful place where you feel like you are on the most amazing vacation, with you designing the vacation to go anywhere you desire! Your soul experiences a state of ecstatic happiness and peace away from Earth's suffering, where one totally forgets about the original desire of finding your way back home to Pleiades or to God. Eventually, the soul will feel pulled by the energy of the ego, to go back to Earth to learn another lesson. However, neither of these lessons lead to conscious soul healing, which is where it gets tricky. Often these lessons can bring about other levels of suffering that create yet another layer of S-PTSD so the soul can happily be trapped in this process of the incarnation cycle forever with a false positive need to keep returning to Earth. It is a "wonderful", never ending pattern. The only one who can break it is you, because you have the power of your physical body and conscious soul! We repeat, "Having a physical body is a gift." Do Not Panic Do not get alarmed right now. This pattern of reincarnation works fine until you realize that you want to get out of this cycle and you are ready to heal your S-PTSD. The Pleiadian Code opens the vast library within you to discover ancient knowledge to your origin and healing. Knowledge is power and your power is stored within the soul, guarded by your higher self. Your power will be released to you when your soul is healed. As we mentioned in the previous chapter, the power has both polarities, creative and destructive and you are learning to be master of both of them. Healing your S-PTSD is a slow journey backward, going from this life into your very first one on Earth. We would like to share some healing stories with you, so you can find your own story. Do not be pushed around by your ego or your unhealed soul, become your own healer instead! Through this book we will support you

with the fifth dimensional energy of unconditional love. Your assignment is to master self-love, inner strength and kindness in your third dimensional body. Remember, S-PTSD has to be healed from, and with, the energy of the third dimensional body. Once this is achieved, your soul can easily move between the third and the fifth dimensional energy while still in the physical body. This is as our Atlantean ancestors did and they were not bound to the incarnation cycle (being trapped in Heaven), when the soul leaves its vessel. There is no shortcut. This journey is like a path on a foggy day. You can only see a few feet ahead of you at a time. You have to learn to trust in guidance, feel comfortable in your own choices, and trust in the unknown. Trust that the Pleiadians, the Universe, and God have your back. If you ever meet guides that dictate to you what you should do, or flare your ego with some amazing past life information, STOP! Or, if they fill you with fear, or bargain with you, you should think twice about it, before starting to work with them. Siobhan, Akashic Record Siobhan stood barefoot in the field of wild flowers. She wore a simple peasant top with short sleeves, tucked in her ankle length linen skirt. She was seventeen and madly in love. She deeply inhaled the scent of the nearby forest and marveled over the beauty of nature. She felt free, like a bird that could fly where ever she pleased. She was happy. Aiden stood behind her. A head taller than her, he was a handsome lad with dark hair and azure eyes. His strong arms wrapped tightly around her, his mouth kissing her temple gently. He found something that others were looking for lifetimes. He found true love, the woman of his dreams, a mother to his future children. He was happy and content, she felt the same. Her hand caressed the simple amulet he had given her made out of a coin, strung on a leather rope. It was for good luck. The next scene, we saw, was a stone built house. We were approximately in 350 BC in Ireland. Siobhan did not want to go into the house, just feeling this house brought tremendous emotional pain to her. I asked her to show me what happened there. Reluctantly, her soul lead us into the house. Siobhan and Aiden were married and living in this house for a short while. Next, we witnessed an argument between herself and Aiden. It felt as though Aiden had the urge to participate in a war. It felt like a war against the Romans. His temperament was hot. He was upset that she did not understand that it was his duty as an Irish Celt to go with his peers. She was worried. Angrily, he walked out of the house. Tears running down her face, Siobhan stood in her kitchen gently rubbing her swollen belly. She was about three months pregnant. We progressed in the time line, Siobhan was crying hysterically. Aidan was killed in a battle and they were bringing his body home so that she could

lay him to rest. She ran to the front of the house and saw a simple carriage pulled by two horses. There in the back laid the cold, dead body of Aiden, covered by a piece of cloth. Her sorrow was inconsolable. They brought the body into the house to be prepared for the funeral. She wanted it like that. She wanted to spend the last few hours with the love of her life before she covered him with soil. The labor pains came fast, and that day she not only lost her soul mate, but also their unborn child. She was devastated. She believed it was all her fault. She was angry, blaming herself for everything that had happened. If only she was able to convince Aiden to stay at home that day. If only she had not been so upset. And if only she had not lost their unborn child, she would at least have a part of him with her. She fell into a deep, dark depression, with a sense of despair. She continued to live in the house, but secluded herself away from everyone. Friends and family would bring her food, in hopes that one day she would heal. She refused any company, friendships, and marriage proposals. She lived alone in her sorrow believing she was the biggest failure. Years went by, she was a healthy woman, but she did not care about that. She made up her mind that she did not deserve to be happy. She wished she could go to sleep and never wake. One day someone left paper, paints, and brushes on her doorstep. Sceptically, she took them and let them sit in the room. Then one day, numb of all feelings, she took the painting supplies into her yard and began painting. To her amazement, her hand made graceful movements on the paper as she painted nature like an art prodigy. It felt like someone was standing behind her, holding her tight and guiding each stroke of her hand. Unconditional love was filling her whole being as she painted. She felt like she was in the arms of her beloved Aiden once again. Unfortunately, Siobnah would not share her art with others. She felt ashamed of her life, where she, according to herself, had failed as a wife and mother. She felt ashamed to be an artist. The time she lived in was not supportive of female artists. Perhaps if she would have had a fire in her soul that truly believed in her art, that she poured her soul into, she would have become successful and respected in her community for it. She lived a long life. She painted many pieces, mainly of nature and birds, but she never shared any of them with others. She died alone, and heartbroken with her hand laid over the coin medallion that Aiden had given her when she was young and they were madly in love. Jamie Jamie (Siobhan) is a Pleiadian starseed that I worked with for a few months, in order to assist her in moving forward in her life. We embarked on each session, the conscious soul healing journey, through guided meditation (not hypnosis). We let the Pleiadians lead us into the

right past lives so we could heal any soul traumas that manifested in this life time, as mysterious blockages that were preventing her from having a happy life. Her whole life Jamie always felt, without any logical explanation, that she had to hide and run away from one place to another. When she finished her college studies, she enrolled in yet another. She was subconsciously delaying the beginning of her real adult life. This is because her soul had the painful memories of losing her soul mate and their unborn child. As well as these traumas, her secret of having a passion for art brought a lot of inner shame. Her ego was manifesting all these amazing opportunities to travel and study. The ego supplied emotions that she was not ready to start her life as a successful artist because the ego's job was to protect her from the same or a similar scenario repeating itself. This session was a little different because in the past life sessions, we did not change the outcome of that particular life, we only brought unconditional love to the soul for the purpose of soul healing. We understood and accepted the story of that life and healed it with love. This time the Pleiadians guided Siobhan's soul to bring all her paintings outside, in her yard, and to invite the village people to come and view them. It was important for her soul to overcome her shame of being an artist as this is her main gift in this lifetime. She has a gift to bring soul healing to others by her artistic expression. Eyes are the doorway to the soul, and art speaks deeply to our soul. Even in that lifetime art and the vibrancy of colors brought her soul peace. All she had to do was forgive herself, since those unfortunate events were not her fault. Her soul wanted to heal, and so she did. In our session she was guided to forgive herself, forgive their unborn child, to forgive Aiden, those who killed him, and those who encouraged him to go to war. She filled everyone with unconditional love. She walked in the garden looking at her paintings. Seeing other people enjoying them, smiling, accepting her the way she was, she allowed herself to be filled with unconditional love. In the end, when we left that past life, she surrendered to all events and accepted them. There was nothing more to heal. When we came out of mediation, Jamie felt different. She realized that she has been running away from her life for fear of being hurt. She shared with me that she was afraid to be in a long term relationship and was unconsciously, self-sabotaging her past relationships. Her soul remembered how emotionally painful it was. The soul shared this information with her ego, at conception. This was so the ego could prevent her from falling in love. This was because there was a fear that the soul would have a nervous breakdown. The soul was afraid to experience anything like that again. As an added bonus, the ego was preventing her from becoming a

successful artist, which is her soul calling. According to the soul's information, art would only cause her past negative feelings of shame and failure to awaken which could then possibly lead to self-destructive behavior. See, the ego and soul were functioning based on old programming, making Jamie's life a confused havoc. After the session, Jamie shared with me that a few weeks prior to our session she had reconnected with a man, she had known for several years, but had not seen in awhile. They became romantically involved and he gave her a golden coin to hold onto. He told her that she did not have to keep running away, that she is free to do whatever she desires. Now the future is hers to paint it in any colors she desires, to share with the whole world!

Chapter 3 The Pleiadian Mission "Freeing humanity through knowledge." God created all life in our Universe. We, the Pleaidians, later joined by other star nations, embarked on an experiment to learn (in depth) how God works. One of our experiments, which entails you, was to genetically modify life on Earth for our own purpose. A seed of life from our extraterrestrial creation (soul) combined with a seed of life from God's Earth creation (animal DNA) gave birth to a starseed vessel, a physical body, which could hold higher vibrations within. When we first arrived on Earth, we created Lemuria, we could only stay for short periods of time as our bodies were not in harmony with Earth's atmosphere. We built several Rejuvenation Temples in Lemuria, in Atlantis, and on the neighbors planets of Maldek and Mars that were easily accessible to us. We also used Mars as our main intergalactic airport, and sourced a lot of our highly advanced technology there. From Mars we would travel back to Pleiades, Sirius, Andromeda, and Orion in our space ships. Once home, we would rejuvenated our bodies in our natural environment. However, that process consumed time and energy quickly. Genetic Modification Our genetic experiments started in the mid Atlantean era, where our extraterrestrial population grew tremendously due to the increase of other incoming star nations. We had several thriving, separate communities of Atlantis. Demands for Rejuvenation Temples were growing faster than we could supply. The purpose of the Rejuvenation Temple was to keep our bodies healthy, and vibrant. They also worked to keep our minds connected to the Universal mind with our consciousness fully operating in 5D (and higher energies). Let's mentally travel back in time to understand how life on Earth evolved. There had been very few extraterrestrial scouts visiting Earth prior to Lemuria. Lemurian civilization was an extraterrestrial civilization, with a limited population. We brought many plants, trees, and what you would call magical beings such as fairies, elves, mermaids, dolphins, dragons,

unicorns, etc. In our world, these beings are equal to all else. It was their wish to be a part of Lemuria. Lemuria was as organic as you could imagine. All extraterrestrial bodies were nourished and sustained through spiritual energy and a deep connection to Universal energy. In continuation, they utilized plant medicine from trees and plants we brought to Earth from our planet. The first plants were from Pleiades. Beings with more dense bodies, used the physical energy to physically create such things as our shelters, communities, transportation, and food. They were in greater need of using the Rejuvenation Temple. The effect of rejuvenation lasted for long periods of time, even a hundred years or so. Lemurians brought highly advanced technology with them, but utilized only when needed. They preferred to honor the pristine Earth, live in harmony with the land, and utilized their amazing intuition and inner guidance which was connected to God. This civilization was guided primarily by women. You could call them high priestesses or goddesses to amuse your mind. Feminine energy is nourishing, loving, and compassionate. This is how you can describe the energy of Lemuria – nourishing, loving, and full of compassion like a mother's heart. They mastered living from the heart in the third dimensional world of Earth, staying in their fifth dimensional consciousness. They had no need to build megalithic buildings, use the newest high tech gadgets, advance materialistically, or to change Earth in any way. They honored the Earth and its cornucopia of abundance, natural crystals, pristine nature, and clear waters. Becoming one with the environment helped their bodies to adjust a little bit more easily. Through ceremonies, honoring, and combining the energies of Earth and the Universe, their own intuition in the Earth realm grew stronger. They became true masters of plant medicine, combining Earth's natural resources with those brought from the Universe. The first DNA mutation occurred in Lemuria, although it was unintentional. The Plant Kingdom still stores information of ancient Lemurians that used to roam the Earth. This is also why plant medicine is an answer to all physical diseases within the human body. Those who choose to study herbal medicine, essential oils, and use their intuition to let plants and trees talk to them are connecting with the ancient Lemurians. Naturally, God's life, which was already on Earth prior to our arrival, was slowly evolving without any Lemurian interference. Earth had established the Mineral Kingdom, Plant Kingdom and Animal Kingdom. The Animal Kingdom was the most primitive, but was the only one with a physical animated body. (Notice the trinity of the energy.) Lemuria was classified as a successful experiment. Approximately, in the third quarter of our time in Lemuria, many other Star Nations, especially Lyrans, were

interested in joining us, and we agreed. We knew it would mean that we would have to expand our living space so we started to explore the inner Earth. Eventually, we created inner cities in the Earth that are fully functioning today. Some star nations were not content to live in a natural setting and were thirsty for highly advanced communities that would mirror their home worlds. This is how the islands of Atlantis were born. Despite Atlantean communities being built on the main land; we would call these "island" communities, since the intention was to be separated from the natural way of life on Earth. In this story we are sharing with you, we arrive at the moment of the amazing Atlantean islands, thriving extraterrestrial communities with overwhelming requests for Rejuvenation Temples. Physical 3D creations do not happen with the power of manifesting through the mind as you see in many science fiction movies. To physically create, you need to utilize physical materials, which Earth had an abundance of. You have to use tools, which we had, and you have to use physical power. No matter how sophisticated the tools, you still need to use physical power to create, even if it is to just push the buttons. We did much more than pushed a few buttons. We are explaining this in a very simple way, so you can look at your life and realize that we were not much different then you are today. Our bodies, in Atlantis, were not good at performing physical tasks, and were constantly becoming increasingly ill from the atmosphere. Thus, we needed to come to the Rejuvenation Temple often, much more often than the Lemurians did. We thought that every 10 years was too often and yet it dramatically decreased to once every year. That was dramatic for us, since our life span was several thousands of years. Lyrans advocated using genetic engineering to alter our extraterrestrial body. They already had experience with it after launching successful genetic modifications and DNA merging projects in Centaurus. All the representatives of the main twelve original star nations on Earth saw it as a beneficial adjustment, and agreed unanimously to proceed with the modification. The original agreement was to use animal DNA since plant DNA was not working as efficiently as we needed to sustain the physical body we desired. We used various animal DNA, but we did not use primates DNA at this time. It was meant to be a controlled experiment and used only, ONLY, for our star races. Additionally, we would like to state once again that all the representatives of the main twelve original star nations on Earth unanimously agreed to proceed with the modifications so there is no need to point fingers at Pleiadians, Sirians, or Lyrans or any other singular star nation. We had all agreed to it. We all hold responsibility for what occurred later to the

physical human creations. In a way, our actions to genetically engineer bodies were based on the similar endeavor you are trying to achieve today, to be able to live on Mars. If you had the knowledge, you would genetically modify your body to be able to thrive for longer periods of time on Mars while staying connected to your families on Earth. We were not much different than you are today, just a little more advanced. We had the practical knowledge and technology to engineer a physical body that would survive and thrive in Earth's atmosphere. On the other hand, we had no experience doing this in the 3D realm. As we mentioned in our previous writings, Lyrans had started some genetic hybrid projects on Centaurus. These projects merged extraterrestrial DNA from different star nations into one, using our extraterrestrial bodies. Yet to merge any higher evolved soul to a 3D physical body required the Earth's living element, a part of God's original creation. Spiritual and Mathematical Codes How did we do it? We followed spiritual and mathematical codes, associated with how the Universe was created. Keep in mind that the Lemurian extraterrestrial civilization thrived spiritually; the Atlantean extraterrestrial civilization thrived technologically. They were in cohabitation with each other for a long time, so we combined and applied aspects of both together. Spiritually, the Earth is known as a place of duality, it thrives in the "give and take" pattern. Since we wanted to embody this avatar (body) that we created, we had to become one with it and "give". Surrogate God Crystal When we first started combining animal DNA (we will call this physical DNA) and our extraterrestrial DNA (we will call this spiritual DNA) we were not successful in keeping the soul in the genetically engineered body. The soul's energy was naturally gravitating toward the higher realms. It's the same as a boat's sail on the ocean; the soul sails in the divine energy with its compass set to return back home. Naturally, it does not want to be anchored in the physical body, and that posed a lot of problems for us. In other words, we had to lock it in like you would a bird in a cage that you want to keep, so that it will not fly away. Our genetic engineers came up with a spectacular idea to create a Surrogate God simulator to temporarily confuse the soul's energy into thinking it belongs with the animals on Earth. This would work since the soul's new engineered body now shares the animal DNA and instead of gravitating toward the real God's energy the soul would feel comfortable now with the Surrogate God. As you would build a server that controls numerous computers, we conditioned Earth's crystal to hold this combined DNA in order to control all the souls on Earth. We literally played God and created a God-like simulator, (a powerful soul magnet), so the soul would thrive in the physical body instead of wanting

to “fly away”. We willingly anchored, trapped, and imprisoned our soul essence in this realm. The Surrogate God crystal became our DNA’s central repository. As an unexpected bonus, we realized that when the body malfunctions (dies) and the soul leaves, the soul could easily return back into the Earth realm after leaving the body. We were thrilled upon this discovery. Our anchor truly worked. This opened such incredible opportunities for us to live on Earth for extended period of time while experiencing different bodies. The majority of star beings loved living on Earth. It was meant to be a paradise for our star brothers and sisters to visit. As time went on, we stopped worrying that we dramatically altered our own evolution. After all, it was only meant to be a temporary fix for us. Later on, with the same technology, the Annunaki sped up the natural primates evolution and created human slaves. (We will share more about this later.) Originally, we thought that the DNA alternation could be reversed by simply removing the anchor from the Surrogate God Crystal, like deleting a file in your computer. Unfortunately, it became more complicated than that. We jumped on this genetic modification project without any prior trials on Earth. Not fully aware how animal DNA would alter our consciousness, a majority of us fully participated without any questions. As time went on, numerous star beings started to experience unwanted side effects of the Earth’s low vibration energy. We learned about the ego. The ego, in other words, defines animal DNA. We began to experience feelings such as greed, pride, fear, hate, guilt, shame, etc. Some started to act based on these emotions. We called them ego possessed beings; throughout your history they have been called Sons of Belial and are on the Path of Dark. Those who managed to stay on a spiritual Path of Light are known in your history as the Children of the Law of One. It is important to remember that we all started with good intentions; it just got out of control. We merged the 5D energy of the soul with the 3D energy of the animal ego and we eventually became stuck on Earth. This is because Earth is physically 3D and the 3D energy is much denser than the 5D soul energy we operated from. In comparison, you have a rock and you have air. It is easier to see a rock and move the visible rock, then to see and move the invisible air. Many star beings became obsessed with their new highly functioning bodies. The technology was magnificent, and Earth resources plentiful. They paid less and less attention to their soul, and their spiritual energy. The body’s ego literally possessed them. You know the saying that you cannot help those that do not want to be helped. It is as true today as it was in Atlantis. Twelve star nations anchored a part of our soul essence in the core of the Earth, and utilized the Earth’s crystal to hold this energy. If

you would entertain the possibility that Earth is running like a computer program, then the metaphor will be that we have put our memory chip in the crystal, which is the main part of your mother board. Our energy is still there. Star Map As an artist leaves a signature in their painting, we left a star map within the physical body. The Earth was one of 12 planets in your solar system. You have 12 strands of DNA. There is one more strand, the 13th strand. We call this strand a God's line. Together it fuses all creations, and is, in a way, invisible. Your DNA code is $12+1$. The 13th is a true part of God's spark. We (extraterrestrials included) all have this despite how we look, who we are, or where we live in our Universe. Thus we are all God. There is much more to understand than just the 13 strands of DNA to become God. The information in this chart will make more sense after you read the whole chapter. Star Map Chart 3 color rays – red, blue and green Red – past, gives energy to the first 3 chakras and 6 meridians – Earth's energy Blue – present, gives energy to the 1 chakra (the center) and 2 meridians – nervous system energy Green – future, gives energy to the upper 3 chakras and 6 meridians – ancestral ET's energy $3+6+1+2+3+6=21$ $2+1=3$ 7 chakras: 4 physical DNA, 3 spiritual DNA, separate in 3 groups Chakras are orbiting around your heart. They are connected, some on the same orbit line (3&5; 2&6; 1&7). Each of these connections equals the number 8. ($3+5=8$, $2+6=8$, $1+7=8$) The spiritual meaning of the number eight points toward your infinity and the knowledge that you are God. 2 main DNA strands: physical DNA (ego) and spiritual DNA (soul), each of the 21 steps is dominated by one main DNA. 8 Fibonacci numbers: It takes 8 Fibonacci numbers to reach the 21st step and graduate from the incarnation process. Once again, the spiritual meaning of the Fibonacci numbers points to you becoming your own God. Chakras You may not comprehend this properly if you are not versed in energy healing, but we know that if your soul recognizes this ancient teaching it will arrange for synchronicity in your life to understand. The physical body has 7 main chakras because the Earth was the seventh planet from the outer ring. Chakras are your horizontal energy. Each chakra is like a separate planet and has rings around it. Each ring creates a layer of your aura, also known as your electromagnetic protective field. Your creation stories speak of the Seven Pleiadian Sisters. You look into the stars and can identify seven Pleiadian planets, (even though we have a few more). These seven are the most important. You also have seven days in a week. Seven Main Chakras Split into Three Groups Group number 1 is the base chakra, sacral chakra, and solar plexus. These three chakras are nourished by the red energy healing ray. They store the energy information of the past

as well as from past lives. They are deeply connected to Earth's physical energy (Mineral Kingdom, Plant Kingdom and Animal Kingdom). Group number 2 is the heart chakra, a seat for your soul. This center is connected to your higher self, and is nourished by a blue energy healing ray. The heart is the governor of your nervous system and is responsible for all activations. This is the most important center of your vessel, your present time, your awakened consciousness. This center has nothing to do with the past or the future, it is the now (present) center. You are fully in charge of YOU. Group number 3 is the throat chakra, the brow chakra and the crown chakra. These three chakras are governed by a green energy healing ray. They are connected to your higher self, your Star seed family, to the Universal Mind, and to the future. Your heart is your sun, your solar battery, the center of your universe. The same as Earth is orbiting around the Sun, these chakras are orbiting around your heart. They are connected, some on the same orbit line (3&5; 2&6; 1&7). Each of these connections equals to the number 8. Spiritual meaning of number eight is pointing to your infinity, and knowledge that you are God. $3+5=8$ $2+6=8$ $1+7=8$ Your individual chakras are further split into two energies. These two energies are two main DNA strands, the spiritual (soul) and the physical (ego). Now remember the part when we spoke about needing to create the Surrogate God's energy, to anchor our soul within the core of the Earth? We had to install codes into the physical energy. We paid attention to all details. First Chakra – Physical (ego) Mother/Father – Surrogate God particle – You wanted to come down to Earth, we gave you survival skills. Second Chakra – Spiritual (soul) You – the original energy of your blueprint, - child, youthful emotions, creativity. The original energy has no fear of anyone harming you. It has no survival skills such as getting food or finding shelter. The energy is pure, innocent and loving. Third Chakra – Physical (ego) Mother/Father – Surrogate God particle – When you mature in Earth years, you are able to take care of your own survival. You are able to build toward the survival of other generations, and keep the reincarnating cycle repeating. Fear ensures survival. Fourth Chakra – Spiritual (soul) You – the original energy of your blueprint - Love heals all wounds. Acceptance, love and forgiveness heal soul wounds. This is your original blueprint energy. Unconditional love is the highest energy. This is the soul's healing code that is imprinted within your soul. Fifth Chakra – Physical (ego) Mother/Father - Surrogate God particle – We gave you a voice to speak your needs. We gave you a voice to express yourself and the ability to create the reality that YOU would like to experience in the physical world. We left the true God's particle (not surrogate) within for you to be a

