

# Antari

Written by  
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The first time I met the Antari was whilst I was having a kinesiology session. Part of the re-balance entailed me having two crystals placed at my feet and head. As soon as the crystal was placed at my head, I felt movement. I felt very dreamy and was obviously in an altered state of consciousness. I felt the table beneath me move forward. Then I could see lights moving quickly over me.

Just as I thought, "Where am I?" I saw the Zeta, lots of them looking at me from a spot of light that seemed to be at the end of a dark tunnel. In my head, they said, "See, even after all this time you are still frightened of us". Then I lost a bit of time and the next thing I knew, I was on a spaceship. It was really real, as though I were there, physically.

I was lying down on a table that came out from the wall. Everywhere was bathed in a golden light that didn't seem to source from anywhere. It was very misty in the peripheral of my vision, and yet, I knew this was not a dream.

Then I looked up to see the most amazing ET presence. One of the Antari stood over me. The being was made up of golden light that was made up of spinning golden molecules that resembled galaxies and solar systems that revolved around a central sun in the heart area. Its body reminded me of a praying mantis. Its head was very elongated and sat upon a long thin slender neck. It was very similar to the Zeta, but so much taller and made of a body much lighter in vibration. Its eyes were so beautiful, with a loving gaze that almost made me swoon. It reminded me of the being that can be seen at the end of the film "Close encounters of the third kind" At the very end of the film there are lots of little alien beings coming from a space ship, (these are often thought to be the Zeta, another alien race), then another being who is much bigger appears. This being looks like a praying mantis made of light. This is very similar to the image that the Antari show of themselves .

With the most loving of energy, the Antari telepathically said, "Oh, you are awake. You seem to wake up more and more these days." I knew the being immediately. I felt like it was a long lost friend. I was very pleased to see it and wanted to jump off the table and throw my arms around it. Then I realised what I was there for. I looked down and I was being operated upon. I was open from throat to navel. It was a bit of a shock, I can tell you.

I watched with amazement as they took what looked like a burnt out fuse from out of my body and put a new one in. The new one had golden light inside it. They worked very swiftly because of me waking up. They seemed very pleased that even though I was experiencing what to some would be a very frightening experience, nevertheless, I was taking it on board calmly and peacefully.

They finished the operation and let me briefly look around my surroundings. It didn't look like a ship that was all mechanical, but it seemed to me that it was a place where all dimensions could be accessed. I got the feeling there were more presences around me but on a different frequency. The next thing I knew, I was back on the massage couch. I could see how on the third dimension I was still lying there, but on the fourth dimension; I was etherically on a spaceship. Some months passed before I encountered them consciously again, even though I had dreamt about them frequently. Whilst sitting in my front room one late evening, they simply walked out of the wall, three of them. They communicated information directly into my body, and telepathically explained to me that I was one of them on a higher level and that they would be working directly through me. They explained that they would not channel words so much, but would channel a new level of DNA work.

Over the next three months, I integrated my Antari self and began to align my light body into my etherical blueprint (see The Star That Illuminates a Thousand Moons). I would sit in meditation and open myself up to their presence. They would enter my conscious awareness like a cool breeze that was so full of energy that it would make my body tingle. My heart would open and I would often cry tears of longing and also tears of elation, as they were once more in my reality. For a being such as myself to be here in the separation of the third dimension can be a lonely experience and without these encounters I would not be the joyful person I am today. My encounters with the Antari have

enriched my life beyond anything I could have imagined. They brought me familiarity and joy through sharing with me their presence. They brought me a great gift in consciousness that aided me along my journey back to the source, my new blueprint of consciousness.

The new blueprint was an improved version with new programs and devices which, when activated, allowed me to access other frequencies and energies. I could etherically see the energetic operations they performed on me. One of the weirdest things was the way they reprogrammed the right and left hemispheres of the brain by flickering the eyes in a pattern. One eye would feel like it had moved forward in the socket, and would pulse so many times, then stop, and then the other one would do the same. It was like a code, dashes and dots, coding straight into the etherical brain. I don't want to go into detail about the various operations, but I do want to say that I knew what was going on. It was as though I were being reminded of what I once knew.

Slowly the Antari began their work in my healing sessions with people, re-structuring DNA, activating the pineal gland, and so on. They toned the most incredible tones through me and the people were quite blown away by their energy and presence. Even though these procedures are probably symbolic, they seem to be having an amazing result. After sessions when the Antari energy has been present, people report an increase in talents and gifts and an increase in intensity of energy. People had a sense that the Antari had such a high energy, so loving, and felt that they (the Antari) were on the level right next to God!


Their consciousness is unmistakable. They are coming from such a high dimension that they emanate the bliss of the Source. It is really hard to come into contact with them because it is hard to take our consciousness to such a high level and hold it. However if you are privileged enough to have some kind of contact with them, then you would feel like you were being held in a bubble of bliss. We as humans are not used to experiencing these levels of bliss. Saying that though you have the full capability of contacting and working with these beings, as many of you are ambassadors of their consciousness here on the earth. They have been working with you whilst you are in dream state. You may or may not be aware of this but it has been occurring never the less. It is now time for you to begin to open to them in full consciousness.

They visit the outer reaches of our planetary consciousness in ships of light. These must not be mistaken to be ships that are operated by machines, they are only showing us an image of a ship, and in fact it is a light bubble of consciousness. If you could perceive these bubbles they would be immense, they would cover several miles. The Antari are telling me that during my dream states I am taken up away from the confines of the third dimension, into these ships of light. During my visits upon these ships of light I am taught in healing techniques and ways of elevating consciousness. This I will bring into my human life in the form of a new way of healing. This healing is directly connected with the transformation and development of the d.n.a.