creator of your own reality. Sixth Chakra – Spiritual (soul) You – the original energy of your blueprint - This is the connection to your higher self. You can arrange for a walk-in experience of your own higher self. Your higher self is streaming down ideas, and inspiration so that you can free your soul. Seventh Chakra – Physical (ego) Mother/Father – Surrogate God particle – We kept the connection with you for all the time you spent on Earth. Trust is the key to open the door from the physical enslavement into the divine kingdom of God. Meridians Your meridians, as described in Chinese medicine, are your vertical energy lines. There are 12 meridians which energy flows one into another creating meridian wheel. Each meridian carries energy to and from at least one physical organ. They are part of your axial line (prana tube). Then there are additional two meridians, central and governing, that are not part of the twelve meridian wheel. Their energy pathway is little different because those two connect in one circuit. Both of these meridians give energy to the nervous system, all organs, and all seven chakras. They are your innate energy. They also control your pineal gland (vertical energy) and thymus (horizontal energy). Central and governing meridians fuse together in one circuit, creating the 13th meridian pathway that we call God's line. You have 12+1 meridians and each meridian carries information from one strand of DNA. Once again, your DNA code is 12+1. For now we will focus on 12 meridians, 6 are connected to the Earth's energy - physical DNA, (small intestines, kidney, triple warmer (your immunity system), liver, large intestines, spleen), and 6 are connected to Universal energy, (especially to your star nation) - spiritual DNA (heart, bladder, circulation, gallbladder, lung, stomach). This information will help you when you are giving an energy healing, Earth's meridians need Earth energy, Universal meridians need Universal energy. If you know your star nation, then utilizing energy from your star family would be the best for channeling the Universal energy. Meridians can be identified by color or numbers, same as chakras. We will give you the color code, a little different than you are used to for these organs. Notice that Earth DNA meridians overlap in each color code, but Universal DNA meridians are only one per color code. Red – triple warmer (immunity system), gallbladder, liver Orange – liver, lungs, large intestines Yellow – large intestines, stomach, spleen Green – spleen, heart, small intestines Blue – light and dark blue – small intestines, bladder, kidney Violet – kidney, circulation, triple warmer Healing in the combination of chakras, meridians and God's line, is the core aspect of the ancient Atlantean healing. It is much more complex than what we have shared. For now, we are sharing those parts which are relevant to

awakening your knowledge of who you are. We desire to share information that will trigger memories of your ancient DNA that will spontaneously activate your DNA, if this is your soul wish. You can also set intentions to be connected to the healing energy for your soul and your body. The Code of Numbers God's language could be spoken in numbers, as numbers are the universal language that has not been altered by the Annunaki (you will learn more in chapter 8). The Language of Light is partially composed of numbers which are expressions of sacred geometry. Sacred geometry is a pattern of consciousness. Golden Ratio is found in your own body. Furthermore, speaking in the mathematical terms, your soul-body existence in the reincarnation cycle has 21 steps. There are seven equal parts representing the past, seven equal parts representing the present, (basic seven chakras), and seven equal parts representing the future. Now, we would like you to imagine all these three parts of seven's like a staircase with 21 steps ($3 \times 7 = 21$). Currently, you are living in the present time, so you are supposed to be on a second set of seven, on the steps of - 8, 9, 10, 11, 12, 13, 14. Throughout this book we merely focus on this middle part, your present time, to assist you in the soul healing of your past from the point of the present time. You will learn how to integrate all these steps according to the Fibonacci Sequence. Spiritual Meaning of the Fibonacci Sequence Teaching from the Mystery Schools The Fibonacci sequence can be found in nature, plants, animals, hurricanes, the ratio of your body, etc. It is also found in the spiral of the galaxy and many other places. It is part of the 21 steps of your past, present, and future. This gives significant clues to soul healing and ending the reincarnation cycle. Note: If you are not familiar with the Fibonacci sequence of numbers, there are many resources online and in public libraries on the topic. We will work with sequence of numbers 1, 1, 2, 3, 5, 8, 13, 21. Look at the chart that has 21 steps. Each step represents vibration, wisdom, and teaching. It is equally separated in three sequences of seven because the number three is a catalyst. As we already mentioned, in this PRESENT life you are supposed to be on the steps of 8, 9, 10, 11, 12, 13, 14, (each step representing one of your seven main chakras). However, when we were anchoring the soul and the animal DNA into the Surrogate God crystal, we had to lower the vibration of the body two steps down. This was to stay in harmony with the animal DNA and so that our bodies would not reject it. Thus, since that day, your energy is constantly captured in the energy of the past. Thus, your life steps for your PRESENT life are 6, 7, 8, 9, 10, 11, 12. A different way to explain this is that your first and second chakras are trapped in the past energy, operating on a very, very

old program. Think about it, when you are born, you still have some memories of past lives (you remember the essence of who you truly are), however, you were a baby who was not able to express this to the world. Next, you go through your childhood, which is governed by your soul years so you still do remember something. But unfortunately, instead of helping you to remember who you truly are, you are shaped by your society into what they prefer you to be. By the age of seven, when you enter your ego years, you slowly grow into your third chakra of your grown up identity. The third chakra and your grown up self starts the second sequence of sevens with you truly believing that this is who you are supposed to be. You try to fit into your society, or you rebel. You are mostly lost in your own realm. Now, this part of forgetting of who you truly are, has been done intentionally by the Anunnaki. (We will explain more in detail later.) Working with the Fibonacci Sequence, Weaving your Destiny 1, 1, 2, 3, 5, 8, 13, 21 Number 1 – 4th Chakra – The spiritual meaning of the Fibonacci sequence of your star-seeded being, starts at the center of your own universe – your heart – the fourth chakra which is the seat of your soul. Your heart is the first organ created in the embryo. When you go through your life without any spiritual awakening, the Fibonacci spiritual sequence has no meaning to you. You will be living in a push-pull type energy force between the fourth and third chakra, between soul and ego. You could have a good life, according to your own requirement of what a good life is, whatever makes you happy. This is totally acceptable. The awakening of your fourth chakra and activation of your Fibonacci sequence often happens by shocking triggers in your life. For example: accidents, abuse, tremendous suffering, tragedy, etc. Unfortunately, happy events do not trigger this energy of transformation, except for a few exceptions. When you are content, happy, joyful, in love, and/or spiritually unconscious; making life altering changes is not on the top of your priority list. We are not the ones creating the misery in your life, your soul scheduled this awakening approximately 400 years ago. Surviving the spiritual arrival into the fourth chakra is a shock to the spirit (soul), and to the body (ego). It is as though one is in a life threatening accident and miraculously survives. Suddenly they are able to be seen in conscious energy. The soul is noticed, your central sun is shining brightly, perhaps for the first time in this lifetime. You will consciously experience feelings of positive energy, a kind you have never experienced before, and you will have spiritual highs. Arriving consciously into the heart is a life changing experience. Being conscious and present is the key. You realize then, you lived your life through rose colored glasses, trying to see everything better than it

really was. At this point, your life needs to be re-evaluated. See what is working or what is not working for you. Ask yourself this question, "Where will I go from here?" You will slowly start losing the "I" identity. You may feel sad, lost, and confused for a while. This is a good time to work with energy of forgiveness, to yourself and to others. Be gentle with yourself. One day you will wake up feeling the energy of your inner power, your true soul power. This is just a little tease, but it feels incredible because it is your soul power, not your altered ego. It is like your inner GPS has activated on your life mission. You just have to quiet your mind to feel it. Follow your passion, your joy that comes from the heart, and start creating from the heart.

Number 1 – 3rd Chakra – From the heart chakra, in a clockwise motion, the spiral will go down to your third chakra. This energy notes your physical creation. The third chakra is the ego. In your physical creation, the gallbladder is the second organ that is created in the embryo. The gallbladder and the liver are very much affected by the energy of the ego, they hold physical emotions like anger and fear. When you arrived into the heart, the ego sensed there would be trouble on the horizon. The ego's energy is to ensure your survival, and possible reproduction, and that's it. Your ego will create lots of "lows". It will bring up either a self-victimization energy or one that brings out the bully. This is to constantly remind you how stuck you are in your life, whether you are rich or poor, healthy or sick. The ego loves to cause suffering so it can pretend to be your hero and save you, every single time. When you start to work with your ego, you can view it as your pet that is scared, and needs attention. You can give it a name, funny costume, or talk in a silly voice while impersonating your ego to make you laugh. Work with the energy of acceptance; accept everything that has happened in your life. Notice when you feel like a victim or when you feel like a bully. Become conscious of your physical actions and behavior. Remember, that the third chakra is physical. Later on in this book, you will learn how to heal the victim and the bully energy.

Number 2 – (1+1=2) 4th and 3rd Chakra - This is your first energy connection, where two chakra energies actually interact. The fourth chakra (your soul), and the third chakra (your ego), enter a dance of duality, creating a conscious circle. It is a push-pull energy. You have spiritual highs and physical lows. This energy is your first trap door, as it challenges you. In mystery schools, challenges were part of the curriculum. In your current life, a majority of you do not have time to spend a few years of proper training in this mystery school. So, the mystery school is woven into your everyday life, with tests as well. When you open the first trap door, meeting with the first of the energy tests, you are flooded with energies

of shame and guilt. You are feeling it emotionally and physically. Even if you awaken to spirituality, you can still be stuck here for a lifetime. Healing this trap door can be done by working with acceptance and forgiveness. Energy Exercise: Put your left hand on your solar plexus, your right hand on your heart. Close your eyes and focus on your breathing. Stay like this for a minute or until your breathing slows down a little. Imagine walking inside your heart (your soul), walking down into your solar plexus (your ego). Meet your ego. You may imagine your ego any way you like, a pet, another part of yourself, anything that helps you to connect with it. Talk to your ego, have a good conversation with yourself, ask what upsets you, what scares you, and so on. Pick one issue at a time. Still keeping your left hand over your solar plexus and your right hand over your heart, discuss it with your ego. Ask if both of you can accept it. When you reach acceptance, bring this "issue" into the heart. Forgive yourself as well as everyone else involved in this "issue". Learn to become best friends with your heart and with your ego.

Number 3 – (2+1=3) 5th Chakra – In a clockwise motion, follow the Fibonacci spiral, coming up from the third chakra into the fifth chakra. Please do not focus on the visual ratio proportions, but rather follow the number sequence here: (4th chakra + 3rdchakra) + 5thchakra or 2+1=3 Number 3 is a catalyst; you will be working with two physical chakras, and one spiritual chakra. This activates your nervous system, which is the carrier of your DNA. Your spine is the third organ created in the embryo in order to fuse your whole physical creation together. You are entering the fear of expression of oneself. You will be working on healing your fears and reaching the first level of opportunity to reprogram your energy. Acceptance, forgiveness, and unconditional love are the trinity of energy that can create a powerful catalyst in your life. You can begin to explore new resonating frequencies in your life. For example: You may have a preprogrammed frequency that is keeping you in poverty. You will have the opportunity to change that frequency to a frequency of abundance. Expressing yourself in this new positive frequency, in regards to anything that happens to you (good or bad), will help you walk out of the trap door. New positive behavior will open the door to synchronicity in your life. You will notice more guidance, which has always been there even though you were not able to notice it as prominently before.

Number 5 – (3+2=5) 1st Chakra – In a clockwise motion you will travel down from the 5th chakra to arrive into the 1st chakra, into the energy of physical survival. You will be working with three physical chakras and two spiritual chakras. (5th chakra + 4th chakra + 3rd chakra) + (2nd chakra + 1st chakra) = 5, or 3+2=5 When you reach this energy level you have, most likely, been on

your spiritual journey for a while, maybe even for many years. You may be questioning your incarnations, wanting to go back home in the Universe. You will be challenged with other levels of fears, shame, and guilt. You shed and heal these energies in several layers, like peeling an onion. This energy puts you on the doorstep of the second trap door. Your soul wants you to pass this second trap door, while your ego fears for your physical survival, more than it ever has before. It would do anything to keep you here, even making you sick or manifesting all kinds of chaos to keep you stuck here. Your human ego enables you to be spiritual and to grow to some amazing degrees of awareness, however, its program is to keep you safe and alive. Walking beyond this point is unknown territory for the ego. Imagine your ego as your pet dog, whom is very scared, barking very loudly right now. Once again, you have to face your fears. At this time those fears are combined in one “fear monster” which the ego lovingly created to protect you. It is essential to understand your ego energy in order to forgive yourself. You are part of that ego, as that ego is part of you. Forgiveness, unconditional love, and divine light to illuminate your future path is the trinity for the catalyst you need. Conscious healing of your past lives is important at this level. You will begin to heal your S-PTSD while healing soul wounds that keep you a prisoner in the incarnation cycle. Walking through this passage is like walking through a dark tunnel. You cannot see the light on the other side for a good portion of this walk. It is not fun. Once you start seeing the light and feeling divine guidance of God, you can start reprogramming your survival mode to the higher consciousness whilst staying in the physical body. This is the point when you are consciously starting to connect with the 4D and 5D energy like your ancestors did. You will no longer tap accidentally into this energy, you will embody this energy instead. Love is the most important and key frequency that you will need to pass this level. When one has love for someone or something (more than with itself), one is capable of doing unbelievable things. One in love is in a flow of a miraculous frequency where everything is possible. The progression happens from fear, to love, to peace. The love frequency is the best way, do not be afraid to feel emotions with your human heart. Number 8 – $(5+3=8)$ – The 8th step from your first chakra is your energy point above your head. $(1\text{st chakra} + 2\text{nd chakra} + 3\text{rd chakra} + 4\text{th chakra} + 5\text{th chakra}) + (6\text{th chakra} + 7\text{th chakra} + 8\text{th point}) = 8$ or $5+3=8$ When you look at the chart, you are still in the window of the present time, where you should instead be in the future time. In our 21 step count, this is step 13. This is your third trap door. Number eight holds the energy of transition. This is an energy level where your soul transitions

from the physical body into Heaven, after you pass away. When you reach this energy while still in your physical body, you are consciously connected to the 4D energies. You may be astral traveling, connecting to other dimensions, or experimenting with parallel lives. You may get lost in these places, and it can manifest as a mental illness in your body. This is why we discourage you from using any hallucinogens, drugs, alcohol, or teaching plants to stimulate your mind. Learn how to work with this level of energy with a clear, and conscious mind. You do not want to propel yourself unprepared into this level of energy for any fraction of time. As exciting as it may sound to you, it is not worth it. This level of energy has all sorts of negative energy attached to it which only want to possess the body. They do have a great desire to be in one, so they will shamelessly attach to anyone who is willing to host them. Even these entities and energies have to follow the free will law, so they will impose as teachers, guides, angels, and descended family spirits. They want to trick you to invite them using your free will, so that they can enter your energy field. They will figure out your weakness. They will be whatever you subconsciously want them to be. They may temporarily help you, or share some amazing information with you. However, they eventually will devastatingly gain control of your life, living through you. You may want to learn how to test the energy. Ask questions three times, for example, "Are you coming from the love and light?" Receiving a "yes" answer three times in a row will show positive energy. Negative energy cannot lie three times in a row. This will help you to distinguish between positive and negative energies. This energy will also challenge your ego, which will always be a part of you while you are still in the physical body. At this point, sadly, many spiritual workers develop a spiritual ego and start seeing themselves better than others. They know more, they have seen it all, and they may have been told that they are the incarnation of some very important figure in your history. Do not get stuck here, it is simply a trap door! You may develop some amazing abilities, have a gift of healing, and be in service to humanity. However, there are still a few steps ahead of you in order to reach enlightenment while still in your body. If some of you do decide to stay in this level, we lovingly respect that. We know that you will have to face the fear of death to cross this rite of passage, most likely several times. You will be facing survival based fears, yet this may be the most exciting part of your life. The number eight is about infinity, building trust with the Universe, and with God. You will build trust with guidance, with your heart, with feeling unconditional love from God, and knowing that you are not alone. You will know that everything is going to be okay. You are just experiencing

earthquakes in your life (on various scales), however, if you are ready to let go and let God, you will truly step into the shoes of a humanitarian, a light worker, the true teacher that you are. To be able to move from this level you need to do your soul healing. What happened on Earth has to be healed on Earth through the physical human body. While you are working on your soul healing, all strands of DNA are naturally activating and your abilities may be extraordinary. Restoring your trust in God is a key component here. Number 13 – $(8+5=13)$ The 1st step – Continuing in a clockwise motion, count another 13 steps down and you will reach the first step, the Surrogate God crystal. While going to retrieve your soul from the crystal you will need to pass all lower levels of energy, as well as the Animal Kingdom, Plant Kingdom and Mineral Kingdom. At this point your intuition and your trust in God will be solid. You will be guided on your journey. Your body will go through purification, your soul will be fully healed, and you will have full knowledge of your past. Completion of your soul healing is a key component here. Number 21 – $(13+8=21)$ - The 21st step - This will be your last level of transition and also full embodiment of 5D energy. You will journey through your life, (past, present, and future) without any effects of your animal DNA (your ego). As you retrieve your anchor from the Surrogate God crystal, you will leave your ego behind. Even though you may be in the human body (you need to be in the physical body to completely master unplugging from the grid) you will no longer be interested in human life such as earning a living, having a house, going on vacations, eating food, etc. You will seek solitude in nature, as nature soothes your soul. If you find others like you, who are on the same path at the same level you may be drawn to spend the rest of your life living together as the ancient Lemurians did, in harmony with nature. If you reach this level, share this with humanity by creating from your soul. If you leave books behind written from your soul with unconditional love, or megalithic structures built from your soul with unconditional love, they will be here a long time, but they will not bind you to this realm anymore. However, creating will be challenging as you will have no need, but we encourage you to create. You will fully embrace “Being God”. You will be guided by the God energy on that which you should create to leave a starry trail behind you so that others can find their way back home. Stabilizing on the 21st step and preventing spontaneous downward spirals is the key component here. Having an unwavering trust in God, unconditional love for all creation (including yourself), and your consciousness, are the three corners on your last step. You can stay on this step as long as you wish to, while still in the physical body, until you are ready go back home, consciously, by

your own free will. If you wish to consciously step on lower steps, you can, but you will have to keep going back up to step 21 often to remember it fully. The Trinity Your master number is three. Three is a catalyst and creator. Three is the triangle. Your staircase (the past, present, and future), has 21 steps, each one in a triangular shape. Each step holds three important teachings. Imagine taking one step at a time. When you reach the last step, all steps below you will fold up together like a game of origami. You will simplify 21 into 3 ($2+1=3$), representing the three parts of your journey – the past, present, and future in one last step. The 12 strands of DNA simplify into 3 ($1+2=3$) your physical (ego), your spiritual (soul), and your God's DNA (that is YOU in present time). Thus, those three strands of your DNA are the most important. Your 7 main chakras separate into 3 main groups. Each group is represented by one healing color ray: red, blue, and green. 3 colors, and the combination of the past, present and the future are other combinations of the number three. In summary, two parts represent the give-take, and the push-pull energies. They represent the energy of duality using the two main DNA strands. It can be beautifully balanced, or harmonized, but it will never evolve on its own. It is like walking in a circle, repeating it over and over again. On the other hand, three parts that synchronize together are capable to serve as a catalyst and transform your life into new levels. Start with the circle, find two polarities like the twin flame. Learn from them, balance them and search for the third part to evolve further. In the sacred geometry language, you are a circle inside of a triangle. Those 21 steps are built in triangular shapes, not circles. To become like your ancient alien ancestors, you first need to heal your soul. This is why the Pleiadians have embarked on a great "soul rescue journey" to give you knowledge on how to do it. The soul is infinite, but it can get lost in dimensions. Many get lost. The Game of Life Imagine that life on Earth is like a simulation from a video game and you have your game set on 21 levels. You need to watch out for trap doors. The goal is to grab the crystal and get to Step 21. Then you can stay and repeat the whole cycle, or willingly go home. Step 22 is the beginning of a whole new game in which the setting is not Earth. Chapter 4 God is a Triangle "God is a triangle and so are you." You may look at the object that is a triangle and wonder, how could this be God? It is just a triangle. It has three corners, something that can be seen, can be defined in words, and is perfectly defined in a precise mathematical formula. It is not the shape itself that needs to be comprehended, but rather its meaning. This meaning also applies to you. If you have a spark of God, then you are God and therefore you are a triangle as well. Because a triangle is

composed of three parts, you will need to find these three parts within you to become God. The ancient Greek mathematician, Pythagoras, introduced his students to this formula in order to calculate the sides of a triangle. $a^2 + b^2 = c^2$ Numbers are a universal language. They are a part of the Language of Light that our ancient ancestors understood and spoke. The fall of the Tower of Babel marks a time where the universal language was intentionally confused, scrambled, and separated into many different languages so that humans could not freely communicate with one another. They could no longer share the knowledge they had. Languages you speak today are composed of letters or symbols, not numbers or geometric shapes. Therefore numbers and geometric shapes are a part of the original language that could not be scrambled. God designed this Universe with a mathematical precision, and no one has the power to override the code of God. If geometric shapes could speak their whole meaning audibly, you would have all the answers that you seek. As we mentioned earlier, Earth is a place of duality. Everything has a physical and a spiritual component. Even numbers do. The physical part of a number represents the logical precision. In this part, there is no room for mistakes. The spiritual part of a number represents knowledge, wisdom, guidance, progression, and room for growth as well as mistakes. Some of these mistakes turn out as the latest inventions for human kind. But, it is important to remember that everything is happening in a well defined and controlled space of numbers and shapes. There is no such a thing as a coincidence. Let's look at Pythagoras's formula and apply spiritual definition to it. a = to your EGO (fear) b = to your SOUL (unconditional love) c = to the conscious YOU (peace) Next, we need each subject to be in the power of two. In a spiritual meaning, the number two represents duality, union, or division. In a geometric shape, duality is represented in a circle. In this particular formula, we use two opposite parts that attract each other. When harmonized, these two parts will create a balanced union. Similar to the symbol of dark and light in a circle, where neutral energy the (perfect middle), is the outcome. The two parts: EGO = victim, bully SOUL = soul wounds (blockages), soul healing YOU = creative, destructive The ego splits between victim and bully. Your physical DNA is defined in your human ego, and operates from that level of energy. The ego, depending on your childhood, shapes you either into a victim or a bully. This usually happens between the ages of 7-14, as this is your first set of "ego influenced" years. Remember, the ego's main job is to secure your survival and possible reproduction. Based on your early childhood circumstances, your ego will install a main program that is supposed to

ensure your survival. There are only two programs to choose from – victim or bully. One of them becomes the main program, but you can easily fluctuate between both personalities depending on your current physical life challenges. On a side note, do not get your feathers ruffled by the words victim or bully, these are just words to describe physical energies. Your job is to fully understand their meaning and how you are suppressed by them. If you have already worked through these energies, then your ego is neutral and the sound of these words will not rattle your nerves. The soul splits between two parts. That which is blocked and needs healing, and that which has healed and knows how to heal. Since you anchored part of your soul in the crystal, you are trapped in repeating the reincarnation pattern. Each incarnation brings its own challenges and could leave significant emotional wounds on your soul. The only way to exit the incarnation cycle and disconnect from the crystal is to gain spiritual knowledge and heal all your soul wounds. Your soul healing has to be done from the physical body while you are living on Earth. As we have said before, what happened on Earth has to be healed on Earth. Once your soul is fully healed from all current and past lives, you will have a neutral soul energy. Your personal energy splits between creative and destructive energy. Your power is stored in your soul, not in your ego, because your ego would misuse it, even under good intentions. When you heal all parts of your being, you will become God-like and will fully unlock your extraterrestrial knowledge and abilities. If you look back into your ancient history, you have documented many stories of Gods (extraterrestrials), who were creative and destructive. You, as God, also have the power of creativity and destruction that can be used to create amazing things or to possibly destroy all of humanity. We do not have to go too far back to remind you of nuclear bombs. The question is, are you really ready to be YOU? Are you ready to hold the responsibility of knowing without taking advantage of your skills and knowledge? Can you stay humble? Can you hold the frequency of unconditional love? Can you be a father or a mother to all who need it? Can you become a true teacher to seekers? Can you bare the pain of humanity on your shoulders, yet understand that you can only help those who are genuinely ready for a major transformation? Could you accept that you are not the judge and shall not take the destiny of others into your own hands, unless they agree one hundred percent, within their soul, on the action taken? If your answer is yes to all these questions, then you shall achieve your goal. When you become a true teacher, a new human, and a God in your world, you will clearly see what is dysfunctional, and know how to help. It may be through technology,

inventions, healing, counseling, or just by holding the frequency of quiet peace and unconditional love, depending on what your calling is. Nevertheless, you will have to respect if someone chooses a path of suffering, for whatever reason. It is your free will choice to choose a path of suffering or one of happiness. When you reach the point of becoming God, you have chosen the path of happiness, and you are leaving a golden path behind you for others to follow, when they are ready. You can offer a helping hand, but let others walk the path for themselves. When you understand these words, we will apply them into the formula $a^2 + b^2 = c^2$ EGO (powered by the victim/bully energies) + SOUL (powered by soul wounds/soul healing energies) = YOU (powered by your creative/destructive power energies - fire) The ego and soul are programmed to stimulate your reality, but you are the variable, the catalyst to change your life. You are God! The Awareness Factor The triangle equation is the awareness factor. The process starts before you even start looking at the formula. This is because it started the moment you became aware of it. In the language of numbers, awareness is represented by the number three. The first number represents a new beginning or a single choice. The second represents duality, or two separate decisions. However, only the third number will give you awareness of the past, present and future. It gives you three separate choices, leaving you the potential to create. Awareness is a triangle. You start out in awareness to find your true self. There are three circles hidden inside of a triangle, each represents one part of duality (ego, soul, and you). When you are aware you are more likely to be neutral, to chose healing, and to kindle your creative fire. Working with this equation will assist you to re-program and re-pattern your life so that you can follow happiness. For now we will leave you with this theory. In the following chapters, you will learn on how to work with your ego in order to achieve a neutral energy. You will learn about your major soul wounds and how to heal them. We will guide you in finding your ancient soul power which is temporarily hidden within your higher self. Chapter 5 Physical DNA We, the Pleiadians, always marvel over the human creation. You think you are so complicated, and often make matters more complicated than need be. At times you think that no one understands, no one loves you, everyone deserted you, or you rise into your warrior-self and you are ready to take on the whole world, all by yourself, like a stubborn mule. You are never alone. We invite you to work in union with us and feel equal. We would like you to simplify all the information you have. This is one reason as to why this book is written in very simple terms that everyone can understand. Our intent is for you to

understand the emotions that keep you captive in your life. We are assisting you to free you from your human slavery by giving you knowledge instead of physically interfering in your reality. We may keep repeating the same thing over and over so that you might have an “aha” moment in which you will have all the necessary information needed to change your life. You are your own healer! You are your own guru! It is knowledge that will break your invisible chains. It is unconditional love that will help you heal. It is you who needs to become the active part of your healing, both physically and spiritually. The next two chapters will focus on the physical DNA. Firstly, you will receive a theory with examples, and then practical tools for your transformation. It may sound boring as this practical knowledge has always been on Earth. All true teachers, in ancient past (and present), utilize these tools although may just call them different names. It is important to understand that the ego is a side effect from the animal DNA - physical DNA- that has been used for the physical body creation. The ego’s energy is very different compared to the soul energy (spiritual energy) that came from benevolent extraterrestrials.

Basic Function The ego operates only on low dimensional energy as it does not know anything else. As mentioned earlier, the ego’s job is to ensure your survival and possible reproduction. Its energy has been there with you since conception. For the first nine months of your life in your mother’s womb, the ego exchanged files with the soul and observed your family dynamics. This is so that the ego will get an idea of how to shape your personality to keep you alive based on the two available programs it has. It will stay in the observation mode for the first seven years of your life since those years are influenced by your soul. For the first seven years your soul and your ego share your heart chakra, until the ego descends into your third chakra, making itself a comfortable nest there and emerges as your personality. This is the beginning of the Fibonacci sequence (1, 1). The ego only has two programs available to choose from, it is either a victim or a bully. Each of these have specific functions that you need to fully understand since knowledge is power. If you leave your judgment aside and dive in, you easily identify what your program is. The good news is that you could consciously change it, and consciously use your ego for your benefit. Your ego will stay with you for the rest of your physical life, because it is an equal part of you. Imagine that it functions as your sweet little pet that you love unconditionally. He/she will play according your rules and do anything to please you.

Conscious Actions Becoming conscious of your ego’s feelings and actions while being able to identify them without hurt emotions (now I am acting like a victim, now I am acting like a bully) is

the first conscious step. “You want to watch your ego like a hawk as the ego is a master trickster. The victim and bully programs can easily fluctuate back and forth, choosing to be one or the other to help you in particular life situations.” Understand that the ego has a tough job to do. It is a mama bear, wild and dangerous, protecting her cub by all means, but you can win her trust and tame her. You can tame your wild animal within, whether you call it a bear, wolf, chameleon, turtle, or anything else. Once you become fully aware of your ego, you have reached the Fibonacci sequence number 2 (remember that you can easily move back and forth in the Fibonacci sequence until you stabilize yourself). You could easily get stuck in the circle of up and down experiences (soul – ego). After the awakening, the ego will let you grow spiritually to some degree; however, it will still want to stay in control. If you still feel like you need to be in control, or have spiritual ups and downs, it is time to tame your ego, which means being conscious of your actions and learning to be in neutral energy.

The Ego Chooses a Program

The story below is just an example of how the ego will choose the right program for you. There are many stories, and you have your very own. Perhaps you can write down your own life story, on what happened to you, so you can reflect on it and heal. We hear you, we feel your pain, and we are sending you unconditional love. Two children from two different birth families, lived in different parts of the world, experienced the same kind of childhood for the first seven years of their life. The father was an alcoholic and constantly yelled at his wife. He hit her on occasion as well. He yelled at his children often, and always found something wrong with them. He gave physical punishments, or emotionally tortured them. The mother was sad, and showed a victim pattern. She felt that she could not leave her husband. She came up with reasons and excuses for him, with promises that he would get better. Each of these children (living in different birth families, in different countries) were secretly angry, but they could not express it well. They wished their father would change, wished their mother would find the courage to leave him. They both feel guilty because they thought it must have been something they did that caused their fathers to act like that. They blamed themselves. One child will start to hide more, become quieter, and will try to withdraw from the world. If he could, he would become invisible. When someone, like teacher at school notices this child he will start to feel uncomfortable, maybe blush or develop anxiety, or low self esteem, making him a prime target for bullies. Most of the time, he will hold all the anger, shame, guilt, and humiliation quietly inside of him, but these emotions will secretly torture this child every day. This child could be very smart, excel at

school, yet others will easily get ahead of him. He will start to believe that something is wrong with him, that he does not deserve to have a good life. nor be loved. His human ego had chosen the victim program. Eventually, he might whine often, blame everyone for his failures. He will self-sabotage his own happiness. Sadly, the life of suffering will bring certain levels of comfort to this child because suffering will work as self punishment. The other child will become more aggressive and will start to rebel. In the first seven years of life your soul still remembers fragments of your past lives. Some souls refuse to bow down to a bully and rather become bullies themselves. It is an animal survival instinct. In the mind of this child, no one will hurt him, physically or emotionally, because he will do something first, before anyone even tries. Many bullies are victims first; however the victim burden is too much for their nervous system to take. The anger "upgrades" the program to bully, making the body survive and function in society. This child is determined that no one will ever make him feel like his father is making him feel. He will slowly grow an invisible "thick shelled" barrier and will not let many emotions inside. His human ego has chosen the bully program, so this child will be louder. He will want to be the best in everything and will not care if he has to cheat to achieve his goal. He will act like he knows everything and will torture everyone around him. He will think he is happy, because he gets what he wants and will constantly be in control. Both boys grow up to be rather difficult individuals to deal with. One blames everyone else for his own problems, another one is always right; both of them make people around them miserable. It is important to remember that once upon a time they both were tiny little babies filled with divine unconditional love, who had no control on what program the ego would choose. Since then, they just learned to cope with it to survive.

Victim Program Physical energy: The victim could be described as an underdog, one who is often taken advantage of. He is a hard worker, giver, master survivalist, and chameleon, who can adjust to fit its surroundings and be invisible if need be. The victim always needs to hype up his physical energy and needs a lot of inspiration, to achieve something. This is very physically and emotionally exhausting on a daily basis. The victim is an industrious individual who can convince, himself, to achieve something and just when it is happening, everything falls apart. He has to start over. Often you will hear him say, "I try so hard and when I finally reach what I want, something bad happens and I have to start all over again." Or, "I am afraid to feel happy because something bad is going happen." or, "Everyone thrives around me, except me. I am like a good luck charm to everyone minus myself, I am so tired of this."

Some people see victims as lazy, but in reality victims are just paralyzed by the fear of failure, and are tired of trying. Emotional energy: Victims operate primarily from the right side of the brain, creative, feminine energy. The victim is an amazing dreamer who hardly achieves his dreams for the fear of possible humiliation. He battles with fears of failure and fears of success. He procrastinates, makes excuses often, self sabotages himself, and is stuck in a poverty state of mind (even if he is rich). The victim secretly dreams that someone will save him. He is not able to see his dreams come true because he subconsciously he believes he is not worthy of being abundant, or being loved, or being successful and happy. He has poor self discipline, drowning in ongoing feelings of fear, guilt, shame, humiliation, and despair. He has low self-confidence, and low self-esteem. Victims turn into an unconscious psychic vampire when constantly complaining. Victims usually lack self-love, and will doubt themselves all the time. He is consumed by quiet hate, anger and jealousy, even though the majority of victims will argue to the end that this is not true. Each victim suffers S-PTSD. There are many famous and successful people who are secretly consumed by the victim program. For example, fear of failure, fear of judgment, stage fright, fear that someone will find out who they truly are behind their closed doors, and that they are not as perfect as the world may think they are. They experience real fear of humiliation. Sadly, sometimes people commit suicide to escape their victim ego. Suicide is not a permanent solution, but rather another soul wound that will need healing in the next lifetime. All this is non-sense; you can be who you want to be. If who you are comes from your heart, you would not need to impress anyone, you would not need to be perfect. Unfortunately, way too many people find a temporary peaceful state of mind in drugs, prescription medicine, and alcohol, which helps them forget for a little while. Who leads you to these substances? Your ego does, so it can easily control you. Do we have your full attention? Eva's note: To understand the next step, I want to share with you that the Pleiadians been working with me for about a year prior to writing this chapter, giving me notes and exercises to consciously grasp the victim/bully program. They also guided me toward the right sources for knowledge. My friend and true teacher Ann taught me about the recognition of these programs and healing of life patterns. I was guided to read the book *The Eye of the I, From Which Nothing is Hidden*, by David R. Hawkins, as well as to study the *Map of Consciousness* that David Hawkins shared in his book. I practice this on my clients, and on myself, with great success. Now the Pleiadians and I can share this with you. *The Pattern of a Victim – New*

Job This is just an example as there are many other scenarios. These steps will help you see how the program of the victim operates and how it can be changed. 1. You are stuck at a job you do not like. You need to make more money and would like to work in a better work environment where you will feel appreciated and supported. 2. One day, after a total melt down, you finally get angry at yourself, at your current job and you find the courage to say to yourself that you will apply for a new job. You feel joy! You are overexcited! You start making plans, dreaming of your new job, how awesome it will be. You are so encouraged and flooded with positive thoughts. If you have an imaginative mind, you totally picture what is happening as if it were a fairy tale coming true. 3. At your current job, you become more miserable than ever. You have the perfect fairy tale in your head about your new job, but this job is holding you back before you can even apply for the new position. You will awaken an energy or a sense of pride about how you are too good for your current work place, becoming boastful (even if it's just in your mind) of how your work performance is perfect. You may even become arrogant toward your boss. 4. You start making very reasonable excuses as to why you cannot really apply for this new job. They need you at your current job because you are doing something no one else can do. Your commute will be longer, you will have to wear a work uniform, the uniform may be uncomfortable, etc. 5. Someone at your current work will make you feel good about yourself, and you start to think, "Is it really worth it? Shouldn't I just stay?" Your ego happily supplies "yes" for you. You let go of your dreams and settle for what you have. You feel calm and peaceful for a while, after all this is where you belong. At this point you can blame someone else and supply a few good victim comments such as, "Because my parents were poor, they could not give me a better education," or "Because my husband is not supportive," etc. 6. You remain in the calm stage, will try to do your work the best you can, assist others, do extra work without pay. Then it all emotionally piles up again and you become angry. The whole pattern then repeats itself. Now look at a few key words from the pattern above and notice how one progresses to the other. Do not just read these words, feel them in your whole body, especially in your heart and your lower abdomen. Anger – courage – joy - overexcited - dreaming – pride – boastful – arrogant – excuses – let go of your dreams and settle for what you have – repeats. Now compare the energy of the words with those below. What feels better to you? Anger – courage – emotionally neutral – willing – safe - unconditional love – grateful - research – gain knowledge – address all the fears – it is worth it and so are you – positive - apply for a job –

feeling neutral – trust - received new job – changed your victim pattern.

The Healing Pattern of a Victim – New Job

1. You are stuck at a job you do not like. You need to make more money and would like to work in a better work environment where you would feel appreciated and supported.
2. One day, after a total melt down, you finally get angry at yourself, at your current job and you find the courage to apply for a new job. You will stay emotionally neutral about this because you know that when you get overexcited, you tend to burn all your creative energy and then get tired. You are willing to put all your effort into this. You start making plans, and make a list of what you would like your new job to be. You are flooded with positive thoughts, you discourage yourself from thinking about your past failures, or how amazing this job will be. You know what you want and you know it is going to be great.
3. At your current job you become more miserable than ever. You clearly see that this is not working for you anymore and need to keep reminding yourself that it is safe to change your work. Your human ego is very scared. Every day you send unconditional love to everyone and anything at this job. You are grateful for the opportunity you had. You know that this work is a just a bridge to something better and will end soon. There is someone else who is waiting for this job and will love this job as much as you will love your new one.
4. You are well aware of your fear of failure, your fear of success and you will not let any low vibration feelings, that are based on the past, bring you down. You stay neutral, doing your research about the new job. If you need to enroll into school to gain knowledge you need for the job, you will plan for it accordingly and you will do it. You will acknowledge all the “excuses” on why you should not get that new job and address all the fears behind them. This part can take a few days or even a few years, but if a new job is what you want, it is all worth it and so are you!
5. You are learning to stay positive because you have changed the way you relate to negative comments of your current coworkers. It does not upset you anymore. You know that you are moving forward from this work and from the old pattern of the victim. You are ready to apply for a new job. You know you are qualified, you feel a healthy self-esteem about your energy and the work you have put toward making this decision. You will still stay feeling neutral. It does not matter if this company hires you or not, because if not them, the universe could have another company in mind for you. The Universe may just be testing testing you, (this is normal), to see if you really graduated from the victim pattern. Trust!
6. You are hired for the new job! Now it is time to celebrate. Be joyful, complete, ecstatic! Acknowledge all you have done for this transformation! You have changed your victim pattern. After all

this joy you will feel, watch that you stay in a neutral energy instead of falling into the energy of pride, and the program of a bully who “knows it all”. Feel secure and good about yourself. Perform your work with honesty and integrity that benefits everyone. Refrain from comparing yourself to others and strive to live from your heart. In conclusion, the victim program becomes terribly overwhelmed by change, causing anxiety, depression, and panic attacks. Fear of failure and fears of success make this program effective. Your ego will let you use affirmations and meditations. It will give you courage and allow you to get excited and happy about changes you would like to do in your life. It will assist you in being a “forever dreamer” but in reality it will lead you into over drive of your emotions, (like an engine overheating). After you exhaust your emotional energy, you will have an emotional crash into the low feelings of guilt, hopelessness, humiliation, and shame. Then, as your best friend, it will give you a helping hand to pick you up again. A way out of the victim program is to neutralize your emotions, regarding the past and the future. Then you can face your fears, and activate your willingness to become a doer instead of dreamer. Learn to love yourself. Define what safety and feeling safe means to you. Trust yourself and work consciously on transforming your inner anger into creative fire energy.

Bully Program Physical energy: The bully can be described as an overachiever, often with good self discipline. He is high in energy and his success is an inspiration to others. But this energy is tricky, and self serving, because it feeds his already inflamed ego with pride. He is a good speaker and can twist your own words against you, convincing you that he is right. Monetary wealth is extremely important, because it makes the bully feel safe. He can earn a lot of money, and lose a lot of money, having financial highs and lows throughout his life. Persons in the bully program feel entitled to a good life, for various reasons. Maybe he worked hard for it, maybe he had good luck, inherited a fortune, or was born into a “fortunate” family (one born in a “fortunate family” does not automatically receive the bully program, many become victims). The bully could also be poor and struggle with finances, however, he will convince you that he will own a mansion next week. He always has a plan, and is success driven. He may be a team player, but his well being is his number one agenda. It is “My way or the highway”! He yells or speaks loudly to get his point across, intimidates others, and controls everything! Bullies plan and execute that plan, whether it is a successful business deal or accusing his girlfriend of cheating. If he is convinced about it, the bully is always “right”

Emotional energy: The bully operates primarily from the left side of the brain, logic and masculine energy. The

bully is a psychic vampire. Sadly, many bullies are consciously aware of this ability and use it for their benefit. The bully has obsessive behaviors and needs to be in control at all times. In some cases the bully has no shame or need to follow ethical rules. In early childhood, the bully activated a strong self-protection mechanism. He grew an invisible shell, like a turtle. This shell serves to hide his low self esteem, fear, worries and creates emotional safety, a comfortable place where one can hide his true feelings. No one will ever see them, or reach them, and use them against him. He intimidates others, and if someone gets too close to see his weaknesses, he redirects the attention to somewhere other than himself. You can say that the bully lives his life in denial and has trust issues. He is very afraid of being a victim, poor, or dependent on others. He has a difficult time to ask for help from his heart. It is easier for him to boss people around to do his bidding. He is obsessed about his social status and what people think of him. The bully is afraid of deep emotions, opening himself up to anyone, or giving unconditional love. This is because the little kid within him does not want to ever hurt again. His definition of self love is, "Me, myself and I." in a very unhealthy way. He prefers controlling/needy relationships where he can be in control so he will not get emotionally hurt. The bully is often angry, stubborn, short-fused, and not afraid to speak his mind. He blames everyone quickly, has secret regrets, and has a lot of cravings. Nothing is ever enough. The bully as well, suffers from S-PTSD and is not willing to compromise. The bully battles secretly with the fear of failure.

The Pattern of a Bully - Owning a business

This is just an example as there are many other scenarios. These steps will help you see how the program of the bully operates and how it can be changed.

1. You are a skilled, hard working carpenter and you feel that your current boss does not appreciate all you know or all you do. You are irritated by listening to his non-sense. He makes you angry and you refuse to agree with his point of view. You want to start your own business.
2. You quit your job, and you accept responsibility to create your business.
3. Family members are trying to help you, with ideas on where to advertise, possible clients, and how to set up your business. You appreciate their help, but in your mind, they know nothing about carpentry or how this should be done, so you decline their help. You are more stressed; yelling and making everyone feel uncomfortable around you.
4. You go into your turtle shell and brainstorm everything alone, because you know everything regarding this new business idea. You trust only yourself. You are leaving your family and friends out. You work extra hours, getting little sleep. You are tired and frustrated, but driven by pride that you can

do this. Family members are just quiet around you. They stopped asking you questions or offering to help. They get out of your way so you can do what you were “born” to do. 5. You launch your new business. You get your first three projects booked. You will work more than twelve hours a day, you will not hire anyone to help you. You are watching your budget, but more afraid that the help will not do a good job. You have no time or energy left for your family. You are feeling they do not understand how hard you work, how you do everything for them. You may be feeling unappreciated, but you got what you wanted. 6. You stay in the calm stage, will try to do your best, but, eventually your exhaustion and unhappiness will catch up with you again. You will feel unappreciated, irritated, and angry. You will repeat the pattern all over again with different ideas, or different angles on your business. Now look at a few key words from the pattern above and notice how one progresses to the other. Do not just read these words, feel them in your whole body, especially in your heart and your lower abdomen. Boss does not appreciate you – angry - you want – accept responsibility – family trying to help you – they know nothing – stressed – uncomfortable - alone - trust only yourself – tired – driven by pride – new business – no time or energy – feeling unappreciated – got what you wanted – repeat. Now compare the energy of the words with those below. What feels better to you? Boss does not appreciate you – angry – you want – neutralize – observe – figure out – planning – knowledge – accept responsibility – neutral energy instead of judgment – appreciation –gratitude - learning to guide others instead of bossing them – trust – new ideas – rejuvenates – willing – synchronicity – you are guided- service to humanity – honest – trustworthy – fair – people love you – your business if thriving- changed your bully pattern. The Healing Pattern of Bully – Owing a business 1. You are a skilled, hard working carpenter and you feel that your current boss does not appreciate all you know or all you do. You are irritated by listening to his non-sense. He makes you angry and you refuse to agree with his point of view. You want to start your own business. 2. You neutralize all your emotions regarding work. You will observe your anger to figure out what it is that you secretly fear, what you feel that you cannot control. Then you start planning before you give a notice of leave at your job. You are set firm about your own future business. If you need to gain any knowledge regarding the operation of your new business, you will learn or seek the assistance of someone skilled in the profession. You accept responsibility of creating your own business. You talk to your family about how this may change family life, about your calling to have your own business, but also your desire to spend quality

time with them. 3. Since family members are trying to help you, you will hold yourself in a neutral energy instead of judgment. You accept their assistance and give them each responsibilities to help according to what you think they can do. You express your appreciation and gratitude for everyone helping you. You hold your need to tell everyone how to do things. You are learning to guide others instead of bossing them and micro managing them. You are learning to trust. You are open to new ideas, friends, and connections. Even though you work long hours and you are tired, you make family time priority. This rejuvenates you. 4. Instead of going into your metaphorical turtle shell, you are willing to listen to other people's ideas and implement them with yours. You notice synchronicities and acknowledge them. You realize that you are guided on your path to start a new business and you trust to follow this path. You give your notice at work because you know you can do this. After all, you want to help people to live in nice houses (to be in service to humanity) and you know how hard it is to find honest, trustworthy, and fair contractors. You have all these qualities. 5. You launch your new business. You get your first three projects booked and you need help. You hire temporary help, someone that your friend recommended. Your new helper has the same work ethics as you do. You acknowledge it and express your gratitude. You are no longer doing the work the way you think is best without consideration for what your consumers asked for. You gently guide them toward making the right choice regarding their projects. 6. You stay in the calm stage. People love you. They recommend you to their friends. Your business is thriving, your family is happy, and you feel happy. You are ready to hire more people, extending your business. You changed your bully pattern. You know how to be successful, now it is time to do it right. Embrace your wholeness, and become a conscious, living frequency holder of any higher vibration energy you feel strongly connected to. Make your workplace or home a temple of light and watch that you stay humble. Treat people the way that you wish to be treated, and you will be living your life mission to make this world a better place. In conclusion, the bully program thrives on feelings of pride, and unhealthy self-love. However, these energies also activate your destructive power. You spend long periods of time being upset, working super hard to keep the materialistic lifestyle that you define as part of your happiness. When you become sick or poor there is no one to give you a helping hand because you have been pushing people away throughout your whole life. You are stubborn and not willing to compromise. This is often manifested as an illness, divorce, or a tragic event which could serve as an awakening trigger. The Way