The Antari are a group of beings that I have had the privilege to work with, for over ten years. They are aspects of my overall soul self, they are an aspect of my multidimensional consciousness. They are my soul family and also my mentors. They have taught me a light body technique, which I use with my clients in successful healing sessions. The Antari work predominately with the light body and the d.n.a, they are re-modifying and restructuring the d.n.a code, filling in the gaps, which have resulted from many thousands of years of manipulation by many different beings. As you are probably aware human's d.n.a is incomplete and has many shattered parts to it, these parts need healing in order for us to use the d.n.a strands as a ladder to a higher level of consciousness. Over the years that I worked with the Antari they have made me become aware of the many levels of consciousness that make up the multidimensional consciousness and how these levels all have patterns to represent them within the light body. The alignment of these patterns into harmonic forms can and has evolved the d.n.a of my body to harness more and more energy in light. They are aiding my ascension process and though working with others they have enhanced their lives and spiritual paths too.

"In the beginning of your creation as a species, you had fully connected strands of d.n.a. Beings manipulated and rearranged the d.n.a until you were lost in creation and unable to find your way home. D.n.a is your highways of light, the highways to take you home to the Universal

Dreamer. We are the navigators and our energy inspires you to set off on your journey. The inspiration to go home comes from within, your d.n.a. We are sending you our intention to rebuild your d.n.a so that you can travel to your true stellar home in the stars. We are your future, your salvation, and your newly designed creation. Go out on a clear night and gaze up at the stars. Bathe yourself in the light that emanates from them, and let it penetrate your bodies with the intention of truth, and love will set in motion the redesigning of your d.n.a to create your stellar body."

Antares (α Scorpii / Alpha Scorpii) is the brightest star in the constellation Scorpius and one of the brightest stars in the nighttime sky. Antares' name derives from the Greek Αντάρης, meaning "(holds) against Ares (Mars)", due to the similarity of its reddish hue to the appearance of the planet Mars. This distinctive coloration has made the star an object of interest to many societies throughout history. According to ancient Arab tradition, Antares is the warrior-poet Antar's star. Many of the old Egyptian temples are oriented so that the light of Antares plays a role in the ceremonies performed there. Some writers claim that it is the "lance star" referred to in the Biblical book of Job. Antares was also known as Satevis in ancient Persia and was one of the four "royal stars" of the Persians around 3000 BC. It is also known as Jyeshtha in ancient India. In the religion of Stregheria, Antares is a fallen angel and quarter guardian of the western gate. In astrology Antares is one of the Behenian fixed stars and has the symbol . Antares is the 15th brightest star that we know of. The best time to view Antares is on or around May 31 of each year, when the star is at "opposition" to the Sun. At this time, Antares rises at dusk and sets at dawn, and is thus in view all night (this of course depends entirely on your own position on the globe). For approximately two to three weeks on either side of November 30, Antares is not visible at all, being lost in the Sun's glare; this period of invisibility is longer in the Northern Hemisphere than in the Southern Hemisphere, since the star's declination is a few degrees south of the ecliptic.

### **The star system Antares functions as the focal points of the Source's light into our Universe.**

The Antari are stellar identities, orientating from the star system, Antares. The energy of the stars that make up the star system, Antares are two light energies in one and are integral parts of each other. They are intrinsically connected to each other, one feminine, and one masculine. Imagine if you will two spirals of light, the light of which, is the very light that emanates from the Source itself coming from the twelfth dimension. One spiral holds a negative or female polarity and the other holds the positive or masculine polarity. Together they spiral around each other calling all the light of the Source into a space where it can manifest into the known universe, as two mighty stars. From these stars a defused, a watered down version of the light of the Source is then radiated into the Universe. This light is then emanated throughout the entire Universe where it links to all other stars in the heavens, creating a giant network of cosmic proportions.

On the eleventh dimension there are not so many stars as you would imagine, many of the stars that we see in our night sky are vibrating at a lower dimensional rate than the stars that make up the Antari star system. When you look out at space on this eleventh dimensional level, you notice that there are only a few stars. Even though the stars are few, they hold an extremely intense and powerful energy that is coming directly from the twelfth dimension, coming directly from the Source itself. The energy from the Antares star system acts as two focal points of the Source's light. They are two mighty prisms which reflect and refract the light of the Source into the Universe, bringing the intensity of the One vibration into two harmonized and focused points. From these two focal points the Source's light is sent into the dimensions below where it connects with the stars that are vibrating at a tenth dimensional level, creating a huge network of star light which infuses the whole Universe with the light and the vibration of the energy of the Source itself. Through this star network the love and the intelligence of the Source is radiated out touching all in the Universe. There is no where in the whole Universe where the love of the Source is not felt and experienced. Even in the density of the third dimension those present are touched by the love of the Source.

Each star in the Universe holds certain energy, and vibrates at a particular vibratory rate, which then defines which dimension its orbiting planets are residing in. Here on Earth we are held in a third dimensional frequency due to the energy that is radiating from our sun. The planets that orbit the Antares stars are held in an eleventh dimensional frequency due to the energy that emanates

from the Antares stars themselves. The Antares stars and the beings known as the Antari are one and the same, therefore the Antari are star beings. Many of the alien races that are being encountered here on the Earth are often planetary beings. They are aligned with a certain planet orbiting a certain star in the universe. Seldom do Star beings or stellar identities such as the Antari come down in dimension so far as to contact those who reside in the third dimension. The Antari consciousness is aligned with a stellar intelligence and not aligned with a planetary intelligence. There is a great difference between a stellar identity and a planetary one. Stellar beings are held in a constant un-altering state, they are not subject to the changes and fluxes in energy that planetary beings are. Because of this they can perform the task of constantly radiating certain energy into the Universe.

The beings known as the Antari are vibrating at a eleventh dimensional rate and are more in line with the angelic realms, that they are to third dimensional humans on the Earth. They are so high up in dimensional frequency, that they are far removed from physicality and the ability to manifest in form. They are even higher in frequency than earthy light itself and therefore it is almost impossible to comprehend them or experience them with our earthy senses of sight, hearing and touch. They operate in the realms of ultra violet and above; they operate in frequencies of light that cannot be seen by the physical human eyes. However they have found ways of moving their energy down the dimensions into a form which can be experienced and perceived by us here on the Earth. There are many different kinds of alien races of beings, beings who are coming to the Earth to instruct us in many different ways, mostly are coming from the lower dimensions not so far from the third dimension. However the Antari are coming from such a high dimension that their presence is seldom recognized, because humans do not have the finely tuned apparatus to recognize their presence. Yet the Antari have been influencing the Earth for thousands of years, often completely unseen. There are many of you who are working with this Antari energy and are totally unaware that you are doing so. They work behind the scenes and often do not make their presence known, so they can perform the tasks they have come to the Earth to do un-hindered by human curiosity.

There is a matrix of energy that permeates the whole of existence and carries the energy of the Source throughout all of the dimensions. On each dimensional level the matrix is present. However the origins of the matrix and its initial first function, resides on the eleventh dimension. The original blueprint of the universe originates from the matrix of the eleventh dimension. The matrix on this level looks like the intricate patterns that you can see throughout all of existence and especially in nature. If you look at the beauty of a snowflake you will see the complexity of the matrix mirrored there. The matrix of the eleventh dimension looks like layers upon layers of silvery light which forms into patterns that are seen mirrored here on the earth, in the smallest atom. This pattern can be seen throughout all of creation because it is the original blueprint of the manifest universe. On the eleventh dimension the matrix and the beings that function within it, the Antari are made up of this complex pattern. If we had the senses to perceive the matrix or the beings that are an intrinsic part of the matrix itself, we would see them as being made up of patterns of light, the same light that is radiated from the stars that make up the Antares system. The Antari do not function outside the matrix but function as the consciousness of the matrix itself. They are the technicians of the matrix, bringing its influence and function to bear on the lower dimensions. From their original dimension they modify the patterns which are at the core of every manifest being, from their lofty position they can alter, modify the patterns which are present in the eleventh dimensional matrix and through this they can alter and modify the patterns that make up human bodies. Human bodies are made up of 70 % water, held within this water are complex patterns of the H<sub>2</sub>O molecules, these molecules are directly affected by the energy of the Antari, by rearranging the patterns that are present on the eleventh dimensional matrix, the Antari can affect the H<sub>2</sub>O molecules that make up the human body, to bring about a change in consciousness and frequency on an atomic level.

They are performing these procedures to bring the physical human body up to a certain vibratory rate which will enable the human body to be more capable of aligning with a higher intensity of the Source's light. This is what is truly meant by the consciousness shift which is described in so many new age texts. Without the water present within the physical body being modified on a purely matrix level the consciousness of the residing soul would move into a higher frequency rate and the physical body would remain in a lower frequency and the two would be

unable to stay focused together. The soul would move away from the body and enter the higher dimensions, leaving the physical body to die and decay and return to the matrix of the third, second and first dimensions. This has been the way so far, here on the earth for humans residing in physical third dimensional bodies. Now with the coming transition from one dimensional reality to another, the Antari and their work is called upon, for without this modification on the patterns of the matrix, the body would be unable to ascend the dimensions and the consciousness shift would be impossible.

Masaru Emoto a Japanese scientist has discovered that water holds memory and information in the form of complex patterns of light. He has devised a way of photographing the patterns of the matrix within water and is recording how water and its patterns can be changed with the power of thought and intention. It is possible to change the patterns of water by praying upon them, changing them through positive intention. The Antari are working directly on this level, they can directly change and alter the patterns of the matrix present within the water of the human body, bringing about immense and truly mind-blowing changes on an atomic level. These patterns are seen to make up the complexity of the d.n.a spiral. These patterns hold all the information for the growth and development of the physical human body. The Antari are responsible for changing the d.n.a of the body to bring into alignment with the transition in consciousness, which is occurring to all those who are currently present on the earth. The Antari are here in our reality to aid the transformation and the development of the light body.

It is a new energetic blueprint that has come from a future universal reality that is not yet in form. It is a pattern which holds incredible information that has come directly from the intelligence of the Universal Dreamer in its future expression. This whole universe is going through a process of transformation and during this process it is returning or ascending back to the source of all existence, the Godhead. The end result of this returning, this breathing in of all creation is the passing of all creation back into the Void where it will be born again. The whole of existence is to pass through the zero point, traveling into the Void, where it is to be reborn into a lighter form. This light form holds all the information that the whole of creation, including you, have experienced and encountered in its traveling. Within this rebirth a new form, a completely new level of consciousness will be born. This level of consciousness just like the Angels that came before (in the first out breathe of the Universal Dreamer) have to have a plan, a blueprint; this blueprint is the light body. The light body is in fact from the future and contains within it all the information that is needed to create a new consciousness, a new being. A being that contains all the intelligence of the whole universal reality that went before it. The light body is a pattern and contained within that pattern is coded information in living light patterns. These patterns are complex and intricate in design, similar to mandalas and sacred geometry. The light body is a library of information from all dimensions of the universe; it is a multidimensional hologram of the Creator in form. It is beautiful to look upon and if you look carefully you can see that it is not only one layer but has depth and resembles a sea of layers of different coded symbols one upon the other.