out of the bully program is to neutralize your emotions regarding the past and the future. Then you start facing your hidden fears, take off your protective shell and start learning to trust people and energy. Learn to love yourself for who you are. Define what safety and feeling safe means to you, and work consciously on transforming your inner anger into creative fire energy. Chapter 6 Tools For The Ego's Transformation First of all, keep in mind that your ego is your best friend, your loving pet, your helper. You are teaching your ego new tricks as well as teaching it to feel safe. Feeling safe is the most important type of energy that both the victim and the bully programs need in order to master how to overcome different fears. This is the main reason as to why we (the Pleadians) acknowledge the ego before much else. We will spend quite some time going over it before we go into the story of your soul wounds. Even though we are well aware that you would prefer the story of your soul first, this topic must be covered before we can proceed. The transformation of your ego does not involve banishing your ego forever, much less getting rid of it completely. Rather it involves learning to work with your ego. You will have to willingly accept it as your helper. It is an equal one third of you. $Ego + Soul = You$ The ego is afraid of letting you rise into your throat chakra, which is Fibonacci sequence number 3. This is because it believes it will die if it lets this happen as it truly believes that your body will die with it. The ego is aware that you will start relating to situations very differently, becoming reasonably positive. You will overcome your fears, although according to the ego's program, you can easily die by doing this (however this is untrue). For the ego, fear is a good thing due to the fact that fear kept human kind alive for thousands of years. The transformation process is a relatively safe, proven program. Can you see the ego's struggle? It is a tiny little ant projecting a big shadow on the wall, afraid that you might figure out its trickery. Understand that your ego is trying to trick you out of this transformation. The ego governs your first three chakras. The Base and Solar Plexus chakras are dominant in the physical (ego) energy. The Sacral chakra is dominant in the spiritual (soul) energy, but ego's energy is controlling it. The first chakra (need for your survival) and third chakra (your mature self) are squashing your second chakra, which blocks your creativity. If it is not blocked then it will be greatly controlled since the ego's energy is trying to protect your survival. So take a deep breath and assure your ego that you are not going to die, that you are both safe. Let it know that you are not shutting it out. You are going to learn to work with your ego on equal terms. You need your human ego to perform human tasks, for example writing a book, cooking, or gardening. You

want ego to allow your soul to consciously guide you, allowing your creative energy to be activated. See, you can make your “three wheeled car” (your soul, ego and you) move forward. Building a Safe Nest for Your Ego - Tool Survival is the first chakra’s work. Find a place that you enjoy and feel safe in. It may be in your backyard, a specific room in your house, a closet, or any other physical place that you may like. Do not imagine a place; it must be a physical place. From now on, this place will become your safe nest, even if it is only for a minute or two a day. Once again, you need to find a physical place because you will be working with your first chakra that is powered by physical (ego) energy. You need to send a message to your physical body that you are safe. Calm your mind. With your eyes open, you will physically keep yourself in the present. Think, “I am safe.” Take several deep, slow, breaths and consciously think, “I am safe. I can take care of myself. I can protect myself.” Etc. You can chant out loud the phrase, “I am safe.” in the musical notes “E”-“C”-“D”, I (E) – am (C) – safe (D). Do not let your ego or your thoughts talk to you now. During this exercise, you are completely safe, you have no problems. No issues, no bills to pay, nothing else to do. During this moment you are completely safe. Feel it, feel it, and feel it in your present body. Do not just think it, feel it. How does it feel to be safe, to have no issues, and no problems? This statement is one hundred percent accurate at the moment, for the few seconds or minutes you sit there. Breathe this feeling into your body, into your first chakra and teach your body how it feels to be completely safe. At first, you may be able to do this exercise only for a few seconds. Over time you will be able to work up to a few minutes. It is a challenge, but it is rewarding and healing to teach your body how to feel safe without a need to be in control. Repeat this exercise a few times a week until it is easy to hold the frequency of “I am safe” within your body. When it becomes second nature, a new program has been set. While you get accustomed to feeling safe, look at your life. What makes you feel safe and what does not. Do you need to disconnect from things, people, or behaviors that threaten your life? Do you need to create a new safe environment? Ask your ego and soul to assist you in this life transformation. Take it day by day. Completely trust yourself and the divine. You are always guided and loved. Learning to feel safe will allow your nervous system to relax and be more in a neutral energy. Neutral Energy The second chakra’s job revolves around emotional energy. It reflects in your fourth and sixth chakra as they all are spiritual (soul) energy chakras. Neutral energy is the first higher vibration energy you should consciously reach. Often, people with the victim or the bully

program miss this step when reaching a higher energy. Because they have missed this neutral step, they will eventually fall from higher energies such as willingness, acceptance, love, joy, and peace when something life goes wrong. Neutral energy is a level of safety where one does not need to worry about momentary emotions, or events from the past, or what will happen in the future. Neutral energy is a moment in the present time. It is a powerful stabilizer in the ocean of terrorizing emotions. Staying neutral is like walking through a mine field that you created. You know the correct path and you know you are safe. You must fully trust your inner GPS. Bombs are exploding left and right, but you know you will be fine if you follow the set path. You are not scared, you are not excited, you are just walking from point A to point B. Whenever you find yourself in an emotionally difficult life situation, stabilize yourself in a neutral energy and you will know what your next step is without your ego influencing you. Staying Neutral - Tool If you cannot quiet your mind and stay neutral, you can try this mental exercise. Focus on one object, for example a pen. Stare at the pen for at least one minute; focus all your thoughts only on this pen, and not on other things, for example, like what happened this morning or what you are doing tonight. It is only a pen; you are looking at it, and nothing else. After you are done, consciously acknowledge that you were able to hold your focus and thought nothing, other than the pen. Very soon, you will be able to repeat this in longer sequences, without a tangible object, just with your mind. You can go outside and hold your thoughts on a tree, repeating the same exercise or gaze at the ocean. You can also try this with chanting an "Om" sound, focusing only on the sound with a little quiet time between breaths. Eventually you should be able to do this for about 10 minutes a day, with great focus. Soon you will be able to realize that you are capable of quieting your mind easily. Quick Release from Fear and Anxiety - Tool Your third chakra's job is to guide you through life, providing you with the confidence you need. When you have a hard time making a decision, or experience fear or anxiety, put your left hand on the back of your head and hold it there. Position your right hand pointer finger and thumb above the center of each eyebrow and massage gently. Imagine your energy connecting from the back of your head to your frontal lobe. Think about the specific fear/or anxiety you just experienced; think about it as vividly as you can while gently massaging the points at the top of your eyebrows. This will bring blood to your frontal lobe brain. Once your brain has oxygen, you will start feeling calmer. It will also bring a sense of clarity over your situation. Quick Release from Feelings of Shame, Guilt, and Humiliation - Tool When you

experience torturous feelings such as shame, guilt, or humiliation, gently press the tip of your nose and hold it for about two minutes or until the feelings goes away. The tip of your nose is a connection point between the central and governing meridians which control the nervous system in your physical body. The central and governing meridians feed into each other, in a circular motion. The central meridian is more sensitive to your emotional energy (becomes super sensitive when you awaken). The governing meridian is more sensitive to your physical energy. The tip of your nose is a doorway into these two meridian pathways that govern the nervous system. As you already know, emotions greatly affect the nervous system. The nervous system sends appropriate signals to the organs, eventually manifesting blockages, illnesses, etc. While you are gently pressing the tip of your nose, you are separating the energy line so that these two meridians cannot clearly communicate with each other. They will stop circulating feelings, for example if you are feeling ashamed at the moment. Think about it, when you feel ashamed, you feel it in your whole body. This is because your nervous system is spreading this information through your body using these two meridians pathways. Anger “Anger is like fire. It just needs to be understood.” Losing control of something that is important to you may elicit feelings such as anger, frustration, and anxiety. Needing to control something or everything is a form of hidden fear. As you already know, fear is one of the original programs in the human body which ensures survival. Therefore, control rises from fear. It works in a simple way. Instead of fearing something you learn to control it. For example, when you are threatened because you are losing your job, social position, status, house, health, or someone you love, you become angry. Your human ego convinces you that you are right to want to be in control, to get what you want. In a way your anger is justified. For the ego, it is easier to keep you angry rather than to accept the fear of failure, which leads into deep feelings of shame and guilt, which can lead to possible suicide. This is a state the ego likes to keep you in because you are easily controllable. Your ego will do anything to protect you so that you do not die prematurely, until your assigned journey in this lifetime is completed. The Anatomy of Anger When your anger escalates beyond your control, your body is designed to protect your survival. It will release adrenaline, creating an energy rush in your body. This is called your “fight or flight” response. It can be good or bad for you, because you are not thinking with your logical brain at the moment. Your spiritual brain is in total darkness and you are acting based simply on your survival program, hyped up on adrenaline. Anger may possibly save your life in life

threatening situations, however it will do nothing for your spiritual growth. In the physical body, anger dominates in your first three chakras. Anger energy thrives on negative emotions such as lust, greed, jealousy, desire, pride, shame, guilt, insecurity, and low self esteem. Chakras affected by anger: First chakra – survival – physical (ego) energy
Second chakra – childhood emotions, creativity, sexuality – spiritual (soul) energy
Third chakra – self-awareness, grown up self – physical (ego) energy
Two of these chakras use physical (ego) energy, while one uses spiritual (soul) energy. The second chakra is your creativity. Under stress, your body creates adrenaline to give you a physical tool to physically dodge what may look like a threat to your body (either threatening your survival or your grown up self). It does not discriminate between someone threatening you emotionally or physically. Your body is extremely intelligent and yet extremely dumb at the same time. It does not recognize any difference. It responds to your original, emotional thoughts (2nd, 4th, 6th chakras) and acts accordingly to protect you. Your natural creativity, a creative fire, that resides in your second chakra, may be squashed by these physical (ego) chakras, yet you need all three of them to work together to create the catalyst for transformation. Perhaps this transformation could be compared to the old legend of the Phoenix from ancient Egypt. You need to create a safe, ingenious, and abundant nest for your physical being and then metaphorically set it on fire, detaching emotionally from your materialistic possessions, to give birth to your creative self. Imagine if you could consciously control this incredible amount of energy. We will call it your fire energy. The fire could be your worst enemy since it has the power to create extensive damage, activating your destructive power, or it could be your best friend, and activate your creative power. It can be gentle, warm, and useful. It can be your baby firebird. Taming the Fire - Tool
The activation stellar cycle of 2012 opened you spiritually to the work relating to and with conscious energy. Conscious work is used in place of hypnosis and is the most profound energy work of your time. When you feel angry try, to consciously acknowledge the situation, “I am angry because I cannot control this or that (name your specific situation here).” This is a key point in your healing process. Next, you have to become an active doer, which means that you will not only process this mentally by shifting your perspective, but also physically through your body by doing something. Sometimes, it is hard to calm down and go about your day. Your body may be high in adrenaline and you may need to physically release it so that you feel better and can process it mentally. Consciously acknowledge that you cannot control everything. Pick one or all of the

physical tools we suggest below. If you feel like you are going to explode with overwhelming anger which can make you say or do something that you will later regret, do something physical like: - Clean the house. - Cut the grass. - Go for a run. - Go to a gym. - Take a walk. - Lock yourself in the bedroom (no need for an audience), and hit the pillow as much as you need to. - Go to a place where no one can hear you and swear as much as you like. - If you live in a deserted place, scream at the top of your lungs and let it all out. Whatever you choose, turn your anger into a physical task instead of unleashing your anger and frustration out on anyone. Exhaust yourself until you feel anger subside. Surrender. Surrendering does not mean giving up, it is a path to your own power without a fight. Finding the Root of Your Anger, Tool The next time you start feeling anxious or angry (prior to you getting livid), take a mental step back and look at the particular situation without any judgment or emotional involvement (I want this outcome to be my desired way) and start asking yourself questions like: - "Why am I angry?" - "What it is that I cannot control right now?" - "What is it that I am afraid of?" Create a journal, write down your responses. Do not over think things; just write the first thing that comes to your mind. There is nothing silly about this. This inner conversation with yourself about why you are angry is only to help you understand the root of this problem. When you consciously understand, you can shift your perspective on the situation. You can change the way you think about it, or how you perceive it. When you are ready accept it all. After you accept the issue, forgive yourself. Whatever it is that you are angry about, first forgive yourself, then forgive the person or people you are angry at. Forgive yourself for failing in some aspects. Do it in your heart, have a good cry over it. If you struggle with the question, "Can I forgive? Can I let it go?" Then ask yourself this, "How long I will torture myself over it?" "How long I will hold this anger inside of me?" It is easier to forgive yourself and others, then to be stuck here for another century while holding the grudge. Fairness Once you settle down a little bit, after an episode of being upset or anxious, go back to your journal. Again, write why you were upset. Now ask these different questions: - How can I handle this situation differently? - How can I shift my perspective about this? - How did the other person feel at the moment (the one who triggered you)? What is going on in that person's life right now that I may or may not understand now? AND - Do I have to have the last word/action? - What is fair? "What is fair?" is the most important question of all. Fairness is a neutral point and should become your internal GPS when you are upset, need to make a decision, or solve a difficult situation. fairness = neutral energy Example:

You're at your favorite store, and you find a pair of shoes that are on sale for 50% off. It is such a good deal so you put a pair in your cart. You take a picture of the price tag on the shelf. At the register they scan for full price. You politely ask the cashier to check the price and she scans it again, giving you an uncomfortable look as she tells you that there is no sale. This is a trigger to a victim, as victims will hold the embarrassment that will fire up the anger inside. They will purchase the shoes for the full price and feel horrible inside. This is also a trigger to a bully who likes to be loud and will raise their voice, demanding to see the manager, controlling the situation, thinking that they are totally right. It does not matter which category you fall under, you can handle this situation differently, with dignity and fairness. Take a deep breath before you react and take a mental step back and ask, "What is fair?" Fair: 1. There was a sign showing sale for 50% off. 2. I took a picture of it and show it to the clerk. If not, I can walk back to take a picture. 3. Mistakes happen. Your steps coincide with fairness: 1) I correct the mistake without any emotional input from me (being upset about it, wanting it, or being rude to the clerk), I will be neutral. 2) I decide how much I really want these shoes. If the sale applies, I would like to buy these shoes, if not, I may not want to buy them because I do not really need them. The sale was my trigger to get them in the first place. 3) I handle this situation without feeling bad, embarrassed, or angry. The line behind me is just a line. I am doing a wonderful job so that someone else does not have to deal with this particular situation again. Also, I am helping the store correct the error if the item is mistakenly discounted. By handling this situation calmly, I am in service to others. Solution: Without any emotional input, you show the picture to the clerk, asking them to check it once more. You can politely express to the clerk what a good job/he/she is doing and even apologize for holding the line up. Remember, that you already have a decision in your mind (if you want or do not want these shoes without a sale). If the answer is, "I am sorry we have made a mistake." You can give a calm smile and say, "That is ok, I wish they were on sale, but I do understand that mistakes happen. I do not want them." This is fair. You will feel good inside and the clerk will feel good as well because you have not attacked her (with your inner upset energy or outspoken harsh words), with your desire to have these shoes. If you fall under the victim pattern, you will feel a sense of accomplishment for speaking up for yourself. If you fall under the bully pattern, you will feel good about yourself for not yelling at the clerk. Notice that finding what is fair means disconnecting from your first and third physical chakras. You disconnect from wanting these shoes, then your beautiful charisma and creativity

can solve the solution as peacefully as possible, with the best outcome for both sides. Metaphorically, you created a safe nest (decided what was fair), and when you burned it (carried it out) the solution came out like a baby firebird, pleasing everyone. This scenario can be applied with variations to any aspect of your life that may trigger any lower feelings within you.

Kindling the Creative Fire - Tool To start using your creative fire energy in a positive way, you have to become an active doer instead of a complainer and a procrastinator. Set a goal, write down a to-do list (to achieve this goal) that you will follow every day and keep yourself accountable for finishing it. Keep moving forward. By becoming a doer you will rekindle the good physical fire (ego) energy in your first and third chakras. That fire will ignite your second chakra's spiritual (soul) energy that will then transform the fire into a creative energy full of inspiration and new ideas. This will help you move forward in your spiritual and physical transformation. You can follow these three simple steps to use your creative fire in anything you do. Create from your heart, not from fear.

1. Calm your fear by bringing feelings of safety to your survival instinct as well as your grown up self.
2. Stay emotionally neutral toward all situations and decisions.
3. Follow your inner GPS, and make your decisions based on what is fair.

When the New Program Finally Registers The tools needed for the ego's transformation will be reinvented (if used on regular basis) as new and productive programs that will replace their negative counterparts in the body. When you know the theory and exercises for it (and you consciously apply them in your transformation), you will wake up one day and experience an "AHA" moment where you really will "get it". It will also feel so easy. What you have read/learned/practiced will finally register within your physical body. It's like that moment when you realize that you know your multiplication tables without thinking about it. It is programmed deeply in your mind and there is memory of it in your body! That is when the new program finally registers with your human body. It feels great, like a gentle electric current is running through your body and you know you "got it". You know you can do this. When you are learning or gaining new knowledge, the energy comes and leaves in horizontal motions. To truly create energy memories of new knowledge (registering the new program), you need to feel it, thus the energy comes in vertical motions. When the horizontal and vertical energies meet, preferably at your heart chakra, the bells will metaphorically start to ring and you will have an "AHA" moment. knowing + feeling = manifesting Your soul came from the stars, but you embody a human body. You can help to program that body. You are learning to connect your star (extraterrestrial) energy with your

human energy. Repetition of a new habit (program), staying positive, and owning up to the new "program", is the key to making a good "download" of it in your current human vessel. It takes patience and time, but it can be done.

Poorland, Richland and Goodland

A Parable of Three Diverse Lands

Once upon a time there were three nations, Poorland, Richland, and Goodland. Where one land ended, the new one began. Each country lived separately. Hardly anyone ventured out beyond the borders. Mysterious stories were told by those who went and came back. Both Poorland and Richland thrived on the preset rules with deep rooted beliefs. The rules are there to protect their survival, thus shall not be changed or even challenged. Seasons came and went, babies were born and people died, everyone learned to be content in the place where they lived. Everyone, even in Poorland, believed that their land was the best to live in. One day, a traveler from a far away land wandered into Poorland. Everyone stopped what they were doing to stare at the stranger. He did not fit in, there was something strange about him. Would he understand their rules? To be poor was good. You have to work super hard for anything you need. Dreams of a better life are dangerous, because dreams do not come true. People walked the streets in tattered, dirty clothes yet seemed content about it. They were proud of who they were. "This is how God made us." they said. "We grow our food and eat little. We do not have big machines to help us like in Richland, and we do not want them anyway. We sing, dance, and speak in a simple language, and we like it. We do not need fancy books and education to make us better. We are hard working people. The world would end without us. We are good people. To be rich is not right! We hate Richland and all the people in it! They do not work as hard as us! Everything comes easy to them! They can keep their laundry machines and fancy food." Out of nowhere, one child shouted, "It is not fair that God gave it to them and not to us!" Immediately she was scorned by the elders. "We may be simple, but we are proud of who we are! Join us fellow traveler, stay and live with us." The traveler thought to himself, there must be more in this world. He thanked the good hard working people in Poorland for welcoming him and said, "I had a dream." and before he could finish speaking, people started to scream frantically, "Dreamer! Be aware of the dreamer!" In a split second the hospitality of the Poorland people turned into hostility. A mother guided her little girl to take a burning stick and burn this stranger who dared to dream of something better. Startled, the traveler looked at the innocent little girl whose mother molded her to hate anyone who wanted something more from life. Sadly he understood, fear protected their survival, dreams threatened it. The

traveler ran and ran until he reached the bridge leading into Richland. As he entered Richland, the traveler saw that life in Richland was spectacular. People wore beautiful clothes, had luxurious houses, and ate an abundance of delicious food. The traveler thought, this is a good life that one can have. Immediately, he was offered a great job with a handsome salary, but under one condition. He would never communicate with Poorland. Poorland was poison, a threat to the people of Richland. People in Richland worked hard and were rich. Ambitions were encouraged. The school offered the best education one could imagine. And so, it appeared they had everything. Life was good in Richland. One day the traveler noticed something strange. Abundance was overflowing here, but fear was running the land. There were fears of becoming poor. There were fears of people from Poorland. The fear of who could come at any time and steal their possessions, as they did on occasion. The fear of losing the life they cherish. Even the fear that someone may have more than they have. The traveler thought, "This cannot be the end of my journey, there must be something more. Both of these provinces live in extremes. One extremely poor and one profusely rich, yet both saturated in constant fear and anger. Couldn't they reach out to each other for help? Couldn't they love each other?" He politely declined the offer to stay in Richland. And just like in Poorland, hospitality turned into hostility so the traveler ran for his life. Lost on the road, he learned that people from Richland do not travel because they are afraid of robbers and sudden misfortunes. There were only a few, very few, who allowed themselves to dream that there must be something more than just Poorland or Richland. The traveler thought, "Could there be a land where you could live without fear and control? Could you be abundant? Could you be happy? Would you find the meaning to life?" And as he dreamed his dream, he saw a light flickering far in distance. It was a bridge with an illuminated sign that read "Welcome to Goodland." He wondered what kind of land this was as he crossed the bridge just to see another sign, "Let go and let God." He saw a beautiful landscape with smart, eco efficient houses. He saw happy people chatting and enjoying picnics in the meadow, and joyful kids running and screaming. The traveler asked curiously, "Why is everyone so peaceful here? Why is there no one watching the bridge? Why is no one afraid of invaders from Poorland or Richland?" "Everyone is welcomed here," answered a beautiful woman beside him, "But not everyone likes to stay." She smiled at his confused expression. "We have successful businesses, advanced health care, and we can buy anything we want. We can travel the world. We have all we need. Yet that does not define us. We learned that anyone can be

abundant, yet there is a difference. Our abundance streams from love, thus is everlasting. Love is the source that created this land, you see. In Goodland we are employed by God. Every morning we still our mind and ask, how can I be in service to humanity? Each of us receives an assignment intuitively. We all get rewarded. We put others ahead of ourselves. We are in service to humanity every single day. We live with joy and peace in our heart. Same as anywhere else, we have good days and bad days, but, we fully trust in the higher source that created us. We know that we do not have to be afraid of anything. When one thing comes to an end, there is an opportunity for a new one to emerge. Those who come here with greed or who have a need for control do not thrive here. Sooner or later they will leave with the realization that this is not a happy land for them. This place offers deep realization and transformation to the soul. Only when one is ready, will they find their content place here. Each of us living here went through stages of poverty, richness, losing control, letting go, and finding God. We welcome everyone, and hold no one. We know that some of our children, when they grow up, will desire to venture out into the other lands and learn their lessons. We also know that they may return one day. We encourage them to do so. We extend our hospitality to you, traveler, to stay and live your dream. And if you desire to leave, we celebrate your decision and will set you out on your journey with enough food and money to last you until you reach the next land.” That is how the traveler found Goodland, and he lived there happily ever after. And if he has not yet died, he is still happily living there. ~ The End ~ The moral of this story is that pride and fear are products of the ego and a need for control. Love transforms, heals, and nourishes dreams so that they may come true. Chapter 7 Three Original Soul Wounds Atlantis was the first place in which human incarnations were possible. This is because extraterrestrials utilized animal DNA to genetically engineer their bodies to be able to thrive in Earths atmosphere for a prolonged period of time. The land of Atlantis offered physical and spiritual fulfillment to those who embraced it. It was a paradise! Now, when you understand how this animal DNA (the ego) is affecting and controlling you, we can move toward your soul memories. Your soul is the writer of your “Book of Life”. It is your game manual. Your pages are filled with magnificent adventures, love stories, knowledge, and learning lessons. They are filled with stories of your unresolved physical passing, emotional pain, physical pain, distress, and betrayals that caused your soul to suffer. These left soul wounds (S-PTSD). There are three main time periods that created deep, soul wounds: -The destruction of Atlantis, choosing

the Path of the Light or choosing the Path of the Dark. -The Essenes Community and the death of Jesus Christ. -The wise women and witch trials. Would you believe that these events which left soul wounds (unless you have already healed them), are still manifesting today as difficult blockages in your life? They are making you falsely believe that since you failed your mission then you are still a failure in your current life. The truth is that we all have failed. "Every single one of us." We failed not because we wanted to, but because the circumstances were not favorable to our success. In addition we diverted from God's plan and employed our own, on occasions. But did we fail completely? No. If you are still here, looking for answers on how to serve humanity, how to find your way back home, then you have not completely failed! You still have a chance to succeed. It helps to know that prior to the destruction of Atlantis, you had a choice to never come back. Yet you joined a great soul rescue mission and stayed here. Today, many of you feel finished and are ready to go back home. For that to happen you need to heal all your soul wounds that occurred on Earth after Atlantis. There is a miraculous tool to heal these wounds. It's so simple that you'll laugh. It is a frequency of "unconditional love". Our Pleiadian brother and sister, Jesus Christ and Mary Magdalena, demonstrated the power of unconditional love while living on Earth. Door into Your Past - Energy exercise When you are learning about life after Atlantis, and discovering your soul wounds, create an invisible door that vibrates with the frequency of unconditional love. That door will be your opening to those times. When you read these final chapters, always walk through this door to allow yourself the maximum soul healing. 1. Imagine that this door is shaped like a diamond and leads to your past lives. Take a deep breath in and let it out. In your mind, you know that this door is made of the frequency of unconditional love. Snap the fingers of your dominant hand on all sides of the door to clear the energy prior to stepping through its threshold. This will cleanse any lower energies. Snap your fingers (above your head, below your belly, on your left, and then right) by saying: As above, So below, As on left, So on right. 2, Pretend that you are walking through its threshold knowing and feeling that you have consciously stepped into the frequency of unconditional love! 3, Embrace the frequency of unconditional love. Feel it! Feel it in your whole body and go on your journey. For those who have a hard time embracing the feeling of unconditional love, think of something you really love. It can be a place, your pet, favorite food, thing, or person. Think of what you love and notice how it makes you feel in your body. Take this feeling and make it your threshold frequency. Past Lives are Revealed in Dreams

Remembering your dreams and consciously healing your past lives will bring healing to your soul wounds, your S-PTSD. This is the purpose of the Fibonacci sequence number 5. Forgiveness, unconditional love, and divine light will illuminate your path ahead. This is the trinity for the healing catalyst that you need. Dreams are an essential part of your soul's communication with you. Your human aspect needs sleep to rejuvenate your physical body, but your soul does not. In your dream state your soul takes you on a journey to visit places that you think do not exist. Past lives are shown to you in small fragments. Often times the most dramatic scenes are relived over and over. Your soul has no intention to torture you; it wants to show you what needs to be healed. Upon your awakening, you may think that you are having horrible nightmares. In a way you are correct. You already lived that nightmare somewhere in the past, and your soul still remembers it, because it never forgets (if it left soul wounds). The soul wound manifests in your physical life as fear, which could physically show as anxiety, panic attacks, depression, hostility, apathy and so on. In your dream state your soul has a chance to remind you of what had happened to you, who you truly are, or where you came from so you can become conscious, to fully heal. Your ego does not want you to know this because it does not resonate with its survival program. Something that had left your soul wound is a red flag for the ego. The ego is not aware that you do not have to repeat history, or that you have the soul power to change it. Some of you have dreams of your lives on distant planets. It's your true home that you are dreaming about. Your soul is showing you this part of your origin, so that you can regain memories and realize that you are not just an ordinary human being. You are a being of intelligence, a being of benevolent light and love, living in this primitive physical body, believing that this is your only life. When you are having dreams of Atlantis, you are reaching the core of your original, first soul wound on Earth. It may be painful, scary, or beautiful. It is your soul's imaginary door within, opening for you, so that you may walk in as a conscious embodiment of unconditional love, and heal. Your dreams and memories of Atlantis may vary depending on the path you have chosen after Atlantis, the Path of the Light or the Path of the Dark. There is no judgment, there is only healing, and unconditional love. Despite the path you have taken, you all are all children of God and you all were created equally with love and light. There is a light within you that shines bright. There is love within you, a love that created your life. Life was created with love. Light was given to protect this life. Love and Light is your original frequency and your birthright. Chapter 8 The Path of Light and the Path of Dark Part 1

The Path of Light Destruction of Atlantis Master Thoth was walking through the ravaged ground of what used to be his beloved Atlantis. Fire was still alive and burning on the dry surface of the sand. The powerful blast that destroyed several islands of Atlantis had arrived as master Thoth predicted in his vision. First, a massive geomagnetic storm hit Earth. The technology that was on Earth was temporarily disabled. Intergalactic communication was completely destroyed. Just a few days later, meteorites hit the Earth. Before the powerful solar flares hit Earth, they caused the artificial intelligence (AI) located on the moon to malfunction. AI had served as a protective shield around Earth. Highly advanced AI technology had been utilized for thousands of years to change the course of any invading particles entering the Earth's moon's proximity. The AI was self functioning, and self-repairing, so no one believed that any malfunctions could occur. When the meteorites reached the Earth's atmosphere, it caused great panic and shock to many. The Sons of Belial were trying hard to quickly revive all the technology that was lost causing even more devastation with powerful explosions. Master Thoth still remembered the day in which he first received inner guidance that led him to explore the land in Egypt. He started preparing an escape from Atlantis 6,000 years prior to the final destruction. Originally, he thought his visions were not correct. How could someone or something destroy Atlantis? In his vision, he saw the sun shining brighter than he had ever seen, then came a solar flare that collided with the Earth's atmospheric shield. It looked as though a light had bounced off of Earth's surface. It appeared to happen in slow motion, even though it actually only took a matter of seconds. The flare itself did not cause harm to any living organism, although it shut down all technology that existed in Atlantis at the time. It caused the sky to explode in any array of brilliant colors before an eerie silence enveloped Atlantis and its surrounding area. After a period of silence, a powerful explosion would occur. He received inner guidance telling him that everyone should take refuge in the inner cities of Earth, when this day comes, and remain there until the storm was over. Children of the Law of One began to prepare for this day. The Sons of Belial only laughed. Master Thoth tried to tell everyone about his vision in which all machines would malfunction one day, but only some believed in the possible failure of the sophisticated AI technology. During his life, Master Thoth had witnessed the overuse of technology, similar to what happened to the Lyrans before their planet was destroyed a hundred thousand years ago. He witnessed extraterrestrials living on Earth, abandoning the Universal Laws, and forgetting God. Those who fell under the spell of lower animal

energies became ego possessed. He knew that we could control many things, although nature and the Universe have their own minds. If you are in harmony, with the universe and nature, you walk with God. If you follow your ego, you must deal with the consequences. He shook his head, if you cannot change the essence of your being, the cycle will follow you. Suddenly Earth felt so small and congested by greedy, ego possessed extraterrestrials who suffered from the side effects of the animal DNA. They currently fought over territory, power, and the Earth. His heart felt heavy over the loss of the civilization in which he (and others) had taught the language of love. He clutched the green emerald tablet that he held under his arm and signaled his group of devoted friends and students to start their travel toward Egypt. The true Atlanteans (as Master Thoth lovingly called them) or the Children of the Law of One, were those who followed the protocol of the Council of Light. The purpose of the Council of Light was to keep the Atlantean civilization a secluded project on Earth. They did not interfere with other evolving organisms and therefore had to relocate to Egypt. His mind had wandered to the splendid gardens of Atlantis in which he had spent hours meditating to connect with God, so that he could receive guidance on how to teach, co-create, and on how to move forward. His physical heart was linked with that of his soul mate. Their physical forms walked side by side. His emotions were overflowing with sadness, although he tried his best to bring unconditional love towards the situation. It was this unconditional love that gave him the strength to continue moving forward. This signified a new beginning which would undoubtedly test everyone's spirituality. The Beginning of the Path of Dark After the successful creation of the human/extraterrestrial body, the Sons of Belial proposed the creation of human slaves to take care of the heavy physical work that everyone did. The proposition was denied by the Council of Light who monitored the Earth project. Since the Earth was free to explore, various star groups began to migrate to different parts of the relatively empty planet, although they were quite a distance from Atlantis. The Sons of Belial were disappointed about the denial of their project. They schemed to slowly work on their own project in secret. After the fall of Atlantis, there were seven main communities around the world that were led by extraterrestrials. Mesopotamia, Siberia, Egypt, South America, Australia, (and New Zealand), India, and the Himalaya. The Sons of Belial favored the area of Mesopotamia. Egypt The Children of the Law of one, or Master Thoth tribe, claimed Egypt as their first home after life in Atlantis. It served as a mid-station (safe house) for many. Whether one stayed there for few days, several years, or several

lifetimes, it was a home, and a safe base to the light community. When you awaken your starseed energy, many of you who walked on the Path of Light will remember fragments of ancient life in Egypt. You may feel deeply connected to ancient Egyptian teachings and you might search for information about the mystery schools. If you are experiencing some kind of emotion relating to this topic, you are most likely from the lineage from Master Thoth's tribe. Embrace the feeling and assist your human ego in order to feel safe. Later on, ascended masters (and many students who eventually became true teachers) often moved between Egypt, South America, and Himalayas, as they were interconnected through inner passageways. They secretly assisted those who lived on the Path of Light in Mesopotamia. The movement between these communities led to the development of soul memories which involved being in multiple places during the same time period. Ripped Dimensions The explosion that caused the destruction of Atlantis was so powerful that it caused multiple dimensions to rip open. The second dimension suffered more damage than others. Low vibration entities that had never seen the surface of Earth (and previously had no access to physical bodies) were pouring into the Earth's dimension. They were flying around much like maniacs high on drugs, possessing physical bodies in order to act out their darkest desires. For these beings, having access to physical bodies had been the highest achievement of their dark lives. In order to create something physical, whether it was good or bad, you had to have a physical body. Imagine someone, who is not spiritual, waking up in the morning and realizing that they have unlimited power to create anything they want with their mind. That second dimensional situation was much like that, only with more destruction. One day these beings woke up and saw an open door that led them into the world of physical 3D. Of course they were thrilled! However, this was a living nightmare for the original extraterrestrials that had settled on Earth. Those who took the Path of Light were more capable in removing these beings from possessed bodies and returning them back to the second dimension. They managed to successfully close all the dimensions that had been ripped open during the explosion, including the second. However, about 10% of the beings that entered from the second dimension were able to hide and remain on Earth undetected. The Temple of Hathor The Temple of Hathor was built to assist in soul and physical healing after the second dimension incident. Everyone who entered Egypt had to first go to the Temple for cleansing and rejuvenation. The Temple of Hathor was much like a hospital. The Hathors arrived on Earth in the beginning of the Atlantean period and worked closely with fairies, elves, dragons, and

other magical beings who were guided to live in the inner cities. The Hathors were masters of sound frequency healing. The sound they naturally produced (from their souls), when combined with crystal grids and healing energy, created an energy that caused second dimensional beings to quickly leave the physical bodies that they were possessing. The chamber dedicated to this work was narrow with a high arched ceiling. There was a small device that resembled a tall and narrow booth with two openings that was made of stone and crystal in the middle of the room. This device was used as security check point. One would step into the booth, which measured approximately one meter wide and four meters tall. Six Hathors, three at each opening of the device, would sing to your soul and sound tune your physical body to higher vibrations. Another three trained masters stood further away so that they would be able to isolate the second dimensional entity when it was forced to leave the body. Once the process started, every cell within your body would start to vibrate as if you were connected to electricity. For a short period of time you would become paralyzed, although your body would be vibrating at a very high speed. You would fully trust the Hathors. It felt comfortable to let go of your control and surrender to the process. You would let them do the work because you knew that they loved everyone unconditionally, and would have the highest intentions for you. When the low vibration entities detached from your body, trained masters would trap them and send them back into their original dimension. At the end of the process, one would feel as if they would collapse. You would be weak and tired. When you were taken out of the device, you would be cleansed from any negative entities. Walking forward, through a different door from that which you entered, you were assisted by other Hathors and healers. They would lead you into the rejuvenation room, which was in a different part of the Temple. There you would spend as much time as you needed until you felt strong again, as the cleansing process was often very exhausting.

Sleep Paralysis in Your Current Life Following your own awakening, some of you may experience sleep paralysis. You may notice some extraterrestrial beings in your room or sense their energy. To you, this is a horrifying experience in which “you may think” that you might be under attack by dark alien beings. We understand that these situations may be very scary or intimidating to you, as you do not know what may happen. Perhaps you feel as though you do not have any control, hence your possible inability to move, or see what is around you. If this happens again try to stay calm in order to figure out if the extraterrestrials (who may be near you) are good or bad. Not everything is bad. To prepare for this in advance, try to keep a good rapport with

your guides and soul family at all times and learn to “test the energy” around you during frightening situations like these. Notice that when you experience sleep paralysis, or some temporary shocking experience in your physical body, your mind is conscious. Could you entertain possibility that your soul family is trying to work with you at the moment, wanting you to remain conscious so that you can remember their assistance? Soul healing is most effective while you are conscious. Soul healing while in deep sleep or through hypnosis is not very effective. Your soul family wants you to be aware of your energy and in charge of your own healing, whether it is soul healing or physical healing. You may think that these extraterrestrials look odd, however, you might look just like them in your original extraterrestrial body. Remember, your physical Earth body was genetically engineered. In many cases, sleep paralysis is a modern day approach of your guides cleansing you from lower dimensional entities. It is very similar to the Temple of Hathor in Egypt. Remember, no one does anything against their free will in the spiritual world. You must have asked them for this cleansing prior to your birth or in your meditations. The experience may involve waking in the middle of the night, feeling paralyzed, and seeing or sensing the presence of other beings around you. Your body may be vibrating, you may even feel as if you were levitating above your bed. Because you do not know what is happening, you may become afraid and experience terrorizing thoughts running through your mind. Those thoughts stem from lower energies that do not want to leave you (their wonderful vessel). They want to keep you in a state of fear so that you might stop the removal process. Remember that you have free will, and these lower beings will try to manipulate you in order to keep themselves safe. If you experience this, do not freak out. Test the energy. Mentally ask these extraterrestrial beings if they are of the essence of unconditional love (if they have highest intentions for you), ask three times as calmly as you can. If the answer is “yes” three times in a row then you can trust them and surrender to this experience. This will most likely be the last time you experience sleep paralysis as all the lower entities will be removed.

Conscious vs Unconscious Assistance We want you to notice the difference between how your soul family works with you as opposed to how dark beings work with you. When you are experiencing sleeping paralysis you are conscious and eventually, by your free will, you become fully alert and the paralysis stops. When or if you are experience an alien abduction, you are not conscious. You remember afterwards. When you use alcohol, recreational drugs, or teaching plants, and you have black outs, you are unconscious. These “black outs” open a door to

all negative beings that want to attach to you. You will realize that something does not feel right, after you become conscious again. Unseen energy is frightening because the ego constantly wants to be in control. Your soul family supports your open consciousness. Dark beings sneak in when you are unconscious and your energy is open. The Creation of Mystery Schools During the time period in which the “Children of the Law of One”, settled in Egypt, the Annunaki had already engineered a large number of humans corresponding to their secret experiment and projects. The Anunnaki experiment, which originated during Atlantis (not after), got out of hand when they failed to keep their project contained and secret. All humans had limited memory of who they were, as their psyche was severely damaged from the genetic experiments. Therefore, when Master Thoth’s tribe moved to Egypt (after the destruction of Atlantis) humans were already living among extraterrestrials. There were two major issues that were classified as urgent. The first revolved around the temporary loss of our intergalactic transportation and communication. The second was what to do with all these human slaves. The first problem started long before the destruction of Atlantis. Extraterrestrial wars occurred over a want for power. The planet Maldeck was destroyed due to nuclear weapons. Its destruction sent powerful shock waves throughout your Universe. Mars was affected the most receiving quite a bit of destruction. At the time, several dangerous experiments were taking place on Mars, since it was the perfect place to hide experiments from the Council of Light. Mars served as an intergalactic transportation center for other distant planets. The shock wave from Maldeck disturbed Mars’ electromagnetic field and its atmosphere. The artificial intelligence malfunctioned and many weapons that were stored on Mars spontaneously exploded, causing the destruction of Mars’ atmosphere. Many died instantly, and within a short period of time Mars became uninhabitable. The main Intergalactic Transportation Center was destroyed. Life changed for us all and we became temporarily stuck on Earth. Thankfully, our intergalactic communication was intact. We let our families know that we were fine on Earth. We asked them to build a new Intergalactic Transportation Center, although we knew it would be challenging since two planets had been destroyed. One was destroyed completely, the other covered in radiation, and uninhabitable. We knew that it would take a considerable amount of time until assistance would arrive. We had no ability to teleport (for example, from Earth to Pleiades) by the power of our own will. When the destruction of Atlantis came, our beloved home was destroyed and our communication lines were disabled. We were truly

stuck on Earth, not only with our anchored energy, but without intergalactic transportation and communication. The second issue involved all of the humans that the Annunaki had created. We were shocked to learn that (in a manner of speaking) they were our children who were in need of someone to teach them, (we will explain in more detail later). They were (and it's sad to say that some still are) stuck in self-destructive and animalistic behaviors. We could not load them into space ships, even if we had them, and bring them home as we knew that they would try to destroy our home planet. The comparison we will make may sound harsh, but we would like you to try and understand. You would not take a wild tiger from the jungle and let him live in your house. We could not raise the collective consciousness of the engineered human beings either. We had tried that, resulting in the overload of the nervous system that caused people to have psychotic break downs and episodes. It works the same today, thus, your higher self energy comes in intervals so that your nervous system can handle it. Too much will cause an overload. The only way that we could save the humans was to give them access to knowledge. They could learn of who they are, what their past was, and where they could go. Mystery schools supplied that. All our knowledge was carefully separated into levels, or classes. Once you passed all the teachings and tests from one level, you could move onto the next. If you were not able to pass a test, you had to repeat it, even if it took a whole lifetime. Today, the mystery school curriculum is woven into your everyday life (if you applied for it, in soul form, prior to your birth). There are lessons to be learned and tests to pass. We know you can do this. Sharing knowledge with humans was also intended to reduce wars. When one rises from the level of fear, into unconditional love, one will not indulge in war, arguments, greed, etc. The last important part about Egypt that you need to know is that our goal was to leave as much information about ancient wisdom as possible. After we made contact with our extraterrestrial families on our home planets, many of us made a conscious choice to stay on Earth for thousands and thousands of years to come. We have the ability to see the future, even though we know it is simply a potential future, as the future can be altered. Nevertheless, we foresaw several possibilities for humanity. Based on that, we tailored our teachings and built megalithic structures that would withstand the test of time and work to trigger your soul memories in order to remember who you are. When the Annunaki deliberately altered and confused all languages, we left pictures since the eyes are the doorway to the soul. If you perceive what you see with your soul (your heart) instead of your mind, you will understand the

meaning because you have already learned it in mystery schools. Animal Spirits Deliberately, we took on the forms of half human and half animals to remind you of your DNA. (ET and animal) In Egyptian drawings you will perceive us with the head of an animal, and the body of a human. We would like you to take a few minutes to figure out to which god, goddess or deity you feel drawn to most. (Sekhem, Thoth, Horus, Ra, Seth, Isis, Hathor, Anubis, and so on.) Listen to your inner GPS, do not listen to your desire, simply listen to your soul. Once you know your soul answer, you will know your animal DNA tribe. If you feel drawn to more than one, utilize both. This is how you interpret your animal DNA so you can work with it - for example: Sekhem used feline DNA to have a physical body that would function in the Earth's environment, thus she was gifted in positive aspects (like night vision, speed, strength, power, protection of her young), and negative aspects (animal ferocity). Thoth used bird DNA, (excellent physical navigation system, binocular vision, flying, prediction of natural disasters) and negative aspect (animal ferocity). Do not stop yourself in Egypt, look into Earth's history and figure out who you feel drawn to (who in history is depicted with animal body parts). Take the aspect of that animal and make it your totem animal. Imagine that you have this animal ability, because you do, they are just suppressed. Learn all about the positive aspect of this animal and learn to control the negative aspects. We have demonstrated these gifts for you in our appearances. We did not choose to look weird or funny to you, but rather to show you these aspects so that you can embrace who you truly are. Before you embrace your alien abilities you need to first understand all your Earthly abilities. Today you are all human beings. Some of you were created on Earth by Annunaki, and mastered the mystery school, yet decided to stay here with us to assist humanity in the challenging times to come. We like to call you Earth-Seeds. You feel with humanity, and take their burden upon your own shoulders. You have a feeling that your ancestors came from the stars, but you are not sure if you did. It is your birthright to know that your parents were extraterrestrial, therefore you are one as well. You possess abilities they have. You earned it. Some of you are us, Pleiadians, Sirians, Andromedians, Orionians and so on. We like to call you Star-Seeds. You know who you are, right now your heart is beating fast in the recognition that you are indeed an extraterrestrial being who can remember lives on other planets prior to your life here on Earth. You are an ascended master living in a human body. Now, take a deep breath, and remember one is not better than the other. Earth-Seed or Star-Seed, these are just names and words. We are all equal and it does not matter

where you came from. Your actions are what matter, not words that you call yourselves. If your soul sings the song of unconditional love, we are all brothers and sisters of one family. Part 2 The Path of Dark

Mesopotamia became a home land for the Sons of Belial. Since Earth was mostly uninhabited and free to explore, some of them had moved there a few thousand years prior to the destruction of Atlantis. Their main purpose for this was to work on genetic projects in secret, since such was illegal in Atlantis. The Sons of Belial are more commonly known as the Annunaki. The Annunaki were extraterrestrials originating from almost all of the star nations that joined the Earth project. Not all of the Annunaki had evil intentions when moving to Mesopotamia. Some extraterrestrials who were invited to this territory were very positive. They were spiritual and on the Path of Light, and had a bright vision for the future of Earth. They were scientists, engineers, doctors, etc. They were fascinated with the opportunity to partake in genetic experiments. Unfortunately, many of them were coaxed into believing that all of the genetic experiments they worked on were approved by the Council of Light. The Annunaki were creators of the Sumerian civilization who were the human beings who lived among Annunaki as slaves. In the beginning of the Sumerian civilization only a few Annunaki desired ultimate power and control. These few secretly planned the massive take over that occurred thousands of years later. In the overall scheme of things, they were not much different in comparison to some humans today. For the purpose of comprehension we call this the Path of Dark, because they had chosen to follow the ego instead of the soul.