Let me describe the light body's appearance for you. If you had the sight to see you would see the light body hovering above the head of one who is enlightened. As yet not anchored into the physical form but connected by a thin luminous thread of light that inserts itself into the top of the head directly into the crown chakra. It is made of light as you would know from its title but this light is not like the light that we see on earth it is crystalline, that is to say that when you look at this individual thread of light carefully you would see that it is prisms and mirrored. If you examined it with a magnifying apparatus you would see that it contains spheres of different coloured light within it. In each of these spheres of light you could see realities that are not yet in form but are being imagined and inspired by the owner/ soul of the light body. This is in the thread and also in the entirety of the light body; it is even more complex within the light body itself. If you took your awareness up traveling along the thread you would come to the light body itself. Its radiance would make it incredibly difficult to look upon, but after a while your eyes would become accustomed to the light and you would begin to see that it is a swirling mass of spheres and lines that connect the spheres together creating an amazingly complex matrix or pattern of light. The lines that connect the spheres together to create symbols, geometric shapes and complex labyrinth like structures. It is simply wonderful and no drawing or words here on this page could possibly describe it in all its wonder. Each symbol holds amazing amounts of encoded information that is far above the

comprehension of any human mind. All the information of dimensional realities and the forms that reside on those dimensions, all beings or selves within your multidimensional identity are contained in incredible detail within the encoded symbolism of the light body. For beings such as the Antari it is possible for them to know everything there is to know about you, your soul's journey and your complete energetic history of your multidimensional self. When the Antari look upon your light body (whether it is fully formed or not) ,they can tell so much about you, your past , your current spiritual development and achievements and where you are traveling to in your consciousness in your future. For beings who are the translator of energies, as are the Antari, the light body is like a passport containing all the information they need to know about you, so they can then go on and aid you fully in your spiritual development.

The light body in most people is undeveloped and is not entirely anchored and functioning within the physical body. Over the next few years this will be possible for more and more people, with the aid of the Antari and other beings on similar missions, to bring this pattern of light into the cells of the physical body and align it to the d.n.a, to bring a transformation on the level of the d.n.a, which in turn will transform the vibratory rate of the physical body, allowing it to raise in frequency and ascend in dimensional reality. This ascension will allow man to walk in the light of the Source once more and join the rest of the universe in its journey to the Source and beyond into the Void to be reborn a new. This will be a new level of consciousness and as a completely new never seen expression, of the Godhead and its universal dreaming. The Antari are light body programmers and are aiding those whose souls are requesting this transformation by aligning the d.n.a of the physical body to the patterns that make up the light body. There are modifications to be done to both the light body and the constructs of the d.n.a to bring both into alignment and these are the tasks that the Antari perform for us, often without any conscious awareness of them doing so what so ever. The Antari use sounds frequencies which are inaudible to the human ear to call energies which are devolutionary and negative and hindering this process and the functioning of the light body out of the light body, much like a surgeon removes cancerous cells from the body, the Antari operate on both the physical d.n.a and light body to bring about an incredible healing.

There are crystalline pyramided shapes within the light body and the d.n.a which connect one to the other, if these are misshapen or damaged in any way, then the alignment and the merging of the light body and the physical body cannot occur. These crystalline shapes are power generators within the light body, they carry the myriad frequencies that make up the light body around the light body as a whole, making sure it functions correctly and in its highest expression. If these power generators are damaged which can happen during a karmic cycle whilst incarnate in some physical form on one planet or another, as one expression or another, then the whole light body does not function correctly and when it is aligned with the physical form it can bring dire consequences to the owner of the light body. There is much written about the Merkabar vehicles of those who proclaim to be ascended. The Merkabar is only one layer of the true light body, it is used by those who possess the ability to control its functions to move through dimensions and traverse the multiverse. The Antari are here in our reality at this time to align all layers of the light body not just this Merkabar layer to enable its owner to bring down the full consciousness of the creator itself into the cells of the living body, bringing the recipient into full consciousness.

The Antari are d.n.a modifiers and programmers, by using sound and light frequencies that come from the Source itself they can perform light operations on both the light body itself and the d.n.a of the physical form. I have seen and also channeled the Antari through my body to allow them to do their work on the human body here on the earth. The reason I am aligned with their work is because on a higher dimensional level I am one of them. I have come to the earth to be a human conduit for their energies. Through me they can align the light body to the matrix of the d.n.a. there are many who are like me, set upon the earth in dense physical forms to bring this level of work to those who are sleeping in the illusion of the third dimension.

"This is hard for you to understand as you dwell in a reality that is physical and separation orientated. You perceive us to be in bodies of a light energy, but with arms and legs, nevertheless. This is only how we choose to show ourselves. You like to feel familiar when working with other dimensional beings. So, therefore, we create for ourselves bodies that express our natures but also are humanised. Some of you working with us have noticed how we look similar to the Zeta, though

we have appeared much taller and have much longer elongated necks, with long spindly arms and fingers. When we communicate with you, we drop down through the levels and create for ourselves bodies that you can perceive, space ships that you can ride in. We create out of these light body projections, operation scenarios that some of you are now consciously experiencing. We weave new designs into the matrix of your bodies; we also connect you to the Matrix, connecting patterns within patterns. When we look at you, we see only a pattern, a pattern of light. We see how this matrix is in need of repair, modification, and redesigning. We use what appear to you as etherical tools to do our work. These tools are created out of our consciousness in order that you will have a greater understanding of our work. We are the electricians of the cosmos and all its creation. We are the consciousness of the Matrix in living form. We weave new designs into your energy patterns and this allows us to plug you in, so to speak, to the Matrix. We call upon you to not be frightened of us, for this is not our intention. We are beings of love and truth. The form we choose to show you is familiar enough that you will feel safe with us, but the differences between us as beings are still apparent.

We do not truly understand your kind, as we have never ventured this far before. We are from a dimensional reality that is far removed from the myriad realms of separation that we perceive on your level. It is as if the oneness has shattered into a million pieces, each acting like a reflective shard, a mirror, each projecting an image, (if distorted), of the Creator. We once had bodies of a sort, light bodies that resembled individual energies. We as a species of beings recognised our connection but also our separation of bodies. As with all evolutionary pathways, we developed along pre-set, predetermined lines. Elevating our consciousness into a higher state of being, we chose to realign our selves with the light so completely that we merged our consciousness with the light matrix and became its keepers. The Matrix was always alive, but without any self-conscious awareness. Now, with our consciousness merging, we became its voice. By completely aligning our consciousness with that of the Matrix, we evolved along a new and different pathway, one of our own making, not predetermined but with the freedom of the Creator itself. We could literally weave new and creative patterns into the Matrix. We found that by inhabiting the bodies that were inspired by your imagination, we could weave new, creative patterns into the fabric of your time and space.