The Creation of Humans The Annunaki were rather discontented since their genius idea of creating human slaves did not receive the support they expected. Thus, their main motive for moving to Mesopotamia was for the purpose of secretly creating their own isolated experiments that the Council of Light would not find out about. The human slaves were only meant to be temporary, and the Annunaki would terminate the project once the slaves were no longer needed. As we mentioned above, most who originally assisted in the genetic engineering experiments were deceived. They truly believed that the Council of Light finally had agreed to their request. The first attempts in genetically engineering humans were tremendous failures, most ending with odd looking creatures such as half animal and half human. Neither extraterrestrial or primate DNA were used for this type of experiment. The creatures were different, unpredictable, and some of them dangerous. They became bitter and wild, because they belonged nowhere. They were not extraterrestrial and they were not animals either. The Annunaki scientist had a break through when

studying primitive primates. Primitive primate families were native to Earth and already thriving. Annunaki scientists studied their behavior, and their routines. Once again, the scientists and genetic engineers who originally worked on this project had no intentional evil plans. Many of them were acclaimed doctors from far away star nations such as Virgo. The opportunity to study primates and speed up their evolution was absolutely fascinating to them. They were told that this was just a controlled project which had the necessary clearance. All subjects would be terminated in the end. Primates were chosen due to their genetic makeup in comparison to extraterrestrials. They had the predicted growth of intelligence with the ability to listen and understand, as well as perform and follow given tasks. The scientists informed the head of the Annunaki that they would need to infuse extraterrestrial DNA into their primates to speed up their evolution. First, they used Annunaki DNA. However, it malfunctioned since their own animal energy was stronger than that of the star energy (because of their egos). Instead of having mellow, and obedient slaves, they created smart, aggressive, and extremely angry ones. These beings were completely terminated. Later on, the Annunaki collectively determined that what they needed for their experiment to be successful was DNA from a Surrogate God. They needed the collective star energy from the crystal, which was unspoiled in its essence. It was pure. As you can easily imagine, the Annunaki stole samples of the DNA from the Surrogate God and infused primates with it. To remind you, the Surrogate God crystal, held OUR star collective energy. For example: it is like someone stealing human sperm and eggs from a fertility bank and creating thousands, if not millions, of human babies without your consent. The Annunaki successfully accomplished their plan of creating human slaves. Humans became more intelligent faster than what was originally expected. Ultimate Control What is the best tool to control or manipulate anyone? It is fear! Human slaves were kept in a state of fear so that they were easier to control. Survival was embedded as a key factor in their basic programming. Fear ensured survival. Originally, humans were not allowed to reproduce. The Annunaki made sure of this by disconnecting this basic animal function during the genetic engineering. As a reward for their obedience, doing the hard work they were supposed to, mining the gold, etc., the Annunaki permitted them to indulge in behaviors that would become addictive such as sex, food, drugs, etc. Once someone is addicted to something they will eventually be under the control of their supplier. After a while, the Annunaki became tired of creating new bodies so they decided to give humans the “gift” of reproduction. If you think it

was a gift from the heart, then think again. Allowing them to reproduce gave the Annunaki more power and control. It is an animal instinct to want to reproduce. Human slaves felt like gods when they were given this privilege because until then, only gods could reproduce among each other. Before they gave the humans this gift, the humans, collectively, had to plead allegiance to the Annunaki. This meant that everyone “born” as a human would be slaves to Annunaki and will belong to the Annunaki, forever and ever. The fear tactics were put in place by the Annunaki to diminish the lure that freedom possessed. Humans believed that creating new life would turn them into gods. They literally signed their souls away to the Annunaki for this purpose. They willingly swore on their contracts with their blood. This was the time in which blood magic was born. The whole human slave race (which was tiny at the moment of the collective oath) was beholden to the Annunaki. Blood carries the program that the ego uses to protect your survival and possible reproduction. Blood is life, blood is passion, blood is connection, blood is energy, and blood is family. You can induce the greatest pleasures or fears by infusing it straight into the veins. Your blood is very powerful. Although the human race was enslaved to the Annunaki and further controlled through blood contracts, you still possessed a free will and could take your freedom back. Since that day, every soul born into a physical body is controlled through fear, so that they can pass it on to the next generation. Humans were tricked into a false belief regarding reproduction. Instead of becoming god-like, humanity became enslaved for thousands and thousands of years. Humans became puppets for the dark side. The Sumerian civilization was the cradle of humanity. It was also the cradle of fear, control, and manipulation. This is still in effect today. Language The fall of the Tower of Babel in ancient Sumer marked the timeline in which the universal language was intentionally manipulated and scrambled into many different languages. This was done so that humans could not freely communicate with one another. They could not share the knowledge that they had a free will, much like the Annunaki extraterrestrials that they lived among. Eventually, some intelligent humans figured out that natural reproduction did not make them god-like. While humans continued their search in becoming god-like a few Annunaki, who were never power hungry in the first place, started to realize that they had been misled in creating the humans. They felt bad for the suffering they bestowed upon the humans by genetically engineering them, so they began guiding the humans to the knowledge that humans were made of extraterrestrial DNA. Thus, humans could be like those whom they worshiped and worked for. At that time, the

knowledge of being a true God was greatly suppressed. It was suppressed so that the Annunaki could act like gods without human slaves trying to intervene. Tension between the Annunaki gods escalated. Half wanted to free the slaves while the other half desired superior control. Many humans were evolving quickly with the newly learned knowledge obtained from the good Annunaki. This frightened the Annunaki who wanted to be in control. They could foresee that if they did not do something soon, they would lose their precious control. There is nothing more frightening for a bully than losing their control. Those Annunaki who wanted to continue being in control decided on the idea of halting communication by confusing the main language at the fall of the Tower of Babel. Notice that many languages today are composed of letters, instead of numbers or geometric shapes. Combining at least two letters from the same language will create syllables. From syllables you can create words. With words you express your feelings, your needs, and your desires. This results in communication. The Annunaki wanted obedient servants, not deaf or mute ones. They believed that by scrambling the language the servants would not be able to communicate with one another and conspire against them. Imagine all existing letters and syllables as pieces to a big puzzle. Multiply this by three so that you have three big puzzles. Now mix all the pieces from all three puzzles together in one big box and shake the box well. Now randomly separate all the pieces into seven piles. Here you have the start of the seven original human languages. As humanity evolved, more languages were developed. Humans were programmed to survive. This program is still active today. You may be on your path to spirituality, but if you have a difficult time communicating and if there is a scarcity of food (and you have a family who is dying of famine) your survival instinct will take over. To confuse the language to such a degree in just a matter of a few minutes, the Annunaki used frequency to rewire neural pathways way in brain, giving the brain a concussion, which blocked all previous memories. We already mentioned the Lyrans, and their genetic experiments. We would like to repeat an excerpt from the Starseed Guide to further explain the technology they used. "On Lyra, we lived very long lives. You, as a Lyran, could have control over your body and therefore over what your life would look like. Upon your birth on Lyra you would have full consciousness of your previous lives. Through your conscious mind you could easily access information in your Akashic Record. We, Lyrans, could also tamper with our consciousness. This would be done for varying reasons. For example if you dedicated a certain amount of time to a particular research such as solar energy, you

could temporarily alter your conscious mind and neurological energy pathways (receivers of the information) to receive only that information related to solar energy. This would give you a greater focus on a particular topic, solar energy, in this example. While consciously avoiding other distraction, your work regarding solar energy research would do very well. To further explain this, imagine a child prodigy who was born with autism. He could be a genius in one subject while lacking skills in others. We can do this consciously by altering neurological pathways within the brain and reverse it back and forth. This knowledge allowed us to play God on Earth. We were masters in the genetic and bioengineering fields.” With this knowledge and technology, the Annunaki blocked the memory of the Universal language, and humanity entered a deep hypnotic state. We want you to notice that numbers, geometric shapes, and colors are part of the original universal language. They are part of the Language of Light that our ancient ancestors understood and spoke. Note that mathematical equations are valid all over the world. The answer is always the same, it does not matter what language you speak. Numbers are always true. God created this Universe in a mathematical pattern. No one could scramble that. It would totally destroy your Universe if it were scrambled. Therefore, you do have part of the original language. This is why mathematicians like Pythagoras kept this highly intelligent language alive. There is a lot of spiritual meaning behind formulas. This is also why repeating numbers are special, as they have spiritual messages. The Annunaki also could not take away your ability to see. Blind men make poor slaves. The eyes are the doorway to your soul, and your soul has memories. They are encoded within your DNA. When you are looking at ancient paintings, structures, buildings, they remind you of your past. We built them with the intention that they might speak to your soul so that you can remember who you truly are. All you have to do is trust yourself and your feelings. Learning to Decode the Universal Language of Numbers You can decode the language of numbers in your everyday life. This will allow you to start consciously understanding the Language of Light. Notice what you are thinking about when a certain pattern of numbers appears in your life. It is the Universe giving you answers to your questions. We are teaching you to read the language of numbers so that you can be your own individual instead of following someone’s lead or control. When you start learning, the amount of repeating numbers does not matter, only the number does (1, 2, 3, etc). Once you become fluent in your interpretations, you can add numbers together to discover another level of meaning. For example, if you see 111 ($1+1+1=3$) you will

work with the number 1 (which is your solid base). After understanding the basic meaning you will later add the meaning of the number 3 into your original message (which will add additional information to your message). It is the same as if you were learning to speak any language. First you start with simple sentences of verbs and nouns and then you add adjectives. Below, we will use triple-digits because the mind registers repeating numbers as pattern. Once you see this pattern, and consciously acknowledge it, you will begin to recognize that they hold secret messages for you. 111 represents a new beginning, a single line. Pay attention to what you are planning. What thoughts do you have regarding changes in your near future? Were you thinking about changing your job, writing a book, enrolling in a gym, ect? 111 is a sign to let you know that the new thing you are thinking about will be a good change. 222 represents the present moment, duality, choices, and two lines that can make a circle. The number 2 is two parts of your ego (the victim and bully), two parts of your soul (healed and unhealed), two parts of you (creative and destructive). The choice is always yours regarding which one you will embrace. When you see the number 2, pay attention to your present thoughts, because it is important to recall what you were thinking when you noticed the number. It was most likely an idea which needs a decision to further develop it. Do not procrastinate, make decisions from your heart and act upon them. The number 2 is not about planning, but rather staying in the moment and dealing with everything that comes now. 333 is awareness. It is a catalyst, three lines creating a triangle. It represents the connection between the past, present, and the future. When this number shows up, consciously notice what major event is going on in your life, and how this event is affected by the energy of your past, present, and how it can shape your future. Is there anything from the past, or from your past lives that you need to heal so that this event will be successful? For example, are you getting married or starting a new business? Are you seeing sets of 333 everywhere? Is there anything that needs to be healed from the past so that your future can be spectacular? When you see the number 3, work on healing your past and set goals for the future, while being consciously present within your body. Once you clear your past, your future self can easily guide you in creating the future you desire. Remember, working consciously in the present time is the catalyst that the number 3 represents. 444 represents spiritual and physical abundance, depending on what you were thinking about when you saw the number 4. For example, if you are worrying over your finances, and you want to enroll in a course or school, but unsure how you will be able to afford it, or if this will help you

become abundant; seeing the number 4 is a good thing. This is your affirmation that your actions will be abundant. The number 4 does not only apply to finances, but to your collective abundance. When you are pondering if your actions will be abundant, seeing the number 4 is your yes answer. 555 represents transformation. The number 5 indicates that some major shift is taking place and you have an opportunity to transform your patterns, behaviors, and thinking into something new, better, and more positive. It may indicate that the dark night of the soul is coming and you are ready to let your old self die and your new self be born. Practice feeling safe, be one with the Universe, and trust your higher self to guide you. 666 represents a conscious cooperation between your ego and your soul. It shows you the truth if you are ready to see it. It is a number of duality, as it can be split into two equal parts, two triangles. Six is a number in which you can consciously recognize deception, or you can be unconsciously deceived. Some say that six is an evil number because they do not want you to find the truth. By seeing the number 6 you are consciously aligning with your higher self. You need to learn to develop and trust your intuition. For example, with your guides; are you following the Path of Light? Or are you following the Path of Dark? Who are your guides? Do not just simply let them tell you. Test them and trust your inner intuition. Example: if you have a new boss at work and you are seeing the number 6, this is maybe a warning sign that there is something you should know about the new boss. You have to figure out what it is that you need to know. Believe that you are ready to see the truth and ask your guides for assistance in seeing it. You may be feeling nervous that your job is in jeopardy with the new changes coming, and your guides may show you that your new boss is just as nervous as you are and feeling that his own job is in jeopardy if he does not perform well in his new position. Or your guides may show you that what you feel is the ego within the new boss who is there to prove that he is the boss and to make changes no matter who gets hurt. If it is the first (boss feeling nervous) you can help by making the new boss feel welcome and comfortable. If it is the 2nd (the ego) then you can decide how to proceed with your next step. 777 represents your alignment between the spiritual and physical body. We have 7 main chakras, 7 Sisters of Pleiades, and 7 days in a week. When you see the number 7 it means that you are aligning yourself with your life mission on a physical and a spiritual level. Try to remember what you were thinking about when you saw the number 7, and it may give you a good glimpse into your life mission. 888 represents infinity and becoming a new human being. It also represents the unconditional love of God. It is a cornucopia

of abundance. The number 8 is the little postcard from your home to let you know that you are loved, loved, and loved beyond your expectations. Your life is a quantum field of unlimited possibilities, and the number 8 is a doorway into this field. Will you dare play in this field? 999 represents the end of a cycle. When you see a 9, something is ending. You have an opportunity to end this cycle, or pattern, in such a way that you would not ever have to repeat it again. When you start seeing the number 9, be conscious on what is ending in your life. It can be a project, relocation, divorce, job, etc. Go on a life review. Forgive what did not work for you in the past and send unconditional love to everyone involved and illuminate the new path ahead of you. Set new goals for a higher vibration cycle that will be waiting ahead for you. The Big Flood Life after Atlantis has never been the same as it was during the Atlantis time period. Star beings experienced separation among each other, with some groups isolating themselves completely. We all focused on work that was important to us. Preserving knowledge for future generations was the main task for those on the Path of Light. It took a considerable amount of time to restore the intergalactic communication and transportation systems that were lost after the destruction of Atlantis. When the Council of Light discovered what was actually happening on Earth, they were extremely displeased. They immediately ordered the complete evacuation of all extraterrestrials from Earth and the complete termination of the genetic evolved human life project. The Council of Light considered destroying the whole Earth, including all the extraterrestrials on it, if their decision was not obeyed. They spoke of Maldek, its destruction and the possibility that Earth could be next. It may sound harsh, but even the Council of Light has another authority above them that they must answer to. It was against the law to speed up the evolution of God's creations. Every action has a reaction. Evolving life on Earth could be either beneficial or destructive toward the rest of the Universe. Extraterrestrials on the Path of Light pleaded with the Council of Light to save the human race and give them a fair chance to evolve in the future. After all, it was our collective mistake to use Earth for these experiments. After a long delegation process with the Council of Light we reached a compromise. A great cleansing (Big Flood) would take place while humans would be given a fair chance to survive, and thrive, under close monitoring from another planet, with the Council of Light keeping tabs on the operation. It was collectively agreed that if the humans could fulfill the path of ascension, as separate individuals, in groups, or collectively together, they could join us on our home world. They would be welcomed as equal beings of love and light. You can call this the

beginning of The Game of Life because that is what it became. Imagine a board game with seven main territories that are influenced from other realms, by different extraterrestrial families. The question that we are awaiting answers for are, "Who will win? What will you embrace, the star-being DNA, or the animal DNA? Will your psyche allow you to accept, forgive, and embrace unconditional love? Can you handle the truth? Or, will you succumb to the dark side?" As you probably already know from ancient texts, the Big Flood historically marks a time in which all extraterrestrials left the surface of Earth. The deal we made with the Council of Light was that no Gods (extraterrestrials) would walk or live among the humans. Extraterrestrials would not show themselves to the human race to make sure that the humans would not worship fake gods. The humans would have a chance to find the God within. We were allowed to occupy the inner Earth in order to supervise. The main objective was to take care of the Earth and the Surrogate God crystal, since our DNA had to stay anchored to the crystal so that humans could survive. Without the energy of the Surrogate God crystal, the life of the human race would cease to exist because the soul energy in the humans could not survive without a bond to the physical realm. You may wonder, "Why not destroy the crystal and free all these souls"? The answer is not pleasing. If the crystal gets destroyed before the souls graduate into higher realms, the souls who are not evolved will be trapped in levels of the lower dimensions. They would be stuck among entities like those who entered the Earth realm when the dimensions had been ripped open after the destruction of Atlantis. Since the time of the biblical Big Flood, the only way we can actually assist you in bringing knowledge to humanity is either by becoming your guide and speaking through or by incarnating into a human body and becoming a soul teacher. Remember the seven territories? Now start connecting all your knowledge of the so called "God" appearing to special humans, yet never revealing his identity, advising them to only follow one particular God and not to listen to another God, or a great destruction will follow. The Game of Life has to have balance, and since Earth is a place of duality the Council of Light gave rights to dark and light to play on Earth because they are "twin flames"! The only way to heal is to unite. One is not better than the other. The only way to find the path home is through knowledge and healing of your soul wounds. Incarnation in the human body has its own pros and cons. Light beings do not always enjoy living in the human body. We have to follow strict rules. Since the Big Flood, we can only incarnate in the human bodies that the Annunaki had genetically engineered. The human body has a limited life span, you cannot remember previous

incarnations because your soul has to cross the River of Forgetfulness prior to birth. The physical body is dominated by animal DNA, and is often raised within societies created by humans, with rules also created by humans, that may be harmful and damaging to the soul. We consider you, our brothers and sisters, all of you who resonate with our message and frequency, who took a leap of faith and incarnated on Earth to assist humanity, as the bravest souls in the Galaxy! You are HEROS! We are here to bathe you in unconditional love. For the thousands of years that you have existed on Earth, you have been tortured, abused, and killed in many lifetimes. This is because of your belief in assisting the human race in embracing the knowledge that they are divine children of God. We are here to illuminate your path on your game board so that you can see the golden staircase, in the shape of the Fibonacci spiral that will lead you to the finish line. Lastly, when you achieve your ascension, the characteristics brought on by your animal DNA will be tamed. Each of you will be a marvelous addition to extraterrestrial life. Mystery schools were designed to help you reach ascension. The Mayan's experiment proved that these schools can be successful. Kara - Akashic Record This passage will explain how even those who have chosen the Path of Light could end on the Path of Dark Before the Earth realm caused Kara's spirit to break down, she used to be a joyful Pleiadian being, believing that everyone could change if they experienced the unconditional love of God. Her soul desperately wanted her to remember this, so that she could embody this belief once again to spread love and light with others in her Earth life. Kara was a Pleiadian being who lived on the planet Electra. Prior to coming to Earth, she had no experience with low vibration energies. Her soul was gentle and sweet. She consciously vibrated with the frequency of unconditional love. She was deeply connected to nature. She truly believed that everything is good. She trusted everyone, and believed everyone. Kara arrived on Earth during the time of Atlantis. She was a healer. She practiced healing techniques, herbal medicine, and soul developed her healing abilities while in Earth's realm. It is a Pleiadian's gift to be able to heal the soul. One of her missions in Atlantis was to assist beings who took care of plants and trees. Some plants and trees were brought to Earth from various planets in the Universe to create lovely reminders of our homes. Many plants were used to make medicine for extraterrestrials. Planet Electra is known for its healing trees as well as its enchanted beings such as elves and fairies that live within its forests. When Kara came to Earth, she often met with fairies, dragons, elves and various other benevolent beings of light. She knew how to get into the inner Earth.

Unfortunately, about half way through Atlantis these enchanted beings became massively hunted (because of their special energy), by some other star beings whose egos became possessed. When Kara arrived in Atlantis, genetic modification was in full gear and went unquestioned by new incoming beings. Her animal DNA was fish/amphibian. (Please note that in the original project to alter our extraterrestrial bodies we had not used any primate DNA. Primate DNA was used later to create humans as you know them today.) About two thousand years before the destruction of Atlantis, Kara was invited to move to Mesopotamia (because of her unique fish/amphibian DNA). The decision of her move was based on work choices, much like work related relocation decisions made today. She was deciding to move to either Egypt or Sumer. The Annunaki persuaded her to move to Sumer by telling her that she was much more needed there where many suffered from the side effects of genetic experiments. She took that path in order to be in service to others there. She had no idea what would happen to her, nor would she listen to others when they suggested she go to Egypt instead. She felt that she had to go to Sumer to help those who were in need. She sensed it would be a difficult journey, so secretly she stayed connected with those in Egypt. This helped her to keep her energy vibrant while being able to share knowledge with those who sought it. Her soul's healing mission was to bring knowledge of the human ego to others so that they could find their soul power to evolve. Living among the Annunaki caused Kara to witness some very dark events. One of them that we sensed during the session, was her knowledge of the sexual abuse of humans. Some of the Annunaki used sex as a tool of power as well as a tool of fear. Kara spoke up against these acts and was accused of betraying the Annunaki. Most of the Annunaki wanted superior power; you were either with them or against them. She was demoted from her god position and sent to live among the humans. Unfortunately, humans also were not kind to her. She was mistreated because she was different. She was raped and abused. There were many others like her who disagreed with the Annunaki and were not able to escape in time. She passed away in a violent death. Her soul remembered living in Sumer. It remembered seeing the Annunaki's obscene sexual rituals, being scared of the Annunaki gods and fearing the humans. Her soul was in shock, she could not understand how those she trusted and loved could do such a horrible things to her. This was her original Earth soul wound. Her soul was literary screaming, "Why did I come here?" Cindy When I read for Cindy (Kara), her soul could not remember the essence of her Pleiadian being. She was unconsciously afraid she was bad inside. Her soul felt

unworthy to the point where she could not utilize her abilities because her soul believed that she could possibly harm someone. This was just one soul memory from her life among the Annunaki, although there were others depicting her amazing soul work. Cindy shared that she tried to study spirituality and different energy methods. What was exciting in the beginning became meaningless later. Her human ego kept discouraging her from embracing her natural ability because of the belief that her soul could not withstand such levels of suffering again. Of course the ego does not know that we do not have to repeat the past if we are brave enough to move forward. Pleiadians shared with Cindy some soul healing exercises and filled her with unconditional love so that she could forgive everyone and allow her soul to shine once again. Soul Healing 1. Accept your failure in Atlantis, or in the Earth project. (We all failed.) Give yourself permission to accept failure, it is absolutely fine, and in the past. How long will you punish yourself for it? You have already been forgiven. All you have to do is to forgive yourself and others. If you feel in your heart that you are a star being living in a human body, look into a mirror, look deep into your eyes and speak to your soul. Acknowledge that you are thousands, if not millions of years old. Accept that you are an extraterrestrial living in a human body. Tell yourself that you are ready to remember who you truly are. Ask your higher self to assist you on your journey. 2. Revoking the Annunaki Oath Repeat out loud: "By the power of my free soul will I renounce the oath of allegiance I swore to the Annunaki and to all others who are restricting me of my free will. I claim my soul power back. The blood circulating in my veins belongs to my body. My body is a vessel for my higher self. I am canceling all blood contracts made in my past and taking back full control of my destiny." 3. Fill yourself with unconditional love Repeat out loud: "I call upon the highest energy of the Source/God to connect with me and my higher self, to fill me with unconditional love. I sense unconditional love filling my whole body. I am sending unconditional love to my auric field. If there is any negative energy, or entity attached to me, I am filling it with unconditional love and asking for the family of light to assist them (negative energy, entities) and to take them home." Express your gratitude and go about your day. The trick is to be able to ask for unconditional love and physically feel the unconditional love streaming into your body, from head to toe. If you believe you are connected to the universal love you will feel it. It may take a little practice, but it is not much different then when you see a lemon, and you can sense how sour it tastes without even tasting it. With unconditional love it works similarly. If you believe in it, you will feel it. Remember that unconditional love is

the highest energy that heals. It is the essence of your being that others want you to forget. Chapter 9 The Birth and Death of Jesus Christ

Thousands of years have passed since the destruction of Atlantis, and you have several incarnations under your belt. Some were great, some were horrifying. Then, the highly anticipated time of great change finally arrived. The birth of Jesus Christ. It is not relevant whether you agree or disagree that the son of God walked the Earth, however it is useful to realize that this was a significant time in your history that marked your second major soul wound. The life and death of Jesus Christ prompted a formation of several religions that sadly were (and still are) made for the purpose controlling humanity in name of God and of Jesus, instead of freeing them. An event that was divinely planned by the Pleiadians to eliminate fear and replace it with unconditional love, took a terrible turn.