We drop our consciousness down through the levels by accessing the highways of light that travel between the star systems of your universe. We inhabit bodies only in our communication with beings such as yourself. We access the Matrix in the very cells of your planet and bodies and rearrange it and weave in new and interesting blueprints for new forms. Most of your interaction with us is unseen. Occasionally, you will feel our presence whilst we work on you. You may feel tingling on the top of your head. Our energy is very fine and is quite hard for you to perceive it as you live in a reality that is very noisy. If you had the apparatus to hear other higher levels of sounds you would be amazed as to how noisy your world and dimension is. If you could hear you would be bombarded by many sounds emanating from your televisions, mobile phones, internet connections and microwaves. This sea of noise is disharmonious to your consciousness and in your development you have learnt ways of blocking out these sounds, however because of this you have also blocked out your ability to be able to hear sounds coming from the other dimensions. There was a time in your ancient past when you could hear other beings whispering to you from the higher dimensions.

Through interaction with us you will transform, your physical bodies will transform, and you will live in bodies that vibrate at the speed of light. You all will be intricately linked to the light matrix of the planet. Many of you working intensely with our energies may have noticed that you seem to be weaving each and every person to the planet's Matrix. You have never before been connected in this way. You are aligning yourself to the stellar core of the planet's consciousness. You see, your planet is not really a planet at all, but a star. It is a star evolving along evolutionary pathways that were designed for star consciousness but also developing along pathways that are designed for planetary consciousness, two paths in one. Gaia's consciousness is more than a planetary consciousness. She is very special indeed! She is the embodiment of a completely new evolutionary plan! She is becoming New Planet Gaia, a completely new planet consciousness. And you, as beings, will live completely in New Planet bodies! The plans for these light bodies we access from the crystal at the centre of your planet. The crystal stores information, information about new forms. We access the plans and then set to work redesigning the etherical blueprints to evolve along plans held in the crystal.

Gaia has been weaving our energy into not only other people's bodies, but also the body of the planet. By weaving these patterns, we also act as conduits, channels for other forms of beings to move into your time and space to communicate with you. It is as if by channelling through the body of the channel, we can create a ladder in consciousness that will allow other realities to link up to your level and allow an exchange to occur. We are also translators of energy. We decode all forms of existence into patterns that can be visibly woven into the etherical body of the recipient. Many of you will be working with extraterrestrial beings, many of which are very different to you. Etherical patterns are not always conducive for merging. You are being asked to gather to you all the selves that you are on the other dimensions. In order for the merging to occur, redesigning must be completed. That is where the energy Antari is needed. Most of the time we work directly in energy, however, we are finding that we can channel through human forms that have already been realigned through our technology. We are asking those of you with Antari connections, those of you that are Antari in origin, to allow us to work through you. There are many ways that we can work. We work predominantly with sound in the form of pure notes such as singing bowls and bells. We also come through in colour, but it is usually too high for the human eye to pick up. The best medium for our energy is the human voice. High pitched tones and squeaks allow us to access the prisms that are heavily guarded by the consciousness of the body. To align large groups of people or places we use the channel's and other's bodies to dance through our unique universal language. Alloya is one of our dancers in energy; she moves her hands in intricate movements that weave new designs into the local matrix. This affects the whole of creation as it is all intricately linked.

The dream we are dreaming for mankind is set along specific lines, which were predetermined by the higher principles above us. We are dreaming the activation of the Stellar Core, your God in matter. We are dreaming the activation of the light prisms that lie in the centre of every cell in your body. Your light body is a spiritual shimmer that surrounds you approximately four to five feet from the body. It contains a unique energy pattern. There are seven vibrating energy bodies and the centres of these are positioned in the light body. These centres should not be confused with chakras. They spin, drawing out energy from the body similar to the way black holes in space draw in matter. These centres are responsible for the converting of dense matter into light. These energy centres are like bubbles known as spheres. Each one has a unique frequency or musical note. When sounded it activates the stellar core that is present in the light prisms of the physical body. When all of the spheres are sounded a unique melody or song is created. This gives each being its own soul pattern or song. In turn a unique coloured pattern is created within the light body. Colour and sound have no separation. This is the soul signature to awaken the centres of the body (chakras) and balance them with the spheres. To do this you use the symbol of the six pointed star. This energy pattern allows you to travel inter-dimensionally. The pivot sphere is the transformer and regulator of all the spheres. The spheres regulate the flow of energy that constantly moves the light body. They are very similar to cogs. The light body has three source centres; these are positioned above the head, below the feet and one hands width above the heart chakra. These centres provide the power for the light body to enable it to move through dimensions. These three light body centres are like the Quarks in the atoms of the body. A Quark is a hypothetical elementary particle, which is the fundamental unit of all earthly life. They look like vortexes/black holes. They spiral energy into a higher vibratory dimension.

The Merkabar is a vehicle of light mentioned in the Bible by Ezekiel. It is described as 'wheels within wheels'. It is energy field that looks like a third dimensional six-pointed star. There are three star shapes that are imposed one on top of the other. There is the mental star that is electrical in nature and rotates to the right. There is the emotional star that is magnetic in nature and rotates to the left. There is the physical star that is locked and does not rotate. It is the linking of mind, body and soul in a specific geometric ratio and at a critical speed it produces the Merkabar. The word Mer means counter rotating fields of light, Ka means spirit and Bar means body or reality. It is a time and space vehicle. It is the image through which all other things are created. It is a geometric set of patterns that surrounds the body. The image starts as the original eight cells from which our physical bodies first formed, from there it extends out at a full fifty-five feet in diameter. It first forms a star, then a Tetrahedron, then a cube and finally an interlocking pyramid. It is a key to understanding how you can move from one dimension to another.