Descendants of the Atlantean Tribe The ancient Atlantean tribe and the Children of Law of One kept their energy, knowledge, and traditions, secretly alive in order to pass them from generation to generation. Life after the Big Flood was difficult. We could not use sophisticated technology to assist humanity anymore. Spiritual and physical growth slowed down and we had to settle into the natural evolution of life. People were separated by languages, money, beliefs, fear, love, and hate. The physical body operated on the program of survival and possible reproduction, as it was designed. All extraterrestrials who desired to live on Earth had to be born into a human body, which (as you already know) was originally engineered by the Annunaki. Many extraterrestrial beings were already trapped in the incarnation cycle because we decided to stay on Earth after the destruction of Atlantis. To keep our tribal energy flowing, we used secret spiritual practices that allowed us to welcome higher advanced souls into the body to awaken one's soul memories. We were also trying to incarnate into families that matched our energy vibrations, and supported our missions. We all attended mystery schools in which the curriculum taught soul growth and the ego so that one could learn to overcome the animals DNA limitations. This was designed for souls to graduate from the duality of the Earth realm in order to reunite with their soul families in the Universe. We showed you how to walk on the Path of Light and left plenty of ancient documents along with energy trails so that others may follow us. However, as time went on there were fewer masters, mystery school teachers and believers due to the fact that we had only stories and teachings to pass on. Everything spectacular had to be kept in secret, otherwise you might be stoned to death by those under the control of fear. The male ego energy grew in superiority. Some became tempted by

the dark side and left. We all missed our life in Atlantis and our home in the Universe. At times suffering felt unbearable, the same as it is for you today. We kept our life simplistic. Several independent female tribes were formed to protect territories and knowledge. Female energy is harder to corrupt, so we trusted divine guidance. We let our sisters guide us through some very dark times. We will share the fact that males living in our tribes healed their egos and were in harmony with female leaders. Males and females of the Children of the Law of One were united in heart, in mind, and were bonded by unconditional love. We turned to nature, stayed connected with those living in the inner Earth, did not embrace any animal or human sacrifices, and kept our bodies and souls as pure as possible. We, the Pleiadians (and many others) stay behind to walk beside you on Earth, as your brothers and sisters. Through our intuition and telepathy we were connected with our soul families in the Universe. Similar to how you are connected with us, the Pleiadians, by listening to our energy transmissions translated in words you can understand. During that time, we were instructed to be frequency holders, to write down all knowledge, and preserve it for future generations. We were advised to wait patiently for a time that would be favorable to all of us. The Sons of Belial The Sons of Belials were also incarnating on Earth, they had their own prophets. As you see it became a game, a Game of Life. Who will win? The Dark or Light? They felt that they had invested a lot in humanity, so why not to try to gain ultimate control? Understand that the ego takes control, while love gives freedom. We will remind you of the "basic rules" given. No extraterrestrial could visibly interfere with humanity. We could walk with you in a human body (we have to incarnate for that), or make you a prophet and use your body (with your free will) to channel our messages. Thus, the Council of Light would not interfere (not even today), unless human actions were to threaten extraterrestrial life in the Universe. The Essenes The names of spiritual groups are not relevant to us, but they are to you as it helps you vaguely identify who you are and who you were during that time period, for the purpose of healing your soul wounds. Several of you remember your past life as Essenes. Naturally you might wonder, were you Jesus Christ, Mary Magdalena, Anna, or one of the disciples? We'll stop you right here. Your soul does not care what name or identity it had while incarnated on Earth. Your soul cares about the mission it had and still has today. It is the ego who wants to feel superior. It can convince itself that you have been an important player in your Earth's history, so it can keep you trapped in the game. What we are trying to tell you is that it does not matter who you were known as. What matters is what you do

today. What actions you will take to be in service to humanity and what kind of energy trail you will leave behind for others to follow. The Essenes community began as a group of people who were deeply connected to the essence of their being and were pure in their souls. They could easily follow the path of ascension, yet they decided to stay. They were descendants of the ancient Atlanteans, the Children of the Law of One. They were called for by the God/Source and asked to step out of their hidden communities on Earth and into the spotlight of other existing religions and beliefs. This was so humans who were ready for change could easily find them. Planetary alignments were supportive of this move, in a similar way to how the year 2012 marked another window of opportunity for a major change. Some of the Essenes communities still secretly lived an extended life span, that covered several hundreds of years. They knew the secrets of immortality, had knowledge the Rejuvenation Temple, as well as herbal healing. They were also connected with the Mayans through beings living in the inner Earth. They never abused their ancient knowledge. They used it only to be in service. In a way these people were walking libraries. It was rather resourceful for them to live extended lifetimes. At the end of their natural life span, their soul accepted another mission and remained in the same physical body. This happened instead of going through another reincarnation and states of amnesia. They also documented history from the beginning of time which spanned way before the Sumerian civilization. Ancient texts will appear in the next few years to help you find the truth. The Essenes (and later on Gnostic) entered into history for the same reason as the pyramids did in Egypt, to help your soul recall its soul memories of energy that you have used. You may not remember everything, but you will most likely remember the food you ate, the clothes you wore, how you treated others in your community, and how you were treated. We hope you remember the respect you had for one another, your mission, unconditional love, hope, faith, and visions of the New Earth. If you can remember fragments of this, you are remembering the essence of your being. Jesus Christ Once the Essenes community was stabilized and open to the people who were willing to follow their rules (set with unconditional love), many benevolent star beings were asked to come back to Earth to assist humanity in the anticipated shift. Many of you star-seeded beings returned to Earth at that time because you heard the call. As it is today, you were challenged to understand the human psyche and physical body before you could remember all your natural gifts. We all wanted to help you and speed up your soul growth, so we arranged for the soul that you call Jesus Christ to enter the Earth realm. This soul

entered the Earth realm in the same sacred ritual as was done during the time of Thoth in Egypt (which was an ancient Atlantean practice). The bodies and souls of Essene elders, Mary and Joseph, were trained to hold higher vibration frequencies, as well as soul purity. This is how the soul of a Pleiadian being could enter Mary's womb without allowing the 4D energy of Heaven to enter as well and having to cross the River of Forgetfulness before coming to Earth. This event was perfectly planned. Mother Mary was not abducted by aliens or impregnated by God in her sleep. Mother Mary was a Pleiadian being living in a human body. She was a star-seeded being whose first life on Earth was in Lemuria. Since then she has had several incarnations. We had purposely chosen a male figure for Jesus Christ because males were dominant during that time. We believed that it would be easier to relate to a male public figure rather than a female, as she may have been killed during her first speech. However, we have sent female beings as well, such as Mary Magdalene who married Jesus, had children with him, and eventually became even more essential in preserving the ancient Atlantean tribe further along in history. Jesus Christ and Mary Magdalene walked on Earth among you to show you that you all are the same as them. They were raised in a community that catered to their spiritual growth, and their physical needs. Keep in mind that they did not need to train for a traditional job that would ensure them money, which humans believe is needed for survival on Earth as it used to obtain food and shelter. Since they were young, they were taught to understand the human part of them as well as the divine part of them. They were taught the same skills we are sharing with you. Their only advantage was to be born in a community who held this knowledge and the fact that they had no soul wounds. We would like to point out that Jesus Christ and Mary Magdalene were not predestined to marry, nor was their marriage arranged by others. They followed their human hearts and made the best out of their life on Earth. There are many things we cannot or would not influence. Everyone has a free will. You can easily follow this path while healing your soul wounds, and still responsibly make choices. Their main soul purpose was to demonstrate that anyone could be like them. They showed that you are a child of God, and that ultimately you are God, because God is within you. Your body is a temple meant for unconditional love, and your heart is the candle of your infinite light. Essenes did not make themselves superior to anyone, they treated everyone equally. They were several Essenes who had the same abilities as Jesus, but if you walked beside them you would never know. They respected you for who you were, and also respected your choices

even if they were not in your best interests. They would never force you to change your beliefs, or instill fear (or any kind of control). They would guide you to knowledge so that you could free yourself from the reality you were currently experiencing at that time period. You are the creator of your life and your destiny. Year One The death of Jesus Christ was not planned as some religious texts may tell you. The Sons of Belial felt highly threatened with the Essenes upcoming popularity, since humans truly believed that the son of God walked among men, they had to stop it. The Sons of Belial were behind the creation of a variety of religions, secret societies, and the crucifixion of Christ. They carefully planned it for the purpose of ultimately controlling the human race. Every religion, belief, and spiritual practice on Earth carries part of the divine truth. Not all is a lie. However, when someone tells you that you must live your life a specific way, they are more than trying to control you. If someone tells you that bad things will happen to you for not following this or that, then that someone is trying to instill fear in you. Of course this topic is debatable. We will share the rules set with unconditional love that the Essenes followed in the end. You had a choice to follow the rules and live in the community, or not follow the rules and yet like their philosophy. You could follow your own rules, live where your heart desired and yet be supported by them. It is the same as the Pleiadians will not demand that you all be vegetarians, or vegans, or carnivores. You know that all three mentioned groups can channel us. We go to the ones with pure hearts, and we do not look at what you have in your stomach. Now, back to our topic of the first year. When it became obvious that Jesus would be crucified, the Essenes, instead of hiding him (which they all could have easily done), made a collective plan to demonstrate unconditional love to the human kind. Jesus's soul was fully healed. He forgave everyone for everything that they needed to be forgiven for, and he held everyone in the frequency of unconditional love. He did not suffer for the humans. He was not in pain for a long time. His soul was trained to astral project above his body and disconnect from physical pain. It lasted three days and three nights. Number three is the catalyst we mentioned throughout this book. The Essenes needed three days to create a wave of unconditional love around the Earth. In those three days, everyone on the Path of Light sent unconditional love to Jesus Christ who served as a torus of this energy which flowed into the crystalline grid of Earth, connecting with the Surrogate God crystal, and through his body into the Pleiades (the Universe). Rainbow energy of unconditional love was flowing for three days and three nights to cleanse and purify humanity. Deep inside of us, we all desire to be loved, despite of who we are, and

so all souls who wanted or needed love benefited from this energy. Those who were closed did not receive this energy. Energy works based on the law of free will. The effect had been extremely successful. What happened around the Earth was rather phenomenal. Finally, the heart of humanity came together (for one tiny moment because everyone needs love). Despite religion, faith, belief, race, economical group, and countries, they ALL eventually agreed on starting the first year in of the calendar as we know today. Of course your historians have a logical explanation, but we have ours. It was the unconditional love held for three days by all willing souls that marked the change of time. The death of Jesus Christ gave humanity the chance for a new beginning. The Earth's core was beaming with unconditional love. Humans, whether they were earth-seeded or star-seeded, received the soul calling to become unconditional love, frequency keepers, and crystal keepers. In each generation, a few are asked to pass on the torch of love and light to another generation. At this time, we ask all of you to become frequency keepers (and the protectors of love and light). This will not keep you stuck in the incarnation cycle because you can consciously disconnect from this job by the end of your natural life. The Sons of Belial spun the story of Jesus Christ in a way that worked for them in order to control the majority of the population. They had to come up with a few more sinister scenarios within the past 2,000 years to wipe away the smile we had in our hearts on that day. Ancient Atlantean Rules followed by the Essenes

The Trinity

1. Love, kindness, and compassion
2. Respect, discipline, and rules set with love
3. Teach by example, give space to experiment, and allow space for soul growth

Embrace unconditional love, respect others' choices, and teach by example. Be kind to yourself and others, obey the discipline you created for a healthy body and spirit, and give yourself space to honestly experiment with what is working for you and what is not. Have compassion toward life, set rules with the energy of love to accomplish your goals, and allow yourself space for soul growth. These simple, yet effective rules, were created with unconditional love toward your soul and could be applied to any aspect of your life. Whether it involves being a good parent, sister, brother, employee, or business owner, these are the rules we like to follow as well (and we are reminding you of them). If these rules resonate with you, you will feel it in your heart and in your soul. If not, we encourage you to keep searching to find what works uniquely for you. Soul healing of this time period is achieved by pure realization that Jesus Christ was here to show you that each of you is like him, with each of you having his abilities. No one is more special. Each of you is your own healer, and your own guru, and no

one should be put on a pedestal to be worshiped. It does not matter who you specifically were in your past lives, it only matters who you are today. Take a little time to go within and question your fear of religion, beliefs, and spiritual groups. Identify times when you felt controlled by them, by fears of believing something would happen to you if you did not believe as they believed. Simply realize that those were just humans trying to have superior control over you, whether it was in this lifetime or past lifetimes. When you become conscious of it, the next step is to forgive. How long will you let all these fears and anger control you? Forgive and step back into your soul power. Imagine you are part of the cosmic Christ consciousness walking on Earth. You all are Jesus Christ and you all are Mary Magdalene. You all have divine masculine and feminine energies within. Stay humble and keep your ego in check.

Chapter 10 The Wise Women and The Witch Trials “When you feel as if you are walking through a dark tunnel embraced by feelings of fear, stop for a moment, close your eyes and take a deep breath. Know that your soul sisters, Hope and Faith, are always by your side. Hold their hands and let them guide you while walking through the darkness, until you see light again.” Those on the Path of Light who were initiated in ancient Atlantean teachings knew that Jesus Christ did not die on a cross, but they could not reveal this truth to anyone as it would undo its intended effect. We would like you to notice the messages hidden in numbers. We had 33 conscious years to raise the energy level of Earth. The number three is a catalyst that bridges energy between the past, present, and the future. The three days filled with unconditional love (for Earth and its inhabitants) allowed significant soul healing and opened doorways for a better future. Another layer of this energy included the number 6. (3+3 =6) The number six brings consciousness into the physical and spiritual body. It guides you to make your own choices, whether they are creative or destructive. Six is a number that lets you consciously recognize deception, if you are willing to see it. In summary, the energy of this event set new GPS co-ordinates for the future, and gave you an opportunity to either recognize deception or be deceived. Ultimately, it gave you the power to free yourself and live your truth.” After the crucifixion, the Sons of Belial scrambled to re-gain their control. They could not wipe out the memory of Jesus Christ, but they could use that same memory for their own purposes of ultimate control. They did that by glorifying Jesus Christ through religion and secret societies. Over the thousands of years they learned that: - People need to believe in something to pursue what they believe is happiness, and they (the Sons of Belial) could define happiness for them. - The ego wants to feel in

control. - Superiority is something they would fight for under the name of God. - Humans are gullible beings who can be fooled by cheap tricks. - Since the beginning of time, the Sons of Belial prayed on human weaknesses, and their addictions. They would use this knowledge to stop the Children of the Law of One. They would use the name of Jesus to control, kill, and destroy everyone on the Path of Light. This created your third major soul wound which manifested approximately between the 12th century and the 16th century. Mary Magdalene After the crucifixion of Christ, certain parts of the Essenes community who were closely knit soul family followed Mary Magdalene to Europe. She became the leader of their community. She held the frequency of the feminine divine energy, (unconditional love), and was highly respected. To outsiders, Mary Magdalene was expected to be a mourning widow, and the tightly knit Essenes community was expected to be broken and too scared to practice anything. They played their roles well, no one suspected that Mary Magdalena was pregnant, nor that Jesus Christ resurrected. Once she moved to Europe, her secret mission started. She was well trained and highly respected by all the secret surviving tribes of the Children of the Law of One. As an adept of the mystery school, she was asked to become the master teacher of the Wise Women (and men) who would eventually scatter and live in peaceful tribes all over Northern Europe. This was the beginning of what later would be known as the Knights Templar, Freemasons, and other secret societies. They knew that it would take the next few hundred years in order to connect enough souls to create another unconditional love catalyst. In the meantime, they worked to preserve and record the ancient teachings as handed down to them. They copied many of the ancient scripts and saved them in places where they would be protected and shared with the world when the right time came. They wrote new books to record history, which were known as the Scripts of the Living Truth. Ancient beings from the inner Earth assisted them as much as they could, with their knowledge, and with securing the books. Slowly it became more difficult and dangerous to keep these connections alive. The Sons of Belial worked hard on their part. They corrupted the minds of many good people. It became harder to find people, outside of the tiny communities, that you could fully trust. Poisoned thoughts, consisting of God's betrayal or his eventual betrayal to humans, were seeded in the minds of many. The Wise Women Time came and went, and by the 12th century the Wise Women communities quietly thrived in secluded parts of Northern Europe. Secretly, they kept teachings from the mystery school alive. Their knowledge spanned back to the ancient Atlantis. Many people turned to the Wise Women when

they became ill instead of consulting doctors. Wise Women would help them by providing inexpensive or free herbal remedies where as doctors would charge outrageous amounts of money while hardly fulfilling their promise of health. The most notable account of their rising popularity came about when people started to seeking advice from the Wise Women on regular life issues such as love, abundance, happiness, etc. Their guidance was practical and lacked the fear that religions flourished from. More and more regular people sought them out for consultations. The act of assisting someone as they raised out of fear into love always sent red flags to the dark side. And this is how the Wise Women became visible on the dark side's radar. The power struggle became inevitable for the near future, although no one was aware at the time. With the newly extended demand for their light work, the Wise Women communities grew frustrated while waiting for the energy to be favorable enough in order to show everyone the true God. They disliked the way religions used the name of God for their own purpose of controlling everyone. They were sick of their lies. For the past twelve hundred years they had protected ancient knowledge, passing it on from generation to generation. Among them lived a few who still used the ancient Atlantean techniques of extending one's life span for several hundreds of years. The only rational reason for someone to extend ones life span was to become a Wisdom Keeper (also known as a living librarian). These Wisdom Keepers were in soul service to humanity, and were capable to write many books to ensure that original knowledge is preserved for future generations. They passed original knowledge into the future, and were in soul service to humanity. To become "temporarily immortal" you had to have a strong soul purpose. That is the only acceptable way to become physically immortal. These people had to live in utmost secrecy, therefore this practice was slowly disappearing. It was dangerous for communities to hide "immortals". The Sons of Belial were active in many churches and preached superiority. They searched carefully for any indications that the Children of the Law of One were passing on their knowledge. If caught, punishments were gruesome. Instead of focusing on extending life spans, the Wise Women had adopted the ancient Atlantean practice of preparing souls for Earth's journey prior to entering the women's womb. This ensured that some of the ancient knowledge would remain with the baby as it matured into young adulthood, and that the spiritual door would not close. These souls were assisted in keeping their higher vibration energy so they could carry on their soul's mission. In their childhood they were told stories about their ancient alien ancestors, and of Master Thoth and others. Those who demonstrated a

deep interest in spirituality were guided, in secrecy, to learn from ancient books. The books were skillfully hidden and hard to access, otherwise they would be either burned or confiscated by the Sons of Belial, if discovered. For this reason, it was safer to teach by word of mouth. These times were frustrating for everyone. The council of the Wise Women wondered if they should follow the guidance of God or if they should take actions in order to make changes on Earth. Females were strong and participated in a few wars. The council of the Wise Women agreed that instead of fighting wars it may be more beneficial to move out of their isolated hiding places, live among, and teach those who were open to receiving their knowledge. Those who fell in love could marry out of their community, if they desired. The reason behind this movement was that if a man fell in love with a Wise Woman he would slowly change, which would give an opportunity for those around him to also change. One family at a time. They knew that love is the highest energy and that unconditional love would conquer all evil. The opposition's agenda was strong. They were brainwashing men to believe that they had superior power and that women were only good to bear children, take care of their man, the household chores, etc. The Witch Hunt The Sons of Belial became threatened once more. People began searching for these Wise Women more and more. Sickness does not discriminate between the rich or poor, and it strikes when you least expect it. The Wise Women could have looked away while people were suffering, but they chose to help instead. Even men were willing to listen to the women who cured them from their painful sicknesses. They mended broken bones, healed shattered souls, brought wisdom, and reminded them of hope and faith. The level of fear was going down on the collective barometer, and the level of unconditional love was on the rise. The Sons of Belial needed to come up with a way to prevent this, and perhaps stop it for good. They were crafty dark beings. They knew that when their ancestors crucified Jesus, Jesus was able to transcend over fear and physical pain in order to create the unconditional love catalyst on Earth. They guessed that some of these Wise Women had the same training. Thus, the plan to get rid of them had to extend beyond death to ensure their removal. They debated and argued until they came up with a frightful scenario for the light souls. The Wise Women would be called witches. Their healing work would be called witchcraft, and the work of the devil. Anyone accused of witchcraft would be sentenced, by officials, to death. They were tortured, raped, and their children and loved ones were killed in front of them. We do not like to be graphic, but in your soul you may remember being forced to watch these horrifying scenes while

feeling hopeless and angry. Angry with yourself, with your community, and with God. How could something like this be happening? Your soul still holds such trauma from those days that many of you are still deathly afraid to open this forbidden door of knowledge to your own soul power.

The Soul Cave The eyes are the doorway to the soul. During each incarnation the soul records all major soul wounds and stores them in the Soul Cave. If soul wounds are not healed during the particular lifetime in which they occurred, they will manifest as blockages in the next lifetime and continue until one is strong enough to look into the past and heal them. The Sons of Belial had knowledge of this, so they used it to their advantage. Through experience they found that if they tortured you personally, you might just simply embrace it and accept it like Jesus did. However, if they were to have you witness the physical and emotional torture of your loved ones, and make you believe that their pain is due to your actions, this would shatter and break you. Eventually, you would fall into despair, believing that it was entirely your fault. You would start believing that being a Wise Woman or a healer was a curse of its own. The Sons of Belial knew that if you witnessed your child die in a slow, brutal, and excruciating way, and you were not able to save that child, you would blame yourself and bring this information into your Soul Cave. You would tell your soul to NEVER use your abilities again because it resulted in the death of someone you dearly loved. This information would override all urges to assist others, to be a healer, or a wise one ever again since you would believe, that your family might suffer if you do. The Soul Cave is your own soul's record keeping system used to store only information from all your lives here on Earth, unlike your Akashic Record which stores information from all your lives throughout the Universe. When the Surrogate God crystal was created in the inner Earth to anchor your soul energy, your higher self created your Soul Cave to keep track of each life. It was an action – reaction process. The perfect example of duality, where two components work together so that one day unity can be achieved. The purpose of the Soul Cave is help you to remember what you need to heal in your soul before you can disconnect your anchor from the Surrogate God crystal. What happens on the Earth has to be healed on Earth before you can leave the incarnation cycle and return home. Each Earth life is represented by a crystal. Only you have access to your cave, no one else. Thus, the Sons of Belial did not have entry to this information in your Soul Cave. However, they could torture you so you would (by your own free will) restrict your own abilities and stop pursuing the Path of Light to change the world. Your soul keeps its own records for future incarnations, and

when you are ready to re-incarnate again, it sends this information to your ego. Your ego will apply that program into your “survival manual” of “what not to do”. In other words, it will try to prevent you from repeating this kind of life (exercising your abilities) again since it caused your soul suffering in the past. The soul cannot truly be destroyed, but it can enter a state of amnesia, refusing to cooperate with anyone or anything (even God). It would just wander through a space, lost and without any direction. There is a special unit that assists these souls and investigates the details into how this happened. No beings (whether dark or light) want to be found responsible for lost souls, as what follows is neither pretty, nor a topic for this book. If you are reading this, your soul most likely does have deep soul wounds, but it is not lost. The War between The Dark and The Light During the time of the witch hunts, many of you rushed through incarnations and had anywhere between 3-5 lifetimes (some of you more) which ended by being burned, drowned, disfigured, beheaded, etc. After each death you hurried to come back to help your community, to keep the Path of Light alive. You hoped and prayed that you would learn something to help stop this horrid genocide of the souls who were on the Path of the Light. This truly was the war between the Dark and the Light. And as we mentioned, the purpose of this cruel treatment was so that beings of light would ultimately stop using their power, and become stagnant. The Sons of Belial hid within religious houses that were created to gain superior power over the human kind and peacefully rule the men of Earth with the sword of fear. In their dark minds, no light beings would challenge them anymore. The Fight is On The Wise Women would not give up. They were fighters and survivors. Think of the brave female warriors of the Amazon. Once inquisitors established their position against them, and brutally killed them and their families in the name of God, it became personal. They decided to take fate into their own hands and give each other hope. They were so angry and desperate to save their own kind, they did not ask God for guidance. They thought that God would not understand the pain and suffering they were enduring. They were desperate, and raged for revenge. Since the time of Ancient Atlantis they kept coming back, re-incarnating on Earth. They had a choice to leave and go home, but instead they decided to stay and protect humanity, and keep the frequency of Love and Light strong. In all those years they continued to encourage one another to keep going, but now with the inquisitions and the witch hunts, it seemed that the spiritual growth of humanity would never happen. They grew tired and impatient. They were tired of hiding, tired of the unfairness, tired of being hunted, and tired of the murders of innocent people, all in

the name of God. Were they destined to be killed because they would not obediently and blindly listen to religious man? Men who twisted ancient history, and re-wrote the Bible several times, for no other reason than to cease power and gain control over humanity? Were they destined to be wiped off the face of the Earth just because their natural cures were more effective than those who claimed to be studied doctors? Were they supposed to be punished because they were intelligent women who refused to be nobodies? They had enough. Their animal ego metaphorically sat like a devil on their shoulders, and urged them come up with a solution, and stop the madness. The Wise Women came together to debate (once again) on how to save their kind. They rekindled ancient rituals, awakened full soul power energies, and used this energy against those who were harming their families. It was like unleashing a caged beast. In modern days you may describe it as sending powerful curses against the dark side to stop what they were doing. The Wise Women worked together in unity. They disliked using their power to harm, yet they felt as if there was no other choice. Imagine how powerful they were. If this resonates with you, realize that you were one of them during your life in that period of time. Imagine the energy curses you were able to conjure. Illness, mental confusion, accidents, bodily harm, poverty, demons, and death, were a few of the curses sent toward the dark side. Remember that you did this out of despair, not because you wanted to, but because you felt there was no other way. You felt limited.

Karma and Curses

There is a difference between the energies of karma and those of curses. Karma often manifests in your life depending on what you have done. For example, if you were a thief in a past life and stole money from the poor then bad karma was created. In this lifetime you may find yourself as the victim of theft or a money scheme perpetrated by someone you thought was a friend. You may lose a lot of money before the crime is discovered and the culprit captured and imprisoned. You may be satisfied that justice was served, but ultimately, and despite the outcome of this scenario, your job is to forgive this person and yourself for being in that situation. This energy of forgiveness goes back into your soul karma, which heals you. Once you are healed and freed of this negative karma, you will never have to repeat this scenario again and perhaps you will now gain everlasting abundance that is earned with honesty and integrity. Another thing with karma is that you currently live in supporting energy period which allows you to become conscious of your karma. This you can consciously step out of your karmic debt, and wipe it clean with the promise to walk on the light side. It is that easy. Curses are a different story. A curse you

perform is part of your soul power energy that you consciously give away with the intention of doing harm. Now please listen to this with neutral emotions. It is time to forgive and heal. Saying that they deserved it will not justify it in this lifetime. Curses work like boomerangs. It will come back to you as a horrible blockage, obstacle, dark energy, or entity, that you may think someone sent to ruin your life. Imagine that your own negative energy that you sent to attack someone approximately 400 years ago is now attacking you back. Every time you cleanse it, it goes back to the intended victim, but in a matter of time it will come back to you again. It travels with you from lifetime to lifetime, and it will travel with you until you release it. In your current lifetime, you agreed to fully awaken so that you can regain your soul power back. Your soul power/knowledge is within your soul, guarded by your higher self. It is not in your current body. You hid it. To find it, you must forgive and heal your soul, and only then will you be able to retrieve it. New Dawn

Eventually the Wise Women came to realize the truth of ancient wisdom. You cannot win a fight with power vs. power. It will only bring temporary relief until the other side refreshes their power. The only thing you create is an endless cycle of conflicts and suffering. It is only unconditional love that can bring healing to everything, and end the cycle. In the early beginning of the 16th century, the remaining leaders of the Wise Women tribes were called together to re-think their strategy on how to stop the inhumane killings. The curses worked, but they were not strong enough to stop all of the dark side. Sadly, they knew they could not win this fight. This time they meditated and asked God to guide them. Unfortunately, the planetary alignment energy was not favorable for a global embrace of unconditional love. It was channeled from the highest Source that they should shut down their energy. This meant dimming their soul light into an almost non-existing tiny spark of light to confuse the dark side, and to buy themselves time until the next stellar activation cycle. This would stop the witch hunts and would protect their souls from more damage. We would like you to meditate for a moment and go back approximately, 400 years. Feel the re-gained trust in God that came from these remaining Wise Women who agreed to close down their energy instead of demanding super powered weapons to eliminate the dark side. Were they angry about what was happening and that they felt powerless? YES! Were new weapons the answer? NO! You know the saying, "being the better person." So instead of trying to figure out a way to destroy their enemy, they trusted that love would prevail, and they all took a leap of faith. YOU TOOK A LEAP OF FAITH, and YOU outwitted the dark side. Hiding the Essence of Your Being One trait that the Children of the

Law of One were recognized by was that they were the living embodiment of truth; they were not able to consciously lie or cheat. They could conceal their powers and their abilities so well that if one of them was to walk by you at the market, you would never know you had a master walking beside you. However, their moral compass of the embodiment of truth gave them away when they encountered a soul crying for help. Closing their light meant temporary being unable to help others. They asked their higher self to hold their soul power (knowledge) hidden within, so that they would not be able to access it. Imagine that you lock it in an impenetrable safe, and throw away the key. They had to give up their way of being the embodiment of truth, to temporarily disable their moral compass. Remember that they are you before this incarnation and you fully trusted God and your higher self to remind you where to find your locked knowledge when the time was right. In order for that to happen each of you created a personal symbol, your soul symbol that only your soul would recognize. It would represent the truth for you. This soul symbol became the energy which you left buried in the Earth. This is what you call the Christ consciousness, which is waiting for you in the Earth. The soul symbol is the key to your impenetrable safe, where your soul power is hidden. Why do you have to find the key first? When you are the embodiment of truth, you will never abuse the knowledge you have. One who knows the universal truth and is on the Path of Light, is willing to be in service to the souls who are ready for help.

Entering the Unconscious Years The sisters and brothers of the Children of the Law of one (the Wise Women) came together one last time. They held hands around a huge fire and looked into each other's eyes. They felt unconditional love for one another, and they knew that after the ritual to close down the essence of their beings, they would each walk separate paths in different parts of the world. They would forget about each other and pass away alone. They knew it would take several hundreds of years before they would consciously recognize one another again. Tears rolled down their cheeks as for one last time they chanted together under the night sky. Their hearts were wrenched, yet the brave men and women did what seemed impossible. They took the essence of their light beings, sent their knowledge to their higher selves and buried their symbols in the Earth. This happened spontaneously in several places on Earth. For about the past 400 years, you have gone through several unconscious lifetimes. You may have been a prostitute, bank robber, soldier, or something more favorable such as a farmer, teacher, or music composer. The point is that you most likely have experienced many lifetimes that you would not have chosen if you would

have had your moral compass. If there is something negative or unfavorable that you remember from these past lives, forgive yourself. Remember, you can walk out of your karmic debt by being conscious. Handfuls were awakened earlier to become lighthouses and to leave you bits and pieces of information that you could build on (such as Edgar Cayce, Bill Grey, or Ruth Montgomery to name just a few from the early 19th century). The next stellar activation cycle passed in 2012, but the soul call went out earlier than planned (in 1945) when a nuclear explosion was experienced. No advanced technology should be weaponized, and we all became concerned about the future of the Earth. The Story You Have Not Heard Life's journey has many interesting twists and turns. The same as twin flames are meant to meet one another in this lifetime to transcend their wanting into surrender and acceptance; you were born to meet those who harmed you so that you can forgive them as well as yourself. Only YOU can stop your boomerang of curses. In this lifetime, we guarantee that you will or already have met your enemy. You may come to realize that your friend in this lifetime may have been your inquisitor in a past life. Maybe you are married to your enemy, or he/she came as your child. Maybe a stranger did a random act of kindness for you that saved your life. Yet you sense there is something you need to resolve with these people. The Universe is bringing you back together to make amends so that you both will find peace in your soul. These people have already paid their karmic debts. All of you have suffered enough. And you may ask, how does someone become an inquisitor? Were they born with a taste to torture, to kill, or to rape? The answer is no, life's circumstances shaped them, and cornered them, into who they became. What if someone offered you that horrible job and you said no? They might tell you they would kill your sister, mother, wife or your family if you chose not to do the job. What would you choose? The Sons of Belial did not only target one person, but whole families. Fear is a very powerful control tactic. Once someone accepted the position they had no choice but to learn to cope with it or die. It is a programmed survival mechanism. Many committed suicide. It did not help. You may start out doing something you detest, and you may end up finding pleasure in it. Once again, it is a survival mechanism. Remember the Annunaki and the Blood Oath? The program is in your blood until you revoke it. Fear, control, pleasure. As if that was not enough, they also made you betray one another. They tortured you until you falsely identified your sister as a witch. What if someone held a knife to your child's throat and asked you to call out your sister or your best friend as a witch? Who would you choose to die? Tough question. Why do we

bring this up? Not only did they commit unspeakable crimes against the love ones that you pointed out as witches, but when you were no longer of any value to them, they would do the same to you. They would force your sister or best friend to betray you, and she too would be forced to stand there and look you in the eye as you were tortured and put to death. You hated her for betraying you, and maybe even cursed her with your last dying breath as she watched with a broken heart, all the time hating herself for what she has done. No wonder you feel that you cannot trust anyone and prefer to seclude yourself from others. Who can you trust? You can trust yourself, and you also have a choice to open your circle once again to your sisters and brothers. Forgive them. Forgive them. Forgive them. You were all manipulated. Around the 12th century you grew weary with all the upheaval and persecutions that was going on. You decided to stop following God, and took faith into your own hands. By the 16th century you had no strength to continue and you closed off your own energy and stopped living the life you were meant to live. There is no judgment in our words, there is only unconditional love. We feel your pain. We hear your soul calling for help. What you started you had to end, and you did. You are the bravest of the brave! Now it is time to continue. The question is, are you ready to do it your way, or are you ready to follow God? What is ahead for you? The Path to Healing Forgiveness, unconditional love, and light, are the components of the trinity that you need to assist you in releasing the curses, negative thoughts, and wishes that you had sent out during times of your desperation. Since this was done in a ritual we recommend you use a ritual now as well. Rituals help you focus your thoughts and your energy. If you feel overwhelmed by emotion the first time you do this, give yourself some time. Be gentle with yourself. Repeat this anytime you meet someone who you feel may have been an inquisitor or someone who you or your family during your previous lifetimes. Only YOU can stop your boomerang and free your soul. The Revocation of Curses Prepare three white candles, tea light candles are fine, but any will do. Mediate or contemplate about what your intentions are. The first candle represents everything from the past. It is to forgive everyone who has ever harmed you or your family. It is to forgive yourself for being in that situation. The second candle represents the present, and your conscious decision to release all curses and negative energy. The second candle is for unconditional love. It is the highest available energy that will release all curses, negative thoughts, and wishes. Send unconditional love to those who harmed you or your family. Fill them with unconditional love, and fill yourself with unconditional love. If you are having a hard time

feeling love, try to think of people, pets, food, anything that you love, and feel that same love for those who harmed you, and also for yourself. There are no excuses. The third candle represents your future. It is for light, to illuminate the Path of Light for all those that you have forgiven. They can see the light and walk that path if they choose. This light will also illuminate the same path for you. When you are ready, light each candle while saying your revocation out loud. Mean it and feel it, speak from your heart, not your mind; otherwise you are simply saying empty words. First candle: By the power of three, I forgive thee. (This means people who harmed you, your family, and your friends) Second candle: By the power of unconditional love, I heal our soul wounds, And, I, dissolve all our soul bonds. (Curses or negative thoughts bond your souls together, creating the boomerang.) Third candle: By the power of light, I illuminate the light within, For us all, To shine on the path, Toward a new life. (Darkness and fear within us no longer have the power to intimidate us) After your ritual, take a few days to reflect on how far you have come, and what comes next for you. There is nothing holding you back anymore. Your soul mission in this lifetime was to heal. You accomplished that. What is next? What is it that you would like to do? How can you be in service? Finding your Soul Symbol Only you will know when you are ready for this. Practice staying neutral in your emotions every day. 1. Build a safe nest for your Ego, your physical being (as described in chapter 6). Tell yourself often that it is SAFE for you to embrace your gifts once again. 2. Quiet your mind, meditate, and practice to be one with the Universe. Set your judgment aside, question your fears as they are clues to what needs to be healed. 3. Practice trusting your higher self and God. Perhaps you may need to have a good conversation with God to discuss and let out how betrayed and angry you feel/felt. Then listen with your heart as unconditional love pours in. 4. Ask that you remember your soul symbol, and pay attention to signs and synchronicity in your life. The odds are that you have already seen your symbol many times, you just did not consciously recognize it at the time. When you find your soul symbol, your key to your soul, you will know. You will have an "AHA" moment in which many doors will open to you. Once you re-discover what your soul symbol is (it can be a number, a geometric shape, a picture, it can be in a physical shape or etheric) take or imagine your soul symbol and practice this little exercise: 1. Make a firm decision that you are done suffering. Review your life, be honest with yourself. See what worked, see what did not. Once again, if need be, forgive yourself and others. Take what you have learned and use it as a strong foundation. You have learned A LOT in this lifetime, and in

the past. When you define your foundation (what made you who you are today) then accept it and fill yourself with unconditional love. Love every moment of your life, good days and bad days. 2. Put one of your hands, palm facing down on your belly button (3rd chakra) and the other facing down on your throat (5th chakra). Say these words and FEEL them (feel the emotions) in your body. You need to feel the energy of these words – the words are empty if the energy from your emotions are not in them. I live the truth! (3rd chakra) I speak the truth! (2nd chakra) I am the truth! (4th chakra) Then exchange the hands in a clockwise motion, the one that was on your belly button will now be on your throat and vice versa. Repeat this. Take your time. Breathe through the words and FEEL THEM. As the last step put both of your palms on your heart and breathe this symbol in. Merge with your symbol and accept this symbol as part of you. 3. Now imagine this symbol traveling to your higher self (it is your key) to unlock the knowledge that your higher self is storing for you for several hundreds of years. Your symbol become one with your higher self and your body. (key+soul knowledge) Your symbol brings two broken pieces of your soul back together into your physical body. You are whole. Imagine you are standing with your sisters and brothers by the fire and taking back what you have hidden away for so long. When you do this honestly from your heart, allow yourself to exist and feel without any fear. You will then embark on a new journey. You will perform all physical tasks with honesty and integrity (I live the truth!) You will always express yourself truthfully without lies or empty promises (I speak the truth!) You will become your true self, and the door to the ancient truths will be open for you. You will become the embodiment of the frequency of truth (I am the truth!). Your spark will ignite others. In conclusion, releasing curses will stop the boomerang effect that causes blockages to keep coming back into your life. Finding your soul symbol will open a door into the ancient library of wisdom that is hidden within your higher self. This is the way back home. Sometimes, you have to retrace your steps, and mend the broken pieces of your soul in order to find the true essence of your being so that you can move forward in your journey. Chapter 11 The Quantum Field of Limitless Possibilities “The future is not set in stone. It is in your hands.” Trust is the key while inner guidance is the map into the quantum field of limitless possibilities. You can choose to live in this quantum field while trusting that everything will align the way it needs to be. When you trust, you are not controlling the outcome. The outcome will be a divine product of your trust. Now we ask you, after all that you have endured, will you open yourself again for another journey of possibilities? Will you feel safe to re-claim your soul symbol? Will you

trust the knowledge that your higher self will share with you? Will you trust the divine guidance? If your answer is, "Yes," then we are on this path beside you, surrounding you with unconditional love. Look into your past. You fell multiple times because of your lack of trust. The lifetimes in which you did trust the divine guidance will not show up as blockages. Memories of these lifetimes are waiting hidden deep within you, like a priceless dusty old book hidden in the darkest corner in the library. These memories will wait for you until you are ready to recall them. They are connected to the divine guidance so that you can understand its true meaning. For example, the Emerald Tablets are useless to you until you are ready to perceive them through a divine mind instead of your human ego's mind. Next Step When you neutralize your ego, you make it your ally instead of your narcissistic protector. Healing your past lives and soul wounds will put you at number 8 in the Fibonacci sequence. You are becoming God. You are one step away from reaching the Surrogate God crystal and one step closer in removing your anchor. The original life plan was designed in such a way that would never allow you to reach this step while still in your physical body. Doing so could have been construed as a threat by the Sons of Belial, as they may have believed that you had figured out their dark schemes. However, the rules have changed as we are now living in a lifetime of greater spiritual support that was developed to help you remember who you truly are, and this may allow some of you to reach this level of consciousness while still in the physical body. The Sons of Belial knew that the future is not set in stone. It always can be changed. Because of this (once you become conscious) the dark side will tempt you with false gifts, false prophecies, false channeling so you will feel either superior, or afraid, or as if you are chasing something that you will never find, instead of staying humble, neutral and on your path. Do not fool yourself. There is not, and will not, be a second coming. You ALL are IT. Christ is within you. You are the creators and you are seeding the new humanity. The new humanity is seeded not from the seeds that you grow in the garden or that someone will ship you via priority mail, but instead through your own activated light codes. When YOU change, you become a "new" human being. When you pass the "three trap doors" (described in chapter 3) while staying humble, trusting the divine guidance and setting your inner GPS toward being in service to humanity, you have become a new human being. When people want to live like you, living in honesty, integrity, and from heart with unconditional love, you will be the master seeder of a new human race. Superiority is only temporary. The dark side will discard you once they no longer need you. You will fall and you will blame God. You

will believe that he does not help you, that he does not love you, that he lets you suffer and that he betrayed you. This has happened many times in the past. Is God this "he" you refer to? Who are you really blaming? Are you too afraid to acknowledge that you have been misled by something you thought was God because it made your human ego feel good and you temporarily had "what you" wanted? God is neither a man nor a woman. In your dimension, God is the vastness of the unconditional love. In higher dimensions, God is peace without a form, without color, without sound, without emotion. It just is. This "it" created many solar systems, each different, to give your soul the experiences it desires. Recalling your Memories You may have dreams, glimpses, or an unexplained obsession of finding Atlantis. Imagine that you can fully remember when you were an extraterrestrial, or recall your knowledge of advance technology. The memory of Jesus Christ is still alive after over 2,000 years. Think of what you will be able accomplish once you awaken the Christ consciousness within you. You still use herbal remedies despite what had happened to you when you were one of the Wise women. Imagine how much you will be able to help others once you fully recall all the medical knowledge that is locked within you, and how to use it to cure illness like you used to in ancient times. These are your three main past lives, there are many others, but these caused the most damage to your soul. Now that you know how to heal your soul, you can consciously and safely recall memories once again. You are a descendant of the ancient Atlanteans. You are not occupying the same body you had in Atlantis, but you still have the same soul. You re-incarnated in physical bodies of all different colors, sexes, sexual orientations, faiths, religions, etc. Why? Because humans keep separating themselves and pointing fingers at each other, thinking that one belief is better than another. Because humans are growing apart faster than they are growing together. You came to fix all that and help build the foundation for a new, better humanity. New Human After reaching and stabilizing yourself at Fibonacci sequence number 8, you will explore the number 13, and 21. You will go through several re-births while your new human defines its new personality. The new you will utilize your ancestral DNA while still living in a human vessel. The new you will be able to live between the third and fifth dimension without effort, as your ancestors did. The new you will live from the heart (not the mind) and will effectively use telepathy, empathy, clairaudience, clairsentience, etc. The new you will be able to connect to the universal mind and create the new inventions that will make the Earth a better place. The Mayans left you a gift before leaving your dimension. They

had created the calendar and they ended the calendar at 2012. This was to let you know that you are now in the energy period of new beginnings. You have the choice to either become a new human who will be fully aware of its ancient abilities, and create limitless possibilities to alter your own reality, or you will repeat history and start again at the beginning. If you create from the level of fear, you will create a fear-based reality. If you create from a limited perception, you will create a limited-based reality. If you create from “what you want and what you think is best for this world” you will create a dictator-based reality controlled by one person (despite that in your mind your intentions are positive). What may sound positive to you may sound controlling to someone else. If you fully set your personal needs aside and trust the divine guidance, you will create from unconditional love, an unconditional love – based reality. It will not be the same reality for all of you, but it will vary according to everyone’s needs. Everyone will be happy. For example, carnivores will eat their steak for dinner while vegetarians will enjoy their spinach quiche. Both will be happy instead of judging one another. Unconditional love is the highest type of frequency for the physical body. Love is like a magic potion. Love is the essence of every miracle. Love turns the impossible into the likely. Love is blind. Love is breathtaking. Love is what we all ultimately desire, despite what side we are on (whether dark or light). We opened this book with a love story and we will end it with one. The Son of Belial fell in love with the Daughter of the Children of the Law of One. A twin flame love was ignited and hope was born. They put their differences aside and saw each other as something they each missed within. They completed one another and made each other whole. They let go of their individual dreams, and found harmony in their new goal of creating a Heaven on Earth by becoming frequency holders for unconditional love. They embarked on a journey of mutual ancestral healing. Together they learned that no one is better than the other, and that there was no need for blaming anyone regarding the past. Ancestral healing created a catalyst in their life. Spiritual and monetary abundance was poured into their life. When you looked at them, they were the embodiment of happiness and respect for one another. They decided to open a spiritual center to assist others in their transformation. Ancient knowledge was taught with unconditional love, and everyone followed the rules of the center. Those two became the living example for others to follow on how to create a life that humans desired. Challenges were raised when they became too busy with the growing number of seekers that came to their spiritual center to learn. Some of the seekers succeeded in their transformation, but those whose egos failed them and

could not transform, blamed the Son on Belial and Daughter of the Children of the Law of One for their individual failures. The Son of Belial and Daughter of the Children of the Law of One trusted one another and followed the divine guidance. They knew that they could not help those whose souls were not ready. Instead of being upset about it they communicated their feelings often with one another, and supported each other with unconditional love. They were balanced, wise and were getting old. By the end of their life time they had completely healed their souls. They were ready to disconnect their energy from the Surrogate God crystal and return home. Their spiritual center was well established with true teachers that they trained so that new seekers could continue learning after they were gone. Their cycle was completed. One night as they laid in their bed, they held each other's hands and simultaneously knew that they were ready for their next journey. When their souls left their bodies they rejoiced with happiness. This time their healed souls were soaring very high and did not get trapped in 4D Heaven, but instead went to spend some time with their soul families on Orion and Pleiades before starting their new journey of being one with the Universe. Their Earth journey had ended. We love you unconditionally