These prisms are connected by fine ethereal lines. The prisms operate in the same way as the crystals in your electronic equipment. Each cell is activated in balance to avoid overcharge, which would destroy the body. You saw what happened when the light prisms were released by separation, the atomic bomb. If the light prisms were triggered before the light system was formed, you would all be destroyed. The energy has to be carried along the entire system to be held and utilised. This activation of the prisms of light will create a new light or nervous system. This will be stimulated simultaneously with that of the light system of Earth. Once this process is complete all systems will be infused with a higher vibrational light. This will create a light matrix within the physical body of the human and the planet itself. Once the matrix is activated, a large shift in dimensional reality will occur!

It is good to remember that anything that occurs in a higher dimension is reflected within your physical world. The matrix is symbolically represented by what you call the Internet, thus, becoming one planetary consciousness with access to all knowledge. You will break through the fourth dimension and guide your planet into the light of the fifth dimension. The creating of your light body will occur and enable you, as an individual focal point of your dimension, to travel through others as a unified whole. The purpose of the traveling is to interact with the multitude of yourself. The same light strands that make up the Star and produce its brilliance are contained within the cells of your light body. The prisms of light contain information about your multi-selves, the selves that you are in other dimensions. When the system is activated, the information that is stored within the cells will travel at light speed around the body to be drawn upon by the conscious mind. In your electronic equipment you have transformers, which regulate the energy that is operating the equipment to be utilized. You are, at present, creating your own transformer of light. This transformer will allow a higher vibration of light to be used by the body without burning it out or being destroyed. This transformer is being developed as a vortex of energy, which you call a chakra. This new chakra being developed will be in the region of the upper chest near the thymus. It will develop as fine lines of stellar energy, and, later, will be utilized as a communication exchange system. This will be activated at the same time as the light system. The nervous system of the body is mainly governed by the physical brain. The focus of the light system, on the other hand, will be in the newly developed chakra. Mini-transformers will be contained within various organs, all-specialising in the storage of information. Each transformer will receive the incoming energy and translate it by using the new chakra. Meridian points will be situated throughout the body, the main points being in the cells of the pineal and pituitary glands in the brain. The activated glands will receive the in-coming information and project it through the third eye screen of the conscious mind in pure synchronicity. Therefore, you will be conscious of information as and when it is necessary. The pineal and pituitary glands will connect together along lines of stellar light to create a fine crystalline bridge. This will connect the right and left sides of the brain into a unified whole. This process creates a being, which is a total balance of both stellar light and matter.

This new chakra will unify all your bodies into a whole, i.e. your physical, emotional, mental and spiritual bodies. This will allow the transference of higher and higher energies. This field of bodies - physical, mental, and spiritual, will resemble a large vortex of light, which will surround and permeate the whole being. Connecting all these vortexes together into one will shift the entire planet into an expanded vortex of the universe. This movement will shift the universe into a higher dimension, which is the beginning of the journey back to the Source. You can aid this activation of the light body by visualising the strands of the Star's light making up a complex system throughout your entire body. The aid of a clear quartz crystal will help you activate your light prisms. We are creating new pathways within the molecular structure of your brain. We create pathways by using light encoded with information, which rewires the brain. These pathways will open new channels, which will allow the transmission of energy from one dimension to another. The information is received in messages contained within the light and is structured into light patterns. Light coded patterns are present within the energy fields that surround you. The new translator of information will allow you to access a vast storehouse of information. This information is not only present within the cells of your body, but also in the cells of the planet.

Every being, with every thought, emotion and physical action, creates light patterns through his or her auric field. These patterns radiate out and affect the energy fields, which set in motion interaction with other energies to create new patterns. Light patterns that are infused with spirit

intention are more dynamic and create more powerful patterns. The chakra that is developing in the chest area will act as a translator and transmitter of these light patterns. Interchanging information will be networked throughout the entire planet. This information can be utilised in the present or stored in the light prisms within the cells of the body. With the activation of the light system, much information will be released that has been stored for thousands of years. This information will slowly present itself to the conscious mind as visions, insight, and inspiration. This will encourage the mind to explore more and more possibilities. The light purpose of an individual is naturally synchronised with the appropriate information that is needed for them to fulfil their agreements. The intuition is such that this is all done with no effort, but with knowing, contented ease. Light will rain down on your world and bring life to the molecules, rearranging them to align with the new planetary design. This light will reform structures into higher vibratory patterns. This will release stagnant emotions and conditioning which will bring chaos for a time, but which will pass. New designs are being woven into the blueprint of the body. This will temporarily weaken the system, as at first you will be releasing karma that may be hindering your growth. "

### **Realignment to Light Technology**

'Realignment to light' is a light technology that works with the Antari energy to align the light body to the DNA. By harnessing the two distinct energies of the Antari, I am able to weave the two opposite energy currents into a programme that is downloaded straight into the DNA of the human body. This programme re-structures the DNA, evolving it into a version of itself that can hold an increase in energy. This allows for the preparation of the light body to be layered upon the physical form.

It seems to be quite a complex procedure on the behalf of the Antari. I have seen them many times operate with amazing precision, using tools that can only be described as light instruments. They are the master mechanics of the dimensional universe. They have the ability to anchor into the body a new and improved version of itself, a light body, a body that vibrates at the speed of light. I have seen the light body transported in through a vortex of golden light into the earth plane.

The Antari operate in a dimensional globe that looks very much like an operating theatre. Whilst in this dimensional bubble, I have seen etherically the Antari use light instruments to realign the etherical matrix of the body to the light body blueprint. I realise that these operations are only symbolic in nature. They are occurring on a non-physical level. Yet I have seen quite clearly how a client's etherical body is open and various implants, light body fuses and such like are embedded into the etherical blueprint. I have seen the welding of what look like wires together in what look like amazing technological devices.

The Antari also clear blocks to their work, and can tone quite amazing frequencies to clear the etherical counterpart of the body. They use my body to channel their energy; I find that there are two different energies travelling down my arms. One hand becomes the conduit of a pulsing current of energy (the binary code of the DNA programme), and the other is the instrument that enters the etherical body and rewires it to anchor the light body blueprint. I find that I place one hand on the body in particular places, mainly the head while the other hand directs the energy in. I move my hand in quite intricate movements that direct the energy into a pattern or programme that is then downloaded into the DNA. I find that their energy is very fluid, and I have to move the body in a unique dance pattern continually. It would be impossible to anchor their energies into the earth plane with out this movement of the body. They operate on a very high frequency and working with them can be very ecstatic. They are very new to working on the earth plane.

### **Looking after yourself as you ascend**

"Many of you have been in the process of accessing the information and the energy of your other selves from the upper dimensions. You have successfully integrated into the d.n.a of your body, the codes of your other selves. You have integrated your angelic self from the eleventh dimension and have also integrated the star self, planetary self and what some would call your alien self. All selves from the fifth dimension and above are integrated. Whether you were aware of

this process or not does not matter. What does matter is the fact you have triggered many codes in your d.n.a and are in fact aligning 16000 strands of d.n.a. at present. This process will continue and you will align all 36000 strands.

Now this process occurring within the d.n.a is not without its disturbances especially to the physical body. The consciousness and the programming of the physical body are limited in its understanding of what is going on, within it. The purely animal aspect of your physical body is going through many processes, which are often not understood by the head. Yet they are very much felt within the physical body. You are integrating very high dimensional energies into your body and this can be disconcerting to the animal consciousness. Many people as they go through this process will experience pain, discomfort, strange illnesses and emotional disturbances. Toxins both physical and emotional will come to the surface to be released; it is wise to look at your diet and general health, whilst going through these deep and transforming processes.

You have been through a deep process already; you have been successful in grounding these higher dimensional energies into your physical body, now it is time to connect them to the earth. That is the reason you came to earth in the first place. You are from many different places in the universe. You are what I call a super hybrid. A super hybrid is a soul, which has within it an aspect or self to represent every level and expression of consciousness. You are everything. You have been a Reptilian being in Orion, an Antari star being, an Angel, a planet and every form or expression you can imagine, you have them all represented within your soul. So to tell you, you come from one planet or one dimension is simply not the truth. This can be confusing to us when we are working with our soul, to find it is made up of so many different energies. Our integration process can be complicated, lengthy and sometimes exhausting. There are others on the planet who have less aspects or selves represented within their souls. Their integration process is less demanding.

You are experiencing integration fatigue, this is understandable. The only energy that can help you with this is the energy of the earth. The earth is like a melting pot, it is possible to bring all the energies of the entire universe and anchor them into the matrix of the planet. She allows you to have a form that is capable of integrating all the energies of all of creation. It is time to really get grounded. This will be demanding of you, as you have not been entirely earthed before. I am not saying that you have your head in the clouds or are irrational, but in purely energetic terms you have not plugged yourself into the matrix. You have incarnated on to the earth many times before sometimes as a human, sometimes as a visitor in another form, but you have never totally merged yourself with the consciousness known as Gaia. Many others have merged with Gaia but they are not those who originally come from the stars. That is the reason that many souls from other places in the universe are incarnating into the human story, so they too can finally merge with the consciousness of Gaia.

You are coming from all places in the universe so your journey to come to earth and bring all of yourself here to anchor into the matrix of the planet has been your overall mission. In this present lifetime you are whole, that is to say that you successfully incarnated all of yourself here. Now you have to finally anchor yourself and merge with Gaia. You would think that after such an immense journey through all of the dimensions this would be an easy and final step. However you have a lot further to go. Within the earth there are many levels of consciousness, layers and layers of dimensional realities, housing many varied beings, some of them of the darkness.

If you take this journey into the underworld, you will encounter demons, ghosts and lost souls. However if you have all aspects within your soul, then these demons, these lost soul aspects are also you. The confusion you are feeling at present is because you are venturing into the unknown. In your consciousness you are knowledgeable and aware of the energies of the upper dimensions, however these lower realms are a mystery to you. This is bringing up feelings of fear of the unknown within you. Take a deep breath and begin your journey with the knowledge, that all that you encounter are aspects of the self. Then there is nothing to fear. You are about to step within the earth and begin your descent to the centre. There you will pass through into the void.

You have had this contract to do this with Gaia from the very beginning. Now it is time to begin your communication with her in a more conscious way. You are already beginning to align with her and are intuitively feeling what is going on, on the planet within both your physical and emotional bodies. A lot of the confusion and the pain that you are presently feeling are coming from the earth. She is feeling through you. She is asking all that are in contract with her to allow her to express herself through them. If she can cry through you, paint, draw, write, sing through you, then she does not have to bring about the many earth changes that are predicted. She needs all beings in contract with her, to allow her to channel her energy through them, in many and varied ways, so she can bring about the transformation in consciousness, without the destruction of earthquakes and war.

It is really important for you to begin to open up to her consciousness. Go out into nature, find a tree to sit beneath and allow your auric field to expand with every breath; allow your heart space to open to the energies of nature all around you. Breathe in the life force that supports the planet and allow the edges of your consciousness to become merged with the nature. If you begin this form of communication with Gaia, you are showing her that you appreciate her and that you consider you and her to be one. Over time and a little dedication on your part; nature will begin to communicate with you. Now at first it may not be in the form of words, but simply in feelings. Gaia is female; she expresses herself predominately through feelings and emotions. Allow your emotional body to open up to her; this may bring emotions from deep within you that may be painful, and unexplainable. Simply allow, she asks nothing more from you.

Sit in meditation with nature, allow a connection with your root chakra to connect with the energy of the earth, and then simply allow there to be a downloading of your energy into the earth. She will take all the information of all the selves and energies that you carry within your soul and access the information that she needs from the rest of the universe. The information will instruct Gaia on how to bring about a full transformation of consciousness, not only for the inhabitants of the earth, but also for the whole of the universe. The whole universe is to move through into the void and be reborn a new. This is your mission to aid this. We know it is a lot to understand with the limitation of the human mind, but deep within yourself you will feel a stirring of the truth, even if your rational mind is in denial, you will not mistake the feelings of truth within you.

Look after yourself on all levels, now is the time to be with your own energy. Be very selective what energies you allow to be with you. You may find that people you once aligned with you no longer do. There will be a great shifting of energies and you will find yourself moving in different circles and experiencing different energies. For some time you may find that you are on your own. You need to allow this seclusion, and use it to communicate with Gaia. Gaia is to be your new friend and companion. She is waiting for you to open to her, she wants to channel through you. In what form it comes is the uniqueness that you possess, simply merge with her and this will occur.

You are all going through a cellular transformation from a carbon-based foundation to a crystalline foundation. A carbon cell does not have the ability to hold the whole light of the Soul, the Source, so it needs to transform to become crystalline. A crystalline cell CAN hold the light. As your light body comes down through the dimensions, it first aligns itself with the etherical counterpart of the body and over time, it begins to anchor itself to certain points in the body, these correspond with meridian points. Once the anchoring of the points is complete, then and only then does the light body slip inside and align itself totally to the etherical counterpart of the body. Once it is inside, so to speak, then the transformation of the cellular level of the body occurs.

Carbon based cells can hold a certain amount of light. However in order to do this, the person needed to raise the body's frequency in vibration, to allow the light to connect. That is why it took years of intense spiritual work to raise the frequency of the body, to allow any kind of communication in light to occur. Many hours of meditation, yoga, self deprivation and the like, were needed in order to raise the vibration of the body, to a level where it could communicate with the light body, (the light body was often seen as a guardian angel or ascended master.) Many of you have simply been communicating with your light body in another dimension. Now as you can

imagine in order to totally bringing the light body down into the physical body, it would take years of evolution to bring this about. So therefore we are now transforming the cellular level of the body, in order to allow the light body to permanently anchor in to the form and reside there permanently. This process you all have been going through was the same process that Jesus went through, whilst he spent forty days and nights in the desert. So all those hours were in preparation, for the process that you are going through now.

Around each cell wall there is a compound, which is often thought to be body fat. It can appear on the scales as excess weight too. It is a liquid substance, which is used to hold the new light energies that are coming from the Source, especially through the photon band. Many people are gaining weight as they begin this cellular transformation; this is because this liquid holds more and more higher vibrations, which are necessary for their own healing and the healing of others. Also those who channel can become large and fat as they are needing excess fat (liquid) to hold enough energy to bring down a higher being or self. You have been (through your own body's transformation) anchoring in immense light into the grid of the planet. We have said many times that you are the Earth itself.

Your body fat and swelling is serving a purpose, as it allows you as your highest light embodiment, to assist the Earth in holding her changing vibrations. In becoming crystalline, the body fat is evenly coated around each cell. This allows the body to act as a tuning device to hold the Earth's transforming energies. The crystalline cell is permeable, allowing for easier intracellular communication. In the crystalline cell, the cell walls can dissolve and reconstruct themselves as needed. The crystalline form allows for shape shifting to become possible. The crystalline cellular structure also allows the entire human organism to act as a whole unified structure, rather than as a multi-celled organism. A unified structure is a necessary for inter-dimensional travel, or teleportation from one location to another on the planet. You can also see how the transformation of the cells is also a mirror reflection, of the integration of the multidimensional selves. At first each self is integrated, then when all twelve are complete, only then can they begin to merge together and become one, and a symbiosis occurs. Once all selves have merged as one, then it is down to the body to transform its cellular structure, to mirror this integration and symbiosis process.

Illness, discomfort, and viruses play a big part within the crystalline structure's development. Illness and strange symptoms can resurface in order to be converted to their new vibration. The discomforts you have experienced during this process are only temporary and the transformation can lead to an illness-free existence. As you move more and more into this transformation you are not only clearing any illnesses that you may have had previously in this lifetime, but also you are clearing the illness programs from your whole ancestral line. The body is connected with the bodies that came before it, whether they are dead or alive and therefore to complete the transformation entirely, the whole ancestral line is also cleared. So in a way you are doing it for your mother, your grandmother and your great grandmother, all the way back. Within the crystalline cell, viruses receive a new coding that allows them to be utilized in a useful way within the crystalline form. Your illnesses and discomforts that serve no useful purpose in your crystalline form are eventually eliminated during the transformation process. However they have to resurface to get cleared and reprogrammed.

First of all the transformation affected your bone structure, then your muscles and ligaments, then the circulatory and lymph systems; followed by each of the major organ groups. The last section of the body to be addressed is the nervous system, brain and skin. As the process continues the aging process is reversed throughout your entire body. Your symptoms will completely disappear when you have completed this process. As each cell transforms it reverses the aging and death process, as it vibrates with a new message, it vibrates the next cell to it and the transformation begins to spread throughout the body. There have been moments when your body thought it was dying, this was due to the death programming being released and reprogrammed. In a way each cell has to walk through the death process, until all have aligned themselves with the new directive.

You all will have transformed into your complete crystalline form by the year 2012. This was a predetermined time code that has been set within the pineal gland in the brain. The pineal gland secretes a chemical, that carries the message to the cells of the body to rejuvenate or die. There comes a time when the message tells the cells to age and eventually die and thus we do. This time code that has been placed in the pineal gland will be triggered by the special time of 2012. The message that will then come from the pineal gland will tell you that you can live forever. You are one of the many, who are going before this message trigger, to hold the possibility of this happening in our earth body reality. You have doing an excellent job, find as many ways as you can to aid yourself in this process. Communicate with the Goddess as she is a being of death and rebirth and she will guide you through the death and rebirth of your cellular body.